

## **Health and Well-being Tutorial Sessions**

During this half term, we are covering aspects of Health and Well-being with Y12 and Y13 as part of their weekly Tutorial sessions. The sessions cover some of the following topics:

### **Mental Health & Mindfulness**

These sessions focus on the range of mental health issues that young people may face and look at mindfulness as a possible strategy to help with relaxation and meditation.

### **Alcohol & Drugs**

These sessions focus on the awareness of the dangers of alcohol and drugs and also the areas of law relating to substance abuse and misuse.

### **Blood and Organ donation (Anthony Nolan)**

This session is delivered by the Anthony Nolan organisation and focuses on blood and organ donation. You can see more at: [www.anthonynolan.org/lifesaver](http://www.anthonynolan.org/lifesaver)

### **Breast and Testicular Cancer**

The Breast and Testicular Cancer session is delivered in single sex groups but all students watch a video for part of the session delivered by the Wendy Gough Cancer Awareness Foundation. The video raises awareness and allays any myths surrounding the illnesses. During the video there is footage of self-examinations to help the students to understand the importance and techniques related to self-examination.