TEACHING LIFE ORIENTATION JUST GOT EASIER, BETTER, AND MORE REWARDING.

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BRAVE CHOICES = BETTER FUTURES

TRULIFE'S COMPREHENSIVE LIFE ORIENTATION CURRICULUM IS NOW AVAILABLE ONLINE FOR 2025!

After 13 years of experience working in over 300 schools, Trulife have developed **TRULIFE CLASSROOM** - a digital LO curriculum that raises the bar - inspiring a new standard for teachers and empowering them to ultimately empower their learners.

Through carefully designed and curated lessons, a unique perspective is offered that breaks through the norm of school lessons, to create a lasting impact.

ONLINE TEACHER GUIDE // LEARNER E-BOOK // VIDEOS // PRESENTATIONS // ASSESSMENTS // CAPS-ALIGNED

FEATURES

INTERACTIVE ENGAGEMENT: Secure online platform designed to immerse learners in a captivating learning experience, with interactive features that make lessons come alive.

FLEXIBILITY: Use it on the teacher's projector or on learners devices, with printer-friendly options available.

PERSONALISED ASSESSMENTS: Tailored assessments help gauge individual progress, enabling educators to provide targeted support where it's needed most.

CAPS-ALIGNED: Our curriculum adheres meticulously to the CAPS framework, developed and reviewed by experienced Life Orientation Teachers.

COMPREHENSIVE RESOURCES: We've thoughtfully crafted this program with 21st-century learners in mind. It includes a rich array of resources such as lesson plans, learner workbooks, assessments, video resources, presentations, and discussion points.

HOME-GROWN MATERIAL: Our video resources and discussions feature proudly South African content, with a proven track record of relevance in South African schools for over 12 years.

TEACHER-MINDED: Developed by teachers, for teachers, our curriculum is crafted to make your job easier. It's well-researched, ready-to-use, and seamlessly integrates with the Trulife Classroom e-platform.

COMPETITVE PRICING: We've done the legwork to ensure that our e-resource is competitively priced, offering outstanding value for your investment, with optional add-ons, bulk discounts and more!

DEDICATED SUPPORT: Our team is here to support you every step of the way, with training and technical expertise available, ensuring a smooth and successful implementation.

LIFE ORIENTATION

CONTENT PLAN

GRADE 4 TERM BREAKDOWN

1	Identify own strengths and strengths of others	Successful experiences	Design and Make *Assessment task	Respect and care for own body	Assessment: Substance abuse	Respecting our bodies	Assessment: Dealing with conflict	Dealing with conflict: Strategies to avoid conflict	Dealing with conflict: Useful responses	Escape Room Term Review
2	Emotions: Understanding a range of emotions	Appropriate ways to express own emotions	How to understand and consider others' emotions	Working as a group: School and Home	Benefits and challenges of working in a group - useful responses	Bullying: How to protect self and appropriate responses	Children's rights and responsibilities	Children's rights case study	Exams	Exams
3	Cultures and moral lessons: Culture groups in SA	Menus from different cultures	Moral lessons	Knowledge of major religions	Knowledge of major religions	Knowledge of major religions	Assessment	Cultures and Religions Project	Cultures and Religions Project	Water safety
4	Road Safety	Personal and household hygiene	Dietary habits of children and impact on oral hygiene	Healthy environment - pollution	Dangers of unhealthy environments	Strategies to keep environments healthy	HIV and AIDS	HIV and AIDS	Exams	Exams

GRADE 5 TERM BREAKDOWN

1	Postitive self-concept formation	Positive self-concept formation Influence on others	Giving and receiving feedback	Giving and receiving feedback Cont	Coping with emotions	Coping with emotions: Skills to manage	Coping with emotions: Importance of friendships	Relationships: Safe and unsafe relationships	Benefits of good and safe relationships	Term Review
2	Discrimination, stereotype and bias	Responses to violations of children's rights	Child abuse: Different forms and effects	Strategies to deal with abuse	Dealing with violent situations	Ways to avoid and protect oneself	Issues of age and gender	Contributions of women and men in cultural context	Exams	Exams
3	Festivals and customs	Festivals and customs cont.	Festivals and customs project presentations	Harmful household products and medication	Fire Stafety	Water as an important basic need	Assessment	Healthy eating for children	Factors influencing food intake of children	Case study
4	Local environmental health problems - TB	Local environmental health problems - Malaria	Local environmental health problems - Measles	HIV and AIDS - Dealing with stigma	HIV and AIDS How to change attitudes	Substance abuse - Types of drugs: Legal	Substance abuse - Types of drugs: Illegal	Negative impact of substances	Exams	Exams

