

Further Information and Support.

1. Future Opportunities and Career Development.

[Sixth Formers - Careers Guidance | Thomas Mills High School & Sixth Form](#)

[Post 18 options | National Careers Service](#)

2. Financial Choices.

[Understanding your payslip | MoneyHelper](#)

[Finances For Young Adults | Money Personality Quiz - HSBC UK](#)

[Money And Mental Health | Support For Young People | YoungMinds](#)

[Consumer rights - GOV.UK](#)

[LifeSkills | Developing work and life skills](#)

[Supporting yourself financially - a guide for young adults aged 16 to 24 | MoneyHelper](#)

[Lending and Borrowing \(KS5\) - YBS Money Minds](#)

3. Health Screening.

[Conditions A to Z - NHS](#)

[About Cancer | Cancer Research UK](#)

<https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>

4. Pregnancy and Fertility.

[Teenage pregnancy support - NHS](#)

[Pregnancy: Worried You're Pregnant?](#)

[At what age does fertility begin to decrease? » British Fertility Society](#)

[Miscarriage - NHS](#)

[Baby loss information and support | Tommy's](#)

5. Blood and Organ Donation.

[Home - NHS Blood Donation](#)

[Home - NHS Organ Donation](#)

[Plasma - NHS Blood Donation](#)

[Platelets - Give platelets - NHS Blood and Transplant](#)

[Donating stem cells - NHS Blood Donation](#)

[Join the register | Anthony Nolan](#)

[Request a swab kit to register as a stem cell donor](#)

6. Body Modification, Enhancement and Alteration.

[Advice about cosmetic procedures - NHS](#)

[Infected piercings - NHS](#)

[The Dove Self-Esteem Project | Dove](#)

Rise Up + Recover – an app for if you are struggling with food, dieting, exercise and body image.

7. Work/Life Balance.

Work/Life Balance:

[Work-life balance | Mental Health Foundation](#)

[12 Tips to Achieve a Healthy Work-Life Balance](#)

Healthy Eating on a Budget:

[Welcome to the Eat Well for Less game! - BBC Food](#)

[Love Food Hate Waste / Preventing food waste](#)

[Student recipes | Good Food](#)

[Student Meals And Recipe Ideas | Tesco Real Food](#)

[7 days of healthy meals on a budget - Heart Matters magazine - BHF](#)

8. Managing Relationships.

[Top tips on building and maintaining healthy relationships | Mental Health Foundation](#)

[Tips for Dating and Building Healthy Relationships | YoungMinds](#)

[Maintaining healthy relationships and mental wellbeing - NHS](#)

[Healthy relationships | NSPCC](#)

[Home - Is This OK?](#)

[Galop - the LGBT+ anti-abuse charity](#)

[Home | ENOUGH](#)

9. Forced Marriage and Honour-Based Abuse.

[Forced marriage - GOV.UK](#)

[What is forced marriage? | Metropolitan Police](#)

[What is honour-based abuse? | Metropolitan Police](#)

[Karma Nirvana](#)

[FGM – National FGM Centre](#)

10. Fact or Filter?

[The Importance Of Critical Thinking | OIC Brighton](#)

[True or false? How much is fake news influencing our lives? - Issue 12 - University of Derby](#)

[Going Too Far?](#)

11. Safe Travel.

[Travel Aware - Travel Aware](#)

[Foreign travel advice - GOV.UK](#)

[Solo and independent travel - GOV.UK](#)

[Tips for staying safe while you travel - Transport for London](#)

12. Political Awareness.

[Home Page | Electoral Commission](#)

[UK Parliament](#)

[Politics | Latest News & Updates | BBC News](#)

[How does the UK election work? - BBC News](#)