



SOUTH AFRICAN COMPREHENSIVE ASSESSMENT INSTITUTE
SUID-AFRIKAANSE KOMPREENSIEWE ASSESSERINGSINSTITUUT

**Adult Basic Education and Training (ABET)
Site-Based Assessment
Portfolio of Evidence**

Life Orientation: NQF Level 1
Total: 35 marks
Duration: 4 hours
Task 4: Journal Entry

Learner Information

Name : _____
Surname : _____
**Identity/
Passport Number** : _____
Employee Number : _____
Company : _____
Centre : _____
Date : _____

Declaration

I declare that this portfolio of evidence is my own work: _____

Signature



INSTRUCTIONS

1. This assessment consists of **TWO ACTIVITIES**.
2. Answer **ALL** questions.
3. Read all the instructions and questions carefully before you answer.



ACTIVITY 1: HIV/AIDS and STIs (US 14656)

Study the picture below and answer the questions that follow.



1.1 List **TWO** (2) possible ways one can contract STIs.

TOTAL MARKS FOR QUESTION 1.1

(2)



1.2 Study the picture. Suggest in detail **FOUR** (4) risk factors that increase the chances of contracting STIs.

TOTAL MARKS FOR QUESTION 1.2 (8)

1.3 Provide **THREE** (3) interpersonal skills one can use to reduce the risk of contracting STIs as per the prevention methods in the picture.

TOTAL MARKS FOR QUESTION 1.3 (6)



1.4 Provide and discuss **TWO** (2) ways diet and stress management can improve the quality of life of someone living with HIV.

TOTAL MARKS FOR QUESTION 1.4 (4)

TOTAL MARKS FOR ACTIVITY 1 [20]



ACTIVITY 2: HEALTHY LIVING (US 14659)

Study the picture below and answer the following questions.

Impacts of alcohol, tobacco and other drug use

- Health**
 - Drug induced deaths
 - Burden of disease
 - Injury & hospitalisation
 - Mental health
 - Pregnancy complications
 - Injection related harms
- Social**
 - Risky behavior & criminal activity
 - Family & domestic violence
 - Contact with the criminal justice system
 - Victimisation & trauma
- Economic**
 - Financial costs
 - Household expenditure
 - Lost productivity

Source: www.aihw.gov.au/reports/alcohol/alcohol-tobacco-other-drugs-australia/contents/impacts

2.1 List **FIVE** (5) effects of drugs on the mental health of a drug addict.

TOTAL MARKS FOR QUESTION 2.1

(5)



2.2. Explain in detail any **TWO** (2) social effects of drug abuse illustrated in the picture.

TOTAL MARKS FOR QUESTION 2.2 (4)

2.3 Suggest **THREE** (3) solutions for reducing the impact of drug and alcohol abuse on families and society.

TOTAL MARKS FOR QUESTION 2.3 (6)

TOTAL MARKS FOR ACTIVITY 2 [15]

GRAND TOTAL FOR TASK 4 [35]



Total for Task 4: 35 Marks

Task	Activity	Maximum Mark	Learner's Mark	Moderated Mark
Task 4	Activity 1	20		
	Activity 2	15		
	Total: Task 4	35		

