The A to Z of Growing Up: CAPS Life Orientation alignment, Grades 7 to 12

Every one of the 93 topics in *The A to Z of Growing Up* supports content in the Life Orientation Annual Teaching Plans (ATPs) for Grades 7 to 12, and this guide shows exactly where.

How to use this guide

- **Planning a term:** go to the *Planning index* and find your grade and term. It lists the workbook topics that fit what you are teaching.
- **Choosing a topic first:** find it in the *Topic alignment* table, A to Z. It shows the grades and terms it supports and the ATP content it connects to.
- **References** are written as grade and term: *Gr 10 T3* means Grade 10, Term 3.

The workbook supplements the ATP; it does not replace it. Formal assessment tasks (written tasks, projects, tests, examinations and PET) still follow the ATP and your school's assessment programme.

Which ATP this guide follows

This guide is based on the Department of Basic Education's **2023/24 Annual Teaching Plans for Life Orientation** (Senior Phase Grades 7 to 9, and FET Grades 10 to 12). These remain the national ATPs being issued to schools for 2025 and 2026. Some provinces publish their own versions that move topics between weeks or terms, so check the term against your provincial ATP before you plan.

Key to the alignment levels

Level	What it means
Direct	The ATP names this content. The workbook topic can be used to teach or reinforce it in that term.
Related	The workbook topic supports skills or content in the ATP but is not named there. Use it to deepen or apply the term's work.
Extension	The topic goes beyond the ATP's content. It supports the wellbeing aims of Life Orientation and suits registration, mentoring, counselling or enrichment time.

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Topic alignment, A to Z

The table lists the workbook's 93 topics in book order. *Level* shows each topic's strongest link to the ATP.

Topic	Grades and terms	ATP content it supports	Level
Acceptance	Gr 7 T1 Gr 8 T1 Gr 10 T1, T3 Gr 11 T1	Accepting your own and others' body changes and emotions; self-concept, individuality and uniqueness; respecting uniqueness and differences; peer acceptance; relationships and individuality	Direct
Anger	Gr 7 T1 Gr 8 T1 Gr 9 T3 Gr 10 T3 Gr 12 T1	Disagreeing constructively; alternatives to violence and conflict management; intense emotions and mood swings; conflict-resolution styles	Related
Anxiety	Gr 9 T4 Gr 10 T3 Gr 11 T3 Gr 12 T1	Challenging situations and counter-productive coping; emotional changes, insecurity and positive coping; psychological and emotional health; stress, its signs and coping strategies	Related
Apologising	Gr 7 T1 Gr 8 T1 Gr 12 T1	Negotiation and disagreeing constructively; appropriate behaviour in relationships; conflict resolution and communicating feelings	Related
Assertiveness	Gr 7 T1 Gr 9 T1 Gr 10 T3	Assertiveness in response to peer pressure; confident, firm decision-making; assertiveness, negotiation and saying "no"	Direct
Attendance	Gr 9 T1 Gr 10 T2 Gr 11 T4 Gr 12 T1	Accountability and organising your work; study skills and study planning; time management; the NSC study plan	Related
Belonging	Gr 7 T1 Gr 8 T1, T3, T4 Gr 10 T3 Gr 11 T1	Relationships with self, family and friends; starting and sustaining friendships; nation building; unity in diversity; peer acceptance; relationships and wellbeing	Related
Body Image	Gr 7 T1, T4 Gr 8 T1 Gr 10 T1, T3	Physical and emotional changes in puberty and accepting your own body; common conditions including obesity and anorexia; media influence on self-concept and self-esteem; physical changes in adolescence	Direct

