

Q1.1.1 - D ✓

Q1.1.2 - A ✓

Q1.1.3 - B ✓

Q1.1.4 - D ✓

Q1.1.5 - B ✓

1.2.1 Part of the constitution that sets out the human rights for all citizens of the country. ✓

1.2.2 The fair and equal treatment of men and women. ✓

1.2.3 A strategy to improve your self esteem. ✓

1.2.4 The stage in the life cycle when a child's body develops into an adult's body. ✓

1.2.5 Natural abilities or skills. ✓

1.3.1 Affirmative action has been a part of our democracy since its inception. Provide TWO reasons why there was a specific need for it in the early days of our democracy.

(2X1) (2)

Any two relevant answers for one mark each; possible answers:

To fix the wrongs of the past ✓

To ensure that those who did not have jobs now get jobs ✓

1.3.2 Why is propaganda not a sound democratic practice, especially in a South African context? (2X1) (2)

Any two relevant answers for one mark each; possible answers:

It is misleading ✓

It encourages nondemocratic principles to flourish ✓

It disallows freedom of choice and speech ✓

1.3.3 Explain ONE benefit of having a transparent government.

(1X2) (2)

Make a point ✓ and explain that point in light of the question ✓; possible answers:

All actions are clear for all to see the government has no secrets

1.3.4 Discuss TWO limitations of Freedom of Expression in South Africa.

(2X2) (4)

Make a point ✓ and explain that point in light of the question ✓

Make another point ✓ and explain that point in light of the question ✓; possible answers:

Any two relevant discussion points and explanations:

Freedom of expression does not include hate speech, deliberately causing harm to others or making misleading statements ✓ which means you can't really say ANYTHING you want ✓

Any comments about the president have been shut down in the past ✓ which means that our freedom of speech is restricted ✓

TOTAL SECTION A: 20

SECTION B (COMPULSORY)**QUESTION 2**

2.1 Explain the terms “self-concept” and “self-esteem” (1+1) (2)

a) Definition of “self-concept” for 1 mark; possible answer:

“The idea or image you form about yourself based on certain information.” ✓

b) Definition of “self-esteem” for 1 mark; possible answer:

“How a person feels or thinks about the image that you form about yourself.” ✓

2.2 State how the online bullying mentioned by Dr Eddy has impacted on the self-concept of *her* patients. (2)

a) Make a point ✓

Make another point ✓; possible answers:

The i-Generation views sexuality as being on a spectrum ✓

They are more open about sex ✓

They feel free to express themselves and their sexual preferences ✓

They are less interested in romance/intimacy ✓

2.3 Other than Social media, which additional THREE(3) factors have an influence on your self-concept formation? (3)

List a factor ✓; possible answers:

Environment ✓, Friends and peers ✓, Family ✓, Culture ✓, Religion ✓, Community ✓.

2.4 Discuss ONE positive and ONE negative that social media might have on the development of one’s self-concept. (2X2) (4)

Make a positive point ✓ and explain that point in light of the question ✓

Make a negative point ✓ and explain that point in light of the question ✓; possible answers:

Positives: It might make one feel less alone if they have certain conditions such as acne. ✓ You can learn confidence in communicating with people who you don’t see. ✓ Online connections with others makes one feel less alone, feels connected. ✓ It can help one express one’s unique creativity and It could make one more aware and empathetic ✓.

Negatives: It can expose one to cyberbullying, which lower self-concept. ✓ It can result in comparison, feeling less attractive, less intelligent, etc. ✓

Advertising can make one feel unhappy about one’s life/possessions It could cause depression when not enough “likes” are received. ✓

2.5 Recommend TWO ways how you could regulate and balance your own access to social media.

(2X2) (4)

Make a point ✓ and explain that point in light of the question ✓

Make another point ✓ and explain that point in light of the question ✓; possible answers:

Have “no phone zones” in your house ✓, at dinner table no phones and keep to it ✓. Switch your phone off at night ✓ rather read or attend to hobby ✓. Don't use social media during the week ✓ spend times with family and friends ✓. Hand your phone in to your parents at night ✓ to ensure you are not tempted to use ✓.

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QUESTION 3

3.1 Explain in your own words the term “learning style”. (1+1) (2)

a) Explanation of “learning style” for 2 mark; possible answer:

The way a person prefers ✓ to take in, organise, store and use information ✓

3.2 Which learning style would best suite a learner that likes to work independently? (1)

Make a point ✓; possible answers:

Aural Learning Style ✓.

