



# TOM NEWBY SCHOOL TEST



|                                                                                                                                                                                                                                                                                                                                         |                                                                                |                    |                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------|-------------------|
| <b>Subject</b>                                                                                                                                                                                                                                                                                                                          | <b>Life Orientations</b>                                                       | <b>Examiner</b>    | <b>Mrs. Brits</b> |
| <b>Date</b>                                                                                                                                                                                                                                                                                                                             | <b>June 2021</b>                                                               | <b>Total marks</b> | <b>70 marks</b>   |
| <b>Grade</b>                                                                                                                                                                                                                                                                                                                            | <b>7</b>                                                                       | <b>Duration</b>    | <b>2 hours</b>    |
|                                                                                                                                                                                                                                                                                                                                         |                                                                                | <b>Moderator</b>   | <b>Miss Botha</b> |
| <b>Special instructions/<br/>Equipment</b>                                                                                                                                                                                                                                                                                              | <b>Read and answer ALL questions thoroughly.<br/>Write neatly and legibly.</b> |                    |                   |
| This assessment has been compiled using notes and information contained in the Tom Newby School resource material. The marking memorandum has been compiled accordingly. While alternative responses will be given due acknowledgement, the official memorandum will be considered a priority document to ensure uniformity of marking. |                                                                                |                    |                   |

Name and Surname: \_\_\_\_\_ Class: \_\_\_\_\_

This exam paper consists of:

Section A: 25 marks

Section B: 25 marks

Section C: 20 marks



### Section A: Answer all of the questions

#### Question 1:

[5]

Answer True or False. If the statement is false, then please correct it.

1.1 To show respect for someone else, it is important to try to say good things about people when they are not around and try to steer towards gossip and saying mean things behind their backs. (1)

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1.2 Someone who doesn't stand up for themselves is known as aggressive. (1)

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1.3 Before a person can overcome self-image problems and build healthy self-image, it helps to know what might be causing those self-image problems. (1)

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1.4 Respect refers to a feeling of self-admiration. (1)

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1.5 The best advice that a teenager can follow is: Speak to an adult that you can trust. (1)

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**Question 2:**

**[5]**

Match Column B with Column A and write the letter of the answer that you have chosen on the table provided.

|      | Column A         |    | Column B                                                      |
|------|------------------|----|---------------------------------------------------------------|
| 2.1. | Inhumane         | A. | People who are self-confident when dealing with peer pressure |
| 2.2. | Assertive        | B. | Without compassion                                            |
| 2.3. | Work environment | C. | Repeated behaviour                                            |
| 2.4. | Puberty          | D. | Rural, urban, farm                                            |
| 2.5  | Bullying         | E. | Pimples develop                                               |
|      |                  | F. | Business, accounting                                          |

|      |      |      |      |      |
|------|------|------|------|------|
| 2.1. | 2.2. | 2.3. | 2.4. | 2.5. |
|------|------|------|------|------|

**Question 3:****[5]**

Circle the correct answer:

3.1 A person's self-image is a \_\_\_\_\_ picture. (1)

- A. Mental
- B. Real
- C. Working

3.2 Children who are abused might have trouble sleeping, concentrating and \_\_\_\_\_ . (1)

- A. Shopping
- B. Eating
- C. Budgeting

3.3 Strategies to improve brain power include: (1)

- A. Learn before school starts.
- B. Associate the memory with the environment.
- C. Eat like a South African.

3.4 How you deal with peer pressure is a reflection of: (1)

- A. How you feel about yourself.
- B. How others feel about you.
- C. How you feel about others.

3.5 An "Adam's Apple" refers to a male's: (1)

- A. Health
- B. Pride
- C. Larynx

**Question 4:****[10]**

Fill in the missing words:

4.1 A person's self-image is usually a mixture of both positive and \_\_\_\_\_ images. (1)

- 4.2 Unhealthy relationships are relationships in which one person tries to \_\_\_\_\_ another person. (1)
- 4.3 The document that the United Nations drew up containing laws and rules that aimed that every person on this planet has certain basic rights is called the \_\_\_\_\_ . (1)
- 4.4 Reading for \_\_\_\_\_ includes activities such as reading, sms, texts, newspapers, novels, magazines, social media articles. (1)
- 4.5 During puberty many teenagers begin to identify with their \_\_\_\_\_ on a far more significant level than before. (1)
- 4.6 Families who \_\_\_\_\_ well will develop close, healthy and loving relationships. (1)
- 4.7 It is tough to be the only one who says \_\_\_\_\_ to peer \_\_\_\_\_ . (2)
- 4.8 If parents spend more time \_\_\_\_\_ than praising a child, it can be harder for a child to develop a good \_\_\_\_\_ . (2)

### Section B: Answer all of the questions

#### Question 5:

[16]

Read through the case study and answer the questions.

