

SMARTWIZ

GRADE11 LIFE ORIENTATION EXAM

MARKS: 100

MARKS	

TIME: 2 HOURS

SCHOOL _____

CLASS (eg. 4A) _____

SURNAME _____

NAME _____

Instructions for Learners:

- Read all instructions carefully before you begin the exam.
- Write your full name and student number clearly on the answer sheet/book.
- Answer all questions unless otherwise instructed.
- Show all your work/calculations where necessary.
- Write neatly and clearly.
- Use only a blue or black pen. Do not use correction fluid or tape.
- Electronic devices (calculators, cell phones, etc.) are not allowed unless explicitly permitted.
- Raise your hand if you have any questions.
- Do not talk to other learners during the exam.
- Any form of cheating will result in immediate disqualification from the exam.

This exam consists of six pages, including the cover page.

✓ QUESTION 1: DIGITAL WELLNESS & TECHNOLOGY (25 marks)

1.1 Study the image showing a teen surrounded by devices.



1.1.1 Explain what is meant by *digital wellness*.

1.1.2 List **three** habits for maintaining a healthy balance with technology.

1.1.3 Discuss one way excessive screen time can affect mental health.

🧠 QUESTION 2: DECISION-MAKING & CONSEQUENCES (25 marks)

2.1 Read the short scenario below:

Zanele is invited to a party where alcohol and vaping will be available. She wants to fit in, but also knows it could affect her school record and health.

2.1.1 Identify the internal and external factors influencing Zanele's decision.

- Internal: _____

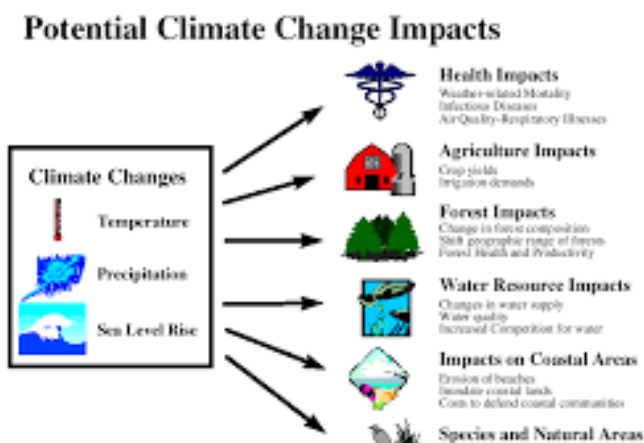
- External: _____

2.1.2 What would be a responsible decision in this situation? Motivate your answer.

2.1.3 How can peer influence be **positive** in a situation like this?

QUESTION 3: GLOBAL ISSUES – SUSTAINABILITY (25 marks)

3.1 Study the visual .



3.1.1 What message does this image convey?

3.1.2 List two actions individuals or schools can take to reduce their carbon footprint.

3.1.3 Explain why young people should care about sustainability.

QUESTION 4: SELF-IMAGE AND MEDIA (25 marks)

4.1 Study this collage of media influences:



4.1.1 Name two ways social media can impact a teenager's self-image.

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4.1.2 Suggest two strategies learners can use to build a healthy self-image.

4.1.3 “Not everything we see online is real.” Explain how this relates to mental wellness.

END OF EXAM

Think critically. Reflect deeply. Respond honestly.

MEMO

✓ QUESTION 1: DIGITAL WELLNESS & TECHNOLOGY (25 marks)

1.1.1 Digital wellness

- The ability to use technology in a healthy, balanced, and responsible way.
 - Includes managing screen time and protecting mental and physical health.
- (3 marks)

1.1.2 Three healthy tech habits (any 3):

- Take screen breaks every hour.
 - Turn off devices before bed.
 - Use screen time limits or apps.
 - Avoid using multiple screens at once.
- (3 marks – 1 per correct habit)

1.1.3 Effect of excessive screen time on mental health:

- Can lead to anxiety, depression, poor sleep, and low self-esteem.
 - Reduces time spent outdoors or in physical activity.
- (3 marks)

🧠 QUESTION 2: DECISION-MAKING & CONSEQUENCES (25 marks)

2.1.1 Influencing factors:

- Internal: Desire to fit in, fear of rejection, personal values.
 - External: Peer pressure, party environment, availability of substances.
- (2 marks – 1 each)

2.1.2 Responsible decision & motivation:

- Example: Zanele could choose not to attend or leave early if uncomfortable.
 - Shows self-respect and protects her health and future goals.
- (4 marks)

2.1.3 Positive peer influence example:

- Friends could encourage each other to make safe choices or avoid risky settings.
 - Support positive behaviour like studying or healthy habits.
- (3 marks)
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QUESTION 3: GLOBAL ISSUES – SUSTAINABILITY (25 marks)

3.1.1 Image message:

- Shows effects of global warming and environmental destruction.
 - Urges action to protect the planet.
- (3 marks)*

3.1.2 Two actions to reduce carbon footprint:

- Use reusable items (bottles, bags).
 - Save electricity and water.
 - Plant trees or start recycling.
- (2 marks – 1 each)*

3.1.3 Why young people should care:

- They are the future decision-makers.
 - Environmental damage will affect their lives and future generations.
 - Their actions now can make a difference.
- (3 marks)*

QUESTION 4: SELF-IMAGE AND MEDIA (25 marks)

4.1.1 Two media effects on self-image:

- Unrealistic beauty standards can lower confidence.
 - Social comparison may cause anxiety or FOMO (Fear of Missing Out).
- (2 marks – 1 each)*

4.1.2 Two strategies to build healthy self-image:

- Follow positive, diverse accounts.
 - Focus on strengths, not comparisons.
 - Take social media breaks.
- (2 marks – 1 each)*

4.1.3 “Not everything online is real” explained:

- Many posts are filtered or edited, showing only highlights.
 - Comparing real life to social media can lead to stress or poor self-worth.
- (3 marks)*

MAP

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