



SOUTH AFRICAN COMPREHENSIVE ASSESSMENT INSTITUTE
SUID-AFRIKAANSE KOMPREENSIEWE ASSESSERINGSINSTITUUT

Adult Basic Education and Training (ABET)

Marking Guideline

Life Orientation: NQF Level 1

Examination Session: November 2023

Total Marks: 100 marks



SECTION A**Question 1**

1.1

1.1.1 B ✓ (1)

1.1.2 C ✓ (1)

1.1.3 D ✓ (1)

1.1.4 A ✓ (1)

1.1.5 B ✓ (1)

1.1.6 D ✓ (1)

1.1.7 B ✓ (1)

1.1.8 B ✓ (1)

1.1.9 B ✓ (1)

1.1.10 C ✓ (1)

Total Marks for Question 1.1**[10]**

1.2

1.2.1 True ✓ (1)

1.2.2 False ✓ (1)

1.2.3 True ✓ (1)

1.2.4 False ✓ (1)

1.2.5 True ✓ (1)

1.2.6 True ✓ (1)

1.2.7 False ✓ (1)



1.2.8 False ✓ (1)

1.2.9 True ✓ (1)

1.2.10 False ✓ (1)

Total Marks for Question 1.2 [10]

1.3

1.3.1 J ✓ (1)

1.3.2 I ✓ (1)

1.3.3 H ✓ (1)

1.3.4 E ✓ (1)

1.3.5 K ✓ (1)

1.3.6 A ✓ (1)

1.3.7 D ✓ (1)

1.3.8 L ✓ (1)

1.3.9 G ✓ (1)

1.3.10 F ✓ (1)

Total Marks for Question 1.3 [10]

1.4

1.4.1 important ✓ (1)

1.4.2 pleasure ✓ (1)

1.4.3 respectful ✓ (1)

1.4.4 relationships ✓ (1)

1.4.5 bad ✓ (1)

1.4.6 influence ✓ (1)

1.4.7 healthy ✓ (1)

1.4.8 walk away ✓ (1)

1.4.9 honesty ✓ (1)

1.4.10 romantic ✓ (1)

Total Marks for Question 1.4 [10]

TOTAL SECTION A: [40]



SECTION B

QUESTION 2: HEALTHY LIVING

- 2.1
- Fighting and violence in and outside the home ✓
 - Imprisonment ✓
- (2)

Alternative answers

- Trouble at school.
- Trouble at work, losing a job.
- Trouble in relationships.
- Child abuse, neglect.
- Driving accidents.
- Money problems.

Markers to credit learners for any other related answers.

- 2.2
- Children who come from families that abuse drugs are at great risk of using drugs ✓ as they will be copying the behaviour of their parents. ✓
- (2)

Alternative answers

- Social groups such as gangs contribute to drug abuse through peer pressure so that members/friends fit in the group.
- Family or work pressure can lead to stress and drugs may be used to relieve the stress.
- The media and role models portrayed by the media glamourise the use of drugs so susceptible viewers might think it is ok to do drugs.
- A community's inaction against substance abuse may normalise the behaviour.
- Any form of abuse can lead to drug abuse as the abused person tries to overcome the trauma.

Markers to credit learners for any other related answers.

- 2.3
- Avoid temptation and peer pressure, ✓ by developing healthy relationships and avoiding friends who use drugs. ✓ (6)
 - Identify positive role models in the community ✓ who encourage and motivate young people to pursue their dreams and goals. ✓
 - Find a hobby or do something that you enjoy ✓ so that you will be busy and you won't have time to do drugs. ✓

Alternative answers

- Develop goals and dreams for your future, this will keep you focused, and you won't have time to use drugs.
- Develop strong family relationships, the support and guidance from families make it easier to deal with life issues instead of taking drugs.

Markers to credit learners for any other related answers.

Total Marks for Question 2

[10]

QUESTION 3: SELF-IDENTITY

- 3.1
- The force that keeps pushing someone to go on. ✓✓ (2)

Alternative answers

- The reason for doing something in a particular way.

Markers to credit learners for any other related answers.

- 3.2
- Make a list of your positive qualities. ✓ (2)
 - Ask other people to describe your positive qualities. ✓

Alternative answers

- Describe yourself using positive and encouraging words.
- Recognise and appreciate your strengths and abilities.



- Be good to others. Love and appreciate yourself.
- Stop comparing yourself with others.
- Associate with people who motivate you or are good company.

Markers to credit learners for any other related answers.

- 3.3
- Volunteering can build ✓ one's confidence, self -esteem and life satisfaction. ✓ (6)
 - If you do good for others and the community ✓ it provides a natural sense of accomplishment. ✓
 - Your role as a volunteer can also give you a sense of pride ✓ and identity. ✓

Alternative answers

- It gives one something meaningful to do and it is empowering to do something that matters.
- It is an opportunity to meet other people and build better social skills or build your confidence.
- It takes the focus away from you and this distracts your mind from negative thoughts of yourself.

Markers to credit learners for any other related answers.

