



Life Orientation GR 10 MEMO

Life Orientation (Dr Wf Nkomo Secondary School)



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Education and Sport Development

Department of Education and Sport Development
 Departement van Onderwys en Sport Ontwikkeling
 Lefapha la Thuto le Tlhabololo ya Metshameko

NORTH WEST PROVINCE

LIFE ORIENTATION GRADE 10 MEMORANDUM

SECTION A QUESTION 1

	QUESTION 1.1		QUESTION 1.2.
1.1.1	A√	1.2.1	E√
1.1.2	B√	1.2.2	C√
1.1.3	D√	1.2.3	B√
1.1.4	D√	1.2.4	G√
1.1.5	C√	1.2.5	A√ (5X1)(5)
1.1.6	C√		QUESTION 1.3.
1.1.7	C√	1.3.1	Annual study plan/study plan √
1.1.8	D√	1.3.2	Study skills: the ability to listen, read, understand , remember and organise learning material√ Study method: ways to study, learn and remember √
1.1.9	C√	1.3.3	Food security √
1.1.10	B√ (10X1)(10)	1.3.4	Human trafficking √ (5x1) (5)

Answer **ALL** questions in this section

Answers should be in full sentences and in your own words as far as possible.

Question 2

2.1.1 THREE times ONE mark for each of the suitable reasons

Peer pressure✓

Substance abuse✓

Lack of information on safe sex and contraception✓

Rape✓

Wishing to have a baby✓

Thinking that having a child will keep a relationship going✓

Thinking that you will force a marriage✓

To receive a child grant✓

A need to feel good about yourself✓

Many teenagers with low self-esteem think that sex will make them feel better about themselves and make them more accepted and popular.✓

Any other suitable answer

(3x1) (3)

2.1.2 ONE mark for each of the TWO suitable answers

Teenager can be so intoxicated that forget to take contraception✓

Teenager can be too intoxicated to make a wise decision ✓

Teenager can get raped without knowing ✓

Can give consent without knowing✓

Being intoxicated break down your resistance✓

Experimenting✓

Break down self-respect or sense of responsibility✓

(2x1) (2)

2.1.3 NO marks allocated for agree or disagree. TWO marks for suitable well

explained answer.

- Agree: Teenage parents don't have funds to pay for own studies or those of children.✓✓
- Teenage parents have less chance to get suitable job and possibility of poverty good.✓✓
- Disagree: Do not apply to all teenage pregnant mothers, some complete their studies.✓✓
- Any other suitable viewpoint should be considered

(1x2) (2)

2.1.4 ONE mark for each of THREE suitable **financial** and **social** reasons

- **Financial:**
- You do not have the financial means to take care of the baby ✓
- It will become an additional financial liability for your parents ✓
- Your chances to complete school and study further and get good job are limited by pregnancy ✓
- You will have to pay somebody to take care of the baby. ✓
- **Social:**
- Might be rejected by society and parents due to religious reasons. ✓
- You cannot have a teenage life because you have responsibility of being a parent and baby to take care of. ✓
- You limit your chances to meet a suitable partners. ✓
- you have a financial responsibilities. ✓
- Other suitable answers should be taken into consideration . ✓ (3x1)(3)

[10]

2.2

2.2.1 TWO marks for well explained answer

- The basic rights to which every person is entitle to according to the constitution of the country./Rules to live in society ✓✓ (1x2)

2.2.2 ONE mark for each of correct answers

1. Not to be used during armed conflict or war/ to be protected during war ✓
2. Not to be detained/be given a lawyer ✓
3. Health care ✓ (3x1) (3)

2.2.3. One mark for each of the suitable responsibilities

- Attend school regularly
- Work hard at school✓
- Respect teachers/fellow learners /parents✓
- Avoid risky behaviour✓
- Respect for other people in school ✓
- Respect for others' language and culture✓
- Follow the code of conduct of the school✓
- Do homework and study for exams/tests✓
- Respect of school property/people's belongings✓ (3x1)(3)

