

Hillcrest High School

Grade 12

ENGLISH HOME LANGUAGE P1

MAY/JUNE 2024

MARKS: 70

TIME: 2 Hours

EXAMINER: Miss S. Boyce

MODERATOR: Mrs N. Atkinson

INSTRUCTIONS AND INFORMATION

1. Read and follow ALL instructions carefully.
2. This paper consists of THREE sections:
 - SECTION A: Comprehension (30 marks)
 - SECTION B: Summary (10 marks)
 - SECTION C: Language (30 marks)

You are required to answer questions from all three sections.
3. Use your time carefully. Suggested time management:
 - Section A: approximately 50 minutes
 - Section B: approximately 30 minutes
 - Section C: approximately 40 minutes
4. Draw a 2cm wide margin on the right-hand side of each page of your answer booklet.
5. Leave a line after each answer.
6. Answer ALL questions.
7. Rule off after each section.
8. Number each answer exactly as the question paper is numbered.
9. Pay special attention to spelling and sentence construction.
10. It is in your own interests to write and present your work neatly.

SECTION A: COMPREHENSION

QUESTION 1:

Read the passage below and answer the questions that follow

TEXT A

Toxic Positivity And Its Impact On Our Mental Health

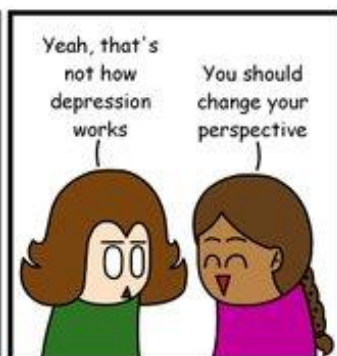
- 1 I still remember when, sharing a bad experience with a friend, she cut me off and said, “Just be grateful for everything you have. It’ll get better!” I replied that of *course* I was grateful for what I have, but I was mourning the loss of something important in that moment. And yes, “it” - as in my life or situation - would get better, but no, what had happened to me was not good, it itself would not get better, and it was over. Couldn’t she see that?
- 2 She could not, and continued to bombard me with bright and happy, meme-worthy sayings, like, “look on the bright side!” and “it could be worse,” until I got frustrated enough that I ended the conversation. In that moment, I had wanted to be with my negative emotions, not be told to get over them, ignore them, or bottle them up.
- 3 But my friend had another tactic in mind: toxic positivity. Yes, toxic positivity is a very real thing!
- 4 “Toxic positivity contributes to ‘all or nothing’ thinking, which is a type of distorted assumption that things have to be either all good or all bad,” said Alice Rizzi, a NYC therapist. “No one is happy 100% of the time, nor should they be. Humans are multi-faceted and experience complex emotional states.”
- 5 You may be asking, what is the definition of toxic positivity? Shannon Gunnip, a New York City therapist defines toxic positivity as “the mistaken belief that only ‘good’ or ‘happy’ emotions are acceptable to experience, and that keeping a positive attitude will solve all or most problems, including mental or physical health issues.”
- 6 “While it’s true that positive self-talk can improve mental health and self-esteem, it is not healthy or possible to deny all uncomfortable emotions,” she said. “Toxic positivity deems certain qualities or feelings as ‘good’ or ‘bad,’ ‘acceptable’ or ‘unacceptable,’ and denies a person the experience of a full range of human emotions by discouraging the expression of the ‘bad’ or ‘unacceptable.’”
- 7 But the person is just trying to be positive! Maybe you’re sad or mad and they’re just trying to get you to look on the bright side or give you a pep talk. How bad can that possibly be?
- 8 “Toxic positivity is toxic!” said Beatty Cohan, a NYC therapist. “To deny and avoid acknowledging and expressing our authentic negative emotions, including fear, disappointment, anger, betrayal, etc. keeps us in a world of illusion and fantasy and inevitably harms our physical, emotional, and mental wellbeing.”
- 9 “Because toxic positivity discourages and denies a full expression of human emotion by labelling certain feelings as ‘bad’ or ‘unacceptable,’ people subscribing to this belief may suppress their negative or uncomfortable emotions,” said Shannon.
- 10 “When unpleasant feelings arise, like grief, sadness, or even anger, rather than non-judgmentally sitting with these emotions and allowing them to run their course, folks buying into the notion of toxic positivity may end up feeling even more unpleasant feelings,” she said. “We may judge ourselves for experiencing the ‘bad’ feeling in the first place or believe that something is wrong with us that keeping a positive attitude is so difficult.”
- 11 This can have a huge impact, compounding our existing negative emotions, causing us to ignore what is real for us and training ourselves to not speak truthfully when we are hurt, angry, or scared. “Toxic positivity cheapens the human experience and makes us feel invalid for falling into ‘the wrong’ binary state,” said Alice. “It can bring on shame that you are ‘flawed’ or ‘broken’ if you don’t happen to think positive thoughts all the time (which is impossible, by the way - we’re just not hard wired that way).”

