



**LIFE ORIENTATION GRADE 11**

**PROVINCIAL ASSESSMENT TASK 3 – PROJECT**

**2025**

<b>Subject</b>	<b>Life Orientation</b>
<b>Grade</b>	<b>11</b>
<b>Type of task</b>	<b>Project</b>
<b>Topic</b>	Development of the self in society <ul style="list-style-type: none"> <li>Addressing risky behaviour and situations in regard to alcohol abuse amongst adolescents.</li> </ul>
<b>Purpose</b>	Investigate the impact of <ul style="list-style-type: none"> <li>Substance abuse</li> <li>Accidents</li> <li>Risky behaviour on the lives and well-being of adolescents.</li> <li>Access services that promote safe and healthy living for yourself and others.</li> </ul>
<b>Forms of assessment</b>	<ul style="list-style-type: none"> <li>Research</li> </ul>
<b>Concepts</b>	Substance abuse, personal safety, road use; Accidents: unsafe attitudes and behaviours; Socio-economic environment: culture and social environment, risky behaviour
<b>Duration</b>	3 Weeks
<b>Date issued</b>	<b>05 August 2025</b>
<b>Date of Submission</b>	<b>25 August 2025</b>

LEARNER DETAILS

NAME OF LEARNER	
GRADE	11
NAME OF SCHOOL	

STRUCTURE	TOTAL	MARK OBTAINED		
		TEACHER	DH/ SENIOR	SUBJECT ADVISOR
INTRODUCTION	23			
BODY	40			
CONCLUSION	27			
TOTAL	90			

FEEDBACK TO LEARNERS


MODERATORS

DESIGNATION	NAME	SIGNATURE	DATE
HOD/SENIOR TEACHER			
SES			
PROVINCIAL			
OTHER			

## INSTRUCTIONS TO LEARNERS

### INSTRUCTIONS:

1. Your project must have a cover page, table of contents and bibliography.
2. Your project must indicate the sub-headings with the same numbering as in the question paper.
3. Read instructions of each question carefully.
4. Your answers can be typed or hand written.
5. The mark allocation guides you on the length of your answer.
6. Acknowledge all sources consulted in the form of Bibliography.
7. In-text referencing should be used and acknowledged in your bibliography.  
For an example, According to Mark (2024, 1) Risky behaviour is defined as.....
8. Your project must be bound or stapled.
9. Stick to the submission date.

TOPIC: RISKY BEHAVIOUR AMONGST TODAY'S YOUTH

**INTRODUCTION**

- 1.1 Define the following terms:
- 1.1.1 Risky behaviour (1X2)(2)
  - 1.1.2 Social wellbeing (1X2)(2)
  - 1.1.3 Emotional wellbeing (1X2)(2)
  - 1.1.4 Spiritual wellbeing (1X2)(2)

**Types of risky behaviour**

- 1.2
- 1.2.1 List THREE factors that impact negatively on lifestyle choices. (3x1)(3)
  - 1.2.2 Describe any SIX risky situations young people are frequently exposed to. (6x2)(12)

[23]

**BODY**

**The impact of risk behaviour**

- 1.3 Explain in TWO ways why it is important for teenagers to investigate and be knowledgeable about risky behaviours. (2x2)(4)
- 1.4 Discuss the impact of risky behaviour under the following (6x2)(12)
- Individual
  - Family
  - Community
  - Health Care Centres
  - Education
  - Employment

1.5. Four marks to be awarded for conducting and submission of ALL FOUR completed attached interview questionnaires (4x1)(4)

NB. Include the evidence (written) of each interview. Interviewees should be kept anonymous.

