



Hillcrest High School

Grade 11

LIFE ORIENTATION

NOVEMBER 2025

MARKS: 100

EXAMINER: Mr. B. White

TIME: 2 Hours

MODERATOR: Mrs. S. Kowlesur

NAME: _____

LO TEACHER: _____

INSTRUCTIONS TO CANDIDATES

1. Answer ALL questions on the question paper.
2. Write your name and the name of your teacher at the bottom, in the space provided.
3. Write clearly and legibly.
4. Do not use correction fluid/tipp-ex and do not highlight answers.
5. Check the mark allocation and answer questions accordingly.

MARKING GRID: To be completed by marker and moderator				
Question	Total	Mark	Mod	Date & Initial
1	10			
2	10			
3	10			
4	16			
5	14			
6	20			
7	20			
8	20			
TOTAL	100			

Section A: 30 Marks

Question 1 – Fill the correct letter to the corresponding question number in the table at the end of Question 1 (1 x 10 = 10 marks)

1.1 Which of the following is NOT a component of a balanced lifestyle?

- A) Physical health
- B) Psychological stability
- C) Emotional expression
- D) Gambling for relaxation

1.2 Which food type is the main source of energy in the body?

- A) Fibre
- B) Protein
- C) Carbohydrates
- D) Vitamins

1.3 Which of the following is an example of a positive influence on lifestyle choices?

- A) Peer pressure to abuse alcohol
- B) Parents modelling healthy behaviour
- C) High levels of crime in the community
- D) Risky sexual behaviour

1.4 Which section of the South African Constitution guarantees the Right to Life?

- A) Section 7
- B) Section 10
- C) Section 11
- D) Section 12

1.5 What does “Ukuthwala” refer to?

- A) Female genital mutilation
- B) Bride abduction for forced marriage
- C) Cultural initiation practices
- D) Witchcraft accusations

1.6 Which of the following is a form of sexual harassment?

- A) Asking for academic help
- B) Spreading untrue sexual stories
- C) Offering financial support
- D) Greeting a colleague politely

1.7 The process of observing someone in their work environment to learn about a career is called:

- A) Apprenticeship
- B) Job shadowing
- C) Volunteering
- D) Skills training

1.8 Which of the following best describes work ethics?

- A) Physical health habits
- B) A person's moral behaviour at work
- C) A company's financial strategy
- D) Academic qualifications

1.9 The deliberate ending of a pregnancy is legally referred to as:

- A) Abortion
- B) Infertility
- C) Contraception
- D) Euthanasia

1.10 Which of the following is a physical negative effect of physical abuse?

- A) Depression
- B) Rope marks and bruises
- C) Difficulty trusting others
- D) Sleeplessness

Fill in your answers to Question 1 in the table below:

1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	1.10

Question 2:

Give ONE word/term for EACH of the following descriptions. Write only the word/term next to the question numbers (2.1 to 2.10).

2.1 A person who serves as a good example and motivates others.

2.2 Foods such as fish, dairy, beans, and eggs that build muscles and tissues.

2.3 Observing and learning from someone in a specific job role to gain insights into their daily tasks and responsibilities.

2.4 The moral principles that guide behaviour in the workplace.

2.5 The religion that emphasises respect for ancestors and hospitality.

2.6 Ending someone's life to relieve pain and suffering.

2.7 A formal document that introduces a CV to an employer.

2.8 The right often debated in abortion cases.

2.9 A formal record of discussions and decisions in a meeting.

2.10 The state of being unable to afford basic necessities.

Question 3

Indicate whether the following statements are True or False.

3.1 Carbohydrates are mainly responsible for building muscles.

3.2 The Right to Life is protected in Section 11 of the Constitution.

3.3 Euthanasia is legal in South Africa under strict conditions.

3.4 Domestic violence is a form of social abuse of power.

3.5 Statutory rape refers to sexual intercourse with a girl under 16 years.

3.6 Peer influence can positively affect lifestyle choices.

3.7 Fibre helps to regulate digestion.

3.8 The death penalty still exists in South Africa.

3.9 Work ethics include honesty, fairness, and integrity.

3.10 Witchcraft accusations can lead to banishment or violence in some communities.

SECTION B: (Compulsory)

Answer all questions in this section. Write your answer in full sentences.

Question 4:

Read the extract below and answer the questions that follow.

Extract: “Gender-based violence and unequal power relations are major issues in South Africa. Many women face abuse within relationships, at work, or within cultural traditions. Abuse of power can take the form of domestic violence, sexual harassment, or harmful cultural practices.”

