

SMARTWIZ

GRADE 7 LIFE ORIENTATION EXAM

MARKS: 50

MARKS	

TIME: 1 hour 30 minutes

SCHOOL _____

CLASS (e.g. 4A) _____

SURNAME _____

NAME _____

Instructions for Students:

- > Read all instructions carefully before beginning the exam.
- > Write your name and student ID clearly on the answer sheet/booklet.
- > Answer all questions unless otherwise stated.
- > Show all your work/calculations where applicable.
- > Write clearly and legibly.
- > Use blue or black ink only. * Do not use correction fluid/tape.
- > No electronic devices (calculators, phones, etc.) are allowed unless explicitly permitted.
- > Raise your hand if you have any questions.
- > Do not talk to other students during the exam.
- > Any form of cheating will result in disqualification.

This test consists of 3 pages, excluding the cover page.

SECTION A: PERSONAL IDENTITY AND SELF-ESTEEM (15 MARKS)



1.1 Explain what self-esteem means and why it is important for young people.

1.2 List THREE ways a learner can build positive self-esteem.

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1.3 How can negative self-talk affect a person's confidence? Give ONE example of negative self-talk.

SECTION B: HEALTH AND WELLNESS (15 MARKS)

2.1 What is mental health? Explain in your own words.

2.2 Name TWO common signs that a person might be experiencing stress.

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2.3 Suggest THREE healthy ways to manage stress.

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SECTION C: RIGHTS AND RESPONSIBILITIES (10 MARKS)

3.1 What is a right? Give ONE example of a right that children have in South Africa.

3.2 What is a responsibility? Give ONE example of a responsibility that learners have at school.

3.3 Why is it important to understand your rights and responsibilities?

SECTION D: SUBSTANCE ABUSE AND PEER PRESSURE (10 MARKS)

4.1 Define peer pressure and explain how it can influence decision-making.

4.2 Identify TWO reasons why some young people might experiment with substances such as alcohol or drugs.

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4.3 Suggest TWO ways learners can resist peer pressure related to substance abuse.

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TOTAL: 50 MARKS

MEMO

SECTION A: PERSONAL IDENTITY AND SELF-ESTEEM (15 MARKS)

1.1 What is self-esteem and why is it important?

- Self-esteem means having confidence and feeling good about yourself.
- It is important because it helps young people believe in their abilities and make positive choices.
(Any clear explanation = 5 marks)

1.2 Three ways to build positive self-esteem:

- Accept and appreciate yourself
- Set and achieve personal goals
- Surround yourself with supportive people
- Practice positive self-talk
(3 x 3 = 9 marks)

1.3 How can negative self-talk affect confidence + example:

- Negative self-talk lowers confidence and can make a person feel bad about themselves.
- Example: "I can't do anything right."
(Clear explanation and example = 6 marks)

SECTION B: HEALTH AND WELLNESS (15 MARKS)

2.1 What is mental health?

- Mental health is how we think, feel, and cope with life's challenges.
- It involves emotional well-being and being able to handle stress.
(Any clear explanation = 5 marks)

2.2 Two signs of stress:

- Headaches or feeling tired
- Difficulty concentrating
- Feeling anxious or upset
(2 x 2 = 4 marks)

2.3 Three healthy ways to manage stress:

- Exercise regularly
- Talk to someone you trust
- Practice relaxation techniques (deep breathing, meditation)
(3 x 2 = 6 marks)

SECTION C: RIGHTS AND RESPONSIBILITIES (10 MARKS)

3.1 What is a right + example:

- A right is something you are allowed to have or do.
- Example: The right to education or the right to be safe.
(Clear definition and example = 4 marks)

3.2 What is a responsibility + example:

- A responsibility is a duty or something you must do.
- Example: Doing your homework or respecting others at school.
(Clear definition and example = 3 marks)

3.3 Why is it important to understand rights and responsibilities?

- It helps people respect themselves and others.
- It helps people know what they should do and what they can expect.
(Clear explanation = 3 marks)

SECTION D: SUBSTANCE ABUSE AND PEER PRESSURE (10 MARKS)

4.1 Define peer pressure + influence on decisions:

- Peer pressure is the influence from friends or peers to do something.
- It can cause people to make bad choices to fit in or be accepted.
(Clear definition and explanation = 5 marks)

4.2 Two reasons why young people might experiment with substances:

- To fit in with friends
- Curiosity or wanting to try new things
- To escape problems or stress
(2 x 2 = 4 marks)

4.3 Two ways to resist peer pressure:

- Say “No” firmly and confidently
 - Avoid situations where pressure happens
 - Talk to a trusted adult for support
(Any two reasonable ways = 4 marks)
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TOTAL: 50 MARKS

