



Subject: Grade 6 Life Skills

Topic: Term 1: Mini-exam

Total: 56 Marks

1. true

2 marks

Explanation:

If you have **confidence**, you will be **willing** to **try new things**. The more you **work on developing your abilities** - the things you are good at - the **more confident** you **will be**.

2. puberty | adolescence

3 marks

Explanation:

Adolescents are **young people** changing from **childhood** to **adulthood**. This period of **change** is called **puberty**.

Below are **some** of the **changes**:

- They experience **rapid physical** (puberty), **cognitive**, **emotional**, and **social changes**.
- During puberty their **identity**, **independence**, and **critical thinking skills** develop.
- Significant **brain development** takes place.
- They develop **new relationships**, and establish **lifelong health patterns**.

3. skin

3 marks

Explanation:

During **puberty**, the **oil glands** produce **more oil**. This leads to oily skin and pimples. The best **remedy** is to **wash**, **bath** or **shower** at least **once every day**.

4. B: He was shocked, embarrassed, and unprepared to cope with the changes.

4 marks

Explanation:

Many teenagers have different feelings during adolescence. They may feel **shy** about everything that is **happening** to their **bodies**. **Understanding** the **changes** that are happening to their bodies, makes it **easier** to **accept** and to **develop** a **good body image**.

5. true

2 marks

Explanation:

Peers may invite you to **join** them in **doing the wrong thing**. Sometimes they **insist** and try to **shame** you if **you do not join them**. **Resist** the idea that it may be **easier** to just **give in** and do as they suggest.

Giving in to **peer pressure** will result in you **not feeling good** about **yourself** and the **decisions** you have made.



6. A: her parents are wealthy

4 marks

Explanation:

Diane's **parents cannot buy** her a future as an author. She must **do it herself** and keep up the hard work every day. Her **interest** or passion and **hard work** will help her to become a great author someday.

7. published

3 marks

Explanation:

Diane has set herself a **goal**. She **must write** a **story** good enough to be published, and it has a **timeframe** (by the **end of the year**).

8. false

2 marks

Explanation:

Girls start to change into adults at a **younger age than boys**.

Girls start to see changes in their bodies from age **10 onwards**, for example:

- They start to **develop breasts** and their **hips widen**.

Boys start to change from **age 12**, for example:

- **They** become **taller**, they **develop wider shoulders** and their **chest**s broaden.
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9. C: objective

4 marks

Explanation:

A **mediator** must be a **good listener** and **consider** all the **facts** of the matter presented by the **different parties**.

Through **mediation** the two **parties** will be **guided** to **understand** each other's **point of view**. In this manner the **conflict** can be **resolved**.

10. true

2 marks

Explanation:

Initially the two did **not** treat each other with **respect**. Tim was **agitated** and Lauren was **defiant**.

When **conflict broke out** though, they put their **personal feelings aside**, **respected each other** and worked out an **acceptable solution**.

11. B: compromise

4 marks

Explanation:

In order to **keep** the **peace**, Tim had to get Lauren to **agree** to **co-operate** and find a **solution**. The solution was **not exactly what each** of the two groups **wanted** - they wanted the **skateboarding park to themselves**. However, they agreed to **compromise; sharing** the time on the ramps.

This means that **each group got something** (they would all get some time to skate), but they did **not** get **everything** (skating the whole day without sharing).

12. B: she has been rejected by the group

4 marks

Explanation:

Although Lauren does **not** have a **slim figure**, she does **not allow** her **body image** to **predict** what she **can** and **cannot do**:

- She has **accepted** her **body** as it is, and it is clear that it **does not define who she is**, as she **goes out** and **enjoys life** with her friends.
 - She is clearly **accepted** by them for **who she is**, and **not** for **what she looks like**.
 - They have **accepted** her **as their leader**, as she **negotiated** on their behalf.
-

13. false

2 marks

Explanation:

Do the following to make sure that you are a **good listener**:

- Keep **eye contact** with the speaker.
- **Never interrupt** the speaker.

By **nodding** or **shaking** of the head at the appropriate times, a good listener **shows** that they are **listening**.

14. older

3 marks

Explanation:

Teenagers may experience **peer pressure** to have **sex** at a **young age**. When you are **older** and **more mature**, you will be **better prepared** to deal with the **responsibilities** that come with a **sexual relationship**. In most **religions**, **sex** is only meant for **married couples**.

15. true

2 marks

Explanation:

One way of using your **abilities** in the **best possible way**, is to set yourself **goals**. You want to **achieve a goal** within a **certain timeframe**, for instance:

- Goal: Starting in **January**, you want to **improve** your ability to **deliver a perfect serve** in tennis - so that your **opponent cannot hit it back** (95 % of the time) by **June of the same year** (your timeframe).

Using **specific timeframes** will ensure that you **start** and **finish** your **planned projects in time** and further **develop your abilities**.

16. false

2 marks

Explanation:

In paragraph two of Tuli's story, we see that **Tuli avoided being alone** with Thabo. Her choice to rather go to the movies as a **group**, **protected** Thabo and herself **against inappropriate behaviour**.

17. pimples | spots | acne

3 marks

Explanation:

We read in the first paragraph of Tuli's story that **pimples** are part of **going through puberty** and the **changes** that happen to your **body during this time**. **Both boys** and **girls** experience this.

Pimples (also called spots) are **caused** by the **oil glands** in your skin that **give out more oil** during **adolescence**.

18. peers

3 marks

Explanation:

These individuals are called **equals** within the **same group** and they **share** the **same experiences**, for example, they are **all in the same**:

- School
 - Grade or
 - They are all of the same age.
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19. B: Show the other people who the boss is.

4 marks

Explanation:

As a **peacekeeper** your aim should **not be to overpower** or **threaten** people.

You should strive to treat them with **respect**, even if you do **not agree** with their **point of view**. You must **choose** your **words and tone carefully**.

Total: 56 Marks