GRADE 7

LIFE ORIENTATION WORKBOOK

TERM 2

(2025)



JUFFROU ANRI

HUMAN RIGHTS

THE BILL OF RIGHTS

Detained: To be temporarily held at a police station or prison for questioning.

Submission: To be a slave or to be completely under someone's power.

Petitions: Formal, written requests.

Association: Connection.

Land claims settlement: An agreement between the government and the people who previously lived on a piece of land to return the land to them.

Evict: To be forcibly removed from your home.

Human rights as stipulated by the Constitution of South Africa

- Human rights are the rights and freedoms that all people have from birth.
- People's rights cannot be taken away from them.
- Human rights are summarized in the Bill of Rights in the Constitution.

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- The Constitution is the supreme law of the land and the Charter determines which rights are protected.
- Human rights protect all people from discrimination and the abuse of power.



THE BILL OF RIGHTS IN THE SOUTH AFRICAN CONSTITUTION

Right	**Meaning**
Equality	Everyone should be treated equally. (No discrimination.)
Life	All people have the right to life. (No death penalty.)
Human dignity.	Everyone's human dignity must be respected.
Freedom and security.	The right to be free from violence.
Slavery and subservience.	You cannot be forced to work without pay or work for someone if you don't want to.
Privacy	You, your home and belongings may not be taken or searched.

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Freedom of religion and opinion.	You may believe in what you want and practice the religion of your choice.
Freedom of speech.	You may write, speak, and take pictures to use as you wish. It may not violate the law.
Gathering and demonstration.	You may participate in public demonstrations and petitions.
Freedom of association.	You may associate with whomever you want.
Political rights.	May form or belong to a political party.
Education	Everyone has the right to basic education.
Citizenship	Your citizenship can never be taken away.

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ACTIVITY 1

1. What is a petition and why would you get involved in one?

_____

_____

2. Do you think human rights are a good thing? Why or why not?

_____

_____

3. What is the difference between the Constitution and the Bill of Rights?

_____

_____

4. Are Human Rights something you have to earn?

_____

_____

5. Why is it necessary to implement a land claims settlement?

_____

_____

6. Why would it be necessary to detain people in prison or at the police station?

_____

_____

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MEMORANDUM 1

1. A formal, written document - you become involved in it if you fight a case.

2. Yes, it is a good thing. It ensures justice, freedom, security and so much more for every person.

3. The Bill of Rights is contained in the Constitution. The Constitution is the supreme law of the land.

4. No. You are born with it.

5. In the past, land was taken away from people without compensation.

6. People are detained so they can be questioned. Otherwise, there is a chance they could flee and disappear.

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ACTIVITY 2

Read each scenario and describe which human rights are not being applied.

a) The police arrived at the school and arrested the principal for no reason and took him to jail.

_____

b) Ben and Jan attended church on Sunday and when they walked out, people stopped them because they are Christians.

_____

c) The president said that everyone should belong to the ABC Party.

_____

d) The neighbours were fighting with each other and one man tried to shoot the other man.

_____

e) Thugs broke into your sister's house.

_____

f) Jana grew up in Pretoria and Mia in Hartenbos. They both wanted to study at Stellenbosch, but only Mia was admitted because she grew up in the province.

_____

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MEMORANDUM 2

a) Right to liberty and security and the right to human dignity.

b) The right to religion and belief.

c) Political rights - you can choose which party you want to belong to.

d) The right to life and the right to safety.

e) The right to security and the right to privacy, as well as the right to human dignity.

f) The right to equality - may not be discriminated against.

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HUMAN RIGHTS

APPLICATION OF HUMAN RIGHTS' RESPONSIBILITIES

- Although human rights are naturally granted to you, you have a responsibility towards each right.
- This means: For every right there is a responsibility.
- For example: You have the right to a healthy environment, but it is your responsibility not to litter or pollute.
- Another example is that you have the right to clean water, but your responsibility is not to waste it.



Rights	Responsibility
We have the right to choose and speak our own language.	Our responsibility is to respect other people's mother tongues.
The right to life.	The responsibility not to take or endanger the life of another person.
The right to education.	The responsibility to pay for school and not to disturb other learners.

