



**LIFE ORIENTATION
GRADE 10
JUNE 2021 EXAMINATION**

NAME: _____
L.O. TEACHER: _____

EXAMINER: MRS KOWLESUR
MARK ALLOCATION: 90 marks

MODERATOR: MR WHITE
TIME: 2 hours

INSTRUCTIONS:

- Read through all the questions carefully and then answer each question in full sentences.
- This exam has three sections: A, B and C.
- Write only in black or blue pen.
- Remember to write your name and your LO teacher's name in the space above.

THIS TABLE TO BE FILLED IN BY THE TEACHERS ONLY:

A:Q1(5)	A:Q2(5)	A:Q3(5)	A:Q4(10)	B:Q5(18)	B:Q6(17)	C:Q7(15)
C:Q8(15) OR C:Q9(15)					<u>90</u>	<u>100</u>

SECTION A: SHORT QUESTIONS- TOTAL 25 MARKS

QUESTION 1:

Identify the correct word/term that fits the description below

[5]

<u>DESCRIPTION</u>	<u>CORRECT WORD/TERM</u>
1.1 To have control or authority over another person or your environment.	
1.2 This personality type prefers routine and rules and prefers to work with data rather than ideas.	
1.3 This domain includes physical, spiritual and psychological aspects.	
1.4 This NSC pass is the highest pass level.	
1.5 The illegal transport of people across national or global borders for forced labour and sexual exploitation.	

QUESTION 2:

[5]

What do the following abbreviations stand for?

2.1 NSC: _____

2.2 FET: _____

2.3 ARV: _____

2.4 STI: _____

2.5 UNICEF: _____

QUESTION 3:

[5]

State whether the following statements are TRUE or FALSE. Write only the word True or False.

STATEMENT	TRUE OR FALSE
3.1 The minimum percentage you need to obtain in grade 10 to pass Life Orientation is 50%.	
3.2 In Grade 10 you are in the FET phase.	
3.3 In the SQ3RW technique, Q stands for Quality.	
3.4 Scanning is a process where you quickly look at the headings and the main ideas in each paragraph.	
3.5 Community service and volunteering are part of our African philosophy of Ubuntu	

QUESTION 4:

[10]

Match the words in Column A to the sentences in Column B. WRITE DOWN ONLY THE LETTER OF THE CORRECT ANSWER IN THE TABLE PROVIDED BELOW.

<u>COLUMN A</u>	<u>COLUMN B</u>
4.1 BEING	a.) Minimum pass level of the NSC.
4.2 BECOMING	b.) This domain refers to what you do to achieve your goals, hopes and wishes.
4.3 COMMUNITY BELONGING	c.) This domain includes fitting in with your physical environment.
4.4 JOB	d.) Is the work that you do; it usually requires special education.
4.5 OCCUPATION	e.) This refers to being employed and getting paid for working.
4.6 HIGHER CERTIFICATE	f.) This domain refers to who you are.
4.7 CAREER	g.) The abilities you were born with.
4.8 TALENTS	h.) Something that attracts your attention and makes you want to know more about it.
4.9 INTERESTS	i.) Occupation that you have for a large part of your life.
4.10 ELECTIVES	j.) Optional subject in the FET phase.

4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9	4.10

SECTION B: CASE STUDIES- TOTAL 35 MARKS

- USING FULL SENTENCES, ANSWER **BOTH** OF THE CASE STUDIES THAT FOLLOW.

Question 5: [18 MARKS]

Effects of gender roles and toxic masculinity

Before we can engage in conversations about “masculinity” or “femininity,” toxic or otherwise, we should begin with a few key ideas about gender. Researchers have shown that there is very little difference between the brains of men and women. While gender identity is a deeply held feeling of being male, female or another gender, people of different genders often act differently, not because of biological characteristics but because of rigid societal norms created around femininity and masculinity.