3.3 Identify and briefly describe TWO of the learning styles you are likely to use when you are studying. (2X2) (4)

Identify learning style ✓ and explain that point in light of the question and learning style ✓; possible answers:

Visual ✓ Make use of Mind maps. ✓ Highlights work. ✓ Make use of notes that have visuals ie: pictures, timelines, flashcards. ✓

Aural ✓ Reading aloud. ✓ Record notes and play recording back. ✓ Have a quize with a friend. ✓ Study with no distractions in quite. ✓ Gives speeches instead of giving a written report/assessment. ✓ Spell words out aloud. ✓

Kinaesthetic ✓ Make use of concrete objects when learning. ✓ making use of a teaching approach when studying. ✓ Do active things while learning or studying. ✓ When you sit and study, takes active and frequent breaks. ✓

Reading and writing ✓

- 3.4 Provide constructive advice on how someone who displays each of the two learning styles identified in question 3.3 could most effectively apply these learning styles while studying for a test or examination. (2X2) (4)

Make a point ✓ and explain that point in light of the question ✓
Make another point ✓ and explain that point in light of the question ✓; possible answers:

<u>Visual</u>	<u>Aural</u>	<u>Kinesthetic</u>	<u>Reading and Writing</u>
Make colour coded notes.	Talk through your notes or discuss the work with other people	Walk up and down or ride an exercise bicycle while learning.	Engage in their own research on a topic they are trying to memorize.
Draw diagrams and mind maps.	Repeat information aloud to themselves.	Practise what they are learning.	Summarize information in text format.
When listening to information they take notes to help them recall the information later.	Record themselves reading their notes and listen to the recordings again and again.	Chew gum or play with something in their hands while learning	Read through notes quietly with a pencil in your hand and take notes
Study in a quiet environment and stick your notes up all around you.	Talk through the information and explain it step by step.	Be actively involved in doing something while learning eg. Use flashcards or act out concepts.	Think and understand concepts in terms of words and descriptions.

- 3.5 Discuss TWO reasons why you should attempt to understand what your dominant learning style is. (2X2) (4)

Make a point ✓ and explain that point in light of the question ✓
Make another point ✓ and explain that point in light of the question ✓
Must be two different but relevant points; possible answers:

You should understand your dominant learning style in order to try to optimise your success ✓.

Understanding this may give you greater self-awareness as to how you learn and process information ✓.

This means that should you struggle with certain concepts or work you can manipulate the information to better suit your learning style ✓ e.g. a visual learner can use more mind-maps when studying ✓.

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TOTAL SECTION B: 30

SECTION C**QUESTION 4**

- Define the term “substance abuse” and state TWO types of negative environments that promote substance abuse. (1+2) (3)

a) Definition of substance abuse for 1 mark; possible answers:

The misuse of a certain substance ✓ OR Using a certain substance over the prescribed dosage. ✓

b) Two types of negative environments for 1 mark each; possible answers:

Community and media ✓
 Poverty/unemployment ✓
 unstable family backgrounds ✓
 Peer pressure ✓
 Lack of supervision ✓
 Access to harmful substances ✓
 Stress/Mental issues ✓
 Exposure to certain substances ✓

- Identify and describe TWO skills that could assist you in avoiding participation in high-risk behaviours or environments. (2X2) (4)

Make a point ✓ and explain that point in light of the question ✓

Make another point ✓ and explain that point in light of the question ✓

: possible answers:

Make an excuse ✓: Example ✓.
 Make a joke ✓: Example ✓.
 Give a reason why its a bad idea ✓: Example ✓.
 Ignore the suggestion ✓: Example ✓.
 Find a friend to support you ✓: Example ✓.
 Blame your parents ✓: Example ✓.
 Leave the situation ✓: Example ✓.

- Provide TWO examples of substance abuse and discuss how an addict could overcome these examples. (2X2) (4)

Give an example ✓ and explain that point in light of the question ✓

Give an example ✓ and explain that point in light of the question ✓; possible answers:

Any example of substance abuse (can be any type of substance)

Ways to overcome: Joining a rehabilitation centre, informing your parents or getting some kind of external help.

Keep track of your drug use, including when and how much you use. This will give you a better sense of the role the addiction is playing in your life.

List the pros and cons of quitting, as well as the costs and benefits of continuing your drug use.