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ACTIVITY

1. What do you think could happen if you don't fulfil your responsibilities?

_____

_____

2. Why is March 21st a public holiday?

_____

_____

3. What can you do if you see someone breaking the law or violating your human rights?

_____

_____

4. Do you think everyone acts responsibly? Explain your answer.

_____

_____

5. Read each right and write down the responsibility that goes with it:

a) The right to privacy: _____

_____

b) The right to human dignity: _____

_____

c) The right to freedom of speech: _____

_____

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MEMORANDUM

1. Depending on how serious it is, you could be arrested, charged, tried, etc.

2. This is Human Rights Day, which is celebrated every year.

3. You can address the person, accuse or report him etc. Any similar answer.

4. No, some people litter, kill others, speak badly of others, etc.

5. a) You must respect the rights of others and not break in/steal etc.
   b) You may not badmouth anyone or discriminate against them.
   c) You may not interrupt or attack someone else for exercising their freedom of speech.

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SPORT ACTIVITIES
HONESTY AND FAIRNESS

Any sport has rules that must be followed. Rules are there to protect the players, referees and spectators.

Honesty in sports:



- You can't enjoy the game if you don't follow the rules.
- The rules must be known in order to apply them honestly.
- If players don't know the rules, the sport can't be played.

Values, trust and respect:

- Sports are an excellent way to establish good values.
- When playing a team sport, trust is learned.
- Fair play also helps with values and respect.
- Good sportsmanship is important. When you lose, you should be able to hold your head high and congratulate the winning team.

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Soccer, rugby and cricket:

- The whole team must work together to win.
- Teammates must trust each other's judgment and help each other to be the best team.
- If a player is having an off day, he/she needs a lot of support from his/her teammates.
- When your opinions and beliefs differ from those of other players, or the referee, you must still respect their opinions and views.

Marathon races:



- Athletes participate for themselves, it is not a team sport.
- Even as the cut-off time approaches, some athletes will always stop to help a fellow athlete who is in pain.

Cycling:



- Cyclists can ride either alone or in a team.
- When they ride as a team, they ride in a bundle, so they can protect the leader from the wind.

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- The leader can then drive faster.
- Sometimes, when there are collisions, the leader of another team will not rush past, but first wait for the leader of that team to get back on his bike and ride again.
- This is an example of fair play.

Gymnastics



- When an individual participates as part of a team, the other team members will encourage him or her.
- They may compete for the same medals, but will still respect each other.

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ACTIVITY 1

1. Why is honesty in sport so important?

_____

_____

2. Do you think everyone has good sportsmanship? Motivate your answer.

_____

_____

3. How do you teach confidence in a team sport? Explain by giving an example.

_____

_____

4. What do all sports, that maintain order, have in common?

_____

5. Read each scenario and write down whether you think it is fair or unfair. In addition, explain why.

a) The fly half missed a kick in the 79th minute and that team lost the game. His team was angry with him.

_____

_____

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b) Jaco runs with the soccer ball and suddenly the opponent tackles him.

_____

_____

6. Why is it important to know the rules of the sport?

_____

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MEMORANDUM 1

1. This ensures fairness and that everyone enjoys the game and that no one gets angry or frustrated.

2. No, some people are bad losers and will sometimes blame the referee too.

3. When you play as a team, you must trust each other by believing that no one will fight or take on the referee. The one who has to kick will kick to the best of his ability, etc. Any suitable example.

4. All sports have rules.

5. a) It wasn't fair - everyone on the team should have worked harder so they weren't in that situation in the 79th minute.
b) Not fair - poor sportsmanship.

6. So that everyone knows how to play the game and so that no one gets caught out.

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ACTIVITY 2

Complete the table about the different sports and how they manage to apply fairness and honesty.

Sport	Individual or team sport?	How are honesty and fairness practiced? Name 2 ways.	Is there someone who provides guidance? If so, who?
			
			
			

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MEMORANDUM 2

Sport	Individual or team sport?	How are honesty and fairness practiced? Name 2 things.	Is there someone who provides guidance? If so, who?
	Individual or team sport.	No steroids - no chance for collisions.	The leader of the team.
	Team sport	Know the rules, always give your best, don't take on other teams or referees.	The captain of the team.
	Team sport	Support each other, apply good sportsmanship, etc.	The captain of the team.