- 12 Just because we want to feel our negative emotions doesn't mean we have to dwell on them forever. But there are healthy ways to cope and start to move forward without turning to toxic positivity.
- 13 "Practicing mindfulness can help you identify and respond to how you're feeling in a healthy, compassionate way," said Alice. "Acknowledging that something is there and naming what it is validates your experience. If you can admit that you are feeling an emotion, whether it's pleasant or uncomfortable, you can decide how to respond to it (e.g., taking a nap when tired or journaling when frustrated)."
- 14 "Alternatively, toxic positivity will have you believe that you 'shouldn't' feel uncomfortable and that something is wrong with you if you do," she said. "This experience dismisses your very real feelings that may be trying to tell you something important. Also, being human is uncomfortable. It is much more the 'default state' than happiness ever was."
- 15 Toxic positivity is an attempt to quell our negative emotions and feelings and that can have a detrimental impact on our mental health. But once we feel our emotions, it's important to figure out what we can do to move forward—something that a therapist can help with.
- 16 "My mantra is to acknowledge, address, and take steps to RESOLVE feelings that get in the way of our life and relationships," said Beatty.
- 17 Acknowledging your negative emotions is the first step toward healing from trauma and hurt. So, the next time someone tells you to look on the bright side, you can remind them that acknowledging the dark side is the first step forward.

Adapted from <https://mywellbeing.com/ask-a-therapist/toxic-positivity-and-mental-health>

TEXT B

Autie-biographical



By: Theresa Scovil

Source: <https://twitter.com/Teesy738/status/1477565330532696064>

Questions:

REFER TO TEXT A

REFER TO PARAGRAPH 1 and 2

- 1.1 Why did the writer get frustrated with her friend’s advice? (2)

REFER TO PARAGRAPH 4 and 5

- 1.2 Explain, in your own words, what toxic positivity is. (2)

REFER TO PARAGRAPH 6

- 1.3 Discuss two problems with toxic positivity revealed in this paragraph. (2)

REFER TO PARAGRAPH 7

- 1.4 Discuss the effectiveness of ending the paragraph with a rhetorical question. (3)

REFER TO PARAGRAPH 9 and 10

- 1.5 What message is the writer trying to convey in these paragraphs? Substantiate your response with reference to the text. (3)

REFER TO PARAGRAPH 11

- 1.6 Identify and explain the writer’s attitude towards toxic positivity in this paragraph. (3)

REFER TO PARAGRAPH 14

- 1.7 Do you think that the statement “being human is uncomfortable” is accurate? Justify your response. (3)

REFER TO PARAGRAPH 16

- 1.8 Explain why the word “RESOLVE” has been written in capital letters. (2)

REFER TO PARAGRAPH 17

- 1.9 Is the final paragraph an effective way to end the article? Justify your response. (3)

REFER TO TEXT B

- 1.10 How do you know that the advice to “Just think happy thoughts” is not seen as helpful. Be sure to refer to the text and visuals in your response. (3)

REFER TO BOTH TEXTS A AND B

- 1.11 To what extent does TEXT B reinforce the message of TEXT A? Be sure to refer to both texts in your response. (4)

TOTAL SECTION A: 30 MARKS

SECTION B: SUMMARY

QUESTION 2: SUMMARISING IN YOUR OWN WORDS

Text C provides insight into toxic friendships. Summarise, in your own words, **the negative impact toxic friendships can have on your life.**

Instructions:

1. You must write a fluent paragraph.
2. Your summary should include 7 points.
3. Your summary should be no longer than 90 words in length.
4. Use YOUR OWN WORDS as far as possible.
5. Indicate your word count accurately at the end of the summary.

TEXT C:

How toxic friendships can be harmful

Toxic friendships can inflict profound harm, impacting various aspects of one's life.

