

**QUESTION ONE: Self- Image (11 marks)**

Answer these questions as fully as possible.

- 1.1 There are five dimensions to your self-image. They are: emotional, physical, intellectual, social and spiritual dimensions. Write a sentence or two **for each dimension**, explaining what it refers to and what is understood about that particular dimension. (5)

1.2 Case Study on Lucas Sithole:

Twenty-five year old, Lucas Sithole, is number one in the wheel chair tennis quads division. But it has not been an easy ride to the top for Lucas. "I was 12 years old when my life changed forever," he says. "I was coming home from the shops when I walked past a stationary train that suddenly started moving back. I fell under the train and it rode over me. I lost most of my right arm and both of my legs. I was rushed to the hospital in a critical state – I had lost a lot of blood and the doctors thought that I wouldn't survive. I spent a lot of time in intensive care and underwent several operations. I was very depressed and angry. I thought my life would be over forever. I would not be able to play sports again, I would be rejected by all my friends and I would be a burden on my family. I had always loved sport and had set my sights on being a soccer star, but after the accident, I could not see how it would be possible to live a normal life."

Lucas suffered from depression for a long time before things changed for him. "It was only when I went to Bumbisiswe, a school for the disabled outside Newcastle, that I learned to cope with my disability and started to regain my confidence and self-esteem. I had to learn to do everything again, from writing with my left hand (I was previously right-handed) to dressing myself. Over the years, I became very independent. I even learned to climb a tree with one arm! Once I had been in a wheelchair for a while, I started playing sports again. I played wheelchair rugby, wheelchair basketball and wheelchair tennis, and I have received national colours for all three sports. I consider everything a challenge. I like to think of it like this – in life you have two choices – to sleep or to dream. It's up to you to choose. Either you wake up and chase your dream or you give up and continue sleeping. You don't have to be afraid when life gets hard; just be happy that you are living it! You hold the passport to your future."

Lucas competed in the 2012 Paralympic Games.



- a) Why is Lucas' story so inspirational? (1)
- b) What caused Lucas' self-esteem to be so low? (1)
- c) Lucas says that everyone has two choices in life. What are they and what do they mean? (4)

**QUESTION TWO: Puberty (9 marks)**

Write down the answers only.

- 2.1 What is the name of the *gland* that gets your other glands to start producing hormones? (1)
- 2.2 What is the name of the *hormone* that is responsible for starting puberty in males? (1)
- 2.3 Name one of the hormones found in a girl's ovaries. (1)
- 2.4 Name any two ways in which a boy's body changes physically during puberty. (2)
- 2.5 Name any two ways in which a girl's body changes physically during puberty. (2)
- 2.6 Name any two changes that you experience socially during puberty. (2)

**QUESTION THREE: Peer Pressure (14 marks)**

Answer the following questions.

- 3.1 What is peer pressure? (1)
- 3.2 Give an example of a situation where peer pressure could be a positive experience. (1)
- 3.2 Use the DECIDE method to solve the following problem: (12)

My best friend has started smoking dagga over the weekends. He says that it isn't wrong because dagga is now legal in South Africa. He wants me to sleep over on Friday night so we can smoke together. What should I do?

**QUESTION FOUR: Study Skills (10 marks)**

- 4.1 Using one of the mnemonic techniques, how could you easily remember the colours of the rainbow – red, orange, yellow, green, blue, indigo and violet? (1)
- 4.2 Which type of learner are you – auditory, visual or tactile/kinaesthetic? According to the type of learner you are, name two tips that you would use in order to study more effectively. (2)
- 4.3 Name one things that you *shouldn't do* when you are studying. (1)
- 4.4 Use the SQ3R Method to explain how you would learn a section of NS. (6)

**QUESTION FIVE: Rights and Responsibilities (3 marks)**

- 5.1 With each right comes responsibilities. Write down one responsibility for each of the following rights:
- a) the right to education (1)
- b) the right to equality (1)
- c) the right to freedom of speech (1)

**QUESTION SIX: Risky and Threatening Situations (3 marks)**

- 6.1 Name one organizations that you can contact if you feel unsafe. (1)
- 6.2 If you are being bullied at school, what two things can you do to improve your situation? (2)

**Don't  
BE a  
BULLY**  
be a friend