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Topic	Grades and terms	ATP content it supports	Level
Boundaries	Gr 7 T2 Gr 8 T1 Gr 9 T1 Gr 10 T3 Gr 11 T1, T2	Abuse, risky situations and protecting yourself; ending relationships appropriately; protective factors; self-control, privacy and saying "no"; harmful relationships; unequal power relations and GBV	Direct
Brain	Gr 7 T1 Gr 10 T3	Physical and emotional changes in puberty and adolescence (the ATP does not cover brain development itself)	Extension
Bullying	Gr 7 T1, T2 Gr 9 T3 Gr 10 T1 Gr 12 T2	Peer pressure that leads to bullying; abuse between peers; violence at school and where to find help; discrimination and human rights violations; cyberbullying	Direct
Career Calling	Gr 7 T2 Gr 8 T2, T3 Gr 9 T3 Gr 10 T1, T4 Gr 11 T3 Gr 12 T1	Career fields; six career categories; career decisions based on strengths and interests; subject and career choices; career portfolio; job-market trends; job applications and CVs; post-school applications	Direct
Communication	Gr 7 T1, T2 Gr 8 T1 Gr 10 T3 Gr 12 T1	Negotiation and constructive disagreement; communication for healthy, non-violent relationships; communication and negotiation skills; communicating feelings, beliefs and attitudes	Direct
Comparison	Gr 8 T1 Gr 10 T1 Gr 11 T1	Influences on self-concept, including media, and positive self-talk; media and self-esteem; media influence on beliefs about relationships	Related
Concentration	Gr 7 T1 Gr 8 T1 Gr 10 T2 Gr 11 T4 Gr 12 T1	Memory and recall; learning styles; concentration and memory as study skills; study styles; study skills and time management	Direct
Confidence	Gr 7 T1 Gr 9 T1 Gr 10 T1	Enhancing self-image; confident, firm decision-making; building confidence in yourself and others	Direct

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Topic	Grades and terms	ATP content it supports	Level
Coping Skills	Gr 7 T1, T4 Gr 8 T3 Gr 9 T4 Gr 10 T3 Gr 11 T3 Gr 12 T1	Coping skills for peer pressure; coping with grief, trauma, loss and crises; counter-productive coping; positive coping strategies; seeking support; stress-management strategies	Direct
Decisiveness	Gr 8 T3 Gr 9 T1, T3 Gr 10 T3 Gr 11 T3	Career decision-making; informed, firm decision-making; deciding on subjects and careers; decision-making and problem-solving skills; informed decisions and personal responsibility	Direct
Depression	Gr 9 T4 Gr 10 T1, T3 Gr 11 T3 Gr 12 T1	Challenging situations: depression, grief, loss, trauma and crisis; the link between physical and mental health; emotional changes and where to find help; psychological and emotional health; stress	Direct
Determination	Gr 8 T1 Gr 11 T1 Gr 12 T1	Self-motivation and extending personal potential; perseverance and persistence in goal-setting; the NSC study plan	Related
Digital Wellbeing	Gr 8 T1 Gr 10 T1 Gr 12 T2	Media as an influence on self-concept; media and self-esteem; social media footprint, cyber wellness, cyber safety, cyberbullying and being cyber savvy	Direct
Diversity and Difference	Gr 7 T1, T2 Gr 8 T4 Gr 9 T2 Gr 10 T1, T4 Gr 11 T4 Gr 12 T2	Respect for others and diversity; respect for difference in sport; cultural diversity and unity in diversity; rights of people with disabilities and people affected by HIV; discrimination and prejudice; a multi-religious society; diverse belief systems; human rights violations	Direct
Dreams	Gr 8 T1 Gr 9 T3 Gr 11 T1 Gr 12 T2	Extending personal potential; subject and career choices; life goals; personal mission and vision statement	Related
Emotions	Gr 7 T1 Gr 8 T1 Gr 9 T4 Gr 10 T3 Gr 11 T3 Gr 12 T1	Emotional changes in puberty and respecting others' emotions; personal feelings; challenging situations; intense emotions and mood swings; emotional health; communicating feelings	Direct