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	Individual sports	Help others who are struggling, apply good sportsmanship.	None - individual sports.
	Individual or team sport (doubles)	Thank the other player and referee, wave to the audience, etc.	None - equal.

- Learners can also provide their own answers.

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ACTIVITY 3

The season of your favourite sport has arrived. Before the practices begin, the rules are discussed first. Design a poster explaining the rules of your sport.

You must:

1. Have a heading.
2. Use colourful picture/images.
3. The rules are explained briefly and forcefully.

Do your planning in this block and then do the final one, after your teacher's approval, on an A3 page.

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ABUSE

DIFFERENT SITUATIONS

Unstable situations: A situation that can quickly get out of control.

Molest: To assault someone, especially a child, in a sexual way.

Depression: A long-lasting unhappiness where the person has difficulty coping with normal things he/she usually does.

Anxiety: Extreme worry or fear.

Unpredictable: You can't guess what's going to happen.

Aggressive: Violent action.

Dealing with abuse:

- When someone is cruel or unkind to someone, it is seen as abuse.
- It occurs in different proportions.



Abuse within a peer group:

- Abuse between peers usually takes the form of bullying.
- It can be direct (hitting someone or taking their belongings).
- It can also be indirect (such as excluding a person).
- Cyberbullying is when someone is bullied or threatened through social media.

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ACTIVITY 1

1. Read each description and identify the situation.

a) Jan was always good at rugby, but he is under a lot of pressure at school and things are not going well at home. He remains negative and his rugby has deteriorated.

_____

b) Ben forgot to do his work, when he was addressed, he overturned his desk and ran out of the class.

_____

c) Lisa played with Johan. When they were alone, he touched her breasts.

_____

2. If you did something wrong at home and your mother yells at you, is that abuse? Explain your answer.

_____

_____

3. What do you understand in terms of cyberbullying?

_____

4. Does bullying only occur in peer groups? Explain your answer.

_____

_____

5. Why do you think people get anxious?

_____

_____

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MEMORANDUM 1

1. a) Depression
   b) Aggressive
   c) Molestation

2. No, she's arguing with you out of love, with the goal of teaching you better. She needs to teach you and educate you.

3. Social media is used to bully the person.

4. No, it can happen in any relationship.

5. Anxiety can happen at any time. Maybe someone is stressed, worried, or overwhelmed.

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ABUSE

Threatening situations:



- When people abuse drugs.
- When people are angry or very emotional.
- When people act cruelly towards animals.

1. **Substance abuse:**
   - Substances include alcohol and drugs.
   - These drugs can be legal or illegal.
   - When substances are abused, people are less in control of themselves. Some people also become aggressive.
   - When you find yourself in such a situation, you should rather remove yourself.

2. **Aggressive or emotional:**
   - People who abuse others usually act this way when they are angry or emotional.
   - The emotions are then taken out on the person.
   - Protect yourself by predicting when the person will have an outburst and then staying away.
   - Never get into a situation when you know someone is unpredictable or may act unpredictably.
   - When you are abused, it is not your fault.

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3. <u>Cruelty to animals</u>

- Animals cannot speak and therefore it is important to speak and act on their behalf.
- We should always try to protect animals from cruel people and their actions.

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ACTIVITY 2

1. Why are people not in control when using drugs?

_____

_____

2. Explain the difference between legal and illegal drugs. In addition, give an example of each.

_____

_____

_____

3. Why are drugs against the law, but alcohol is not?

_____

_____

4. What is your opinion on animal cruelty?

_____

_____

5. Would you say that you are safe when you are among drunk people? Explain your answer.

_____

_____

6. Think of other dangerous, unpredictable situations and write them down. Name at least two.

_____

_____

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MEMORANDUM 2

1. It makes you unable to think clearly, it takes over your body and your brain and makes you unaccountable.

2. Legal substances, such as alcohol, may be used freely, while illegal substances such as drugs (crystal meth) are against the law and may not be used.

3. Drugs pose a greater danger and can affect the body, make you addicted and lead to death. Alcohol is less dangerous.

4. Cruel and unjust, animals cannot speak for themselves or stand up for themselves.

5. No, this is an unsafe and unpredictable situation.

6. Learner's own examples.

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ABUSE

The effects of abuse on:

1. **Your health:**

- Physical abuse means causing physical harm or pain to your body.
- Sores/bruises and wounds will be visible on your body.
- Emotional or psychological abuse is when someone breaks you down or belittles you with words.
- This can lead to depression and anxiety.
- People who are abused usually feel:
  Sad, alone, confused, angry, overwhelmed and sceptical.

