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SCHOOL BASED ASSESSMENT TERM 1 WRITTEN TASK GRADE 7

SUBJECT	:	LIFE ORIENTATION
DUE DATE	:	_____ MARCH 2025
TASK NO	:	01
DURATION	:	7 DAYS
MARKS	:	70
EXAMINER	:	TSIE O
MODERATOR	:	MABUSA I.K
DISTRICT	:	GAUTENG WEST
TOPICS	:	SELF-IMAGE, PUBERTY, PEER PRESSURE/STUDY SKILLS

NAME OF LEARNER: _____ GRADE 7: _____

COGNITIVE LEVELS		
Level 1	Level 2	Level 3
Low order 40%	Middle order 40%	High order 20%

ACTIVITY	1	2	3	TOTAL
MARK OBTAINED				

This question paper consists of 5 pages

Instruction to learners

- The written task must be handed in on the date of submission given.
- You must attach the cover page given to you.
- Use the internet, library, newspaper articles and any other relevant sources.
- Write clear, legible, and neat. Answer in your own words as best as you can.
- The marks allocated are an indication of the length of your answer.

TOPIC: DEVELOPMENT OF THE SELF AND IN SOCIETY

ACTIVITY 1: DESIGN & MAKE: SELF IMAGE



Design and make a wellness brochure which you will distribute at your school for the wellness campaign that is forthcoming. Your brochure should be pocket size so those struggling with self-image will be able to carry it along to refer to it when faced with thoughts of negative self- image. The brochure must contain the following information:

- 1.1 What is self- image?
 - 1.2 How do our friends, families and communities influence our self-image
 - 1.3 Strategies to enhance one's self-image
- (20)**

TOPIC: DEVELOPMENT OF THE SELF IN SOCIETY

ACTIVITY 2: CASE STUDY: PUBERTY



Read the case study below and answer the questions that follow:

Dear Diary

Life all seemed so simple before. Then it all started going funny. I think it all began with one pimple. Then there were suddenly lots! About that time, my voice started changing as well. I started feeling a bit strange when I was around girls. There was one who made me even more nervous than the others. I still can't believe it about myself, but I actually had the guts to ask her out on a date. She looked so beautiful, her hair so pretty, her eyes lighting up like the lights in the city. When I held her hand, it sweated a little. Then she blushed, and started to giggle. After all of this, I did not know how to say goodnight. Some of my friends are talking about kissing and stuff, but I could not even think about trying. It seems so complex. I want to wait till I'm older, I don't want to worry about sex now already. Does it make me a nerd? Why is everything feeling so different from a year ago?

Thabo.

(G. Euvsard et al. Life Orientation Today.2012.pg 11)

1. Why do you think Thabo is experiencing all these changes in his body? (2)
2. Is it normal for him to go through all these changes? Explain. (2)
3. Suddenly he sees girls in a different light. Is it social, physical, or emotional change? (1)
4. Tabulate 3 physical changes that occur in boys and girls during puberty. (6)
5. If a teenager goes through this stage, does it mean they are ready to have sex? Explain. (2)
6. What advice would you give to a teenager experiencing the same things as Thabo? (2)
7. Do you think if Thabo had had sex with the girl he went out with, she could have fallen pregnant? Explain. (3)
8. Do you think Thabo was taught to feel and behave this way? Explain. (2)

(20)

TOPIC: DEVELOPMENT OF THE SELF IN SOCIETY

ACTIVITY 3.1 ASSIGNMENT: PEER- PRESSURE



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Study the comic strip and respond to questions based on it:

3.1.1 After studying this comic strip what do you think others were doing that Mallard ended up doing and now cannot stop? (2)

3.1.2 Why do you think teenagers give in to peer- pressure? (2)

3.1.3 Your friends have started dating and you are not. They have organised a trip to the Vaal Dam to have a picnic and each of them will be bringing a partner, snacks and alcohol. You have decided to go with them but do not want to indulge in either bringing a partner or drinking alcohol. You know how persuasive they can be in trying to win you over. Discuss **Four** ways by which you plan to overcome their pressure. (8)

3.1.4 If one of these friends have indulged in alcohol and now find it hard to stop thereafter, where would you advise him/her to go seek for help? Name **Two** places. (2)

3.1.5 Do you think a teenager can give in to having sex with multiple partners and end up finding it difficult to stop on their own? Where would you advise him/her to seek for help? (1)

(15)

TOPIC: WORLD OF WORK

ACTIVITY 3.2: ASSIGNMENT: IMPORTANCE OF READING & STUDYING



3.2.1 From this comic strip what do you think makes Jeremy's life a nightmare? Mention three things you think contributed to his state of affairs. (6)

3.2.2 What do you think Jeremy and all of us can do to enhance our memory? Mention three things. (6)

3.2.3 There are some of your classmates that struggle to read with understanding. What advice would you give them? (3)

(15)

TOTAL MARKS: 70

