

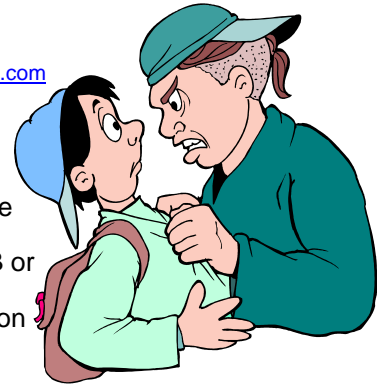
Conquesta 2008

(International Multiple Choice Primary School Olympiads – Est. 1998)

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Life Skills – Grade 7

Welcome to your Conquesta Olympiad. As you read and answer the questions, we hope that you enjoy and learn from the information. Once you have read the information and the questions carefully, you have to make a choice. When you have decided which of the answers is correct, completely fill in the matching square on your answer sheet using a 2B or a B pencil. For example, if the answer to question 4 is c, then neatly fill in the square containing c next to the number 4. See example below. Fill in only one square per question and make sure you completely rub out any mistakes so that the answer is clear.

Example:-

4.	a	b	c	d
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Bullying

Read the extract on the right for questions 1-11.

Which of the words are missing at 1-4 in the extract?

- (a) intimidation (b) degraded
(c) snide (d) physically

5. **One of the reasons some people bully others is because**

- (a) they have nothing better to do.
(b) their parents instruct them to do it.
(c) they themselves are victims of bullying at home.
(d) they lead very boring lives.

6. **Very often bullies feel**

- (a) confident and in control. (b) insecure and inadequate. (c) sad and lonely. (d) happy and secure.

7. **Which one of the following acts is not considered bullying?**

- (a) You're standing in the tuck-shop and a senior tells you to hand over your money. He/She is hungry.
(b) You forget to wear red on Valentine's Day and someone reminds you each time they see you about how stupid you are.
(c) You trip over the mat and land flat on your face. The group standing nearby has a good laugh.
(d) You get top marks in a test. Every time Tom walks past you for the next couple of days he calls you 'Teacher's pet' under his breath.

What is bullying?

It is important to realize that bullying doesn't just mean being ..1.. attacked – it can be using ..2.. remarks, stealing, sending text messages, ..3.., making someone fearful, feel ..4.., or do things they don't want to do.

It can mean different things to different people – from name-calling, teasing, hitting, stealing and rumour-mongering, to saying nasty things, ignoring you or forcing you to hand over money or possessions.

Although you might not have any sympathy for them, bullies have problems – maybe they don't fit in at school or maybe they have issues at home. They are clearly not happy with themselves, and by having power over someone else it makes them feel better.



Decide whether the statements in questions 8-10 are (a) True or (b) False.

8. **Bullying is not about you personally.**

9. **Bullies sometimes don't realize that they are being unkind – they do it in fun – to have a laugh.**

10. **You should never tell anyone if you are being bullied lest you be bullied even more.**

11. **Which one of the following should you not do if you are being bullied?**

- (a) Don't take it personally. (b) Tell someone you trust.
(c) Become a bully too. (d) Remember it's not your fault.

Reading Medicine Labels

Read the medicine labels below for questions 12-21.

MEYER'S ASPIRIN

Quick and easy relief from pain! Works well on headaches, muscle aches, and soreness due to colds or the flu.

Double-duty extra special lock cap gives complete safety!

For adults: Use 1 or 2 tablets with water or orange juice every 4 hours. You can take up to 12 tables a day.

Warning: for children under 2, consult a physician.

CAUTION: Keep this bottle and all medications out of the reach of small children. In case of an accidental overdose, call a physician immediately.

RAY'S CREAM

Brings hours of soothing relief! Gives steady relief from aching muscles, other minor pains, and the discomfort that often accompanies colds.

How to use: Rub the cream gently into the sore, painful or nagging area. Massage with open hand until the cream completely disappears. Apply the cream every 3 hours, or as you feel it is necessary.

BEWARE: Do not taste or swallow this cream. If accidentally swallowed, induce vomiting and call a physician immediately.