1.6 Interview 4 learners from your school about the impact of risky behaviour on different spheres of wellbeing and summarize your findings on the impact of risky behaviour on different spheres of well-being under the following: (4X2)(8)

- Social
- Emotional
- Physical
- Spiritual

1.7 Discuss in THREE ways impacts of risky behaviour on your personal expectations in relation to the career you want to follow. (3x2)(6)



1.8 Analyse THREE negative effects of using hookah-pipe/hubbly-bubbly on one's health (3x2)(6)





## CONCLUSION

1.9 Assess in THREE ways the value of positive role models on one's behaviour. (3x3)(9)

1.10 Suggest SIX practical solutions on how any of the youth risk behaviours which you have investigated can be addressed/reduced. (6x2)(12)

1.11 Recommend in TWO ways that schools can raise awareness in learners regarding their involvement in risky behaviours. (2x3)(6)  
[27]



**GRAND TOTAL [90]**

**QUESTIONAIRES**

**Research on the impact of Risky behaviour on different spheres of well being**

Interview your school mates on the impact of risky behaviours on their different spheres of well being

- Social wellbeing

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- Emotional wellbeing

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- Physical wellbeing

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- Spiritual wellbeing

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## education

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Department:  
Education  
North West Provincial Government  
**REPUBLIC OF SOUTH AFRICA**

LIFE ORIENTATION GRADE 11

PROVINCIAL ASSESSMENT TASK 3 – PROJECT

2025

TOPIC: RISKY BEHAVIOUR AMONGST TODAY'S YOUTH

### INTRODUCTION

1.1 Define the following terms:

1.1.1 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. (✓)  
/Encompasses actions that can lead to negative outcomes(✓) causing physical, mental, emotional or social harm.

1.1.2 **Social wellbeing**

**Refers to the development and maintenance of positive interactions (✓) which may lead to meaningful relationships with others (✓).**

✓1.1.3 **Emotional well being**

You are able to explore, express and control your emotions✓ by having fun and enjoying yourself. ✓

1.1.4 **Spiritual well being**

You follow the spiritual, religious or belief system that you have chosen and spend some time praying or meditating✓ by reflecting on religious issues and reading inspirational text. ✓

1.1.5 **Psychological well being**

You avoid risky behaviours and apply your life skills✓ by developing yourself to your full potential and do your best at school. ✓

**(4x2)(8)**

1.2 **Types of risky behaviour**

**1.2.1 List THREE factors that impact negatively on lifestyle choices.**

Lack of physical activity ✓

- Substance Abuse ✓
- Poor dietary habits ✓
- Traffic Violations ✓
- Reckless Driving ✓
- Environmental issues e.g. exposure to pollution ✓
- Peer Pressure ✓
- Irresponsible behaviour ✓
- Media Influence ✓
- Low self-esteem ✓

(3x1)(3)

ANY THREE OF THE ABOVE RESPONSES FOR ONE MARK EACH.

**1.2.2 Describe any SIX risky situations young people are frequently exposed to. (6x2)(12)**

- One's personal safety that may be compromised (✓) whereby one may experience physical/emotional harm. (✓)
- 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. (✓)

ANY SIX ABOVE FOR TWO MARKS EACH. (✓✓)

1.3 Explain in TWO ways why it is important for teenagers to investigate and be knowledgeable about risky behaviour.

- avoid unsafe situations (✓) which may impact negatively on their personal safety. (✓)
- control their own behaviour (✓) so that they can make better lifestyle choices. (✓)
- Resisting peer pressure (✓) which makes one to make informed decisions(✓).
- Reduced harm (✓) by reducing risky behaviours the society can experience a decrease in injuries and health problems.( ✓)

(2x2)(4)

1.4 Discuss the impact of risky behaviour under the following:

- Individual:
  - Increased chances of illnesses and injuries(✓), that may impact on the overall wellbeing of an individual. (✓)
  - An individual might be charged(✓) due to committing crime(✓)
  - Feeling of guilt or regrets(✓) when having to live with the effects of risky behaviour (being permanently injured(✓).
- Family:
  - Cause financial burden(✓)on family by spending money on hospitalisation, rehabilitation(✓)
  - Can cause family Conflicts(✓)that might lead to broken trust and broken families. (✓)
  - Worrying about the well-being of a family member engaging in unsafe practices (✓) may lead to other health conditions ( heart problems) to caring family members. (✓)
- Community:
  - Community resources may be spent on dealing with risky behaviours within the society(✓) instead on community developments(✓)
  - Negative role model(✓) where young people imitate these behaviours believing that it is cool.(✓)
  - Insecurity(✓) community might not feel safe due to high crime rate resulting from unsafe activities such as gangsterism and others. (✓)
- Health care Centres:
  - Increased Health Sector/department budget(✓) as a result of having to treat illnesses related to risky behaviours(✓)
  - Overcrowding at health care facilities(✓) due to accidents, injuries and diseases related to unsafe activities, may impact on the quality of services provided by the centres. (✓)
  - Overworked health care workers(✓) due to funds being diverted to Managing consequences of risky behaviour instead of hiring more personnel/health workers. (✓)
- Education:
  - Bunking of classes due to substance abuse and other risky behaviour can lead to poor performance(✓) due to non-submission of tasks or missing writing of formal tasks. (✓)
  - Dropping out of school(✓) due to prioritizing abuse of drugs or imprisonment(✓)
  - Unsafe activities can result in health problems(✓) that make it difficult to keep up school demands.(✓)

