



Province of the

EASTERN CAPE

DEPARTMENT OF EDUCATION

AMATHOLE EAST

DISTRICT

GRADE 11

LIFE ORIENTATION

FINAL EXAMINATIONS

2023

Stanmorephysics.com

TIME: 2 HOURS

MARKS: 100

This question paper consists of 10 pages

INSTRUCTIONS



1. This question paper is divided into **THREE SECTIONS**

SECTION A: COMPULSORY 20 Marks

SECTION B: COMPULSORY 40 Marks

SECTION C: CHOOSE ANY TWO 40 Marks

2. ALL sections should be answered on the folio paper provided.
3. Section B answers should be written in full sentences
4. Section C consists of essay type questions and must be answered in full sentences and paragraphs.
5. PLEASE START EACH SECTION ON A NEW PAGE
6. Number the answers correctly according to the numbering system used in this question paper.
7. Write neat and legibly.

SECTION A (COMPULSORY)

QUESTION 1

1.1. Various options are provided as possible answers to the following questions. Choose the correct answer and write only the letter (A-D) next to the question number on the answer sheet provided.

1.1.1. The media:

- A. Often shows stereotypical views of people in relationships.
- B. Shows real life relationships.
- C. Only shows harmful messages about relationships.
- D. Teaches teenagers what is real in relationships.

1.1.2. Which one is NOT a minimum requirement for admission to diploma studies?

- A. One official language at home level -40% (APS 3) or better.
- B. Three other subjects – 40% (APS 3) or better (excluding Life Orientation) for each subject.
- C. Three subjects – 30% (APS 2) or more for each subject.
- D. None of the above.

1.1.3. An example of embezzlement could be.....

- A. Using the company's resources for personal gain.
- B. Awarding a contract without following procedures.
- C. Accepting a payoff to give someone access to theft.
- D. Demanding a reward from a contracted supplier.

1.1.4. A study strategy that could help you to study effectively could include.....

- A. Studying within a short period of time.
- B. Having the relevant study resources.
- C. Studying over a longer period of time.
- D. Using extensive preparation time.

1.1.5. Parents can have a positive effect on their grade 11 children if they:

- A. Support, encourage and communicate with their children.

B. Accept their child for who they are, love them and tell them they love them.

C. Supervise study times and ensure all schoolwork is done.

D. All of the above.

(1 x 5) (5)



1.2. Provide a suitable word/phrase for EACH of the following sentences. Write only the word/term next to the question numbers on your ANSWER SHEET.

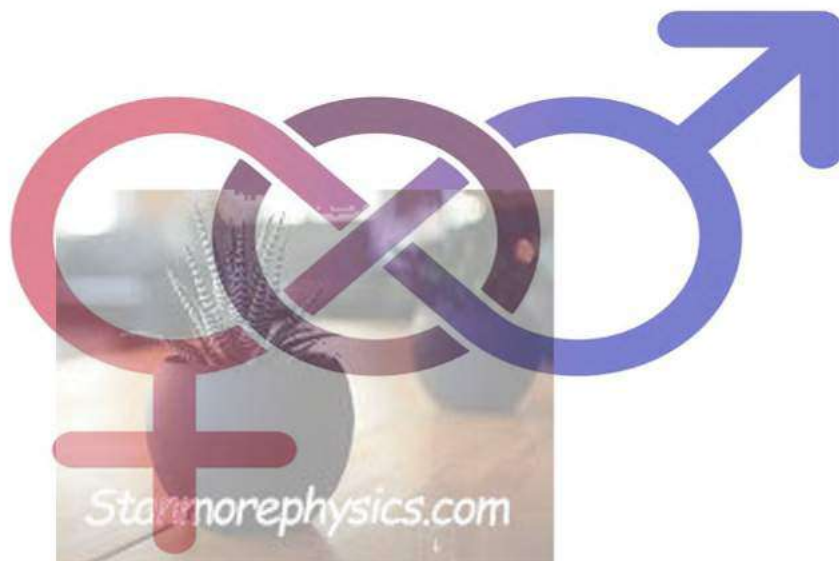
1.2.1. Chemicals used to kill insects, weeds and germs that prevent the healthy growth of plants and crops.