#### Outsider

For as long as I can remember, I've always been an outsider. For some people, this may come as a surprise because I am a very outspoken, open-minded and self-confident person who has no problem standing up for herself or others and can also be social and very friendly.



My life has been pretty different from most people I know and although it has been good for developing into the person that I am today, it didn't make my life any easier. While growing up, my family and I moved around a few times, which made it difficult to make life-long friendships and included a lot of assimilation to different surroundings.

I was born in South Africa but lived in America as well as Germany, so I had to adjust and re-adjust a lot, make new friends, even learn a new language and I just grew up a lot differently from most people I know.

Because I was so different from everyone, everyone talked behind my back and by the time I reached puberty all kinds of ridiculous rumours were spread, even though I never did anything to anyone.

Early on I had to make a decision that would have a huge effect on the rest of my life.....

5.1 List two types of peer pressure. (2)

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5.2 List three things that teenagers want from people around them during puberty.(3)

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

5.3 The narrator in the case study says: "All kinds of ridiculous rumours were spread." Why, do you think, do people spread rumours? (Give two reasons) (2)

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5.4 Our self-image is a combination of three mental pictures: (2)

- A. How you see yourself.
- B. \_\_\_\_\_
- C. \_\_\_\_\_

5.5 The narrator in the passage states: "Early on I had to make a decision that would have a huge effect on the rest of my life." What decision do you think was made? (1)

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Why, in your opinion, was it important to make this decision? (1)

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5.6 Give the definition of puberty: (2)

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5.7 What is respect? (1)

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5.8 Give one example of positive peer pressure. (1)

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5.9 Give one example of negative peer pressure. (1)

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**Question 6:**

**[9]**

Read through the case study and answer the questions:

Dear Diary,

It is totally crazy around here! You will never believe what happened! Today the president of South Africa, Cyril Ramaphosa, declared a national state of emergency! No way, right? That is not the worst of it. He announced emergency measures for the entire country. We are now in level 5 due to Covid 19. This is a virus that spread across the world. The president decided to put us under lockdown! This is to ensure that as few as possible people die from the disease. Apparently, we are the only country that started the lockdown before anyone had already died. I think he made a good decision. We cannot leave our homes, only my parents can go out to buy food from the shops and pharmacies are also open. We cannot visit any restaurants or shopping malls. They said it would be for three weeks! The problem is that they think GBV will increase because everyone has to stay home. GBV might become an epidemic. Well, I will keep you posted!

6.1 The following protocols were put in place to help to curb the spread of the virus:(2)

- A. Stay at home when you are sick.
- B. Clean and disinfect frequently touched surfaces.
- C. Cover your cough or sneeze, then throw the tissue in the trash.
- D. Avoid touching your eyes, nose and mouth.
- E. \_\_\_\_\_.
- F. Sanitize your hands regularly.

G. Wash your hands with soap and water for at least \_\_\_\_\_.

H. Keep a safe physical distance away from people.

6.2 What does the abbreviation GBV stand for: (1)

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6.3 Why, do you think, is it important to stop the spread of the virus? (1)

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6.4 What are the main symptoms of Covid 19? (name two) (2)

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6.5 What is the difference between a pandemic and an epidemic? (2)

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6.6 What level is South Africa currently on? (1)

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**Section C: Answer any TWO of the questions only. Do not answer all three questions!**

**Question 7:** [10]

The best way to protect yourself from a risky situation is to avoid it. Be aware of people and places that could be dangerous or could harm you. It is a good idea to listen to the advice of an adult.

Give possible tips on how to avoid risky situations: Write your answer in bullet point format.

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