



Life Orientation – Grade 7

Welcome to your Conquesta Olympiad. When you have decided which of the answers is correct, scratch out the letter in the matching square on your answer sheet. Example:- If the answer to question 4 is c, then scratch out the letter c in the square containing c next to the number 4 (see example 1 below). If you've made a mistake and b should have been the answer, neatly cross out the mistake and then scratch out b (see example 2 below).

Example 1:- 4. a b ~~c~~ d

Example 2:- 4. a ~~b~~ ~~c~~ d



1. **Factors which have a big impact on our self-image are**

- (a) mental pictures and personal experiences.
- (b) how others see and treat us, and how we see ourselves.
- (c) visible details and how we treat others.
- (d) successes and failures.

2. **Growth hormones are produced by the**

- (a) pituitary gland. (b) thyroid gland.
- (c) prostate gland. (d) hypothalamus.

3. **A form of rebellious behaviour is**

- (a) changing one's appearance.
- (b) respecting others and diversity.
- (c) discovering your hidden potential.
- (d) helping others.

4. **Reading and memorising are core activities of**

- (a) self esteem. (b) popularity.
- (c) studying. (d) assertiveness.

5. **Which of the following steps help to study smartly?**

- (a) Pay attention and make good notes.
- (b) Plan ahead and break the work up into sections.
- (c) Use mnemonics.
- (d) All of the above.



6. **The South African constitution has**

- (a) universal declarations. (b) participating rights. (c) the Bill of Rights. (d) prescribed responsibilities.



7. **..... buying is on the increase.**

- (a) Cyber (b) Sibling (c) Peer (d) Family

8. **The two basic components of effective communication are**

- (a) trust and sharing.
- (b) respect and listening.
- (c) feeling threatened and reacting.
- (d) showing your emotions and feelings.

9. **..... skills are appropriate ways to deal with negative peer pressure and to avoid its harmful effects.**

- (a) Memory (b) Ball (c) Coping (d) Academic

10. **People with a positive self-image**

- (a) respect others.
- (b) appreciate people's individuality and diversity.
- (c) value the dignity, privacy and freedom of others.
- (d) All of the above.

11. **You can safeguard yourself against bad peer pressure by**

- (a) reducing your number of friends.
- (b) learning to be assertive and to negotiate.
- (c) go to the media centre during breaks.
- (d) experimenting and being curious.



12. **A benefit of reading for pleasure is that it**
 (a) helps emotional growth when you can identify with the characters.
 (b) helps gather information and techniques.
 (c) takes up time.
 (d) makes you bilingual.

13. **Some families use physical and verbal cruelty as a form of**
 (a) building self-esteem.
 (b) bonding with the family members.
 (c) discipline.
 (d) avoidance of children.

14. **Choosing your carefully could protect you from risky situations.**
 (a) family
 (b) friends
 (c) school
 (d) culture



15. **“If you tell someone, I will hurt your family.” If an abuser says this, they are being**
 (a) a bully. (b) aggressive.
 (c) manipulative. (d) All of the above.

16. **A negative effect on our self-image can come from**
 (a) unrealistic expectations.
 (b) positive peer pressure.
 (c) the ability to make friends easily.
 (d) academic success.

17. **Cultures celebrate puberty differently. Jewish boys celebrate**
 (a) Bat mitzvah. (b) Bar mitzvah.
 (c) Shabbat. (d) Yom Kippur.

18. **A ‘kindle’ is a portable electronic reader that allows you to**
 (a) summarise a book.
 (b) develop good reading habits.
 (c) read digital books and publications.
 (d) publish your work.

19. **The following values are the building blocks of fair play:**
 (a) Respect and friendship. (b) Team spirit and equality.
 (c) Tolerance and trust. (d) All of the above.

20. **Positive role models are individuals who**
 (a) behave well, are honest and kind.
 (b) are pro-active and strive to achieve goals.
 (c) Both (a) and (b).
 (d) Only (b).

21. **Why do you think we have 2 ears and only 1 mouth?**
 (a) To listen more and speak less.
 (b) To hear gossip and spread it.
 (c) To hear who is at fault, and then tell everyone the story.
 (d) To hear all that goes on and share it verbally.

22. **When cases of child abuse are reported, structures such as the CPU take action. These are**
 (a) Child Welfare.
 (b) Child Protection Units.
 (c) Child Line.
 (d) Child Prevention Unions.

23. **The sex hormones produced by the ovaries are**
 (a) oestrogen and testosterone.
 (b) testosterone and progesterone.
 (c) prolactin and cortisol.
 (d) oestrogen and progesterone.

24. **The following are important qualities to apply to our everyday lives:**
 (a) Respect, responsibility and self-control.
 (b) Vulnerability, self-esteem and seeking approval.
 (c) Assertiveness, self-confidence and reliability.
 (d) Studying, exerting our rights and respect.

25. **Symptoms of child abuse can include**
 (a) anger, guilt, embarrassment and trouble sleeping.
 (b) depression, suicide, loss of appetite and lack of concentration.
 (c) Both (a) and (b).
 (d) None of the above.