2. **Social health:**

- A cycle forms (it happens over and over again).
- Children are abused at a time when they are defenceless and still learning to distinguish between right and wrong.

3. **Relationships:**

- Abuse affects the way the abused person behaves towards others.
- They are angry and distrustful and often struggle to make friends.
- If those closest to them do not know about the abuse, they may become irritated with the abused person's outlook and actions.
- Their minds are dominated by their problems and they find it difficult to enjoy anything.

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ACTIVITY 3

1. Which do you think is worse: physical or emotional abuse? Motivate your answer.

_____

_____

2. Why do you think people who are abused are distrustful?

_____

_____

3. Why are children or women abused the most?

_____

_____

4. People who are abused enjoy little or no activities. Why is this the case?

_____

_____

5. What is the difference between physical and emotional abuse?

_____

_____

6. Would you know when someone is being emotionally abused? Explain your answer.

_____

_____

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MEMORANDUM 3

1. Emotional abuse - what is said cannot be forgotten, but the marks of the physical effects of abuse can disappear.

2. Those people have already trusted someone and that trust was broken with the abuse, so they find it difficult to trust someone again.

3. They are usually smaller, more reserved, and weaker, so the person abusing them doesn't have to worry about any resistance.

4. They think about the negative and the abuse all the time and then can't concentrate in the moment because they don't know when it will happen again.

5. Emotional abuse is when you are verbally abused and physical abuse is when you suffer marks and wounds on your body.

6. No, you can't hear or see the words that were said. The only way you will know is if the abused person tells you.

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ABUSE

The importance of communication:

- People who are abused usually hide it, because they want to appear normal.
- They are afraid that the person who abused them will find out if they tell anyone.
- It is therefore important that the person tells someone they trust. Only then can steps be taken.
- Your teacher is a good person to tell, because it should then be reported immediately.

When someone is being abused you should:

1. Not tell them you're worried about their safety.
2. Recognize that the person's situation is difficult.
3. Be supportive.
4. Not judge.
5. Encourage him/her to participate in activities outside of that relationship.
6. Help him/her develop a safety plan.

Places of protection and safety for victims:

- Childline (0800 055 555) will help you if you are a victim and put you in touch with someone who can help you.
- Therapy programs are offered by them.
- They also prepare children to testify in court.

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- Who can help you? A social worker.

  A child protection officer.

  Your local magistrate's office.

  A lawyer in the community.

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ACTIVITY 4

1. Why would a person who is being abused usually not want to tell anyone about it?

   _____

   _____

2. When can action be taken against the person committing the abuse?

   _____

   _____

3. Why is your teacher obliged to report this?

   _____

4. Why would it be necessary for children to testify in court?

   _____

   _____

5. Would you say that Childline is a good option to contact when you are being abused? Explain your answer.

   _____

   _____

6. What is the most important thing you should do when someone tells you they are being abused?

   _____

   _____

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MEMORANDUM 4

1. They are afraid the person who is abusing them will find out.

2. Only when the abused person comes forward and talks about it.

3. This is prescribed in the law.

4. They will have to say what happened to them or how they were mistreated. If they are an eyewitness, they must say what they saw.

5. Yes, they help you, offer therapy programs and put you in touch with someone who can help you further.

6. Be supportive and help the person develop an action plan.

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ABUSE

How can you protect yourself from dangerous situations?

1. Avoidance
   - Predict whether something is dangerous, if so, remove yourself from the situation.
   - Trust your instincts - don't stay there if you feel unsafe.
   - Don't go to dangerous places.
   - Avoid strangers and don't walk around alone.

2. Stay out of sight
   - If you have no choice but to be in an unsafe place, stay out of the way and out of sight.

3. Don't get into dangerous situations
   - Don't get between two people who are fighting.
   - Don't argue with an aggressive person.
   - Avoid people who have used illegal drugs.

4. Go to a place of safety
   - Call someone you know and trust to come and get you out of a dangerous situation.
   - Do not try to help others, get to a safe place first.