They erode self-esteem and confidence, as toxic friends often criticize, belittle, or manipulate, fostering feelings of inadequacy. This constant negativity can lead to self-doubt and a skewed perception of one's worth. In addition, toxic friendships breed a sense of dependency, where individuals may feel obligated to conform to their friend's expectations, even if it compromises their own values or desires. This dependency can create an unhealthy dynamic of control and submission.

Furthermore, toxic friendships hinder personal growth by stifling individuality and discouraging pursuit of goals and passions. Friends who are envious or dismissive of one's ambitions may discourage progress, perpetuating a cycle of stagnation.

They can also exacerbate stress and anxiety, as constant conflict, drama, or emotional manipulation take a toll on mental well-being. The unpredictability and volatility of such relationships can lead to heightened levels of stress and emotional turmoil. Toxic friendships can strain other relationships, as they consume time and energy that could be invested in healthier connections. Friends may become isolated or neglectful of familial or romantic relationships, causing further interpersonal strain.

They may promote unhealthy behaviours and coping mechanisms, as individuals may resort to substances or destructive habits to cope with the stress and turmoil of the friendship. This can lead to a cycle of self-destructive behaviour and exacerbate existing issues.

Toxic friendships hinder social development by distorting perceptions of healthy relationships and boundaries. Individuals may struggle to recognize red flags or assert their needs in future friendships, perpetuating a cycle of toxicity. Lastly, they can have long-lasting effects on mental health, contributing to conditions such as depression, anxiety, and even post-traumatic stress disorder. The emotional scars left by toxic friendships may require extensive healing and support to overcome, impacting future relationships and overall well-being. In conclusion, toxic friendships pose a myriad of dangers, ranging from emotional distress to hindered personal growth and social development. Recognizing and addressing these harmful dynamics is crucial for preserving one's mental health and fostering genuine, supportive connections.

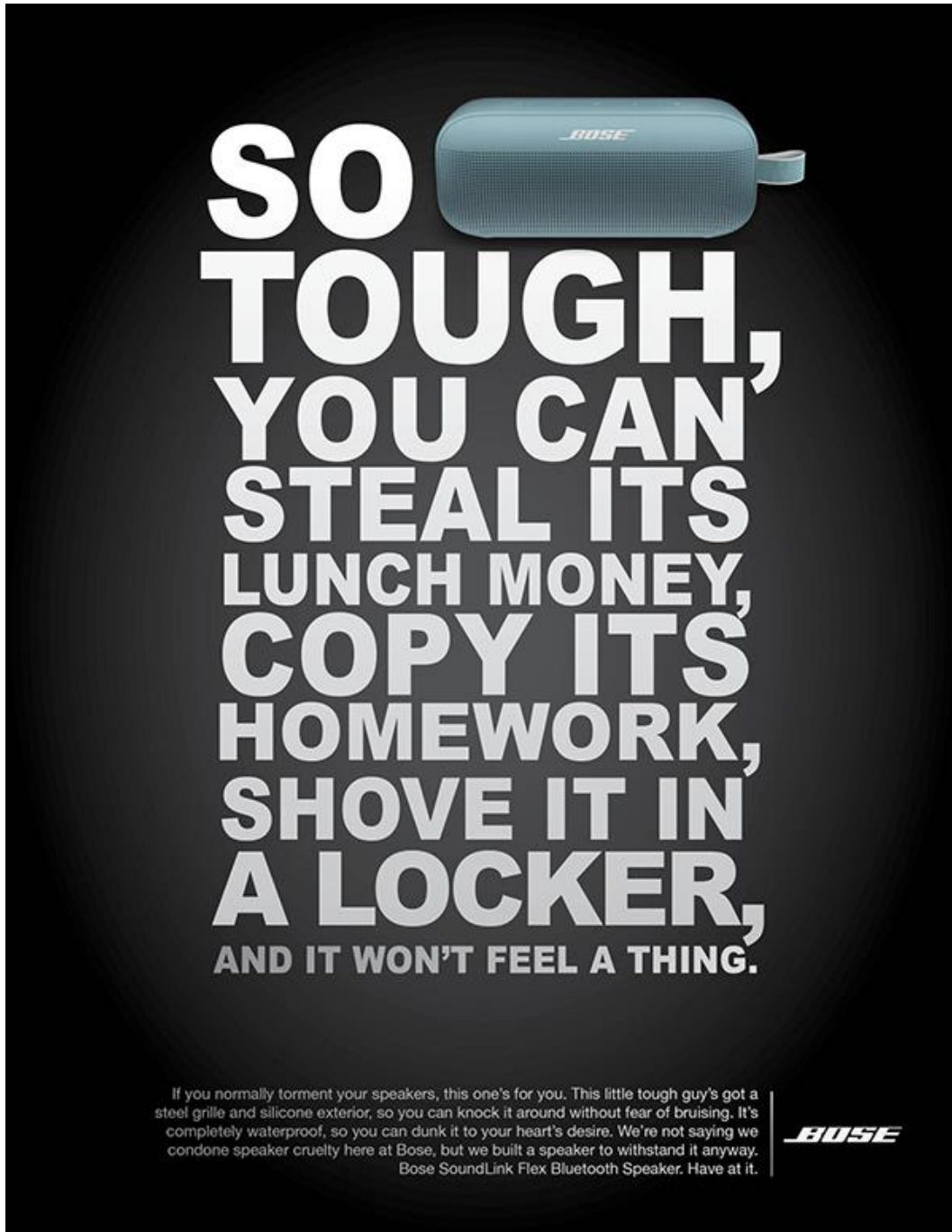
Adapted from: <https://www.transformationsnetwork.com/post/how-toxic-friendships-can-affect-your-mental-health>