- Employment:
  - Criminal records (✓), that may affect employability. (✓)
  - Chronic illnesses(✓) that constantly interfere with productivity or functionality at work. (✓)
  - Loss of job(✓) due to being absent from work(✓) as results of unsafe activities. (6x2)(12)



**The impact of risk behaviour**

**1.5 Conducting and submission of ALL FOUR completed interview questionnaires (4x1)(4)**

Criteria	Level of description			
Submission of copy	0	1	2-3	4
	No submission/ blank copy attached	All copies submitted but not completed	1-3 copies attached and completed.	Four copies completed and attached

- Include the evidence (written) of each interview. **Interviewees should be kept anonymous.**

**1.6 Summarize your findings on the impact of risky behaviour on the different spheres of well-being:**

- **Social**
  - It damages relationships(✓), where one will be in constant conflict with those caring for them.
  - Hinders personal and professional growth(✓) which may lead to lack of opportunities within communities. (✓)
  - Judgement/rejection by peers /family members(✓) may lead to feelings of isolation and regret. (✓)
- **Emotional**
  - Engaging in risky behaviour can Lead to negative outcomes(✓) resulting in increased anxiety, stress, guilt and depression(✓).
  - Erosion of self-esteem(✓) leading to feeling of inadequacy and mood swings(✓).



### Physical

- Substance abuse(✓) leads to chronic diseases (✓)
- Unsafe sexual practices(✓) leads to unwanted pregnancies and STIs✓
- Reckless driving (✓) causing accidents which result in injuries, disabilities and even death✓.
- Poor diet and lack of exercise (✓) which leads to lifestyle diseases✓

### Spiritual

- Creation of spiritual void(✓) by conflicting personal values(✓)
  - hindering a sense of purpose(✓) which may lead to committing suicide✓
  - It hinders the development of spiritual practices such as meditation, prayer(✓) which are often essential for nurturing spiritual well-being(✓)
- (4x2)(8)

### 1.7 Discuss THREE impacts of risky behaviour on your personal expectations in relation to the career you want to follow.

- not be able to complete your schooling/ meet the pass requirements/perform poorly (✓) thereby not qualifying for the course you intended to study. (✓)
- lose interest in your career goals (✓) due to the fact that you may lose focus/become distracted by these destructive activities. (✓)
- You could feel guilty for causing an accident to others (✓) which may lead to not coping with your school work/complete your course.
- You can be charged with culpable homicide (✓) which may result in getting a criminal record.(✓)
- You can be permanently injured✓ which may lead to not fulfilling your personal ambitions. ✓
- Teenage Parenting (✓) which may hinder learner progress due to frequent home visits to attend to the baby.(✓) (3x2)(6)

### 1.8 Analyse negative effects THREE effects of using hookah-pipe (hubbly-bubbly) on one's health.

- **Cancer:** (✓)

Hookah smoking is linked to an increased risk of lung, oral, bladder, stomach, and oesophageal cancers(✓).