1.2.2. Morals, principals, values and rules that guides good, fair and correct behaviour.

1.2.3. Any significant long-term change in the expected patterns of average weather of a region.

1.2.4. Sexual intercourse between people who are very closely related.

1.2.5. The act or practice of killing someone who is very sick or injured in order to prevent any more suffering.




**Sexual and
Gender Based
Violence
against LGBTQ
People**

[Adapted from: www.google.com. Accessed on 10 October 2021]

- 1.3.1. Define the term *Gender*. (2)
- 1.3.2. Provide the full name for the *LGBTQI*. (1)
- 1.3.3. Outline TWO ways sexual harassment can take place between learners. (2)

[5]

1.4 Study the extract below and answer the questions that follow:



“AWARENESS IS EMPOWERING” – RITA WILSON

Awareness raising means making people conscious about a problem or issue. You want to make a certain topic or issue more visible within a community. The goal is to make people understand the importance of a certain issue and find support to address it.

The difference with advocacy, is that awareness raising doesn't have the goal to change a policy directly. It is purely about informing people and giving them new bits of information. However, awareness raising can also be a tool for advocacy, to convince policy makers of the urgency of a certain issue, backed up by a whole segment of the community!

Awareness raising is very powerful, because it educates people about topics which are new to them and encourages them to participate in bringing change.

Adapted from <https://www.youthdoit.org>: Accessed on 16 October 2021

1.4.1 Define the term Democracy. (2)

1.4.2 Discuss THREE ways in which Advocacy Campaign can raise awareness.

(3 X 1) = (3)

TOTAL SECTION A: [20]

SECTION B (COMPULSORY)

Answer ALL the questions in this section on the folio paper provided. Write your answer in full sentences.

QUESTION 2

Study the cartoon below and answer the questions that follow.



Adapted from: www.google.com. Accessed on 15 October 2021

- 2.1. Identify the socio-economic condition noticeable in the cartoon above. (1x2) (2)
- 2.2. Discuss the following terms:
 - 2.2.1. Skilled work
 - 2.2.2. Semi-skilled work
 - 2.2.3. Unskilled work
 - 2.2.4. Physical labour (5 x 2) (10)
- 2.3. Critically discuss FOUR ways on how persistence will assist the learner in achieving his goals of becoming employed. (4x2) (8)

QUESTION 3

Study the extract below and answer the questions that follow.

CHAOS AT LOFTUS AS PIRATES FANS STORM THE FIELD

Players had to flee for their lives as violent scenes broke out across the stands and on the field. There are chaotic scenes at the Loftus Versfeld Stadium in Tshwane after Orlando Pirates supporters took to the field with their side 6-0 down against Mamelodi Sundowns.

After Percy Tau scored Sundowns' sixth with 10 minutes to play, disgruntled Bucs fans stormed the field. With security over-run, the players had to flee for their lives as violent scenes broke out across the stands and on the field. Officials are considering continuing play, but it would be surprising if the match does continue.

Adapted from <https://www.citizen.co.za/sport>. Accessed on 15 October 2021

- 3.1. Mention SIX things that can contribute to spectator aggression during a soccer match. (6 x 1) (6)
- 3.2. Explain TWO aims of a *code of conduct* for players and spectators' behaviour. (2 x 2) (4)
- 3.3. Motivate how sport can contribute to nation building. (2 x 2) (4)
- 3.4. Critically discuss how the soccer supporters harmed nation building. (3 x 2) (6)

[20]

TOTAL SECTION B: [40]


SECTION C (CHOOSE ANY TWO)

Answer any TWO questions in this section.

Your response must be in the form of an essay, and NOT in list/point format.

QUESTION 4

Study the information below and answer the questions that follow:

| STUDY HABITS | |
|--|---|
|  | <p>Grade 11 learners say that time, or the lack of time, is one of their biggest problems.</p> <p>Source: Unknown</p> |

Write in **paragraphs** and use the following as a guideline:

- Define the concept *procrastination* and give any two causes of *procrastination*. (2 + 2) (4)
- Explain FOUR ways how learners procrastinate. (4x2) (8)
- Propose FOUR guidelines for the students to manage their time better and effectively. (4 x 2) (8)

[20]

QUESTION 5

Read the extract below and answer the questions that follow.

ENTREPRENEURSHIP

AN INNOVATIVE STRATEGY TO COUNTERACT UNEMPLOYMENT

Innovation and passion are the heart of entrepreneurship. It is important for entrepreneurs or upcoming entrepreneurs to understand why being innovative and passionate is important and how it may benefit business. Potential entrepreneurs also need to acquire the mindset of an entrepreneur.

