

For Young People: webinars on-demand

How to manage exam stress

Stress levels can be higher than usual around exam time. A bit of stress can help us to stay motivated but too much can be unhelpful. This webinar will help you to find the best ways to manage your stress levels, before, during and after your exams.

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Peer Pressure

Peer pressure means feeling like you have to do something because people around you want you to or expect you to. This webinar will support you to understand peer pressure, spot situations where you might experience this and give you helpful strategies to manage this.

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