LIFE ORIENTATION

CONTENT PLAN

GRADE 6 TERM BREAKDOWN

1	Positive self-esteem: Body Image	Acceptance of the self	Abilities, interests and potential	Creating opportunities and action plan	Peer pressure	Appropriate responses - Case Studies	Assessment	Problem solving skills - keeping safe	Mediation skills	Peacekeeping skills
2	Self management - Responsibilities	Prioritising responsibilities - action plan	Bullying - Reasons for bullying	Getting out of the bullying habit	Cultural rites of passage	Cultural rites of passage	Dignity in religions	Dignity in religions	Exams	Exams
3	Caring for animals	Caring for people - considering others' needs	Communication on views and needs	Acts of kindness	Cultural heritage - symbols	Cultural heritage national days	Assessment	Gender stereotyping	Effects of gender based abuse	Dealing with stereotyping, sexism and abuse
4	Basic first aid	Food hygiene - safe and harmful ingredients	Food preparation and storage	Food-borne diseases	Communicable diseases	Communicable diseases	Communicable diseases	HIV and AIDS - Caring for people with AIDS	Exams	Exams

GRADE 7 TERM BREAKDOWN

1	Self-image - positive personal qualities	Personal interests, abilities and potential	Changes in boys and girls - physical and emotional	Respect for own and other's body changes	Peer pressure: influence and response	Peer pressure: appropriate responses	Assessment	Negotiation skills and where to find help	Importance of reading and studying	Skills to develop memory
2	Application of human rights	Application of responsibilities	Abuse: threatening situations	Effects of abuse	Importance of communication	Career fields	Career fields	Career fields	Exams	Exams
3	Substance abuse - Types	Symptoms of substance abuse	Contributing factors and protective measures	Environmental health - local problems	Community projects	Problem-solving skills: project	Assessment	Career investigation - Case studies	Career investigation - Case studies	Value of work in fulfilling person needs and potential
4	Personal diet and nutrition	Ways to improve own diet	Common diseases	Common diseases	Role of oral traditions and scriptures in major religions	Role of oral traditions and scriptures in major religions	Role of oral traditions and scriptures in major religions	Study skills	Exams	Exams

LIFE ORIENTATION

CONTENT PLAN

GRADE 8 TERM BREAKDOWN

1	Self-concept formation and identity	Factors that influence identity formation	Self-talk	Factors that influence identity	Strategies & skills to expand own potential	Social media influence	Assessment: Social media case study	Relationships: types, healthy vs. toxic	Dealing with conflict	Building healthy friendships
2	Different learning styles	Different learning styles	Study Skills	Personality/ Strengths test	6 career categories	6 career categories	School subjects related to interest and ability	Work in relation to social & economic needs	Exams	
3	Nation Building (Nelson Mandela Day)	Environmental health	Human Right's violations	Gender Equity	Gender Equity	Mental Health & stigma	Cultural diversity	Influence of cultural norms & respect	Celebrating our diversity	
4	Social factors of substance abuse	Substance abuse - media influences	Sexuality - media influences	Sexuality - definitions/ formation	Sexuality - risks and harm	Exam prep & recap				

GRADE 9 TERM BREAKDOWN

1	Time management & accountability	Organisation skills	Goal setting	Lifestyle & boundaries	Mental health - types & causes	Mental health - coping strategies & helplines	Assessment	Constitutional values - role models, social media	Constitutional values - applying to own life	Fake News
2	The Constitution	Issues of rights & responsibilities	Celebrate a National Day	Volunteerism	Peace (religions)	Study Skills	Sports ethics	Sports ethics - gender		
3	Self-awareness	World of work: subject choices	Subject choices	Subject choices	Options after school	Rights & responsibilities related to work	Rights & responsibilities in school context	Life-long learning	Catch up lesson	
4	Violence	Violence	Sexual health - risks and consequences	Sexual health - gender norms	Sexual health - boundaries and helplines	Exam prep & recap				

