

**Wynberg Girls' Junior School**  
**Grade 6 Personal and Social Wellbeing Exam**

**June 2013**

**Total: 30**

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Section A: Peer Pressure (12 marks)

*Read the following case study about peer pressure and answer the questions that follow.*

***Bella gets brave***

At first, when Bella's friend Alex started teasing their classmate Jack, Bella and her other friends thought it was fun.

'Look! His clothes are too small for him!' said Alex with a big grin. 'Hey, Jack!' he said loudly. 'Is your mother too stingy to buy you a new shirt? That one shrank in the wash!' Jack just smiled, and Bella and her friends laughed and laughed.

But after a few days of this, Bella started to feel bad. Her mom was friendly with Jack's mother. She knew his father had lost his job, and the family was struggling. It didn't seem fair to tease Jack – but how could she say that to Alex? 'He might not want to be my friend any more,' she thought. So the teasing carried on, and Bella just let it happen.

Everything changed one Monday morning. 'Class,' said Bella's teacher Mrs Livingstone, 'as you know the Grade 6 outing is a month away. Some of you have not yet brought back your consent forms.' With a frown, she looked at her list. 'Thabsile, Josh, Simon and Lebo, please return your forms by tomorrow!' She looked at the list again. 'You haven't returned your form either, Jack – in fact, you haven't even paid yet!'

'Ha, ha! Jack is a bit slow!' shouted Alex. Lots of children laughed.

'Quiet!' said Mrs Livingstone. 'Jack, why haven't you paid yet?'

Jack stood up, looking worried. 'My parents....' He started to mumble.

'Speak up!' said Mrs Livingstone impatiently. 'What about them?'

'My mom says we can't afford it Ma'am,' said Jack, hanging his head. Alex and a few others giggled.

'Hmmm,' said Mrs Livingstone. She thought for a minute. 'Come and see me at break time please.'

There were three more lessons before break, but Bella found it hard to listen to her teacher. It would be so unfair if Jack missed the outing! She also knew that if he did miss it, Alex would tease him terribly.

By the time the bell rang for break, Bella knew what to do. She reached Mrs Livingstone before Jack did. 'Ma'am, she said, 'I think our class should help Jack pay for the outing.

'That's a good idea,' said her teacher. 'How could you do that?'

'We can hold a few cake sales,' said Bella. 'There are still four weeks to go before the outing. I'm sure we can raise enough money like that!'

'You're right,' said Mrs Livingstone, looking pleased. By now Jack was standing in front of the desk too.

'Thanks Bella,' he said with a big smile.

Bella was worried that her friends would laugh at her idea. But when she told them, they seemed happy.

'Yay! Cake Sales!' said Trevor. 'I love cakes!'

'Me too!' said Dumi, 'but why do you want to help that loser?'



'He's not a loser,' said Bella. She tried not to look scared. 'He's a nice boy. Please stop teasing him!'

'Oooh, Bella has a new boyfriend!' Said Alex, rolling his eyes.

Bella felt shy, but she smiled. 'No,' she said, 'he's not my boyfriend, but he is my friend!' To her surprise, Alex and the other laughed. 'So no more teasing!' said Bella.

'Okay!' said Alex. 'Teasing has gone out of fashion! Now what shall we play?'

### Section A

1. Why did Bella think that it didn't seem fair to tease Jack? (1)
2. Why didn't she say anything to Alex as soon as she started to feel bad about the way he was teasing Jack? (2)
3. a) What did Alex say when Bella eventually said, 'No more teasing'? (2)  
b) Do you think he stopped being friends with Bella? How do you know this? (2)
4. Can you think of any times where peer pressure could influence you to accept something you feel is unfair? Recount briefly what happened and explain what you could do about this? (2)

5. Give an example of another way you can say no to someone. (1)
6. It is natural to feel uncomfortable saying no to a friend. Do you think this should stop you from saying no? Explain why. (2)

Section B: Puberty (10 marks)

1. List 5 changes that happen to girls during puberty. (5)
2. List 5 changes that happen to boys during puberty. (5)

Section C: Healthy habits (8 marks)

Chelsea woke up feeling groggy and tired. She had stayed up late the previous night messaging her friends on her phone. She got out of bed and realised she was late for her lift to school. She quickly got dressed into her school clothes and grabbed a packet of chips from the cupboard before leaving the house. At school, she decided to buy a cup of coffee from the tuck shop to try and keep herself awake during class. Her friends could see she was feeling tired and Kauther gave her some chocolate, saying that the sugar would help keep her awake.

Chelsea wasn't very interested in sport and didn't participate in sport after school. She preferred to go and wait for her lift by the boy's school. When she got home, she was starving, so she raided the cupboards for anything that was quick and easy to eat. After that, she slumped onto the couch and watched TV for the afternoon. When her mom came home, she quickly went to her room and started her homework. At supper time, she refused to eat her vegetables. She was grumpy and tired and her mom sent her to her room.

1. Identify the unhealthy habits that Chelsea has. (3)
2. Give 3 recommendations of things she could change in her life to become healthier. (3)
3. Do you think you have more healthy or unhealthy habits in your life? Write about your most unhealthy habit and how you would like to change it. (2)

**Memo:**

Section A

1. Bella knew that Jack's parents were struggling financially (his father had lost his job) because her mom is friends with his mom. (1)
2. She didn't know how to tell Alex that it wasn't fair to tease Jack. She didn't want Alex to stop being her friend. (2)
3. a) He said okay, and that teasing had gone out of fashion. (2)  
b) No. He said, 'Now what shall we play?' indicating that they were still friends. (2)
4. any reasonable answer (2)
5. Any of the following would suffice: (1)
  - Not today, maybe another time.
  - I can't, my mom would kill me
  - I just don't feel like it
  - No thanks, I'm already in enough trouble with my dad / mom.
  - No thanks, I don't want to
  - I made my decision and truly feel my decision is right
  - You know me – I don't do those things
6. It shouldn't stop you from saying no. It is important that you don't do things that you don't want to do just because a friend is telling you to. You have to live with your own conscience and be comfortable with the actions you take. (2)

Section B (total 10)

(any 5 from each list below)

1. Girls:
  - Menstruation
  - Breast changes
  - Vaginal discharge
  - Body hair
  - Skin can get oilier and sweat more
  - Body shape changes and extra fat
  - Emotions can change – mood swings
2. Boys
  - Testicles grow
  - Voice changes
  - Involuntary erections
  - Skin sweats more and becomes more oily
  - Growth or body size changes
  - More body hair
  - Facial hair – like beard

Section C: Healthy habits (total – 8)

1. staying up late, no proper breakfast, drinking coffee, eating chocolate in the morning, doesn't play sport, eating convenience foods in the afternoon, watching too much TV, not eating vegetables (half a mark each, to a maximum of 3)
2. Go to bed at a reasonable time and have a good nights sleep
  - Eat her vegetables
  - Have a proper breakfast
  - Do homework when gets home rather than watch TV
  - Participate in sport
  - Eat a healthy snack when she gets home(any 3)
3. any reasonable answer (2)