



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).

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

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



1. **Changing bad time management habits can be done by**
(a) setting goals. (b) changing your attitude.
(c) taking responsibility. (d) All of the above.
2. **Freedom Day in South Africa is celebrated on**
(a) 27th April. (b) 27th March. (c) 1st May. (d) 16th June.

3. **“As I walked out of the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison”.** This was a famous quote by
- (a) Albertina Sisulu. (b) Trevor Noah. (c) Nelson Mandela. (d) Jacob Zuma.

4. **Your lifestyle**
(a) consists of your behaviour and habits.
(b) reflects what you value.
(c) reflects your attitude to life.
(d) All of the above.

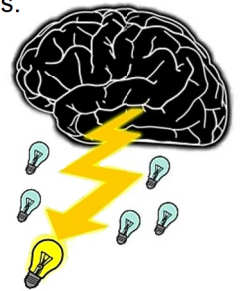
5. **Principles of beliefs concerned with goodness, and based on what is right and wrong, are**
(a) values. (b) morals.
(c) attitudes. (d) actions.

6. **..... refers to the customs, ideas and way of life of a group of people.**
(a) Culture (b) Family
(c) Religion (d) Friends

7. **..... means the ability to speak with confidence and honesty.**
(a) Passive
(b) Speculative
(c) Assertive
(d) Aggressive



8. **Experimenting with and being curious about drugs may cause you to**
(a) make positive lifestyle choices.
(b) make negative lifestyle choices.
(c) be popular with your friends.
(d) change your culture.



9. **‘Brainstorming’ helps make informed decisions. This means**
(a) the decision is defined.
(b) the problem is defined.
(c) the outcome is predicted.
(d) as many ideas as possible have been thought of.

10. **SMART goals are**
(a) Specific, measurable, attainable, relevant and time based.
(b) Skills, measurable, attainable, realistic and time based.
(c) Specific, measurable, alert, relevant and timed.
(d) Specific, media based, attainable, realistic and thought through.

11. **The most likely way to get a sexually transmitted infection (STI) is by**
(a) hugging someone. (b) sharing towels and utensils.
(c) having unprotected sex. (d) using public toilets.

12. **Information and support help to make healthy choices. These come from**
(a) friends, community, peers and alcohol.
(b) family, peers, friends and condoms.
(c) community, family, friends and drugs.
(d) family, friends, peers and community.



13. **Contraception includes**
(a) drugs, injections and having an STI. (b) condoms, injections and showers.
(c) abstinence, pills, injections and barrier devices. (d) HIV, pills and other devices.