LIFE ORIENTATION

CONTENT PLAN

GRADE 10 TERM BREAKDOWN

1	Self-awareness: influences and strategies	Build self-concept and acknowledge uniqueness of others	Life roles	Forum discussion on life roles	Socio-economic and personal factors in career choices	Trends in job market	Knowledge of self in relation to career	Coping with change	Assessment	Voting / Heritage
2	Study skills - discursive essay	Practice essay - swap and give peer feedback?	Lifelong learning	BIAS: Intro definitions and fake news	BIAS: Religion	BIAS: Indigenous vs. Western knowledge	BIAS: Sports coverage	Exam prep	Exams	
3	Power and Gender - definitions	Diversity and discrimination: Bill of rights	Discrimination: Case study assessment	Discrimination: Human Trafficking	Discrimination: Your role	Assessment	Assessment	Contemporary social issues: developmental goals	Critical thinking for civic life	
4	Development: adolescent to adult	Development: emotional	Responsible choices: sex, respect and self-awareness	Responsible choices: sex, respect and self-awareness	Exercise and mental health	Exam prep: Type of questions and Bloom's				

GRADE 11 TERM BREAKDOWN

1	Goal planning	Relationships and responsibilities	Red flags of relationships, The media influence	What is a balanced lifestyle	Accidents & Risky behaviour. Personal safety, road use, unsafe environments	Risky behaviours: substance abuse, unsafe sex, STIs, hygiene	ASSSESSMENT: Role models	Socio-economic environment - influence on choices	Impact of media and peer pressure on choices and lifestyle	Role of nutrition in health and physical activity
2	Democratic participation & structures	Nation building in sport	Diversity of beliefs and cultures	Gender roles	Establishing a set of own values	Study skills & methods	Exam writing skills - PEE, where marks come from	Resilience - individual responsibility for making good choices		
3	Knowledge of self in relation to demands of work.	Competencies and abilities in choosing career	Admission requirements for Higher Education	Admission requirements for Higher Education	CV writing & Cover letters	Interview skills	ASSESSMENT: Mock interviews	ASSESSMENT: Mock interviews		
4	Introduction to environmental health	Case study: people of impact	Climate change: causes and impact. Ideas to mitigate and adapt	Participation in comm serve	Participation in comm serve	Exam prep				

TODAY I WAS MOTIVATED TO CHANGE THE WORLD. I LIKED THE DANCES, MUSIC AND VISUAL PRESENTATIONS.
GR.7 LEARNER - UMHLALI PREPARATORY SCHOOL

I HIGHLY RECOMMEND USING TRULIFE TO EDUCATE THE YOUTH OF TODAY. THEIR [PRODUCTS] ARE RELEVANT, INFORMATIVE, AGE APPROPRIATE AND FULL OF ENERGY. CANNOT SAY ENOUGH GOOD THINGS ABOUT THIS COMPANY.
LO EDUCATOR - THOMAS MORE COLLEGE

WE LOVED...THE WAY THEY EXPLAINED EVERYTHING, IT MADE EVERYTHING SO EASY TO UNDERSTAND.
GR6 LEARNER - LADDSWORTH PRIMARY SCHOOL

THROUGHOUT THE WEEK I HAVE BEEN RECEIVING GREAT FEEDBACK NOT ONLY FROM THE CHILDREN, BUT FROM STAFF TOO! THIS HAS BEEN ONE OF THE BEST (LIFE SKILLS) DAYS THE SCHOOL HAS EVER HAD AND I COULD NOT HAVE EXECUTED THIS DAY WITHOUT TRULIFE. NOT ONLY WAS IT FUN AND INTERACTIVE, BUT IT WAS ALSO REALLY RELEVANT, INFORMATIVE AND EDUCATIONAL.
LO HOD - REDDAM HOUSE UMHLANGA

GET YOUR FREE SAMPLE TODAY!

GRADE 4 - 11 FULL CURRICULUM AVAILABLE

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