[Adapted from www.igi.global.com. Accessed on 22/03/2023.]

Write paragraphs on **entrepreneurship**.

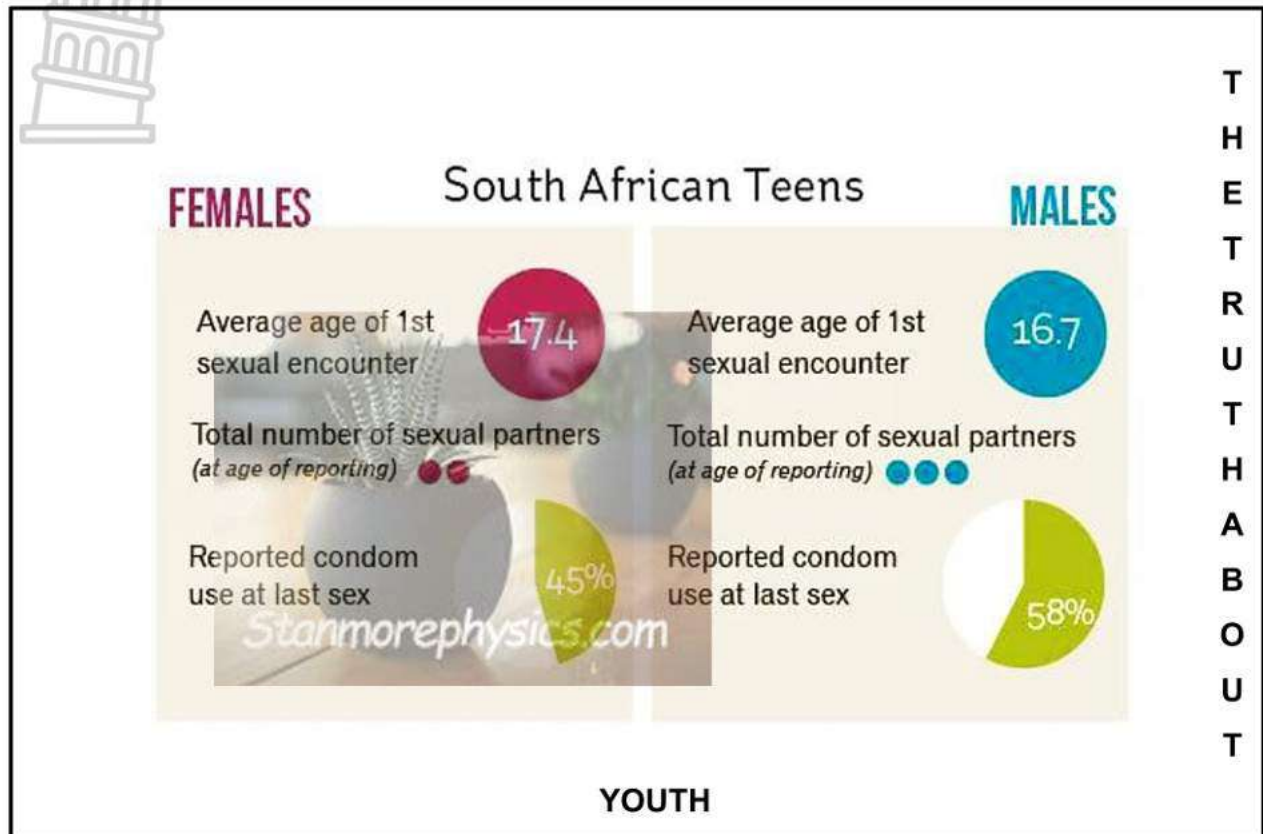
Using the following as a guideline:

- Briefly state FOUR reasons why entrepreneurs should be innovative. (4x1) (4)
- Analyse TWO ways in which you could acquire the mindset of an entrepreneur. (2x4) (8)
- Critically discuss how a young entrepreneur's passion could influence other young people in his/her community to become entrepreneurs. (2x4) (8)

[20]

QUESTION 6

Study the image below and answer the questions that follow:



