

SMARTWIZ

GRADE 10 LIFE ORIENTATION EXAM

MARKS: 80

MARKS	

TIME: 2 hours

SCHOOL _____

CLASS (e.g. 4A) _____

SURNAME _____

NAME _____

Instructions for Learners:

- Read all the instructions carefully before you begin the exam.
- Write your name and learner number clearly on the answer sheet/booklet.
- Answer all the questions unless otherwise instructed.
- Show all your work/calculations where applicable.
- Write neatly and legibly.
- Use only blue or black ink. *Do not use correction fluid or 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 learners during the exam.
- Any form of cheating will lead to disqualification.

This test consists of 8 pages including the cover page.

SECTION A: MULTIPLE CHOICE (20 marks)

Choose the correct answer and write only the letter (A, B, C, or D) next to the question number.

1. Which of the following is an example of a healthy lifestyle habit?
 - A) Smoking regularly
 - B) Eating balanced meals
 - C) Avoiding exercise
 - D) Staying up late every night
2. What does HIV stand for?
 - A) Human Immune Virus
 - B) Human Immunodeficiency Virus
 - C) Human Infectious Virus
 - D) Human Immune Vaccination
3. Which of the following is a form of peer pressure?
 - A) Encouraging friends to study
 - B) Pressuring someone to try alcohol
 - C) Supporting a friend who is sad
 - D) Listening to advice from an adult
4. Which document is used to apply for a job?
 - A) Resume/CV
 - B) Birth certificate
 - C) Medical certificate
 - D) Identity document
5. What is the legal age to vote in South Africa?
 - A) 16
 - B) 18
 - C) 21
 - D) 25
6. Which of the following is a right included in the South African Constitution?
 - A) The right to own a car
 - B) The right to freedom of expression
 - C) The right to play video games
 - D) The right to watch TV
7. What is bullying?
 - A) Helping others with schoolwork
 - B) Repeated aggressive behaviour intended to hurt someone
 - C) Cheering for a sports team
 - D) Offering compliments
8. What is the first step in dealing with stress?
 - A) Ignore it
 - B) Identify the cause
 - C) Take medication immediately
 - D) Give up
9. Which of the following is a characteristic of positive self-esteem?
 - A) Feeling worthless
 - B) Believing in your abilities

- C) Blaming others for mistakes
 - D) Avoiding challenges
10. What does “consent” mean in relationships?
- A) Agreeing to something freely and voluntarily
 - B) Doing something because of pressure
 - C) Saying yes without understanding
 - D) Following what others want

SECTION B: SHORT ANSWER QUESTIONS (30 marks)

1. Define “peer pressure” and give an example. (3)

2. List three healthy ways to manage stress. (3)

3. Explain the difference between a ‘right’ and a ‘responsibility’. Give one example of each. (4)

4. What are the four stages of the decision-making process? Briefly describe each. (8)

5. Describe two ways HIV can be transmitted and two ways it cannot be transmitted. (6)

6. Explain why it is important to have a balanced diet. (3)

Choose ONE of the following topics and write approximately 150–200 words.

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TOTAL : 80

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SECTION A: MULTIPLE CHOICE (20 marks)

1. B) Eating balanced meals
2. B) Human Immunodeficiency Virus
3. B) Pressuring someone to try alcohol
4. A) Resume/CV
5. B) 18
6. B) The right to freedom of expression
7. B) Repeated aggressive behaviour intended to hurt someone
8. B) Identify the cause
9. B) Believing in your abilities
10. A) Agreeing to something freely and voluntarily

SECTION B: SHORT ANSWER QUESTIONS (30 marks)

1.

Peer pressure is when friends or people of the same age try to influence someone to do something, often to fit in.

Example: Pressuring a friend to drink alcohol even if they don't want to. (3)

2.

Three healthy ways to manage stress:

- Exercise regularly
- Talk to someone you trust
- Practice relaxation techniques (e.g., deep breathing) (3)

3.

Right: Something you are entitled to or allowed to do.

Example: The right to education.

Responsibility: A duty or something you are expected to do.

Example: The responsibility to attend school. (4)

4.

The four stages of decision-making are:

- Identify the problem/decision to be made
- Consider the options/alternatives
- Weigh the advantages and disadvantages of each option

- Make the decision and evaluate the outcome (8)

5.

Ways HIV can be transmitted:

- Unprotected sexual contact
 - Sharing needles/syringes
- Ways HIV cannot be transmitted:
- Hugging or shaking hands
 - Sharing food or drinks (6)

6.

A balanced diet is important because it provides the body with all the nutrients it needs to function properly, stay healthy, and have energy. (3)

7.

Two commonly abused substances and effects:

- Alcohol: Impairs judgment and coordination
- Tobacco: Causes lung damage and respiratory problems (3)

SECTION C: ESSAY (30 marks)

Marking criteria for the essay:

- **Content and relevance (15):** Clear, focused on the topic, includes relevant examples
- **Language and grammar (10):** Correct spelling, punctuation, and sentence structure
- **Structure (5):** Introduction, body, conclusion; logical flow of ideas

The essays should be approximately 150–200 words and answer the chosen question fully.

TOTAL : 80