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5. <u>Go get help</u>
   - Ask an adult to help you.
   - Don't be afraid to ask for help.
   - Your teacher or spiritual leader is a good starting point.

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ACTIVITY 5

1. Why do you think you shouldn't walk around alone or go to places alone?

_____

_____

2. Why is it dangerous to get between two people who are fighting?

_____

_____

3. If you don't have to get involved in a fight yourself, what can you do to prevent/stop it?

_____

_____

4. If you don't have anyone in your family or circle of friends you can tell or trust, who can you go to?

_____

_____

5. Why is it better to avoid an aggressive person or people who have used drugs?

_____

_____

6. Explain what your instinct is.

_____

_____

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MEMORANDUM 5

1. It's dangerous, no one is there to help you if something happens.

2. You can become part of the fight and they can hurt you too.

3. You can call adults to come and help, go get help, or even call the police.

4. Someone in the community whom you trust, like your teacher or the pastor.

5. They no longer have control over themselves, they can no longer think clearly and it can then become dangerous for the spectators.

6. It's the little voice or feeling you get when something isn't right.

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WORLD OF WORK

CAREERS / OCCUPATIONS

Each professional field consists of different professions. It is important to know what your interests, abilities, and talents are, so that you can easily identify what you like and what possible career you would like to pursue.

Professional fields:

- This is the profession that a person practices.
- These could be different jobs in a specific profession.
- This is the kind of work someone does.

Interests and abilities:

- Interests are activities that you enjoy doing.
- Abilities refer to things you are good at.
- The possibility that you will enjoy a career that suits your interests and abilities is high.

Interest	Ability	Professional fields
Love buying and selling and setting up budgets.	Good with money and numbers.	Business and finance.

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Diseases, germs and organisms.	Works well with people, notices small details.	Health services or technology.
Loves cars, roads and planning.	Mathematics, eye for detail, problem solving.	Engineering or architecture.

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ACTIVITY 1

1. Why is it important to identify your interests and abilities?

   _____

   _____

2. Are your interests and your abilities the same? Motivate your answer.

   _____

   _____

3. What is the difference between a profession and a career?

   _____

   _____

4. Are you allowed to change professions or careers, or is it something you choose and have to stick to?

   _____

   _____

5. What career would you be able to pursue if you have the following interests:

   a) You love designing, painting and drawing.

   _____

   b) You enjoy sports and sports coaching.

   _____

6. Name the occupational field of the following professions: Accountant, financial manager, treasurer.

   _____

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MEMORANDUM 1

1. You will then know which career field to look into, to identify a career that you love.

2. No, interests are what you like, abilities are what you are good at.

3. A career field is the interest and the profession is in a career field. (Any similar answer.)

4. You may change it as many times as you want.

5. a) artist, architect, designer, etc.
   b) physiotherapist, coach, team manager etc.

6. Finance

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ACTIVITY 2

1. Read each sentence and write down whether it is the person's ability or interest that is being portrayed.

   a) Jana enjoys netball and wants to become a professional player.

   _____

   b) Ben works hard in math and maintains an excellent average. However, he doesn't like math.

   _____

   c) Layla excels in Afrikaans, she enjoys it and it is her dream to become a writer.

   _____

2. Complete the table below:

Interests	Abilities	Professional field	Occupations
Love for children.		Education	
	Design well, creative.		Graphic designer, marketer.

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Likes to organize and plan things.		Administration	

3. Why do different people want to follow different careers?

_____

4. What values do you need to have to work with finances?

_____

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MEMORANDUM 2

1. a) Interest.
   b) Ability.
   c) Interest and ability.

2.

Love for children.	Works well with children, has a lot of patience.	Education	Teacher, nanny, day care worker.
Loves creating something, photography /videography.	Design well, creative.	Arts	Graphic designer, marketer.
Likes to organize and plan things.	Can do admin quickly and efficiently.	Administration	Secretary, personal assistant.

3. Not everyone has the same interests and abilities, which is why they pursue different careers.

4. You must have integrity and be honest.

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ACTIVITY 3

1. Complete the table below regarding your own abilities and interests. (Remember that you don't necessarily have to like something you are good at.)

What are your interests?	What are your abilities?