Adapted from www.googleimages.com: Accessed on 17 October 2021

Write in paragraphs and use the following as a guideline

- Define what is meant by *risky behaviour* and give any *Two* examples of *risky behaviours* discussed in grade 11. (2 + 2) (4)
- Explain **FOUR** risky situations young people are frequently exposed to. (4 x 2) (8)
- Recommend **FIVE** factors that have a positive impact on lifestyle choices. (4 x 2) (8)

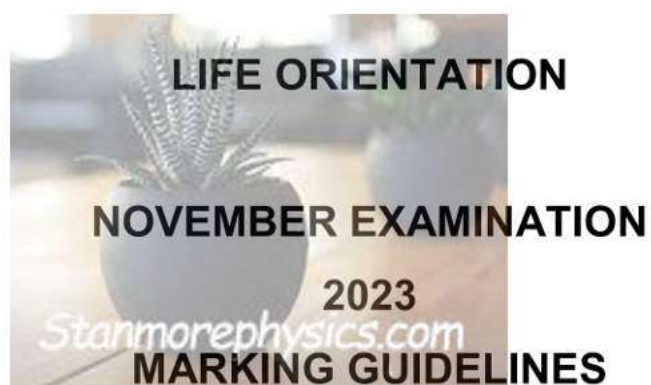
[20]

TOTAL SECTION C: [40]

GRAND TOTAL: [100]



GRADE 11



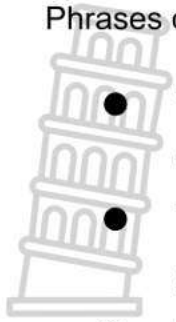
MARKS: 100

TIME: 2 HOURS

This question paper consists of 9 pages

IMPORTANT NOTE TO ALL MARKERS

Phrases or ANY OTHER RELEVANT RESPONSE should be marked as follows:



- The learners' responses MUST show that they have answered the question.
- These responses MUST also LINK to the responses in the marking guideline
- In Section B, marks are awarded for full sentences only. **No marks will be awarded for single word responses.**
- In Section C, learners' response must be in paragraph/essay format. Marks are awarded for full sentences only. **No marks will be awarded for bullet point format.**
- Also In Section C, learners must answer any TWO questions. Should the learner answer ALL THREE questions, **ONLY the first TWO** will be marked. Draw a line through the remaining question and mark ENRQ.

SECTION A (COMPULSORY)

QUESTION 1

1.1.1. A ✓

1.1.2. C ✓

1.1.3. A ✓

1.1.4. C ✓

1.1.5. D ✓

(1 x 5) (5)

1.2.1. Pesticides/insecticides ✓

1.2.2. Ethics ✓

1.2.3. Climate change ✓

1.2.4. Incest ✓

1.2.5. Euthanasia ✓

(1 x 5) (5)

[5]

1.3

1.3.1. The role you are expected to play in society ✓ depending on whether you are male or female. ✓ (2)

1.3.2. Lesbian, Gay, Bisexual and Transgender, Queer and Intersexual ✓

(1)

1.3.3. Award ONE mark for any TWO of the relevant responses.

- A learner touches another learner's breast or buttocks in a way that he/she doesn't like or doesn't want. ✓
- Boys call girls who ignore their bad behaviour 'bitches' ✓
- Boys stand near girls' bathroom and make rude comments, which prevents some girls from going to the bathroom. ✓
- Sexually insulting remarks about race, gender, ability, or class. ✓
- Being followed around by another learner / being stalked. ✓ (2 x 1) (2)

[5]



1.4. Use the following as a guideline:

1.4.1. Define the term **democracy**.

- ✓ Democracy is a form of government in which the people ✓ have the authority to deliberate and decide legislation, or to choose governing officials to do so. ✓

(2 x 1) (2)

1.4.2 Propose **THREE** ways in which **Advocacy Campaigns** can raise awareness.

Award TWO marks for any THREE ways mentioned.

- ✓ Organising public meeting to inform people about the issue. ✓
- ✓ Distributing information leaflets/pamphlets to provide information regarding the issue at hand. ✓
- ✓ Use the media (radio, television, and internet) to gather public support. ✓
- ✓ Organise petitions ✓ and get the support of the public on the issue at hand ✓
- ✓ Writing to member of the parliament and local councillors in order to lobby the government and get its support. ✓
- ✓ Organise peaceful marches and demonstrations to influence the decisions made. ✓

(3 x 1) (3)

[5]

TOTAL SECTION A = [20]

SECTION B (COMPULSORY)

Answer **ALL** the questions in this section on the folio paper provided. Write your answer in full sentences.