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Topic	Grades and terms	ATP content it supports	Level
Empathy	Gr 7 T1 Gr 9 T3 Gr 10 T1 Gr 12 T1	Respect for others; volunteerism and helping others; respecting differences; understanding others	Related
Excuses	Gr 9 T1 Gr 11 T3, T4	Accountability in carrying out responsibilities; responsibility and accountability in work ethics; study planning	Related
Exercise	PE, all grades Gr 10 T1 Gr 11 T3 Gr 12 T3	Physical Education in every term; fitness programmes and the link between physical and mental health; physical activity in a balanced lifestyle; commitment to long-term physical activity	Direct
Failure	Gr 8 T1 Gr 10 T2 Gr 11 T1 Gr 12 T1	Positive self-talk and personal achievements; analysing your own performance in assessments; problem-solving and perseverance; adapting to change	Related
Financial Fitness	Gr 9 T4 Gr 10 T1 Gr 11 T1 Gr 12 T1	Study and career funding providers; socio-economic factors and affordability; bursaries, loans and NSFAS; entrepreneurship, financial viability and tax obligations	Direct
Focus	Gr 7 T1 Gr 9 T1 Gr 10 T2 Gr 11 T4 Gr 12 T1	Memory and recall; time management and organising your work; concentration and memory; study styles; study skills	Direct
Forgiveness	Gr 8 T1 Gr 9 T3 Gr 12 T1	Relationships and ending them appropriately; conflict management; conflict resolution	Related
Friendships	Gr 7 T1 Gr 8 T1 Gr 10 T3 Gr 11 T1 Gr 12 T1	Relationships with family and friends; starting, sustaining and ending friendships; peer acceptance; how relationships affect wellbeing; communication in relationships	Direct
Future Self	Gr 9 T4 Gr 11 T1 Gr 12 T1, T2	Goal-setting for lifelong learning; life goals; the move from school to post-school; personal mission and vision statement	Related
Goals	Gr 9 T1, T4 Gr 11 T1, T4	Goal-setting for lifestyle choices; goal-setting for lifelong learning; goals and goal-setting; personal goals for study, health and fitness	Direct

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Topic	Grades and terms	ATP content it supports	Level
Gratitude	Gr 7 T1 Gr 11 T3	Positive personal qualities; emotional and spiritual health	Extension
Grief	Gr 7 T4 Gr 8 T3 Gr 9 T4 Gr 10 T3	Coping with grief, trauma, loss and crises; challenging situations; positive coping strategies and where to find help	Direct
Growth Mindset	Gr 8 T1 Gr 10 T2 Gr 11 T1	Positive self-talk and extending potential; analysing your own performance; perseverance and persistence	Related
Guilt	Gr 10 T3 Gr 11 T4	Emotional changes in adolescence; moral and spiritual dilemmas	Extension
Gut Feeling	Gr 7 T2 Gr 9 T1 Gr 11 T3	Identifying threatening and risky situations; informed decision-making; prioritising personal safety	Related
Habits	Gr 7 T4 Gr 9 T1 Gr 11 T3 Gr 12 T3	A healthy eating plan; lifestyle choices; a healthy, balanced lifestyle; preventing lifestyle diseases	Related
Healthy Choices	Gr 7 T1, T3, T4 Gr 8 T2 Gr 9 T1 Gr 11 T3 Gr 12 T3	Peer pressure and substance use; substance abuse and protective factors; diet and nutrition; refusal skills; lifestyle choices; risky behaviour; lifestyle diseases	Direct
Hobbies	Gr 7 T4 Gr 8 T4 Gr 9 T4 Gr 10 T3 Gr 11 T3 Gr 12 T3	Physical Education: outdoor recreation (Gr 7 to 9) and recreation and relaxation activities (Gr 10 to 12); careers in recreation, fitness and sport (Gr 10)	Related
Hope	Gr 8 T1 Gr 9 T4 Gr 10 T3 Gr 12 T1	Extending personal potential; challenging situations; positive coping strategies; adapting to change	Related
Identity	Gr 7 T1 Gr 8 T1 Gr 10 T1, T3 Gr 11 T4 Gr 12 T2	Self-image; identity formation; self-awareness; life roles and changing values; clarifying your own values and beliefs; personal mission and vision statement	Direct
Inner Peace	Gr 9 T4 Gr 11 T3 Gr 12 T1	Challenging situations; emotional and spiritual health; stress management	Related

