

Lesson 10:

Grade 8: Life Orientation

- **Practise Test**
- **Answer questions 1-3.**
- **Mark once complete.**

Question 1: Multiple Choice (5 marks)

Choose the correct answer and write down the letter only.

- 1.1. Binge drinking can be classified as:
- A. Negative peer pressure
 - B. Positive peer pressure
 - C. A risky situation
 - D. Bullying by friends (1)
- 1.2. Risks of binge drinking include:
- A. Ruining your reputation
 - B. Having fun
 - C. Eliminating shyness
 - D. All of the above (1)
- 1.3. Which one of the following is INCORRECT with regards to substance abuse:
- A. A large percentage of crimes are related to substance abuse
 - B. Substance abuse is not related to violence in the home
 - C. Some people steal everything they have to buy drugs
 - D. Some people steal to finance their addiction (1)
- 1.4. Social Media is a contributing factor to teens using substances as:
- A. teens identify with people in the media who use substances
 - B. advertising often gives the message that substance use is acceptable
 - C. a large percentage of content watched by teens contains substance use
 - D. all of the above (1)
- 1.5. Substance abuse is more risky as a teen because:
- A. your brain is still developing
 - B. you are more at risk of addiction
 - C. there are long term physical health risks
 - D. all of the above

Question 2: Give an explanation of a concept (5 marks)

Provide a definition or explanation of the concept:

- 2.1 Define “*substance abuse*”. (1)
- 2.2 What does it mean to live in a dysfunctional family? (1)
- 2.3 Explain “social skills”. (1)
- 2.4 Define “assertiveness” in terms of refusal skills. (1)
- 2.5 What does it mean when a substance impairs your judgment? (1)

[5]

Question 3: Matching Columns (5 marks)

Match the statements in COLUMN A that best matches each concept in Column B. Write only the appropriate letter (A - G) next to the number (3.1 – 3.5).

Column A	Column B
3.1. Impaired judgment	A. Relying on or being controlled by a substance
3.2. Psychosis	B. Substances that affect the mind and behaviour
3.3. Tolerance	C. Making a decision you wouldn't normally have made in the past
3.4. Dependence	D. Setback in a person's attempt to change their behaviour
3.5. Psychosocial	E. Involving a person's mental wellbeing as well as housing, employment and family
	F. Thoughts and emotions are so impaired that you are out of touch with reality
	G. Endure a substance with little reaction

(5x1)[5]

Memorandum:

Question 1: Multiple Choice (5 marks)

Choose the correct answer and write down the letter only.

- 1.1. Binge drinking can be classified as:
- A. Negative peer pressure
 - B. Positive peer pressure
 - C. **A risky situation**
 - D. Bullying
- (1)
- 1.2. Risks of binge drinking include:
- A. **Ruining your reputation**
 - B. Having fun
 - C. Eliminating shyness
 - D. All of the above
- (1)
- 1.3. Which one of the following is INCORRECT with regards to substance abuse:
- A. A large percentage of crimes are related to substance abuse
 - B. **Substance abuse is not related to violence in the home**
 - C. Some people steal everything they have to buy drugs
 - D. Some people steal to finance their addiction
- (1)
- 1.4. Social Media is a contributing factor to teens using substances because:
- A. teens identify with people in the media who use substances
 - B. advertising often gives the message that substance use is acceptable
 - C. a large percentage of content watched by teens contains substance use
 - D. **All of the above**
- (1)
- 1.5. Substance abuse is more risky as a teen because:
- A. your brain is still developing
 - B. you are more at risk of addiction
 - C. there are long term physical health risks
 - D. **all of the above**

(1)

(5x1)[5]

(All Lower Order)

Question 2: Give an explanation of a concept (5 marks)

Provide a definition or explanation of the concept:

2.1 Define “*substance abuse*”. (1)

The use of a substance in amounts or methods ✓ that is harmful to the individual or others ✓

2.2 What does it mean to live in a dysfunctional family? (1)

This means that you family does not function well or provide proper care for children ✓

2.3 Explain “social skills” (1)

Skills we use to communicate and interact with one another both verbally and non-verbally ✓

2.4. Define “assertiveness” in terms of refusal skills. (1)

Standing up for yourself in a calm and positive way ✓

2.5. What does it mean when a substance impairs your judgment? (1)

Making decisions that appear silly, irresponsible or inappropriate ✓ or you make a decision you wouldn’t normally have made ✓

[5]

(All Lower

Order)

Question 3: Matching Columns (5 marks)

Match the statements in COLUMN A that best matches each concept in Column B. Write only the appropriate letter (A - G) next to the number (3.1 – 3.5).

Column A	Column B
3.1. Impaired judgment (C)	A. Relying on or being controlled by a substance
3.2. Psychosis (F)	B. Substances that affect the mind and behaviour
3.3. Tolerance (G)	C. Making a decision you wouldn't normally have made in the past
3.4. Dependence (A)	D. Setback in a person's attempt to change their behaviour
3.5. Psychosocial (E)	E. Involving a person's mental wellbeing as well as housing, employment and family
	F. Thoughts and emotions are so impaired that you are out of touch with reality
	G. Endure a substance with little reaction

(5x1)[5]