QUESTION 2

2.1. Identify the socio-economic condition noticeable in the cartoon above.

Unemployment ✓ (1x2) (2)

2.2. Discuss the following terms:

Award ONE mark for any TWO factors mentioned per term



2.2.1. Skilled work

You need a great deal of knowledge and skills. For skilled work you need training in a specific field. ✓ You need a formal qualification and are usually registered as a professional. ✓

2.2.2. Semi-skilled work

Semi-skilled workers have some training and have completed one or more courses. ✓ Some may be doing training, while others have completed their training. ✓

2.2.3. Unskilled work

For unskilled work you may have work experience but no formal training or qualifications. ✓ You may get short on-the-job training. ✓

2.2.4. Physical labour

When you do physical labour, you don't have formal qualifications. ✓

You may have skills obtained from experience or short on-the-job training sessions. ✓

(5 x 2) (10)

2.3. Evaluate FOUR ways on how perseverance will assist the learner in achieving his goals of becoming employed.

Award TWO marks for any FOUR relevant responses relating to perseverance.

If a learner perseveres, he/she:

- never gives up ✓ on his/her dreams and goals. ✓
- tries everything he/she can ✓ to find solutions to problems. ✓
- works hard ✓ and is patient. ✓
- is able to bear difficulties calmly ✓ and without complaint. ✓
- cope with ✓ and manages with difficulties and challenges. ✓
- works on building patience ✓ so that he/she don't become frustrated while working and waiting for the realization of goals. ✓

(4x2) (8)

[20]

QUESTION 3

3.1. Mention SIX things that can contribute to spectator aggression during a soccer match.



Award ONE mark for any SIX factors that contributes to spectator aggression

- Expensive tickets ✓
 - Only one entrance ✓
 - Poor security and planning ✓
 - Late coming ✓
 - Poor security and planning ✓
 - Lack of seating ✓
 - No numbering of seats ✓
 - Rivalry between opposing fans ✓
 - Alcoholism ✓
 - Drunkenness ✓
 - Substance abuse ✓
 - Participants oppose match officials ✓
 - Spectators don't agree with match officials' decisions ✓
 - Anger at players who loose / at coaches that don't make popular substitutions ✓
 - Participants cheat or are unsporting ✓
- (6 x 1) (6)

3.2. Explain TWO aims of a *code of conduct* for players and spectators' behaviour.

Award TWO marks for any TWO relevant aims mentioned.

A code of conduct for players and spectators aims to:

- Get rid of violent and harmful actions✓ at recreation and sport facilities. ✓
 - Ensure a positive, safe and uplifting environment✓ for spectators and participants. ✓
 - Develop a culture ✓ that supports safety, fair play and positive sporting experiences for all. ✓
 - Ban racism ✓from sport. ✓
- (2 x 2) (4)

3.3. Motivate how sport can contribute to nation building.



Award TWO marks for any TWO relevant answers

Sport unites and builds us as a nation in the following ways:

- There is unification and cohesiveness ✓ and it promotes togetherness. ✓
- It promotes coherence and understanding ✓ and builds positive spirit. ✓
- The country as a whole acknowledges diversity ✓ as people for all cultures, ages, languages and income groups do their best to support the sport being played. ✓
- It creates loyalty, devotion and pride ✓ as a nation. ✓
- There is a sense of shared identity ✓✓
- It promotes good sportsmanship ✓✓

(2 x 2) (4)

3.4. Critically evaluate how the soccer supporters harmed nation building.

Award TWO marks for any THREE relevant answers

- The soccer supporters build a negative spirit ✓ and did not promote togetherness. ✓
- The events that took place gave the sport a negative name ✓ and did not make South Africa proud as a nation. ✓
- They put themselves and others at risk ✓ as they acted with violence and harmful actions. ✓
- It did not promote good sportsmanship ✓ and spectators may be scared to attend matches in future. ✓
- It portrays a negative view to the rest of the nation and to other countries ✓ and the sporting code involved gets a bad reputation. ✓

(3 x 2) (6)

[20]

TOTAL SECTION B: [40]

SECTION C (CHOOSE ANY TWO)

In this section, learners must answer any TWO questions. Should the learner answer ALL THREE questions, **ONLY the first TWO** will be marked.