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Topic	Grades and terms	ATP content it supports	Level
Integrity	Gr 7 T2 Gr 9 T2 Gr 10 T4 Gr 11 T4 Gr 12 T1	Values in fair play; constitutional values and role models; unfair practices in sport; moral dilemmas; fraud and corruption	Related
Online Identity and Safety	Gr 7 T2 Gr 10 T1 Gr 12 T2	Protecting yourself and where to find help; media and self-esteem; social media footprint, cyber safety, cyber savvy and the limits of freedom of expression	Direct
Jealousy	Gr 8 T1 Gr 10 T3 Gr 11 T1	Relationships and friendships; intense emotions and insecurity; harmful relationships	Related
Joy	Gr 11 T3 Gr 12 T3	Emotional, social and spiritual health; the emotional benefits of physical activity	Extension
Judgement	Gr 10 T1, T4 Gr 12 T2	Stereotypes and prejudice; bias in sport; media bias and critical analysis	Related
Keeping Your Cool	Gr 7 T1 Gr 9 T3 Gr 10 T3 Gr 12 T1	Coping skills and negotiation; conflict management; mood swings and positive coping; stress and conflict resolution	Related
Kindness	Gr 7 T1 Gr 9 T3 Gr 10 T2	Respect for others and enhancing their self-image; volunteerism; youth service and volunteering	Related
Letting Go	Gr 7 T4 Gr 9 T4 Gr 11 T1 Gr 12 T1	Grief and loss; challenging situations; how relationships change; adapting to change	Related
Listening	Gr 10 T2 Gr 12 T1	Listening as a study skill; understanding others	Direct
Low Energy and Motivation	Gr 8 T1 Gr 11 T3 Gr 12 T3	Self-motivation; a balanced lifestyle, nutrition and physical activity; the benefits of physical activity	Related
Loyalty	Gr 7 T1 Gr 8 T1 Gr 11 T1	Peer pressure; sustaining friendships; qualities needed in relationships	Related
Me, Myself and I	Gr 7 T1 Gr 8 T1 Gr 10 T1	Self-image, interests and abilities; self-concept; self-awareness and self-esteem	Direct

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Topic	Grades and terms	ATP content it supports	Level
Mental Health	Gr 9 T4 Gr 10 T1 Gr 11 T3 Gr 12 T1, T3	Depression, grief, loss, trauma and crisis; the link between physical and mental health; psychological and emotional health; stress; mental benefits of physical activity	Direct
Mindfulness	Gr 11 T3 Gr 12 T1	Psychological, emotional and spiritual health; stress-management strategies	Extension
Negative Self-Talk	Gr 8 T1 Gr 10 T1	Positive self-talk; strategies to enhance self-esteem	Direct
Negative Thoughts	Gr 8 T1 Gr 9 T4 Gr 12 T1	Positive self-talk; challenging situations; coping with stress	Related
Nerves and Nervousness	Gr 11 T4 Gr 12 T1, T4	Examination writing skills; stress and its signs; strategies for the Grade 12 examinations	Related
Open-Mindedness	Gr 8 T4 Gr 10 T4 Gr 11 T4 Gr 12 T2	Respecting differences in culture, religion and gender; ethical teachings of South Africa's religions; respecting differing opinions on moral issues; freedom of expression and its limits	Direct
Optimism	Gr 8 T1 Gr 10 T3 Gr 12 T1	Positive self-talk; positive coping strategies; adapting to change	Related
Perseverance	Gr 8 T1 Gr 11 T1	Self-motivation; perseverance and persistence in goal-setting	Direct
Perspective	Gr 10 T2 Gr 11 T4 Gr 12 T2	Critical and creative thinking; moral dilemmas and differing opinions; media bias	Related
Procrastination	Gr 9 T1 Gr 10 T2 Gr 11 T4 Gr 12 T1	Time management and organising your work; study planning; revising a study plan; the NSC study plan	Related
Purpose	Gr 9 T3 Gr 11 T1 Gr 12 T2	Subject and career choices; life goals and personal values; personal mission and vision statement	Direct
Quest	Gr 7 T1 Gr 9 T4 Gr 12 T1	Interests, abilities and potential; planning for lifelong learning; the move from school to post-school	Related
Quirks	Gr 7 T1 Gr 8 T1 Gr 10 T1	Positive personal qualities; individuality and uniqueness; respecting uniqueness	Related