- **Cardiovascular Disease**(✓)

Hookah smoke contains toxins that can contribute to clogged arteries and heart disease. (✓)

- **Respiratory Problems:** (✓)

Hookah smoking can damage the lungs, making it difficult to breathe, and can worsen conditions like asthma and bronchitis. (✓)

- **Infections:** (✓)

Sharing a hookah mouthpiece can transmit infections like the flu, tuberculosis, herpes, and hepatitis. (✓)

- **Nicotine Addiction:** (✓)

Hookah smoking delivers nicotine, a highly addictive substance, which can lead to dependence and make it difficult to quit. (✓)

- **Reproductive Health Issues:** (✓)

Hookah smoking during pregnancy is associated with low birth weight babies. (✓)

- **Carbon Monoxide Poisoning:** (✓)

Hookah smoke contains carbon monoxide, and a single session can expose users to significantly higher levels than a cigarette. (✓)

- **Second-hand Smoke:** (✓)

Like cigarette smoke, hookah smoke exposes non-smokers to harmful chemicals, increasing their risk of health problems. (✓)

- **Oral Health Problems:** (✓)

Hookah smoking can lead to gum disease and other oral health issues. (✓)

- **Impact on Fertility:** (✓)

Studies suggest that hookah smoking may negatively affect sperm DNA integrity. (✓)

(3x2)(6)

## CONCLUSION

1.9 Assess the value of positive role models on one's behaviour.

- Motivate and Inspire (✓) by demonstrating that success is possible (✓) which encourages individuals to set high goals and to work towards them. (✓)
- Inspire belief in oneself (✓) and the possibility of achieving aspirations (✓) which lead to successful individuals ✓.
- Give/offer behavioural guidance (✓) by providing practical examples of how to handle various situations responsibly and ethically (✓) thereby contributing positively to individuals they are guiding (✓)
- Observing a role model's actions ✓ can help individuals develop good habits ✓ and make positive choices. ✓
- Build self-esteem (✓) by influencing individuals from a similar background to succeed (✓) boosting an individual's confidence and self-worth. ✓
- Guide and support (✓) during challenging times (✓) helping individuals to navigate life's complexities. (✓)
- Can offer advice (✓) by sharing their experiences and listen to concerns (✓) making the affected individuals to feel at ease. ✓

(3x3)(9)

**1.10 Suggest SIX practical solutions on how any of the youth risk behaviours which you have investigated can be addressed/ reduced.**

**Possible solutions could include:**

- Personal safety:
  - Always be aware of yourself and surroundings (✓) in order to prevent any kind of danger. (✓)
- Road use:
  - Obey/follow basic rules of the road (✓) in order to ensure your own safety and those of other road users. (✓)
- Substance use and abuse:
  - Be informed about the harm that substances can cause (✓) thereby ensuring healthy lifestyle choices. (✓)
- Sexual behaviour:



- Know that you have the power/right to say "NO"/wait until you are ready/for the right time (✓) thereby protecting your physical and emotional well-being/yourself from contracting STI's/HIV&AIDS. (✓)
- Risk of pregnancy:
  - Take responsibility for your actions/use protection if you are sexually active (✓) thereby preventing a situation you may not be ready/prepared for. (✓)
- Teenage suicides:
  - Seek help as soon as you experience overwhelmingly negative feelings/destructive thoughts (✓) in order to prevent yourself from hurting yourself/or your loved ones in the process. (✓)
- Hygiene and
  - bath regularly/use deodorant✓ to avoid bad smell/
- dietary behaviour:
  - you are what you eat/know the dangers
- Peer pressure:
  - Develop skills to be more self-confident/belief✓ in who you are/know your true identity/stay true to who you are which may help you to avoid the need to✓

You may...

- not be able to complete your schooling/ meet the pass requirements/perform poorly (✓) thereby not qualifying for the course you intended to study. (✓)
  - lose interest in your career goals (✓) due to the fact that you may lose focus/become distracted by these destructive activities. (✓) **(6X2)(12)**

**1.11 Recommend in TWO ways that schools can raise awareness in learners regarding their involvement in risky behaviours.**

**Schools can.....**

- Create educational platforms(✓) where learners will be educated about the dangers of involving themselves in risky behaviours(✓) and will make informed decisions✓
- Develop modelling and mentorship programs(✓) that promote physical activities✓ where good habits will be modelled to learners.( ✓)

- Encourage to have regular health screening or visit health centres(✓) to understand their health status ✓ as this will encourage them to stay healthy(✓)
- Invite law agencies(✓) where learners will be allowed to participate in road safety campaigns(✓) in order to be responsible road users. ✓
- Create safety clubs(✓) where policies are developed✓ and members are advised to keep to the clubs programs or policies(✓),  
**(2x3)(6)**



**TOTAL: 90**

