

LIFE ORIENTATION: GRADE 11



NOVEMBER 2014 EXAMINATION

EXAMINERS: Mrs Moffatt

MODERATOR: Mrs Meiring

MARK ALLOCATION: 140 marks

TIME: 2 hours

INSTRUCTIONS

- Answer ALL questions
- Rule a margin on the right hand side
- Rule a line after you have completed each question
- Number your questions exactly as they have been numbered on the question paper
- Answer Section A on the sheet provided at the back of your paper. Write your NAME on this sheet.
- Write YOUR NAME on the LEFT and your LO TEACHER'S NAME on the RIGHT on your answer booklet.

SECTION A

ANSWER THIS SECTION ON THE SHEET PROVIDED AT THE BACK OF YOUR PAPER. DETACH IT AND INSERT IT INTO YOUR ANSWER BOOKLET. MAKE SURE YOUR NAME IS ON IT!

QUESTION 1

Define the following words:

- a) Negligence
- b) Substance Abuse
- c) Cyber Bullying
- d) Literacy Level
- e) Submissive
- f) Mortal integrity
- g) Euthanasia
- h) Stalking
- i) Domestic Violence

(18)

QUESTION 2:

MULTIPLE CHOICE

Write only the answer (a) or (b) or (c) on the sheet provided at the back of your paper

- 2.1 A healthy balanced lifestyle includes:-
- (a) Physical, social, emotional and psychological needs
 - (b) Physical, social, spiritual needs
 - (c) Physical, psychological, social, emotional and spiritual needs
- 2.2 Ways to deal with a hi-jacking situation include:-
- (a) Get out the car and smack him
 - (b) Keep your eyes down, hands clearly visible, react slowly and inform the hijacker what you are doing and exit quietly.
 - (c) Cause an accident and throw your keys into the middle of the road.
- 2.3 Influences that cause substance abuse include:-
- (a) Friends who drink and take drugs
 - (b) Parents who drink and smoke
 - (c) All of the above
- 2.4 Risky behaviour towards being sexually active include
- (a) Drinking alcohol
 - (b) Getting into a car alone with a new date
 - (c) All of the above
- 2.5 Cyber bullying is:-
- (a) When people write hurtful and intimidating messages on electronic media
 - (b) When people are bullying you at school
 - (c) Repeatedly beating someone at an on-line video game

- 2.6 Not using deodorant or not bathing regularly is:-
- (a) Harmful to your health
 - (b) Important to your self-esteem to avoid embarrassment
 - (c) Both of the above

- 2.7 A healthy diet consists of:-
- (a) Carbohydrates, proteins, fats, fresh vegetables and fibre
 - (b) Carbohydrates, proteins, fats, fruit, vegetables and dairy
 - (c) Carbohydrates, proteins, fruit, vegetables and dairy

- 2.8 Human Papilloma virus is passed on:-
- (a) During sexual intercourse where the penis penetrates the vagina
 - (b) Where genital skin contact is made without penetration
 - (c) Both of the above

- 2.9 Select the definition that best describes the term 'value' in the workplace
- (a) It refers to enthusiasm and flexibility
 - (b) It refers to how I live my life and what I consider to be important
 - (c) It refers to things I find easy or difficult to do

- 2.10 Ethical behaviour at the workplace includes:-
- (a) Using the work phone for personal purposes
 - (b) Declaring gifts you have received from customers
 - (c) Not paying when you make private photocopies at work

(10)

QUESTION 3: Match the items in Column B with the correct statements in Column A. Write only the letter with the correct answer on the sheet provided.

	COLUMN A		COLUMN B
3.1	A measure of energy in food	A	Global warming
3.2	Sources of carbohydrates	B	Fibre
3.3	Affects choices around sexual behaviour, diet and alcohol	C	Culture
3.4	Helps keep your digestive system healthy	D	Social environment
3.5	Affects lifestyle choices	E	Tuberculosis
3.6	A situation in which carbon dioxide and methane build up in the atmosphere trapping the heat of the sun	F	Humanism
3.7	Disease that is spread more quickly if there is air pollution	G	Whole grain, fruit and vegetables
3.8	Focused on moral principles based on reason and shared values	H	Food additives
3.9	Whistling, touching, patting or pinching a colleague	I	Kilojoule
3.10	Substances which when added to food in large amounts can lead to attention deficit disorder	J	Sexual harassment

(10)

QUESTION 4: Answer True or False for the following statements. If the statement is FALSE then re-write it with the correct answer.

- 4.1 Euthanasia is a disease caused by land pollution
- 4.2 If you believe strongly in something, such as a specific religion, you do not have to show respect for differing opinions and beliefs of others
- 4.3 Unequal power relations within a gender context means less or more electricity in some houses.
- 4.4 The Domestic Violence Act can be used to protect abused women.
- 4.5 Transparency is when everybody is kept in ignorance and there is great secrecy.
- 4.6 A CV is a list of your name, ID Number and address

(11)

[Total Section A: 49]

SECTION B

CASE STUDIES

QUESTION 5

Moving into adulthood means that we are faced with making choices and decision about our lifestyle which have consequences far into the future. One of the factors that can influence our choices is the role models we choose.

- 5.1 What is a role model and why are they important in our lives? (4)
- 5.2 Explain the difference between a positive and a negative role model. (2)

Read the following extract carefully:

After a near fatal car accident in 1949, Ben Hogan , a professional golfer, returned to the circuit winning the US open in his first season back. Three years later he was the first to win all three majors in one season. His golfing achievements went on to include: A four-time PGA player of the year and one of only five players to win all of the Grand Slam titles.

Ben's life showed determination, self-discipline, courage and perseverance but there's one thing all champions have in common – a support structure! Ben's wife Valerie was the inspiration, comfort and driving force behind his career.