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Topic	Grades and terms	ATP content it supports	Level
Relationships	Gr 7 T1, T2 Gr 8 T1 Gr 11 T1 Gr 12 T1	Relationships with self, family and friends; healthy, non-violent relationships; starting, sustaining and ending relationships; relationships and wellbeing; communication in relationships	Direct
Resilience	Gr 7 T3 Gr 9 T4 Gr 10 T3 Gr 11 T3 Gr 12 T1	Protective factors; challenging situations; positive coping strategies; positive lifestyle factors; adapting to change and stress	Related
Respect	Gr 7 T1, T2 Gr 8 T4 Gr 9 T2 Gr 10 T1 Gr 12 T2	Respect for self, others and diversity; fair play; respecting cultural difference; citizens' rights and responsibilities; respecting differences; human rights	Direct
Roots and Faith	Gr 7 T4 Gr 8 T4 Gr 9 T4 Gr 10 T4 Gr 11 T3, T4 Gr 12 T2	Oral traditions and scriptures of religions including Islam; contributions of religious organisations; religions promoting peace; ethical teachings and religious laws; religion as a positive lifestyle factor; own values and beliefs; mission statement	Direct
Self-Regulation	Gr 7 T1 Gr 9 T1 Gr 10 T3 Gr 12 T1	Coping skills; assertiveness; self-control in decision-making; stress management	Related
Self-Worth	Gr 7 T1 Gr 8 T1 Gr 10 T1	Self-image and self-respect; self-concept and positive self-talk; self-esteem	Direct
Sleep	Gr 7 T4 Gr 11 T3	Diet and a healthy eating plan; a healthy, balanced lifestyle (sleep is not named in the ATP)	Extension
Solitude	Gr 10 T1 Gr 11 T3	Self-awareness; emotional and spiritual health	Extension
Stress	Gr 9 T4 Gr 11 T3 Gr 12 T1	Challenging situations; emotional factors in lifestyle choices; stressors, signs and symptoms, positive and negative stress, coping and stress management	Direct
Tech and Screens	Gr 8 T1 Gr 9 T1 Gr 10 T1 Gr 12 T2	Media as an influence on self-concept and lifestyle choices; media and self-esteem; social media and cyber wellness	Related

