



# Conquesta 2019

(International Multiple Choice Primary School Olympiads – Est. 1998)  
 Courier: 105 Krantzview Road, Kloof 3610, South Africa / Post: P O Box 99, Kloof 3640,  
 South Africa \* Tel: (031) 764-1972 \* Fax: (086) 637-7808 or (031) 764-0074  
 E-mail: [conquest@iafrica.com](mailto:conquest@iafrica.com) \* Website: [www.conquestaolympiads.com](http://www.conquestaolympiads.com)



## Life Orientation – Grade 9

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).



1. In the SMART approach to setting goals, M stands for .....

- (a) Measurable.
- (b) Maintainable.
- (c) Mutable.
- (d) Manageable.

2. There are four steps to the decision-making process. Step 2 is .....

- (a) making the decision.
- (b) evaluation of the decision.
- (c) thinking about possible choices you have in that situation.
- (d) analysing the situation.



3. You are at a party and your friend offers you alcohol, even though she knows you do not drink. Your friend is very persistent. You throw the cup of alcohol in her face and tell her she is a horrible friend. This is an example of .....

- (a) aggressive communication.
- (b) passive communication.
- (c) assertive communication.
- (d) respectful communication.

4. .... refers to the gender of those to whom one is sexually attracted.

- (a) Sexual identity
- (b) Sexual orientation
- (c) Sexual behaviour
- (d) Sexual health

5. How we feel about ourselves is .....

- (a) self-esteem.
- (b) self-development.
- (c) self-confidence.
- (d) self-reflection.



6. HIV stands for .....

- (a) human immune deficiency virus.
- (b) human immunodeficiency virus.
- (c) human immune deficit virus.
- (d) human immunodeficit virus.

7. AIDS stands for .....

- (a) acquired immunodeficiency syndrome.
- (b) acquired immunodeficiency syndrome.
- (c) acquired immune deficit syndrome.
- (d) acquired immuno deficit syndrome.

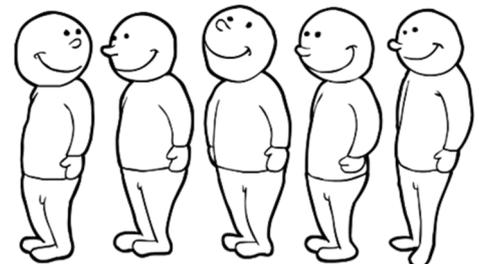
8. Which one of the following is not a virus?

- (a) HIV / AIDS.
- (b) Genital warts.
- (c) Genital herpes.
- (d) Syphilis.

9. You have been waiting in a queue in the shop to be served, when someone pushes in front of you. In spite of being angry, you allow the person to go in front of you.

This is an example of .....

- (a) assertive communication.
- (b) passive communication.
- (c) politeness.
- (d) aggressive communication.



10. 'Assertive communication' involves using the .....

- (a) I message.
- (b) We message.
- (c) Them message.
- (d) You message.