

Grade 8 Life Orientation Worksheet

Relationships

Relationships play an important role in developing who we are. Throughout our lives we will have many relationships with different people. Some of the relationships will last and grow and others will simply disappear. Healthy relationships are those that grow and help us to grow.

Healthy relationships offer good communication, caring advice and support.

Think about your life and the many people that are involved in your life on some level. These are relationships. The relationships we have with our family, friends and partners (boyfriend/girlfriend, husband/wife) will be the most powerful relationships most of us will have in our lives.

Activity 1: Written presentation – relationships

1. Go down this list and tick the relationships that apply to you in your life right now.
Your relationship with:
Parents
Brothers
Sisters
Grandparents
Caregivers
Other family members
Male friends
Female friends
Teachers
Sports coaches
Team mates
Minister
2. Are there other important relationships in your life not mentioned above?

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3. Complete the table below. Fill in the names of people whom you have healthy relationships with. Say what role they play in your life in terms of guiding and supporting your personal growth. (See example.) Name at least 10 people with whom you have relationships.

RELATIONSHIP	ROLE IN YOUR LIFE
<i>E.g. My mother</i>	<i>E.g. She is supportive, loving and kind. She has high moral standards and is a good role model. She is always there for me.</i>

Your teacher will check your work.

Activity 2: Class discussion

Have a class discussion about relationships and the importance of healthy relationships in your life. Cover the following topics in your discussion:

- The role that different relationships play in our lives
- Why healthy relationships are important
- How you are influenced by your relationships and how this influence has a role in the decisions you make
- How unhealthy relationships can complicate and even destroy your life

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Your teacher will assess your group discussion using this checklist.

Checklist for observation of group discussion			
Name:		Date:	
	Criteria: Does the learner:	Yes	No
1	Wait for a pause before s/he interrupts a speaker?		
2	Interrupt a speaker politely?		
3	Show evidence of having understood relationship concepts?		
4	Keep to the topic under discussion?		
5	Cover all the points listed above?		
6	Give reasons to support alternative points of view?		
7	Make points clearly using appropriate vocal volume?		
8	Make eye contact when speaking?		
9	Use body language appropriately?		
10	Make notes when applicable to remember points made by others?		
2 marks for every 'yes' answer: 20 total			

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Suggested Solutions

Item number	Possible marks	Solution
1	20	2 marks per person and explanation – use discretion when marking.
2	20	See checklist in Appendix of Assessment Tools.

Appendix of assessment tools

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	Criteria: Does the learner:	Yes	No
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