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Topic	Grades and terms	ATP content it supports	Level
Tests and Exams	Gr 8 T1 Gr 9 T1 Gr 10 T2 Gr 11 T4 Gr 12 T1, T4	Learning styles; time management; study skills and analysing your performance; examination writing skills; NSC study plan; strategies for the Grade 12 examinations	Direct
Trust	Gr 7 T2 Gr 8 T1 Gr 11 T1	Values and trust in fair play; relationships; qualities needed in relationships	Direct
Understanding Others	Gr 7 T1 Gr 10 T1 Gr 12 T1	Respect for others; respecting differences; understanding others	Direct
Unique Strengths	Gr 7 T1 Gr 8 T3 Gr 9 T3 Gr 10 T1	Interests, abilities and potential; career decisions based on strengths; strengths and weaknesses; talents and strengths	Direct
Values	Gr 7 T2 Gr 8 T4 Gr 9 T2 Gr 11 T1, T4 Gr 12 T2	Values in fair play; cultural norms and values; constitutional values; values and goal-setting; clarifying your own values and beliefs; personal mission statement	Direct
Vulnerability	Gr 7 T1, T2 Gr 9 T1 Gr 10 T3 Gr 11 T3	Peer pressure and where to find help; abuse and protecting yourself; protective factors; positive coping strategies; seeking support to change risky behaviour	Related
Working With What You Have	Gr 7 T1 Gr 10 T1 Gr 11 T1 Gr 12 T1	Interests, abilities and potential; socio-economic factors; financial assistance for study; unemployment and entrepreneurship	Related
Worrying	Gr 9 T4 Gr 10 T3 Gr 12 T1	Challenging situations; emotional changes and positive coping; stress and coping strategies	Related
Extracurriculars	Gr 7 T4 Gr 9 T3 Gr 10 T2, T3	Physical Education and outdoor recreation; volunteerism; youth service and civic organisations; careers in recreation, fitness and sport	Related
You and Your Future Self	Gr 9 T2, T4 Gr 12 T1, T2	Options after Grade 9; planning for lifelong learning; the move from school to post-school; personal mission and vision statement	Direct

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Topic	Grades and terms	ATP content it supports	Level
Youth: Growing Up	Gr 7 T1 Gr 8 T1 Gr 9 T1 Gr 10 T3 Gr 12 T1	Puberty and gender; sexuality and identity formation; sexual behaviour and health; physical, emotional and social changes in adolescence; adapting to growth and change	Direct
Zest for Life	Gr 11 T3 Gr 12 T3	A healthy, balanced lifestyle; the benefits of long-term physical activity	Extension
Zones	Gr 10 T3 Gr 12 T1	Intense emotions and mood swings; stress and its signs	Extension

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Planning index

Find your grade and term to see which workbook topics fit what you are teaching. Exercise, Hobbies and Extracurriculars also support Physical Education in every term.

Grade 7

Term	ATP focus	Workbook topics
Term 1	Self-image; puberty and gender; peer pressure; reading and memory skills	Acceptance · Anger · Apologising · Assertiveness · Belonging · Body Image · Brain · Bullying · Communication · Concentration · Confidence · Coping Skills · Diversity and Difference · Emotions · Empathy · Focus · Friendships · Gratitude · Healthy Choices · Identity · Keeping Your Cool · Kindness · Loyalty · Me, Myself and I · Quest · Quirks · Relationships · Respect · Self-Regulation · Self-Worth · Understanding Others · Unique Strengths · Vulnerability · Working With What You Have · Youth: Growing Up
Term 2	Human rights and responsibilities; fair play; abuse; career fields	Boundaries · Bullying · Career Calling · Communication · Diversity and Difference · Gut Feeling · Integrity · Online Identity and Safety · Relationships · Respect · Trust · Values · Vulnerability
Term 3	Substance abuse; environmental health; career simulation	Healthy Choices · Resilience
Term 4	Diet and nutrition; common diseases; grief, trauma, loss and crises; religions and scriptures	Body Image · Coping Skills · Extracurriculars · Grief · Habits · Healthy Choices · Hobbies · Letting Go · Roots and Faith · Sleep

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Grade 8

Term	ATP focus	Workbook topics
Term 1	Self-concept and self-motivation; sexuality; relationships and friendships; learning styles	Acceptance · Anger · Apologising · Belonging · Body Image · Boundaries · Communication · Comparison · Concentration · Determination · Digital Wellbeing · Dreams · Emotions · Failure · Forgiveness · Friendships · Growth Mindset · Hope · Identity · Jealousy · Low Energy and Motivation · Loyalty · Me, Myself and I · Negative Self-Talk · Negative Thoughts · Optimism · Perseverance · Quirks · Relationships · Self-Worth · Tech and Screens · Tests and Exams · Trust · Youth: Growing Up
Term 2	Applying learning styles; career categories; substance abuse	Career Calling · Healthy Choices
Term 3	Subjects and career decisions; environmental health; HIV and COVID-19; grief, trauma, loss and crises; nation building	Belonging · Career Calling · Coping Skills · Decisiveness · Grief · Unique Strengths
Term 4	Human rights violations; gender-based violence; cultural diversity	Belonging · Diversity and Difference · Hobbies · Open-Mindedness · Respect · Roots and Faith · Values

