

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: HUMAN RIGHTS (25 marks)

1.1 Study the image showing people holding “Human Rights” signs during a protest.



1.1.1 What are human rights?

1.1.2 Name three basic human rights everyone should have.

QUESTION 2: SUBSTANCE ABUSE AWARENESS (25 marks)

2.1 Look at the poster warning against substance abuse.



2.1.1 Identify two harmful effects of substance abuse on the body.

2.1.2 Suggest three ways to resist peer pressure to use drugs or alcohol.

QUESTION 3: ENVIRONMENTAL CONSERVATION (25 marks)

3.1 View the picture of a tree-planting activity in a community.



3.1.1 Explain why planting trees is important for the environment.

3.1.2 List three other ways people can help conserve the environment.

QUESTION 4: STRESS MANAGEMENT (25 marks)

4.1 Check the diagram showing ways to manage stress.



4.1.1 Name three methods to reduce or manage stress shown in the image.

4.1.2 Why is it important to manage stress effectively?

END OF EXAM

MYST PATHWORKS

TOTAL : 100

MEMO

QUESTION 1: HUMAN RIGHTS (25 marks)

1.1.1 What are human rights?

- Basic rights and freedoms that belong to every person, regardless of nationality, race, gender, or status.
(3 marks)

1.1.2 Three basic human rights everyone should have:

- Right to life
 - Freedom of speech
 - Right to education
 - Right to equality and non-discrimination
(3 marks)
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QUESTION 2: SUBSTANCE ABUSE AWARENESS (25 marks)

2.1.1 Two harmful effects of substance abuse on the body:

- Damage to organs such as the liver and brain
- Increased risk of addiction and mental health issues
(2 marks)

2.1.2 Three ways to resist peer pressure to use drugs or alcohol:

- Say “No” firmly and confidently
 - Avoid places or people where substances are used
 - Engage in positive activities and hobbies
(3 marks)
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QUESTION 3: ENVIRONMENTAL CONSERVATION (25 marks)

3.1.1 Why planting trees is important for the environment:

- Trees produce oxygen and absorb carbon dioxide, helping reduce pollution
- They prevent soil erosion and provide habitats for animals
- Trees help regulate the climate and provide shade
(4 marks)

3.1.2 Three other ways people can help conserve the environment:

- Reduce, reuse, and recycle waste
 - Save water and electricity
 - Use public transport or carpool to reduce emissions
- (3 marks)*
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QUESTION 4: STRESS MANAGEMENT (25 marks)

4.1.1 Three methods to reduce or manage stress shown in the image:

- Exercise or physical activity
 - Relaxation techniques like deep breathing or meditation
 - Talking to someone or social support
- (3 marks)*

4.1.2 Why it is important to manage stress effectively:

- To maintain good physical and mental health
 - To improve concentration and performance in school or work
 - To prevent negative effects like anxiety or depression
- (4 marks)*

TOTAL: 100 MARKS