



LIMPOPO
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

DEPARTMENT OF
EDUCATION

DISTRICT : SEKHUKHUNE SOUTH
SUBJECT : MEMORANDUM LIFE ORIENTATION
GRADE : 07
DATE : 2023

SECTION A

QUESTION 01

1. B ✓
2. C ✓
3. B ✓
4. C ✓
5. A ✓
6. C ✓
7. C ✓
8. B ✓
9. A ✓
10. A ✓

1 X 10 = 10

QUESTION 02

- 2.1 False ✓
- 2.2 False ✓
- 2.3 True ✓
- 2.4 False ✓
- 2.5 True ✓

1 X 5 = 5

QUESTION 03

- 3.1 C ✓
- 3.2 E ✓
- 3.3 A ✓
- 3.4 B ✓
- 3.5 D ✓

1 X 5 = 5

Question 04

Choose the correct answer and fill in the missing words.

Study, Techniques, World, In-service, Qualification, Career, Work

- 4.1 World ✓
- 4.2 Career ✓
- 4.3 Qualification ✓
- 4.4 In-Service ✓
- 4.5 Study ✓

1 X 5 = 5

TOTAL = 25 MARKS

SECTION B

QUESTION 05

5.1 Negative Self-Image

She is shy and quit, she feels she is not good at anything, she does not make friends easily at school, she feels guilty that her grandmother has to work so hard, etc. ✓✓✓

5.2 Five ways

- 5.2.1 Spend time with people who like you and care about you. ✓
- 5.2.2 Reward yourself for your successes. ✓
- 5.2.3 Develop your talents. ✓
- 5.2.4 Be your own best friend. ✓
- 5.2.5 Ask for help when you need it. ✓
- 5.2.6 Respect yourself.

5.2.7 Set goals and work to achieve them etc.

(Any five)

[7]

Question 06

6.1 Provide 5 reasons why people give in to peer pressure. (5)

6.1.1 Are afraid to be rejected by others. ✓

6.1.2 Want to be liked and don't want to lose a friend. ✓

6.1.3 Want to appear grown up and cool. ✓

6.1.4 Don't want to be laughed at. ✓

6.1.5 Don't want to hurt someone's feelings. ✓

6.1.6 Aren't sure of what they really want. ✓

6.1.7 Don't know how to get out of the situation. ✓

(Any five)

[5]

6.2 Give your friends five tips on how can you resist peer pressure

6.2.1 Choose your friends carefully. ✓

6.2.2 Develop your self-image and be yourself. ✓

6.2.3 Keep yourself busy and active. ✓

6.2.4 Trust your parents and your caregivers. ✓

6.2.5 Realize that not being true to yourself or your values will only make you unhappy. ✓

6.3 Situation

6.3.1 Assertive ✓

6.3.2 Aggressive ✓

6.3.3 Passive ✓

[3]

Question 07

Describe five importance of reading

7.1 To gain information on many different topics. ✓

7.2 Being able to follow instruction. ✓

- 7.3 To follow directions. ✓
- 7.4 Helps one to relax / Enjoyment. ✓
- 7.5 Prevents boredom. ✓
- 7.6 Improves vocabulary.
- 7.7 Teaches one to think and reason.
- 7.8 Improves concentration and discipline.

(Any five)

1 X 5 = 5

TOTAL = 25 MARKS

SECTION C

What are five tips could you give her?

- 8.1 Read for half an hour every day. ✓✓
- 8.2 Ask a competent person to question you. ✓✓
- 8.3 Organize a reading hub. ✓✓
- 8.4 Develop a timetable. ✓✓
- 8.5 Keep a good posture. ✓✓
- 8.6 Drink a lot of water.
- 8.7 Wear proper comfortable shoes and clothes.

(Any five)

[10]

Question 09

9.1. Five of abuse and their explanations:

- a. Substance abuse.** ✓
-Excessive use of drugs and liquor and other addictive substances. ✓
- b. Gender based violence.** ✓
- Abuse of men. Women and children in anyway.
- c. Emotional abuse.** ✓
- Abuse by use of vulgar words, strong language to the other person/s. ✓
- d. Financial abuse.** ✓
- Abuse of one's financial resources without his/her consent. ✓
- e. Physical abuse** ✓
- Causing physical bodily harm. ✓
- f. Psychological abuse.** ✓
- It might be caused by stress, anxiety, trauma, grief, etc. ✓

[10]

Question 10

Discuss the difference between changes in boys and changes in girls during puberty stage.

Tabulate your answers.

Changes in boys	Changes in girls
10.1 Boys gain weight, shoulders get wider and muscles start to get bigger and stronger. ✓	Bodies become curvier, and hip bones widen. ✓
10.2 The voice box getting larger and sticking out at the front of the throat. ✓	Menstruation starts. ✓
10.3 They may have wet dreams. ✓	Breast start to develop. ✓
10.4 The penis gets stronger and wider and the testes get larger. ✓	They may be some whitish jelly at the vaginal areas before or in between period. ✓
10.5 They start getting erections. ✓	They experience slight pain under the nipples as their breast enlarge. ✓

TOTAL = 10

TOTAL MAKS =70