2. Do research on possible careers in your career field that you want to pursue and write them down.

_____

_____

3. Do you need to study for it or not?

_____

4. Is this something you can start doing now, or only after school? Explain your answer.

_____

_____

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5. Creatively portray your interests and abilities by illustrating them on an A3 poster. In addition, include 3 possible careers that you would like to pursue.

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WORLD OF WORK

Occupations and career fields:

Look at the table below regarding the different professions and career fields.

Administration: Office Manager, Assistant, Secretary.	**Animals:** Game ranger, veterinarian, animal trainer.	**Art:** Photographer, artist, designer.
Media: Reporter, Journalist, Editor, Author.	**Legislation:** Lawyer, Judge, Advocate, Mediator.	**Finance:** Cashier, Banker, Advisor, Accountant.
Education: Lecturer, teacher, Sports coach.	**Entertainment industry:** Actor, Singer, Musician, TV presenter.	**Construction:** Electrician, Architect, Project Manager.
Medical: Doctor, dentist, nurse, dental technician.	**Marketing:** Market Researcher, Sales Consultant, Marketing Researcher.	**Health:** Paramedic, Dietitian, Speech Therapist.
Science: Biochemist, Geologist, Marine Biologist	**Sport:** Athlete, Coach, Physiotherapist, Reporter	**Computer Science:** Programmer, Engineer, Web Developer

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Professional fields requirements:

Informed decisions: A decision made after researching all your options.

- When you reach the end of grade 9, you have to make subject choices.
- These subjects should put you in a favourable position to study after grade 12.
- When choosing your subjects, there are several factors you need to consider:
  1. What subjects are you good at?
  2. Which subjects do you like the most?
  3. What subjects do you need for the career field you are interested in?
  4. Which subjects will help you get a job or study further?

- The best way to make subject choices is to research your career and the subjects you need.
- Besides the subjects themselves, you also have to work hard to achieve good grades.



- These marks will be used to determine whether you can study at a university.

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ACTIVITY 4

1. What career field do you want to enter one day?

   _____

2. Do research and find out what subjects you need to be able to do this.

   _____

3. What can you start doing now to find out more about the specific profession/career?

   _____

4. Does the high school you are going to, offer the subjects you need? If not, what is your plan of action?

   _____

   _____

5. What profession do your mother and father follow?

   Mother:

   _____

   Father:

   _____

6. Did they become what they always wanted to become? Why or why not?

   _____

7. Did the subjects your parents took in school help them do the job they do now?

   _____

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WORLD OF WORK

Activities in every professional field:

- The work environment is the place where a person works.
- This includes the physical atmosphere and space.
- Different activities depend on each professional field.
- Activities can be short-term or long-term.

Opportunities in every field:

- There are different opportunities in every career field.
- You just have to be on the lookout for these opportunities.

Challenges in every career field:

- In every professional field, you have to work with other people and this can be challenging.
- When you are newly hired at a job, you are usually unsure about yourself and the new job.
- Your attitude makes a big difference in any work environment.

Level of school education:

- South Africa has different levels of education that you can achieve.

1. General Education Training (GET) - You obtain this when you pass grade 9.

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2. Further Education and Training (FET) - You obtain this when you pass grade 12.
3. Higher Education and Training (HET) - This includes degrees, diplomas and certificates obtained after grade 12.

Different careers require different qualifications.

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ACTIVITY 5

1. Why do different careers require different qualifications?

   _____

   _____

2. Explain why it can be challenging to work with other people.

   _____

   _____

3. Explain in your own words what an FET qualification is.

   _____

   _____

4. Do some research and find out how long you need to study for the following careers:

   a) Doctor: _____

   b) Teacher: _____

   c) Attorney: _____

5. What does the statement “Your attitude makes a difference in your work environment” mean?

   _____

   _____

6. Describe the environment of your future profession.

   _____

   _____

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MEMORANDUM 5

1. Some professions have more difficult skill levels than others, so you need to study longer to master the knowledge and practical experience.

2. Everyone's personalities are different, no one thinks the same and everyone needs to be able to work together to achieve a common goal.

3. This is the certificate you obtain when you pass grade 12.

4. a) 7 years
   b) 4 years
   c) 4 years

5. If you choose to be positive, then things will be easier.

6. Learner's own answer.

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