The phrase, ‘toxic masculinity’ is derived from studies that focus on violent behaviour perpetrated by men, and—this is key—is designed to describe not masculinity itself, but a form of gendered behaviour that results when expectations of “what it means to be a man” go wrong. The Good Men Project defines it this way: Toxic masculinity is a narrow and repressive description of manhood, designating manhood as defined by violence, sex, status and aggression. It’s the cultural ideal of manliness, where strength is everything while emotions are a weakness; where sex and brutality are yardsticks by which men are measured, while supposedly “feminine” traits—which can range from emotional vulnerability to simply not being hypersexual—are the means by which your status as “man” can be taken away. Discussing toxic masculinity is not saying men are bad or evil, and the term is NOT an assertion that men are naturally violent. In fact, this conversation was started by men.

<https://www.tolerance.org/magazine/what-we-mean-when-we-say-toxic-masculinity> Teenactiv April 2021

5.1 What is meant by a “Toxic Relationship”? (2)

5.2 According to the Good Men Project, as mentioned in the case study, what are the 4 factors that define manhood: (4)

- _____
- _____
- _____
- _____

5.3 Discuss one “societal norm” about masculinity. (2)

5.4 Discuss how gender roles have changed in households. (2)

5.5 Discuss how gender inequality can lead to violence in relationships. (2)

5.6 Discuss what may make it difficult for a victim of gender based violence to report abuse in the relationship. (2)

5.7 Discuss two human rights that are violated when there is violence in relationships. (2X2)

QUESTION 6: [17 MARKS]

**Instagram Is Ruining Your Self Esteem and You May Not Even Be
Aware**

You are lying on your bed procrastinating, scrolling through your endless feed on Instagram after a long day at school. You look up and realise that you have spent the last half hour on your phone and you're starting to feel kind of down about yourself... You begin to ask yourself why you aren't as good as the people you see online.

If this story feels all too familiar to you, you are not alone. In a survey of 1,500 people by Scope, half of participant's aged 18 to 34 said social media made them feel unattractive. Another study by researchers at Penn State University found that viewing others' selfies is correlated with lowered self-esteem and a decrease in self-awareness. But social media networks do not do the same amount of damage. Instagram, in particular, has been found to be the most detrimental when it comes to mental health. In a survey of 1,500 teens by the Royal Society for Public Health in the UK, Instagram was linked to high levels of anxiety and depression.

[Adapted from <https://saseye.com> on 1 March 2021] Teenactiv 2021

6.1 According to the article, which example of social media is the most detrimental to mental health? (1)

6.2 List the 2 mental health issues that this form of social media is linked to? (2)

6.3 Define the term Self Awareness. (2)

6.4 Discuss 2 factors that influence self- awareness and self-esteem. (2X2)

6.5 Discuss 1 insecurity that teenagers may face because of social media. (2)

6.6 Mention 2 ways that teenagers can use social media platforms responsibly.
(2)

6.7 List 2 ways how teenagers can increase their self-confidence. (2)

6.8 Suggest one extramural a learner could get involved in at HHS and explain
how it could be of benefit to the learner's self-esteem. (2)

FOR YOUR SECOND ESSAY, CHOOSE EITHER QUESTION 8 OR 9.

QUESTION 8: [TOTAL 15]

There are many factors that affect study and career choices.

Consider the above and write an essay in which you include the following:

- Discuss 2 challenges faced by learners when making study and career choices. [2X2]
- Discuss the investigative personality type and give an example of one career suited to this personality type. [3]
- Explain the importance of obtaining an NSC [2]
- Discuss 2 types of financial assistance that can be applied for after grade 12 to fund tertiary studies [2X2]

OR

QUESTION 9: [TOTAL 15]

There are many social issues that have a negative effect on local and global communities. Two social issues affecting our communities are unemployment and crime.

Consider the above and write an essay in which you include the following:

- A definition of “social issues”. [1]
- Explain 2 impacts of crime on communities. [2X2]
- Discuss 2 reasons why unemployment rates are so high. [2X2]
- Discuss an advantage and disadvantage for companies when they hire younger people. [2X2]