Draw a line through the last question and indicate ENRQ.

Marks are awarded for full sentences only. **No marks will be awarded for bullet point format.**

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QUESTION 4

Write in **paragraphs** in which you argue the statement: Grade 11 learners say that time, or the lack of time, is one of their biggest problems.

Use the following as a guideline:

Define the concept *procrastination*.

- Procrastination means to put off or delay doing something to a later time.✓✓ (1 x 2) (2)
- Lack of motivation✓ , Low self-esteem✓ , Fear of failure✓ , Lack of understanding✓ , Trouble concentrating ✓, Perfectionism ✓, Low energy levels✓ , Poor organization✓ . ANY TWO of the above responses (1 x 2) (2)

Explain FOUR ways how learners procrastinate.

Award TWO marks for FOUR any relevant responses

- Read all their messages on their phones ✓ before doing homework. ✓
- Pack their cupboard ✓ before you start studying for a test.✓
- Play games ✓ before doing the actual task. ✓
- Tell yourself you can still do it tomorrow ✓ because the task must only be in the day after tomorrow. ✓



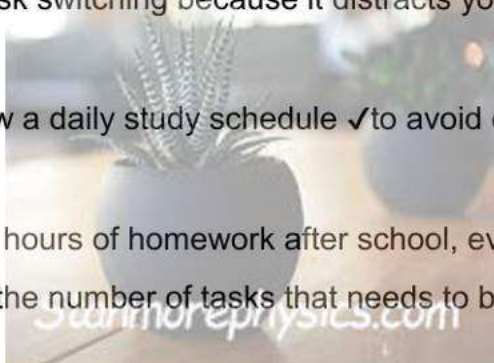
- Tell yourself that you are tired and need to sleep for a while ✓ so you can be fresh when you start to study. ✓
- Tell yourself that you first need to set a new study plan ✓ so that you know what to study first, but then get distracted by sharpening your pencil ✓

(4 x 2) (8)

Propose FOUR guidelines for the students to better manage their time.

Award TWO marks for any FOUR well discussed guidelines

- Always be on time, walk fast when you move between classes ✓, in order to be on time for the next class so that you don't miss out on any work discussed. ✓
- Know how you spend your time, identify your biggest time-wasters ✓, and then deal with them so that your attention can be focused to the task at hand. ✓
- Draw study plan ✓ in order to analyse how they spend time and cut out time wasters. ✓
- Get organised ✓ in order to have all study notes and all the equipment needed. ✓
- Avoid procrastinating or putting out doing tasks ✓. If something needs to be done, do it immediately. ✓
- Avoid multitasking or task switching because it distracts you ✓ and reduce productivity. ✓
- Be self-disciplined follow a daily study schedule ✓ to avoid doing tasks last minute. ✓
- Do at least two to three hours of homework after school, every day ✓ to reduce the pressure of the number of tasks that needs to be completed. ✓



(4 x 2) (8)

[20]



QUESTION 5

Construct an essay on **entrepreneurship**.

Use the following as a guideline:

Briefly state FOUR reasons why entrepreneurs should be innovative.

Marks should be awarded as follows:

ONE mark for each response.

It may help them to....

- Find their niche/ a gap in the market/ access funding.
- Differentiate their business from businesses that are offering the same service/product.
- Attract more clients/customers/buyers.
- Improve their chances of staying competitive in the industry.
- Ensure that their products/services are original.
- Always strive to be inventive/resourceful in their business plans.
- Ensure that their business stays relevant in an ever changing business world.
- Produce advanced products to retain clients.
- Always attempt new business ideas.
- Increase productivity.
- *Any FOUR of the above responses for One mark each.* (4 x1) (4)

Analyse TWO ways in which you could acquire the mind-set of an entrepreneur.

Marks should be awarded as follows:

FOUR marks for each well explained response.

NOTE: To be awarded the full marks, candidates must give a statement, elaborate on the statement, qualify and give an outcome.

You could.....