TOTAL SECTION B: 10 MARKS

SECTION C: TEXTUAL INTERPRETATION

QUESTION 3: ADVERTISING

TEXT D



**SO TOUGH,
YOU CAN
STEAL ITS
LUNCH MONEY,
COPY ITS
HOMEWORK,
SHOVE IT IN
A LOCKER,
AND IT WON'T FEEL A THING.**

If you normally torment your speakers, this one's for you. This little tough guy's got a steel grille and silicone exterior, so you can knock it around without fear of bruising. It's completely waterproof, so you can dunk it to your heart's desire. We're not saying we condone speaker cruelty here at Bose, but we built a speaker to withstand it anyway. Bose SoundLink Flex Bluetooth Speaker. Have at it.

BOSE

If you normally torment your speakers, this one's for you. This little tough guy's got a steel grille and silicone exterior, so you can knock it around without fear of bruising. It's completely waterproof, so you can dunk it to your heart's desire. We're not saying we condone speaker cruelty here at Bose, but we built a speaker to withstand it anyway. Bose SoundLink Flex Bluetooth Speaker. Have at it.

QUESTIONS – TEXT D:

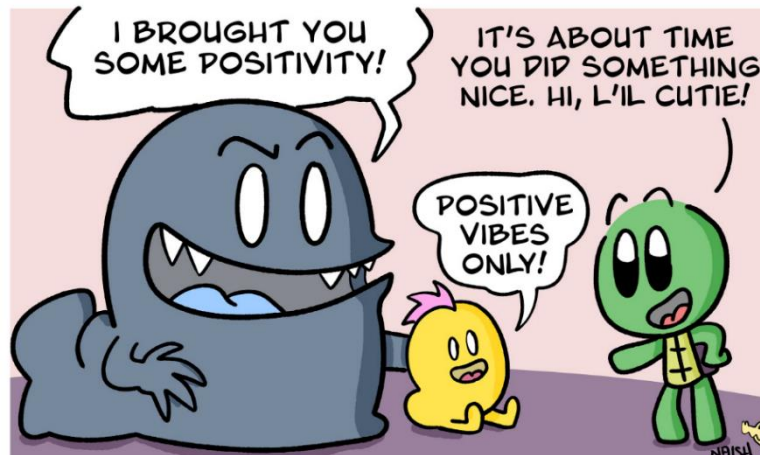
- 3.1 What impression is created of the Bose SoundLink Flex Bluetooth Speaker that is being advertised? (2)
- 3.2 Comment on TWO techniques that the advertiser has used in the written text to influence the reader. (3)
- 3.3 Comment on the effectiveness of the advertisement. (3)
- 3.4 Identify the part of speech of the underlined word:
“If you normally torment your speakers, this one’s for you.” (1)
- 3.5 Identify the type of sentence in: “We’re not saying we condone speaker cruelty here at Bose, but we built a speaker to withstand it anyway.” (1)

[10]