Consider the things that are important to you, such as your partner, your kids, your pets, your career, or your health.

How does your drug use affect those things? Ask someone you trust about their feelings on your drug use.

Ask yourself if there's anything preventing you from changing. What could help you make the change?

Consider moving into a sober living home. Sober living homes provide a safe, supportive place to live while you're recovering from drug addiction.

They are a good option if you don't have a stable home or a drug-free living environment.

Lean on close friends and family. Having the support of friends and family members is an invaluable asset in recovery. If you're reluctant to turn to your loved ones because you've let them down before, consider going to relationship counseling or family therapy.

- Provide and explain ONE consequence of substance abuse. (1+1) (2)

Provide one consequence ✓ and explain that point in light of the question ✓; possible answers:

Mental illness, paranoia, organ damage, strained relations with family and friends, mood changes, nausea, tremors, Crime, Violence, education. ✓

- Discuss how rehabilitation centres benefit people who are recovering addicts AND provide the name of a South African rehabilitation centre (1+1) (2)

Make a point ✓ and provide the name of one rehabilitation centre ✓; possible answers:

Getting professional help ✓ - this will motivate change for a person ✓

Location ✓ - away from other drug addicts etc. therefore rehab centres are neutral grounds ✓

Patients are getting around the clock treatment ✓ - This will eliminate the feeling of isolation/depression, which could affect the patients to relapse. ✓

Name of South African Rehab centre ✓

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QUESTION 5

- Discuss THREE types of relationships. (1+3) (3)

a) Discussion relationship type for 1 mark**Discussion relationship type for 1 mark****Discussion relationship type for 1 mark; possible answer:****Relationship at HOME ✓ - discussion ✓****Relationship at SCHOOL ✓ -discussion ✓****Relationship in COMMUNITY ✓ - discussion ✓**

- Explain THREE appropriate behaviours in a relationship. (3X2) (6)

Make a point ✓ and explain that point in light of the question ✓**Make another point ✓ and explain that point in light of the question ✓****Make another point ✓ and explain that point in light of the question ✓; possible answers:****Confide in each other and keep information confidential ✓****Feel safe to express thoughts and emotions ✓****Tell the truth about how you feeling ✓****Accept your partner's individuality, uniqueness, values and beliefs ✓****Do not ask each other to do something that does not feel comfortable or is harmful ✓****Genuinely care about each other's health. ✓****Set boundaries ✓****Show support when in need. ✓****Help each other grow ✓**

- Provide TWO pieces of advice regarding how to deal with a relationship that just ended, in a healthy way. In your answers, discuss the importance of ending a relationship in this manner. (2X3) (6)

Name a strategy ✓ and explain that strategy ✓ and explain the importance of this advice in the above situation ✓**Name another strategy ✓ and explain that strategy ✓ and explain the importance of this advice in the above situation ✓; possible answers:****Spend time with friends and family who love you ✓ and who you can have some fun with, this may help you to remember all that you have besides the relationship that has just ended ✓****Exercise and eat healthily. ✓ This will allow your body to better deal with what has happened ✓, you will have more energy and will be able to be more positive. ✓****[15]**

QUESTION 6

- Define the term “sexuality” and discuss how puberty and hormones have an impact on your sexuality. (1+2) (3)

a) Definition of sexuality for 1 mark; possible answer:

Peoples sexual preference or their ability for sexual feelings ✓

b) Discussion of puberty for 1 mark**Discussion of Hormones for 1 mark ; possible answers:**

The stage when a child’s body develops into an adults body ✓

Hormones are substances produced by the body to make specific cells or tissues that perform different functions. ✓

- Analyse THREE factors that may have influenced your own personal values surrounding sexuality in general. (3X3) (6)

Make a point about a factor ✓ and discuss the influence of the factor ✓

Make another point about a factor ✓ and discuss the influence of the factor ✓

Make another point about a factor ✓ and discuss the influence of the factor ✓;
possible answers:

- Advise young people on TWO ways in which they can handle a partner’s pressuring them to have sex (assuming that their partner’s perspective of sexuality is different to theirs). In your answer, also indicate other sexual pressures this young person may face. (2X3) (6)

1st action ✓ and explain this action ✓ and provide another sexual pressure ✓

2nd action ✓ and explain this action ✓ and provide another sexual pressure ✓;
possible answers:

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TOTAL SECTION C: 30
GRAND TOTAL: 80