Total Marks for Question 3

[10]

QUESTION 4: THE WORKPLACE

- 4.1
- The right to just and favourable conditions of work. ✓
 - The right to be treated with respect and dignity. ✓
- (2)

Alternative answers

- The right not to be unfairly dismissed or discriminated against.
- The right to a safe working environment.
- The right to leave benefits.

Markers to credit learners for any other related answers

- 4.2
- The employee is not committed to his job ✓ and he lacks the motivation to come to work. ✓
 - Heavy workloads ✓ leads to stress, mental issues, and burnout. ✓
- (4)

Alternative answers

- An unsafe working environment can discourage employees from coming to work.
- Issues with management such as lack of respect or he/she does not agree with management and the employee wants to avoid the situation.
- The employee might feel unappreciated and have low morale.
- Bullying by management can make an employee afraid to come to work.
- Personal issues that the employee might need to attend to.

Markers to credit learners for any other related answers.

- 4.3
- By talking to the employee ✓ to understand why they are always absent. ✓
 - By keeping track of employees' absenteeism ✓ and addressing your observations with the employee. ✓
- (4)

Alternative answers

- By discussing the employee's obligations to the company and informing them of the consequences of absenteeism.
- By addressing issues of bullying of employees by management when they are reported.
- By reducing workplace stress through programmes that encourage employee health and well-being.
- Ensuring safety in the workplace and complying with the health and safety protocol

Markers to credit learners for any other related answers.

TOTAL SECTION B: [30]



SECTION C

QUESTION 5: SEXUALITY

- 5.1
- Culture ✓
 - Family ✓
 - Media ✓
 - Genetics ✓
- (4)

Alternative answers

- Teachers
- Friends
- Religion
- Trends
- Social circumstances

Markers to credit learners for any other related answers.

- 5.2
- Many people struggle with issues of sexuality because it is personal and private, ✓ and can therefore be embarrassing to talk about ✓ sexuality.
 - Parents often struggle to talk to their children about sexuality ✓ because they may not know enough about the subject. ✓
- (4)

Alternative answers

- People are confused and unsure about what is happening to them.
- People are unsure of who to go to discuss their feelings or ask questions, and unfortunately, they will often fill in the gaps with common myths or stereotypes learnt from peers or social media.
- Sexuality topics are taboo to talk about in some cultures.

Markers to credit learners for any other related answers.

- 5.3 • One needs to understand that everyone is different ✓ and to avoid comparing yourself to others including influencers and celebrities in the media. ✓ (2)

Alternative answers

- Find somebody you trust who you can talk to and able to gather reliable information from.
- Interact with all genders appropriately and respectfully.

Markers to credit learners for any other related answers.

Total Marks for Question 5

[10]

QUESTION 6: TIME MANAGEMENT

- 6.1 • Good time management assists with accomplishing the determined results in the time allocated. ✓✓ (6)
- It helps to focus better ✓ and be more productive. ✓
 - It lowers stress ✓ and gives you time to prioritise important tasks. ✓

Alternative answers

- Good time management reduces distractions and procrastination.
- Good time management means you meet deadlines.
- Good time management can increase self-discipline and boost your confidence.

Markers to credit learners for any other related answers.

- 6.2 • Prioritise wisely the tasks ✓ based on importance and urgency. ✓ (4)
- Set a time limit to complete ✓ as this helps you to be more focused and efficient. ✓

Alternative answers

- Take a break between tasks to clear your head and refresh yourself.

- Plan ahead and make sure you start the day with a clear idea of what you need to do.
- Remove none important tasks or activities from your schedule as this frees up time to spend on genuinely important things.

Markers to credit learners for any other related answers.

Total Marks for Question 6

[10]

QUESTION 7: HIV and AIDS

- 7.1
- Fear of negative reaction or stigma and discrimination. ✓ (2)
 - Not being ready to tell others and burden them with disclosing their status. ✓

Alternative answers

- Fear of emotional and physical abuse from their partners.
- Fear of the consequences such as the end of a relationship.
- Fear of rejection or being thrown out of the house by the family.
- Lack of education about HIV.
- The inability to cope with disclosure.

Markers to credit learners for any other related answers

- 7.2
- Their intimate partners have to know ✓ so that they can decide how to protect themselves. ✓ (4)
 - It contributes to a reduction of stigma ✓ and discrimination and enhances awareness. ✓

Alternative answers

- To be able to have a social support system from the family.
- To be able to ask for time off for clinic appointments if you are employed.
- It can help with dealing with any shame you may feel about living with HIV.
- It might lead to the other partner opening up about their status.
- It leads to acceptance and a discussion on how to prevent transmission of the virus.



- To be able to treatment and psycho-social support in times of need.

Markers to credit learners for any other related answers

- 7.3
- If you are sexually active ✓ go and get tested for HIV/AIDS. ✓ (4)
 - Limit the number of sexual partners ✓ as each partner has a sexual history that may involve other partners. ✓

Alternate answers

- Take advantage of HIV prevention medications such as PrEP and PEP.
- Pregnant women should take medication before birth so that they do not pass the virus to the baby during birth.
- Use condoms correctly every time you have sex.
- Abstain from sex.

Markers to credit learners for any other related answers

Total Marks for Question 7

[10]

TOTAL SECTION C: [30]

GRAND TOTAL: 100 MARKS