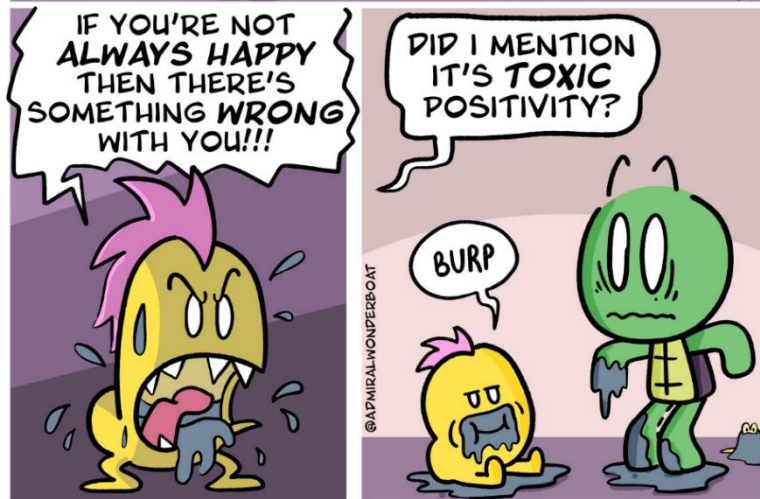
SECTION C: CARTOON ANALYSIS

QUESTION 4:

TEXT E



Frame 1



Frame 2

Frame 3

Source: https://www.reddit.com/r/comics/comments/187n5fo/if_mental_health_were_a_cartoon/

QUESTIONS TEXT E:

- 4.1 Refer to FRAME 1.
 - 4.1.1 Comment on the mood created in this frame. Be sure to refer to the visuals and text in your response. (3)
 - 4.1.2 Rewrite the statement “I brought you some toxic positivity!” in the passive voice. (2)
- 4.2 Refer to FRAME 2 and 3
How is the idea of the positivity being “TOXIC” conveyed? Refer to the visuals and text in your response. (3)
- 4.3 Discuss the purpose of this cartoon. (2)

[10]

SECTION C: EDITING SKILLS

QUESTION 5:

The following text may contain deliberate errors.

TEXT F

The Best Things About Being A Teenager

1 When people think about their teenage years, it's often the worst or most cringeworthy memories that come to mind. But, there are also some plus sides to being a teenager...

2 As teenagers, we are able to choose between the subjects that we don't enjoy and the ones we love. Being 18 and a student is the most nerve-racking part of being a teen, but it's also the most exciting. It allows us to meet new people with the same interests, which sometimes leads to new friendship groups.

3 Thanks to ever-evolving technology, we are able to manage our social life, entertainment interests and personal image on many different platforms, from Instagram to Facebook and Twitter. And our freedom doesn't end there - being eighteen is not just an age where you are treated as a young adult (from the government's perspective), but it's also a time when you are in charge of your own actions.

4 The internet is a window of opportunity for teens. We can unload content, share ideas and even network with potential employers on LinkedIn.

5 There are other opportunities outside of the digital world, too. I am currently part of The Girls' Network foundation, where my personal mentor, Charlie Young, introduced me to someone who helped me to find work experience in media. I then received an email from Natasha Lunn, who kindly invited me for a day's work experience at Red Magazine to get an insight into how content is edited and created. The opportunities for teenagers are out there, but it's up to us to be passionate and to go out and find them.

6 And finally: the unknown, which is perhaps the best part of being a teenager.

7 Not knowing where you will be in a couple of years is incredibly exciting. It mean you can try new things, take risks and be open-minded, without worrying about a set path or plan. It feels like an adventure is just beginning.

Adapted from: <https://www.redonline.co.uk/a522306/the-four-best-things-about-being-a-teenager/>

QUESTIONS TEXT F:

- 5.1. Rewrite the word "cringeworthy" (paragraph 1) in formal English. (1)
- 5.2. Account for the use of the apostrophe in "don't" (paragraph 2). (1)
- 5.3. Provide an antonym for the word "exciting" (paragraph 2) by adding a prefix. (1)
- 5.4.1 State the function of the brackets in paragraph 3. (1)
- 5.4.2 Provide one other punctuation mark that serves the same function and quote an example from the passage to illustrate your answer. (2)
- 5.5. What part of speech is "freedom" (paragraph 3)? (1)
- 5.6. Identify and correct the malapropism in paragraph 4. (1)

- 5.7. Rewrite the word “kindly” (paragraph 5) as a noun. (1)
- 5.8 Correct the concord error in paragraph 7 by rewriting the sentence. (1)

SUB-TOTAL SECTION C: 10 MARKS

TOTAL SECTION C: 30 MARKS

GRAND TOTAL: 70 MARKS