- 
- Choose to see challenges as potential opportunities✓ that may encourage you to seek for solutions✓ whereby you may then develop your critical thinking skills✓ which could teach you how to solve problems as an entrepreneur. ✓
 - Accept failure in business as a learning opportunity✓ which may teach you resilience/finding your own solutions✓ , thereby also opening up yourself to growth✓ and in this way you may learn to persevere/have a chance to improve in your future endeavours✓ .
 - Learn how to develop an opportunity-seeking attitude✓ in which may drive you to identify your niche/gap in the business world✓, creating a platform for you to put your business plan into action✓ , thereby learning to take calculated risks/establishing your own business. ✓
 - Request feedback from your clients/employees✓ as this may help you understand the needs in the market✓ which may help you to improve your service or product✓ and this way may be more successful in your business. ✓
 - Build networks with other successful entrepreneurs/job shadow/volunteer attending business seminars/classes/webinars/read books on entrepreneurs/entrepreneurship✓ helping you to draw from experiences of others/learn from them✓ which may keep you focused on the key values of entrepreneurship✓ and this may ensure you thrive in this career. ✓
 - Set a vision for yourself/continuously learn/dream as an entrepreneur✓ so that you may behave a clear understanding of your long-term strategies✓ which may help you to map your mission✓ and this may keep you on track with your plans. ✓
 - Learn to be more flexible/adaptable open to change✓ as this may help you to easily change your plans, should the need arise✓ thereby allowing you to cope better with the unpredictable/unexpected challenges✓ which may ensure that you do not give up on your business goals. ✓
 - Any TWO of the above responses for FOUR marks each. (4 x 2) (8)

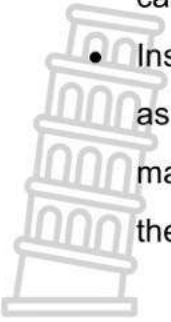
Analyse TWO ways in which you could acquire the mind-set of an entrepreneur.

Marks should be awarded as follows

Award FOUR marks (✓✓✓✓) for any TWO ways mentioned.

- Make other young people determined to also become enthusiastic about entrepreneurship ✓which may drive them towards the actions they need to take to follow this career path ✓making them to see what they could accomplish✓ and this may persuade them that they could also make it to the top as entrepreneurs.✓
- Encourage other young people to also develop a strong inner motivation, ✓ which may give them the necessary ambition✓ to be the best at this new

venture they could pursue✓ and this may show how nurturing a love for this career may help overcome any possible obstacles. ✓



- Inspire other young people to consider entrepreneurship as a career option✓ as they may be encouraged through such an entrepreneur's testimony✓ which may influence them to invest as much effort as needed into this venture✓ thereby awakening an inner desire within them to pursue this as a career. ✓
- Attract young people who share the same passion✓ and who may want to learn from/job shadow such entrepreneurs✓ which may build a culture of entrepreneurship among other young people as well, ✓encouraging them to also pursue entrepreneurial opportunities. ✓
- Create ideas for self-employment opportunities in their community, ✓ making them aware of their undeveloped potential as entrepreneurs, ✓ persuading them to take risk of becoming one✓which may release their hidden potential talent result in financial freedom. ✓
- Challenge stereotypes that only older/more matured people could become entrepreneurs, ✓ by showing their own experience as entrepreneurs, ✓ thereby proving that age is not a barrier to success✓ and doing so they may encourage other young people to challenge conventional norms thereby motivating them to pursue their own entrepreneurial ambitions. ✓
- Share experiences both successes and failures with others✓ by engaging in campaigns/ public speaking/ mentorship programmes social media platforms ✓to communicate their entrepreneurial journey✓ and openly discussing their challenges/strategies/lessons learned, ✓ they provide valuable insights and advice to aspiring entrepreneurs, ✓giving them the confidence to embark on their own entrepreneurial journeys. ✓
- Encourage other young people to actively engage in building networks/communities for entrepreneurs✓ through participation in events/creating online platforms/joining existing entrepreneurial communities✓ by doing so they may connect/collaborate with likeminded individuals, sharing knowledge/form support networks✓ and these could create an ideal opportunity for aspiring entrepreneurs to learn/gain exposure/find potential collaborators/mentors/role models to invest in communities. ✓



- Demonstrate resilience/determination✓ by overcoming barriers/challenges/find innovative solutions✓ and by witnessing these possibilities✓ other young people may be inspired to tackle their own challenges head-on knowing that passion/dedication can help them to succeed. ✓

- Any TWO of the above responses for FOUR marks each.

(4 x 2) (8)

[20]

QUESTION 6

Write in paragraphs on factors that impact negatively on lifestyle choices.