2.2.4 NO marks allocated for agree or disagree. TWO marks for suitable well explained

answer✓✓

- Agree: Children do have the right to question marks allocated to them, but they should respect teachers whilst doing so. ✓✓
- Disagree: Lack of respect by student.You can request for remark but not demand ✓✓
Teachers do have rights too and must be treated with respect ✓✓ (2x1)
[10]

2.3 Topic: Study skills

2.3.1 ONE mark for each of TWO suitable answers

- It helps you to prioritise your homework and projects✓
- It reminds you of outstanding work to be completed✓
- It helps you to organise your daily activities/school work✓
- It helps you to submit documents on time✓
- Any other suitable answer should be considered✓ (2X1)

2.3.2. ONE mark for each of THREE time wasters

- Play on cell phone/computer/games✓
- Hanging around with friends✓
- Read the messages you received and send✓
- Run around looking for your books✓
- Tidy up your school bag✓
- Decorate your diary✓
- Let other people distract you✓
- Chat to friends on whatsapp/ facebook on what homework to do.✓
- Check other people's profiles✓
- Watching TV✓
- ANY other suitable answer should be taken into consideration

(3x1)(3)

2.3.3 ONE mark for EACH of THREE suggestions

- Switch off your cell phone and radio.✓
- Put up a sign that asks people not to disturb you.✓
- If you are nervous, take a deep breath and stretch.✓
- Use different methods of studying.✓
- Take regular breaks.✓
- Study in a group with other learners.✓
- Give yourself an award when you have finished a section.✓

(3x1)

2.3.4. ONE mark for each of TWO suggestions

- Find a quiet place such as a library✓
- Prevent studying in front of the television or at places where you attention can be distracted.✓
- Always study at the same place✓
- Make sure you have all your equipment with you before you start✓
- Any other suitable answer

(2x1)

[10]

Total Section B: 30 marks

Section C more about should guide you in your career choice

Question 3

ONE mark for each of five items

Interests: the things you like to spend your time on /things what you like to learn more about should guide you in your career choice.√

Abilities: things that you can do well should guide you in your choice √

Talents: the things you were born with and come naturally/natural ability to do

Something well e.g doing mathematics, planning etc.√

Strengths: the things you are always good at e.g. communicating √

Weaknesses: what you are not good at or what you do not like to do avoid these things in your choice of carer.√

(5x1)(5)

TWO marks for the explanation of socio-economic factors

community needs:

Look at the needs of the community you live in. See what shortages people experience around them and look at possible careers that can fill the gap.√√

availability of finance: your choice for a career and further studies will be influence by the money you will have available to study with.√√

affordability: If your parents cannot fund your further studies look at alternative options like scholarships and bursaries or working and studying part time.√√

Stereotyping: Do not allow stereotyping to influence your choice. Many people have overcome this. Do not let your parent's careers influence your choice e.g. I must become a lawyer to take over my father's practise.√√

accessibility : being easy for one to get fund

(5x2)(10)

Question 4

Topic: Development of self in society: Self esteem

- **Factors that influence self-awareness and self-esteem**
- What other people say about you
- Things that happened in your life up to now.
- How popular, rich or intelligent you think you are.
- The media (television, magazines, cell phone, twitter, face book, mxit, radio) can also have a influence (positive or negative) on your self-esteem.
- You get influenced by advertisements. What is fashion and what is important?
- The media show what they think is beautiful and important, because they want to sell something You compare yourself with what is shown as important and then you decide how good you are.
- When teenagers cannot afford these things or do these things they do feel bad about themselves. Teenagers value themselves on what they see in the media and not what they see in reality.....
- How parents treat you
- How you think other people see you
- How well they cope with difficulties in your life
- The way they respond to success or failure/How their parents respond to success and failure
- How parents support you when in difficulty
- How much you think people like or dislike them
- How well you cope with group pressure
- How you think about how people who are important treat them
- How you let the media influence them

- ONE mark for each of the FIVE suitable factors
(5)

(5x1)

