

**EDEN THS**

**LIFE ORIENTATION**

**GRADE 10**

**CLASS NOTES**

**TERM 3**

## CHAPTER 7 : DEVELOPMENT OF THE SELF IN SOCIETY

### 1. LIFE ROLES

#### 1.1. Different life roles

- You have more than one role at a time.
- In different roles you can be :
  - Dependent : you need others to help you
  - Independent : you don't need others' help and support
  - Interdependent : you and someone else depend on each other for help and support

#### 1.2. Changing roles

- Sometimes roles change; you may take up new roles or the nature of the role changes.
- Roles can be forced on someone because of circumstances.

#### 1.3. Handling roles effectively

- Certain competencies and skills can assist you to effectively handle your life roles.

### 2. CHANGES FROM ADOLESCENCE TO ADULTHOOD

#### 2.1. Physical changes

- The reproductive system of a child is not mature and needs to change as a boy or girl develops into an adult, so that the system is fully working. These changes begin between the ages of ten and fifteen. The time when the changes happen is called **puberty**.
- The changes happen because of sex hormones produced by the testes in boys and by the ovaries in girls. Some changes happen in boys and girls, while others just happen in boys or girls.
- Here are some changes that happen to both boys and girls:
  - underarm hair grows
  - pubic hair grows
  - body smell gets stronger.
  - emotional changes
  - growth rate increases
- The time when the physical changes and emotional changes happen is called **adolescence**.
- Boys : Here are some changes that happen only to boys
  - voice breaks (gets deeper)
  - testes and penis get bigger
  - testes start to produce sperm cells
  - shoulders get wider
  - hair grows on face and chest.

- Girls : Here are some changes that happen only to girls:
  - breasts develop
  - ovaries start to release egg cells (menstruation start)
  - hips get wider.

## 2.2. Social changes

- Relationships with others
  - Start close relationships with people outside the family.
  - Fights and disagreements between teenagers and parents as teenagers develop their own opinions.
  - Peers become more important than family.
  - Teenagers start relationships with members from the opposite sex.
- Peer groups
  - Friends are very important and can influence you to do good or bad things ; this is called peer pressure.
  - For example : pressure to wear certain clothes, experimenting with drugs / alcohol, skipping school.
- Moving into the work force
  - Become responsible for doing a job
  - Become responsible for the team you work with
  - Family may rely on the money you earn
  - Make new friends
  - Become responsible for planning a career

## 3. COPING WITH CHANGE

### 3.1. Possible changes

- Need to change friends
- Want to break up with boy / girlfriend
- Parents' divorce / death of a loved one
- Change schools
- Change classes
- Favourite teacher may move to another school / subject

### 3.2. Communication helps you cope with change

- Communicate with your parents about your feelings
- Keep your parents updated about your plans
- Talk to other adults you trust / friends
- Learn to be a good listener to your friends too
- Say how you feel so that others can understand your reactions and behaviour
- Keep a journal
- If you communicate via social media :
  - never post anything when you feel angry
  - never give personal information to strangers

### 3.3. Friends

- Can introduce you to new ideas, interests, etc
- Get you involved in healthy activities
- Make you feel that you belong to a group
- Make you feel more secure and accepted
- Give you the chance to negotiate with others

## 4. VALUES AND STRATEGIES TO MAKE SEXUALITY AND LIFE STYLE CHOICES

### 4.1. Risk behaviour

- Substance abuse
- Negative peer pressure
- Sexual activity
- Walk around alone at night
- Get a lift home with a stranger
- Be alone with a partner that does not respect you
- Be at a party without adult supervision

### 4.2. Values

- Respect for yourself and others
- Abstinence
- Self-control
- Respect for privacy
- Self-protection
- Assertiveness

## 5. RELATIONSHIP BETWEEN RECREATIONAL ACTIVITIES AND EMOTIONAL HEALTH

### 5.1. Emotional health

- It is your well-being and your ability to cope with life events by adjusting to problems and stress of everyday living.
- You are emotionally healthy if you :
  - Feel good about who you are
  - Accept and express your feelings
  - Cope effectively with stress
  - Have healthy relationships
  - Ask for help if needed
  - Choose to live a healthy and balanced life style.

## **5.2. Recreational activities and emotional health**

- If you participate in recreational activities, you promote your well-being.
- To stay promote well-being :
  - Keep a balance between work and play
  - Get physical exercise every day
  - Participate in a sport
  - Go on recreational outings

## CHAPTER 8 : CAREERS AND CAREER CHOICE

### 1. DIVERSITY OF JOBS

#### 1.1. Economic sectors

##### a) Primary sector

- Getting raw materials from the environment that can be made into products and sold
- Mining, fishing, farming, etc

##### b) Secondary sector

- Raw materials are made into products
- Blue collar workers ( over-alls )
- Manufacturing jobs, like car, furniture and textile industries

##### c) Tertiary sector

- Service delivery
- White collar workers
- Education, health, tourism, etc.

##### d) Quaternary sector

- Involves jobs like research and information technology

#### 1.2. In what different places and conditions can you work ?

- **Outdoors :** sailor, builder, game ranger, forester, farmer, sportsperson
- **Indoors :** pharmacist, clerk, hotel manager, lawyer, accountant, chef
- **Conditions :** determined by the place you work

#### 1.3. What forms of activities are involved in each job ?

- Different careers have different forms of activities, for example :

<i>Form of activity</i>	<i>Explanation</i>	<i>Example of career</i>
Designing	plan and make decisions about something that is being build or created	Sculptor, florist, dress designer, jeweller, interior decorator, architect, graphic designer
Assembling	connect or put together the parts of something	Builder, construction worker, mechanic, plumber, engineer, electrician

Growing	plant, breed, take care of	Farmer, gardener, cattle breeder, forester, wine maker
Caring	look after, keep people safe and healthy	Psychologist, matron, social worker, doctor
Controlling	direct the behaviour of people and animals ; make something work in a certain way	Police officer, traffic officer, soldier, bodyguard, air-traffic controller

#### 1.4. What are skills and competencies ?

- Different jobs and careers demand different skills and competencies
- Skill
  - The ability to do something due to training
  - Learned and practised
  - Examples :
    - Numeracy skills
    - Literacy skills
    - Technological skills
    - Communication skills
  - Three of the most important skills are :
    - a) gathering of information
    - b) analysis of information
    - c) instruction
- Competency
  - Abilities and skills to *do something well*
- Skills and competencies determine:
  1. Salary package
    - the total pay that an employer is willing to pay the employee salary package may include :
    - basic salary and deductions such as pension, UIF and tax. It may also include a
    - 13<sup>th</sup> cheque and the following allowances : medical aid, car, travelling, cell phone and housing
  2. *Promotion*
    - it means to get a salary and/ rank upgrade or raise
  3. *Further study prospects*
    - many careers offer further study prospects
    - you can upgrade your skills and qualifications while you work.
    - you can go on a learnership, or attend university full time or part time