He knew the importance of having someone around who had his best interests at heart and who'd support him, pick him up when he's feeling down and would always be there to cheer at the sidelines. Whether its your parents, coach or a friend – this person will help you conquer your dreams and help you to surpass even your highest expectations!

- 5.3 Choose two of the characteristics underlined in the second paragraph and explain why you think these two are the most important characteristics in a successful person. (2 x 2)
- 5.4 What is meant by "a support system?" (2)
- 5.5 Explain who your support system will be for your matric year? (2)

Question 6

Do you think it was the pressure that causes athletes (like Lance Armstrong) to crack?

Maybe, but again: look at how many sportsmen have not gone the way of Armstrong. I think that we are quick to explain what we see after the fact, but I do agree that sportsmen are under enormous pressure.

The mistake we make, without a doubt, is to assume that skill with a football or tennis racket will automatically translate into an exemplary person (off the field or court), as though a man who can run fast or cycle well up a mountain is somehow a better person. So what we should do (in my opinion) is appreciate the distinction between the “act” and the “person”, for they are not the same thing. That said, Armstrong is not a good example of this: his failings were his performances, and his dishonesty and behaviour to cover up it are not related to the pressure he was under. They were simply the consequence of his desperate desire to win.

6.1 Does the writer of this article believe that well known sportsmen and women are good or bad role models? Justify your opinion with 2 well explained points.

(1 + 4)

Moving onto the example of Oscar Pistorius: can you explain why sportsmen snap?

They don't. There are hundreds of murders in this country, and many more throughout the world every day. How many of them are committed by sportsmen? Very few. If anything, I'd argue therefore that a sportsman is less likely to snap than anyone else.

Clearly however, it does happen- but I do not believe that this hasn't got anything to do with sport. I think that people sometimes just do impulsive things, and that the link (therefore) between being a sportsman and being violent is very weak. If anything, my theory is that the discipline of sport will generally make a person less likely to 'snap'.

One of the mistakes we (as onlookers) generally make after the incident is that we tend to try and explain/understand what happened and why. We assume too much, and are surprised by the fact that a well known person would commit such a violent crime.

6.2 Why were we surprised that a **Ocsar Pistorius** committed a crime?

(3)

6.3 How did these 'negative' actions change our opinion of him?

(3)

QUESTION 7

Read the case study below

Dear Diary

Today I started an organisation called 'Divine Connections'. I want to empower woman by letting them share their stories, heal their broken hearts, forgive themselves and live a purposeful life. I turned my life around after making some bad decisions. Your past may always be there but it's what you choose to do with it that defines you. The first step is to learn to love yourself – in other words, respect yourself. To do that, you must come to know and understand yourself, including your

weaknesses and your strengths. Know what your personal values are and what principles you stand for.

My father left us when I was four. My mother struggled financially but her employer sent my brothers and me to a good school. There I became convinced that I had the potential to be a part of something big one day and that I would make the difference in the lives of others. Despite believing that I had a purpose, I still felt worthless and didn't know why.

I took many risks. I had sex for the first time when I was in matric. I also started smoking and drinking alcohol. I thought this made me feel 'cool' and in control. I began clubbing regularly and got involved with older guys. I have been raped twice. I believed I deserved it. I expected to be treated badly by other people and even turned away from those who treated me with respect.

The turning point in my life came when I got angry after my second abortion. I had allowed myself to be used and dumped again! I felt guilty and could not forgive myself. I tried to kill myself.

My life changed when I became part of loveLife. People there saw potential in me that I did not recognise. I took their advice. I told myself that if others had such high expectations of me, I would have to push myself harder to achieve. With their support, I started facing up to the real me. While I did not like what I saw, I knew I was like a puzzle of broken pieces that could be put together again.

I felt like I had got onto a new path in life. I was manager of the loveLife Games, which affirmed the potential of thousands of young South Africans. I was finally part of something big and I was able to make a difference in the lives of others.

I married a caring man I would normally have rejected before. He taught me to love and be loved. We now have a wonderful baby boy. I feel like my life is fulfilled at last.

Thulile

- 7.1 Explain the belief system Thulile held, with regard to herself when she was young (1)
- 7.2 Discuss how her beliefs about herself impacted on the way she allowed herself to be treated. (5)
- 7.3 List two unsafe practices she took part in. (2)
- 7.4 Compile a list of the physical effects of Thulile's risk behaviour. (3)
- 7.5 Explain why she tried to commit suicide. (2)
- 7.6 What can you infer by the fact that she avoided people who treated her with respect?(2)
- 7.7 Explain the decision that Thulile made when she realised she had a purpose in life. (2)
- 7.8 Select all the instances when Thulile can be seen to be taking responsibility and making informed decisions. Write them down. (4)

[Total Section B: 46]

SECTION C

A maximum of 13 marks will be awarded for your essay and a maximum of 2 marks will be awarded for your overall impression and insight.

QUESTION 8

Your response must be in ESSAY form.

- Identify FIVE challenges you face with regard to living a healthy and balanced lifestyle (5)
- Discuss how you are going to overcome these challenges by taking responsibility for yourself (2 x 4)

(Overall impression = 2)

[15]

QUESTION 9

Abusive relationships are never pleasant.

- Identify FIVE abusive behavioural patterns to look for in a relationship (5)
- Discuss FOUR qualities that you think are crucial for a healthy relationship.

(2 x 4)

(Overall impression = 2)

[15]

QUESTION 10

Many people now know that industrial development is damaging the environment.

- Identify FIVE environmental issues of great concern. (5)
- What role does religion play in our democratic society to safeguard our environment? Make reference to four religions.

(2 x 4)

(Overall impression = 2)

[15]

[Total Section C: 45]