- **Strategies to build confidence in yourself**

- Express yourself clearly so that others don't misunderstand you
- Be assertive and say what you want to say clearly
- Be polite and respectful, but also sure of yourself
- Respect others so that they will respect you
- Start to complete tasks immediately, to the best of your ability. Keep on improving in every task until you do it perfect and right.
- Finish the tasks you start. Don't give up.
- Start to take part in sport at school. Remember not all of us can play in the first team, but remember the first team needs a second team to practise against.
- Start to take part in activities in the community and at church. You will feel good about yourself if you do something for somebody else.
- Volunteer to help in your community.
- Make good and right decisions. Do not blame peer pressure. You are in control of yourself and your own future, so take responsibility for your actions.
- Make sure you communicate how you feel to those around you and make sure those around you understand what you are trying to say.
- Praise and encourage yourself and others around you. You will attract a lot of new friends by praising them, but be honest. Tell your class mates if you think they have done well or look good or has done something good you
- Focus on your strengths
- Accept compliments

ONE mark for each of the FIVE suitable factors

(5x1)(5)

- **ONE mark for each of FIVE ways to respond to somebody you do not agree with**

- Acknowledge that all people are different and that we can disagree
- Respect other people's differences and different point of view
- Respect all races
- All people are equal and no race are better than another
- Remember that we all have different abilities

- Respect all people whether it is a boy or girl
- Stay calm and polite even if you differ
- Listen to the other persons point of view even if you disagree
- Get to know the person you disagree with and his or her culture
- Focus on your similarities and not differences
- Make friends with people who are different from you

(5X1)(5)

(15)

Question 5

Topic: Social and environmental responsibility

- **Crime:** Poor people are easier targets of crime as they have fewer resources to defend and protect themselves. Crime may let the crime in your area increase and become unsafe for you and others
- **Crime :** You will have to pay more to protect your own property and personal safety and security if crime in your area increase
- **Crime and Violence:** Crime makes people angry, distrustful. When people lose their lives or possessions to crime, it affects them and those around them in a bad way. Violence causes people to die or be injured. The economy also suffers because so many people who contribute to building our country die too young and cannot work. This leads to a vicious cycle of crime and violence, because the problem goes round and round, getting worse all the time.
- **Poverty:** People cannot take care of their own families and have to rely on government or others to help them to see to their own basic needs. This leads to injustice as everybody do not have equal access to resources
- **Poverty** are most of the time the result of unemployment and people rely on others to provide for them e.g. they will need government to provide housing and basic health services or church to feed them.
- Poor people suffer the most form e.g pollution as they don't have the resources to protect themselves
- Social justice cannot happen because poor people have less choices than others e.g. education, health facilities etc.
- If people in community rely on government to support them other people in community will have to pay for it, so taxes will increase

- **lack of housing:** Poor people do not have access to proper housing and live in shacks and need government to provide for them. Shacks devalue your own value of your house if it is close to township with informal settlement
- **unemployment:** Unemployed may try to solve problems by getting involved in crime. This will cause crime rate to increase in your area and let investors take their money out of the country
- **Lack of basic services e.g. health services:**
The South African health system is trying to help all its citizens. The main focus is primary health care, which is free of cost. Provinces with fewer resources and more poor people are not able to provide all the health needs of the people living there.
 - Will contribute to spread of diseases. This will put more pressure on health services and cost government more money for health services needed
 - Lack of basic services may cause communities to protest against local governments and damage state and your own property that will cost money to restore. (5x2)(10)
- **Create FIVE practical solutions you can implement in your community on any of these social issues to make the society you live in a better and safer place.**
 - Encourage young people to study hard at school so that they can take care of themselves and their own families
 - Become a volunteer and share your skills with others in need
 - Become part of a youth service groups
 - Use water sparingly so everybody has enough
 - Become part of the local police forum
 - Name of any organisation that can help e.g Children of Fire
 - Start an action group in your community to stop crime
 - Start an action group in your church to help those in need
 - Get youth involved in sport and off the streets to combat crime
 - Support victims in your community
 - Any other practical solution must be taken into consideration.
 - One mark for each of FIVE solutions (5x1)(5)

[15]

Total for section C: 30 Marks

Grand Total : 80