





# THE FUNDAMENTALS FILM Bundle!







Awarded the 'Quality Mark' by the PSHE Association

Dr Foljambe MBBS BSc DRCOG DFSRH MRCGP has been a GP for 12 years and a doctor for 19 years.

She graduated from UCL where she also obtained a degree in Speech Science and Communication Psychology.

She has an avid interest in women's health and a general love of teaching patients how to look after themselves better without too much need for doctors!

She is Vice-Chair of the Board for Population Matters, a charity that is all about addressing gender inequality, improving contraceptive access to all who need it and building education and awareness of global issues such as climate change and biodiversity loss.

She is also an Ambassador for the Family Planning Association.

Dr Foljambe founded the charity You Before Two in March 2019. Dr Naomi Sutton MBChB FRCP DFSRH Dip GUM Dip HIV graduated from Sheffield Medical School in 2003 and has been working in the field of sexual medicine since 2007.

Currently working as an NHS Consultant
Physician at Rotherham Sexual Health
Services. Throughout her career she has
developed a passion for education and
raising awareness of sexual health, both for
health professionals and the general public.

Naomi starred in series 1 and 2 of the E4 TV series 'The Sex Clinic' which "helps young people get their sex lives back on track" and, as well as other media roles, she has talked frankly about vulvas, sex in old age, HIV and other sexual health subjects, on C4's 'Steph's Packed Lunch'. She believes that fun, clear and accurate education is key to combatting the struggles she sees people presenting with in her clinics. Naomi is proud to be a Trustee for the charity Saving Lives UK, a charity which exists to raise awareness of HIV and STI testing and reduce associated stigma, and is an Ambassador for both Eve Appeal and the Family Planning Association.

'These films are the best I have seen in 23 years of teaching, it is vital we get something of this quality out to all the students we can. So many students come to us with so many misconceptions. After lockdown so many will have missed vital PSHE coverage and will have even more misconceptions.'

Kennedy Taylor-Camm, Head of English, Lincoln UTC.

'I think the films are perfectly pitched in duration, content & delivery. They will definitely be a useful tool with our young people.'

Leona Ashley Student Welfare Manager, Deputy Designated Safeguarding Lead, Tuxford Academy.



Our new short films and lesson plans on the key PSHE topics of penile and vulval health, periods, the sexual health check and sexual consent are now available to purchase!

## **About 'The Fundamentals'...**

As an NHS GP and NHS Sexual Health
Consultant we have become increasingly
aware of the need for up to date and
evidence-based education on these topics.

We felt we needed to refresh the approach to this learning and have produced these videos from scratch. After months of work, we are thrilled to report that these films and the one-hour lesson plans and student factsheets that accompany them have now been awarded the PSHE Association Quality Mark.

We have donated our time for free to this project which has been funded by the charity Saving Lives and the NHS (Bassetlaw Clinical Commissioning Group). Jordan Carroll, a brilliant local film maker has also been incredibly generous with his time and expertise to make sure these films are eyecatching, colourful, and engaging.

WE HOPE YOU ENTOY WATCHING AND TEACHING THEM AS MUCH AS WE HAVE ENTOYED MAKING THEM!!

## MISSION STATEMENT FROM BECKY AND NAOMI...

'We hear the same misconceptions from our patients, young and old, every day. Misconceptions can lead to insecurities, confusion, communication breakdowns, unhealthy relationships and at worst, an unplanned unwanted pregnancy. We are passionate about delivering high quality, evidence-based facts, which reach young people answering their questions and combating myths.'

## What is in the bundle?

For £200 you will be sent the following resource:

- FIVE one-hour lesson plans in PDF format and PowerPoint presentations. The PowerPoints have the video for that topic already embedded, so are straightforward for teachers or even confident senior students to use to teach the lesson.
- FIVE student factsheets, one for each lesson, so that students can walk away with key facts and a list of contacts for more information.
- An additional very short PowerPoint to assist teachers, with a suggested running order and additional resources that might be useful.
- A certificate of completion for students who complete the 5 hours of teaching and a feedback/ assessment sheet to reflect on their learning.

You can purchase the full bundle or individual lesson plans for £50.00 each at:

www.youbeforetwo.co.uk/shop/

Once purchased, an email will be sent to you with all the download links above for you to share within your school. (We ask you do not share outside of your organisation).

## What do the videos & lesson plans look like?

### To access all the videos for free please visit:

www.vimeo.com - search for Dr Foljambe & Dr Sutton www.youbeforetwo.co.uk/resource-hub/our-films/

#### The short films and what they cover:



#### **PENIS PRESSURE**

How to maintain penile health and hygiene, including how condoms are used. How pressures and myths can affect a person's feelings and expectations around sex.

#### PERIOD DRAMAS

What periods are and the factors that affect menstrual wellbeing and menstrual product choices.



## LESSON PLAN

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LESSON PLAN CONTROL BEFORE BEFORE



#### **VULVAL VEXATIONS**

The anatomy of the vulva and vagina. How a person can maintain vulval hygiene and notice when they may need to seek medical advice about vulval health.

#### SEX SCRIPT: CONSENT

We are learning about how consent can be communicated and how the law relates to this.



#### SEXUAL HEALTH CHECK

The importance of the sexual health check and how people can seek help to access testing or treatment.





STUDENT FACT SHEET