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Grade 9

Term	ATP focus	Workbook topics
Term 1	Goal-setting and lifestyle choices; sexual behaviour and health; time management; reading and writing	Assertiveness · Attendance · Boundaries · Confidence · Decisiveness · Excuses · Focus · Goals · Gut Feeling · Habits · Healthy Choices · Procrastination · Self-Regulation · Tech and Screens · Tests and Exams · Vulnerability · Youth: Growing Up
Term 2	Citizens' rights; national days; constitutional values and role models; options after Grade 9	Diversity and Difference · Integrity · Respect · Values · You and Your Future Self
Term 3	Subject and career choices; volunteerism; violence	Anger · Bullying · Career Calling · Decisiveness · Dreams · Empathy · Extracurriculars · Forgiveness · Keeping Your Cool · Kindness · Purpose · Unique Strengths
Term 4	Religions and peace; sport ethics; depression, grief, loss, trauma and crisis; study funding; lifelong learning	Anxiety · Coping Skills · Depression · Emotions · Financial Fitness · Future Self · Goals · Grief · Hobbies · Hope · Inner Peace · Letting Go · Mental Health · Negative Thoughts · Quest · Resilience · Roots and Faith · Stress · Worrying · You and Your Future Self

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Grade 10

Term	ATP focus	Workbook topics
Term 1	Self-awareness and self-esteem; power relations and gender; careers; discrimination and human rights	Acceptance · Body Image · Bullying · Career Calling · Comparison · Confidence · Depression · Digital Wellbeing · Diversity and Difference · Empathy · Exercise · Financial Fitness · Identity · Judgement · Me, Myself and I · Mental Health · Negative Self-Talk · Online Identity and Safety · Quirks · Respect · Self-Worth · Solitude · Tech and Screens · Understanding Others · Unique Strengths · Working With What You Have
Term 2	Social issues and youth service; study skills	Attendance · Concentration · Extracurriculars · Failure · Focus · Growth Mindset · Kindness · Listening · Perspective · Procrastination · Tests and Exams
Term 3	Life roles; changes in adolescence; sexual decision-making; coping; careers in the economic sectors	Acceptance · Anger · Anxiety · Assertiveness · Belonging · Body Image · Boundaries · Brain · Communication · Coping Skills · Decisiveness · Depression · Emotions · Extracurriculars · Friendships · Grief · Guilt · Hobbies · Hope · Identity · Jealousy · Keeping Your Cool · Optimism · Resilience · Self-Regulation · Vulnerability · Worrying · Youth: Growing Up · Zones
Term 4	Job-market trends and lifelong learning; a multi-religious society; ethics and bias in sport	Career Calling · Diversity and Difference · Integrity · Judgement · Open-Mindedness · Roots and Faith