4.1 Define the term gender roles. (2)

4.2 Explain TWO ways in which unequal power relations negatively affect women. (4)

4.3 Distinguish between domestic violence and sexual harassment. (4)

4.4 Discuss THREE emotional effects of abuse on victims. (6)

Question 5:

Read the extract below and answer the questions that follow.

Extract: "Nutrition plays a vital role in health. Eating a balanced diet and exercising regularly supports physical and psychological well-being. However, many young people engage in risky behaviour, such as substance abuse and poor dietary choices, which negatively affect their lifestyle."

5.1 Define the term balanced lifestyle. (2)

5.2 List TWO types of food that provide energy for the body. (2)

5.3 Explain TWO ways in which substance abuse negatively impacts lifestyle choices. (4)

5.4 Suggest THREE strategies learners can use to make healthier lifestyle choices. (6)

[TOTAL SECTION B: 30 MARKS]

GRADE 11 LIFE ORIENTATION EXAMINATION - MEMO

SECTION A

Question 1: Multiple Choice

- 1.1 D
- 1.2 C
- 1.3 B
- 1.4 C
- 1.5 B
- 1.6 B
- 1.7 B
- 1.8 B
- 1.9 A
- 1.10 B

Question 2: One word/term

- 2.1 Role model
- 2.2 Protein
- 2.3 JOB SHADOWING/ WORK EXPERIENCE
- 2.4 Work ethics
- 2.5 African Traditional Religion
- 2.6 Euthanasia
- 2.7 Application letter/Cover letter
- 2.8 Right to Life
- 2.9 Minutes
- 2.10 Poverty

Question 3: True/False

- 3.1 False
- 3.2 True
- 3.3 False
- 3.4 True
- 3.5 True
- 3.6 True
- 3.7 True
- 3.8 False
- 3.9 True
- 3.10 True

SECTION B

Question 4

4.1 Define the term gender roles. (2)

Gender roles are the social and cultural expectations placed on individuals to behave in ways considered appropriate for their biological sex, such as how men and women should act, dress, or work.

4.2 Explain TWO ways in which unequal power relations negatively affect women. (4)

- Women may be denied opportunities for career advancement, equal pay, or leadership positions, keeping them economically dependent.
 - Women may experience exploitation, intimidation, or abuse in relationships and workplaces, which limits their freedom and safety.
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4.3 Distinguish between domestic violence and sexual harassment. (4)

- *Domestic violence* refers to physical, emotional, or psychological abuse that occurs within the home or intimate relationships (e.g., between partners or family members).
 - *Sexual harassment* refers to unwanted sexual advances, comments, or behaviour in environments such as the workplace, school, or public spaces.
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4.4 Discuss THREE emotional effects of abuse on victims. (6)

- Victims may experience **low self-esteem and self-worth**, feeling powerless or ashamed.
- They may suffer from **anxiety, depression, or constant fear**, which affects their mental health.
- Victims often feel **isolated and hopeless**, struggling to trust others or form healthy relationships.

5.1 Define the term balanced lifestyle. (2)

A balanced lifestyle is when an individual maintains harmony between physical, mental, emotional, and social well-being by making healthy choices such as eating nutritious food, exercising, and managing stress.

5.2 List TWO types of food that provide energy for the body. (2)

- Carbohydrates (e.g. rice, bread, maize, pasta)
 - Fats (e.g. nuts, avocados, oils)
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5.3 Explain TWO ways in which substance abuse negatively impacts lifestyle choices. (4)

- Substance abuse affects decision-making and can lead to risky behaviour, such as unsafe sex or reckless driving.
 - It damages physical health (e.g. liver, lungs, brain), reducing the ability to perform well at school, work, or in sports.
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5.4 Suggest THREE strategies learners can use to make healthier lifestyle choices. (6)

- Eat a balanced diet that includes fruits, vegetables, proteins, and whole grains.

- Engage in regular physical activity, such as walking, running, or playing sports.
 - Avoid harmful substances (alcohol, drugs, tobacco) and surround themselves with positive peer influences.
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QUESTION 6

Define the term moral dilemma. (2)

A moral dilemma is a situation where a person is faced with a difficult choice between two or more conflicting moral principles, making it challenging to decide what is right or wrong.

Discuss the conflict between the Right to Life of the foetus and the Right to Choice of the mother. (6)

Markers discussion – as long as 3 conflicts are discussed

The Right to Life argues that every foetus has the right to live and be protected, as life begins at conception. On the other hand, the Right to Choice emphasizes that women have autonomy over their bodies and should be free to decide whether to continue or terminate a pregnancy. This conflict creates a moral dilemma because protecting the foetus may deny the mother's personal freedom, while supporting the mother's choice may be seen as taking away the potential life of the unborn child.