Use the following as a guideline

Define what is meant by *risky behaviour*.

- Risky behaviour are the types of behaviour that may expose you to harm/the risk of harm ✓ which may prevent you from reaching your full potential. ✓

(2 x 1) (2)

- Examples of Risky behaviours and situations discussed in grade 11.....

Substance use and abuse✓ ; Unsafe sexual behaviour✓ ; Risk of pregnancy✓ ;

Teenage suicides✓ ; Poor hygiene and dietary habits✓ ; Unsafe road use✓ .

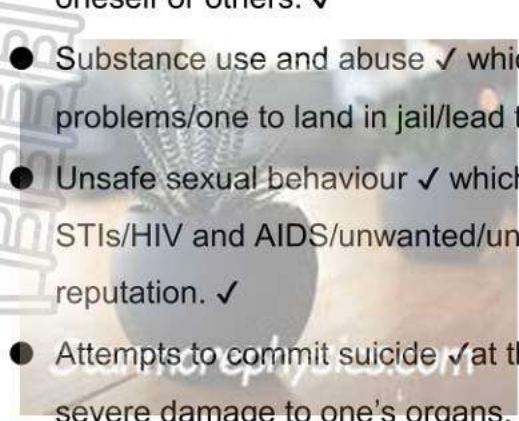
Any TWO of the above concepts for 1mark each.

(2 x 1) (2)

Discuss FOUR risky situations young people are frequently exposed to.

Award TWO marks for any FOUR relevant answers.

- Giving out personal information about yourself on social media ✓ arranging to meet online contacts could harm your physical safety as you can be stalked, raped or attacked ✓

- 
- Reckless road use by oneself or others ✓ which may lead to injury/death of oneself or others. ✓
 - Substance use and abuse ✓ which may cause brain damage/health problems/one to land in jail/lead to criminal behaviour. ✓
 - Unsafe sexual behaviour ✓ which may expose one to the risk of contracting STIs/HIV and AIDS/unwanted/unplanned pregnancy/lead to a bad social reputation. ✓
 - Attempts to commit suicide ✓ at the risk of losing one's life/ending up with severe damage to one's organs. ✓
 - Poor hygiene and dietary behaviour ✓ which could cause illnesses/disease/obesity/lack of nutrients to keep the body healthy. ✓
 - Peer pressure ✓ causing one to abandon one's values/beliefs that may leave one with regrets/have to deal with the negative consequences of one's actions. ✓
- (4 x 2) (8)

Formulate FOUR factors that have a positive impact on lifestyle choices.

Award ONE mark for the factor mentioned and ONE mark for a detailed explanation

● **Positive role models** ✓

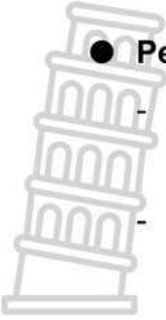
- A person who can inspire and motivate you to make healthy and useful lifestyle choices.
- This person is a good example to others.
- People admire such a role model and want to imitate his/her. ✓

● **Parents**✓

They can have a positive influence on their children's lifestyle choices, if they:

- Support, encourage and support
- Educate
- Warn about alcohol and substance abuse
- Model healthy behaviour
- Never drive under the influence or while talking on the cell phone
- Show acceptance and love
- Set clear rules

- Supervise study times and ensure all school work is done
- Encourage participation in physical activities ✓



● **Peers ✓**

- Peers may serve as positive role models in which they display positive behaviours that young people would want to match.
- They may also set an example of how to live positively, thus influencing the learner to copy these behaviours. ✓

● **Personal values, belief system and religion ✓**

- Personal values, things that are important to you, have a positive effect on people, including relationships, peace, positive attitudes and improved physical health.
- Many religions encourage you to lead a healthy lifestyle. ✓

● **Media, social and cultural influences ✓**

- Health information is freely available in the printed and electronic media, which can help you, make informed decisions.
- You can learn a lot from some education programs/documentaries on TV or cell phone.
- The media also portray sporting heroes; you may be influenced to want to play the certain sport which in turn leads to making physically healthy choices.
- The media also often have good news stories about successful people who have overcome obstacles to achieve their goals, these stories can inspire you. ✓

(4 x 2) (8)

[20]

TOTAL SECTION C: [40]

GRAND TOTAL: [100]