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Grade 11

Term	ATP focus	Workbook topics
Term 1	Goals; relationships; admission requirements and funding; democracy; sport and nation building	Acceptance · Belonging · Boundaries · Comparison · Determination · Dreams · Failure · Financial Fitness · Friendships · Future Self · Goals · Growth Mindset · Jealousy · Letting Go · Loyalty · Perseverance · Purpose · Relationships · Trust · Values · Working With What You Have
Term 2	Unequal power relations and GBV; environmental issues and climate change	Boundaries
Term 3	Healthy, balanced lifestyles; risky behaviour; positive lifestyle factors; job applications and CVs	Anxiety · Career Calling · Coping Skills · Decisiveness · Depression · Emotions · Excuses · Exercise · Gratitude · Gut Feeling · Habits · Healthy Choices · Hobbies · Inner Peace · Joy · Low Energy and Motivation · Mental Health · Mindfulness · Resilience · Roots and Faith · Sleep · Solitude · Stress · Vulnerability · Zest for Life
Term 4	Religions and belief systems; moral dilemmas; study skills and examination writing	Attendance · Concentration · Diversity and Difference · Excuses · Focus · Goals · Guilt · Identity · Integrity · Nerves and Nervousness · Open-Mindedness · Perspective · Procrastination · Roots and Faith · Tests and Exams · Values

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Grade 12

Term	ATP focus	Workbook topics
Term 1	Stress; conflict resolution; relationships; adapting to change; study plan; careers and entrepreneurship	Anger · Anxiety · Apologising · Attendance · Career Calling · Communication · Concentration · Coping Skills · Depression · Determination · Emotions · Empathy · Failure · Financial Fitness · Focus · Forgiveness · Friendships · Future Self · Hope · Inner Peace · Integrity · Keeping Your Cool · Letting Go · Listening · Mental Health · Mindfulness · Negative Thoughts · Nerves and Nervousness · Optimism · Procrastination · Quest · Relationships · Resilience · Self-Regulation · Stress · Tests and Exams · Understanding Others · Working With What You Have · Worrying · You and Your Future Self · Youth: Growing Up · Zones
Term 2	Human rights; the media and social media; nation building; mission and vision statement	Bullying · Digital Wellbeing · Diversity and Difference · Dreams · Future Self · Identity · Judgement · Online Identity and Safety · Open-Mindedness · Perspective · Purpose · Respect · Roots and Faith · Tech and Screens · Values · You and Your Future Self
Term 3	Lifestyle diseases; long-term physical activity; labour laws and work ethics	Exercise · Habits · Healthy Choices · Hobbies · Joy · Low Energy and Motivation · Mental Health · Zest for Life
Term 4	Examination strategies; career portfolio and applications	Nerves and Nervousness · Tests and Exams

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Notes for teachers

- **Sensitive content.** Depression, Grief, Mental Health, Boundaries and Body Image touch content the ATP itself treats with care: depression and trauma (Gr 9 T4), abuse (Gr 7 T2), teenage suicide as a risky behaviour (Gr 11 T3) and anorexia among common conditions (Gr 7 T4). Read the facilitator notes first, follow your school's referral and safeguarding protocol, and involve the counsellor or School-Based Support Team when a learner discloses.
- **Topics beyond the ATP.** Brain, Gratitude, Guilt, Joy, Mindfulness, Sleep, Solitude, Zest for Life and Zones are marked *Extension*. They suit registration periods, mentoring, counselling sessions and wellbeing days rather than formal LO lessons.
- **Lighter terms.** Gr 7 T3, Gr 8 T2, Gr 11 T2 and Gr 12 T4 focus mainly on careers, the environment, GBV or examinations, so few topics map to them. Use these terms to revisit topics learners found useful earlier in the year.
- **Informal assessment.** The ATPs ask for at least one informal task a week. A completed workbook page can serve as that task; formal tasks still follow the ATP.
- **Faith content.** Roots and Faith links to the ATP's work on religions and belief systems. In public schools, use it within your school's religion policy and invite learners to reflect on their own beliefs without requiring them to share.
- **Money skills.** Financial Fitness goes beyond LO's focus on study funding and entrepreneurship. In Gr 7 to 9, Economic and Management Sciences covers personal financial literacy, so the topic can support both subjects.

Sources

Department of Basic Education, 2023/24 Annual Teaching Plans: Life Orientation.

- Grade 7
- Grade 8
- Grade 9
- Grade 10
- Grade 11
- Grade 12

The Grade 10 to 12 files are copies of the DBE originals, listed for the 2026 school year.

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