Analyse TWO religious or cultural perspectives on abortion. (6)

- **Christianity (particularly Catholicism):** Abortion is generally condemned as it is believed that life begins at conception and only God has the authority to give and take life. Therefore, abortion is viewed as morally wrong.
 - **African Traditional Beliefs:** In many African cultures, children are considered a blessing from the ancestors. Abortion may be seen as disrespectful to family lineage and cultural values. However, in some communities, exceptions may be made in cases where the mother's life is in danger.
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Evaluate the impact of abortion decisions on the psychological and emotional well-being of women. (6)

Women who undergo abortion may experience mixed emotions such as relief, guilt, or sadness. Some may struggle with depression, anxiety, or long-term feelings of regret, especially if they faced social stigma or lacked support. Others may feel empowered by exercising their right to choose and relieved from an unwanted or risky pregnancy. The psychological and emotional impact often depends on the individual's circumstances, beliefs, and the level of support received from family, community, or counseling services.

Question 7

Define the term workplace ethics. (2)

Workplace ethics are the moral principles, values, and standards of behaviour that guide how individuals act in a professional environment. They promote honesty, fairness, respect, and responsibility in the workplace.
(2)

Explain THREE examples of ethical behaviour in the workplace. (6)

Markers discession as other ethical behaviours may be accepted

1. **Honesty** – Employees should provide accurate information, admit mistakes, and avoid deceit when dealing with colleagues or employers.
2. **Respect for others** – Treating all co-workers, clients, and managers with fairness and dignity, regardless of differences such as race, gender, or culture.
3. **Accountability** – Taking responsibility for one's actions, meeting deadlines, and fulfilling duties without blaming others.

(3 × 2 = 6)

Analyse how unethical behaviour such as lying on a CV can affect an individual's career. (6)

Unethical behaviour like lying on a CV can severely damage a person's professional reputation. If discovered, it can lead to loss of trust from employers and colleagues, and may result in disciplinary action or dismissal from the job. It also creates long-term challenges, as future employers may be reluctant to hire someone with a history of dishonesty. This damages credibility, limits career opportunities, and undermines personal integrity, which is essential for career growth and success.

(6)

Recommend TWO ways learners can prepare themselves to enter the workplace with integrity. (6)

Markers discretion as other ways may be mentioned:

1. **Develop strong personal values** – Learners should cultivate honesty, reliability, and responsibility in their daily lives, so they can carry these values into their careers.
2. **Practice ethical behaviour in school and life** – Completing tasks honestly, respecting deadlines, and treating others fairly prepares learners to act with integrity in the workplace.

(2 × 3 = 6)

Question 8

Define the term cultural practices. (2)

Cultural practices are the traditional customs, rituals, and behaviours that are passed down through generations within a community. They reflect the values, beliefs, and identity of a particular group of people and are often used to preserve heritage and maintain a sense of belonging.

(2)

Explain TWO examples of harmful cultural practices in South Africa. (6)

One harmful cultural practice in South Africa is **ukuthwala**, which involves the abduction and forced marriage of young girls, often without their consent. This denies them the right to education and exposes them to abuse. Another harmful practice is **female genital mutilation (FGM)**, which is performed in some communities as part of initiation rituals. This practice can cause severe health complications, psychological trauma, and violates the rights of women and girls.

(2 × 3 = 6)

Analyse why these practices create moral dilemmas in society. (6)

Harmful cultural practices create moral dilemmas because they conflict with human rights and the principles of dignity, equality, and freedom. On one hand, communities defend these practices as part of their cultural heritage and identity. On the other hand, they cause physical, emotional, and psychological harm, particularly to women and children, who are the most vulnerable. The dilemma arises because society must balance the right to practise culture with the need to protect individuals from abuse and discrimination. This tension makes it difficult to decide whether culture or human rights should take priority.

(6)

Suggest TWO strategies communities can use to protect cultural identity while upholding human rights. (6)

Firstly, communities can **promote cultural practices that are positive and non-harmful**, such as music, dance, language preservation, and traditional ceremonies that celebrate heritage without violating human rights. Secondly, they can **engage in education and awareness programmes** that teach people about both cultural values and constitutional rights. This allows traditions to be celebrated in a way that respects dignity, equality, and the law. By adapting harmful practices and replacing them with safe alternatives, communities can protect both their cultural identity and human rights.

(2 × 3 = 6)