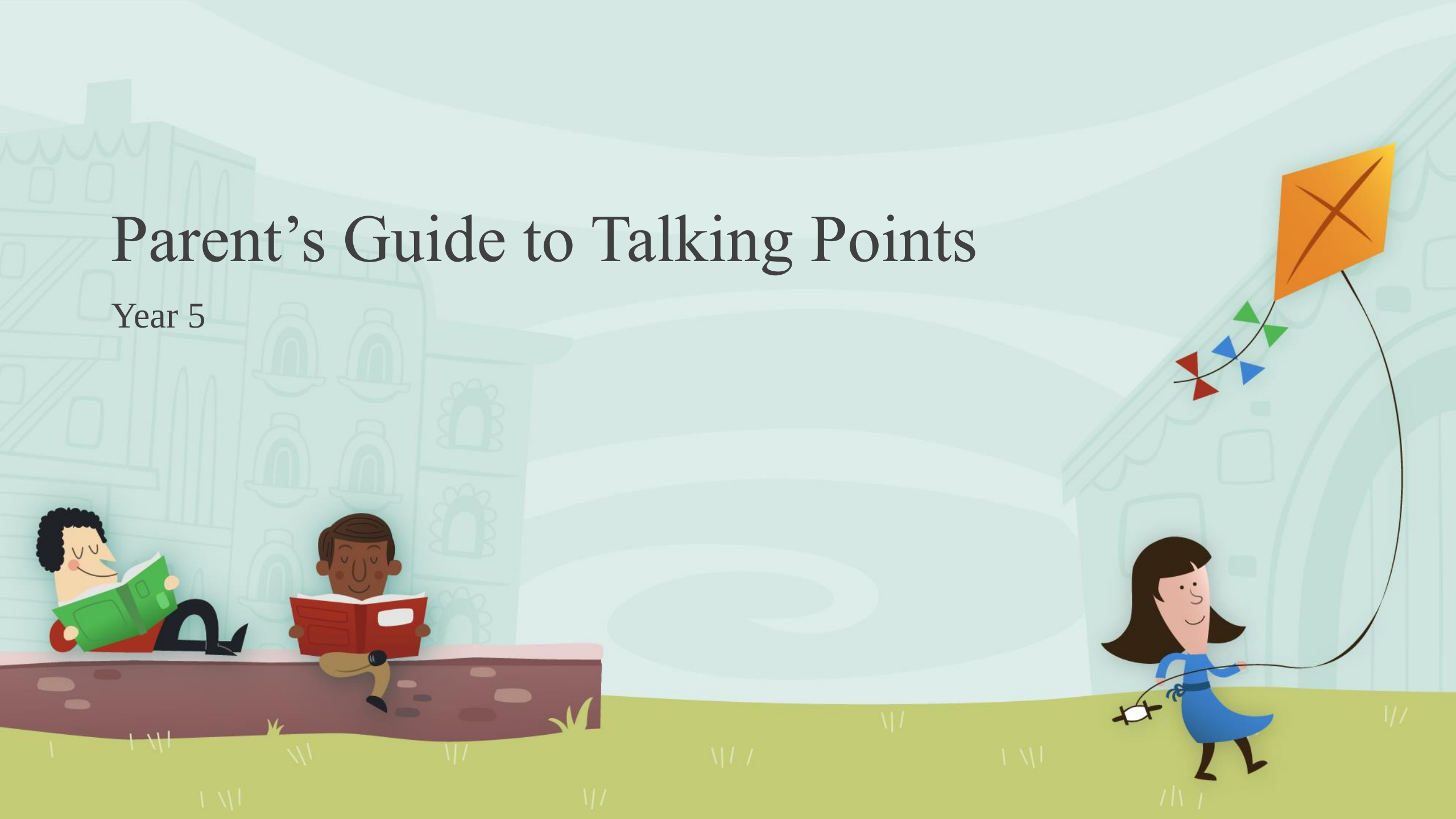


Parent's Guide to Talking Points

Year 5



What is Talking Points?

- Talking Points is a scheme of work that covers the DfE Guidance for their new Physical Health, Mental Wellbeing and Relationships Education for Primary Schools. This is a compulsory guidance document for schools.
- Talking Points uses children's picture books to start age appropriate discussions with children about the topics needed to be covered.
- Children are encouraged to take part in discussions and activities which include other groups of pupils, grown ups at home and parts of the community.
- Talking Points also aims to encourage a love of reading and to increase vocabulary understanding.
- It has been written by a currently serving Headteacher with a psychology background.



Year 5 Talking Points

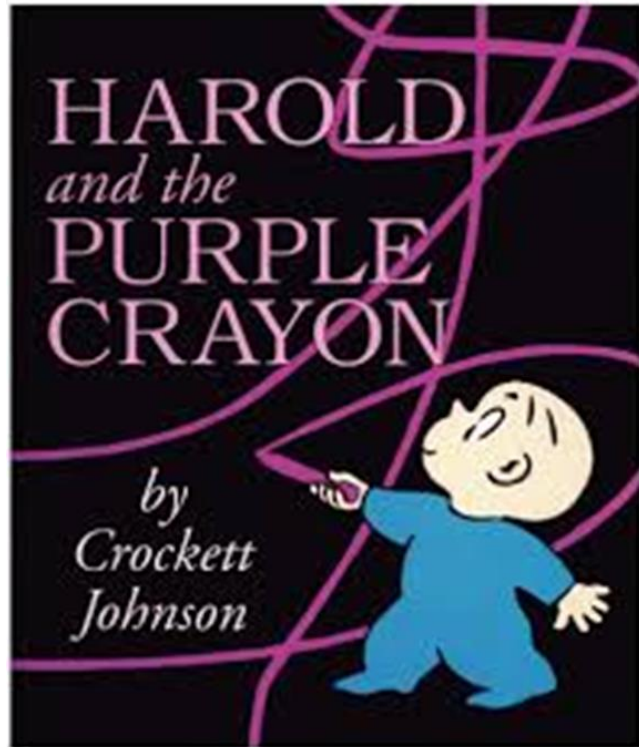
How do	Talking Point	Strand	Page
1	Can I set goals for me?	Understanding me	
2	How does alcohol damage my health?	Looking after me	
3	Can my mind get ill?	Looking after me	
4	How do I make a choice?	Understanding me	
5	Should my heart rule my head?	Understanding me	
6	Why is change so scary?	Looking after me	
7	What is peer pressure?	Understanding others	
8	What if I'm uncomfortable?	Looking after me	
9	What is loss?	Looking after me	



Year 5 Talking Points

	Talking Point	Strand	Page
10	Is my relationship unhealthy?	Looking after me	
11	What's a relationship commitment?	Understanding me	
12	What is a stereotype?	Understanding groups	
13	What is prejudice?	Understanding groups	
14	How do I challenge someone's views?	Understanding me	
15	What is a debt?	Looking after me	
16	Who pays tax and what does it do?	Understanding groups	
17	Who chooses who runs our country?	Understanding groups	
18	Can I save money and the environment?	Looking after me	





A return to aspirations and setting goals for ourselves

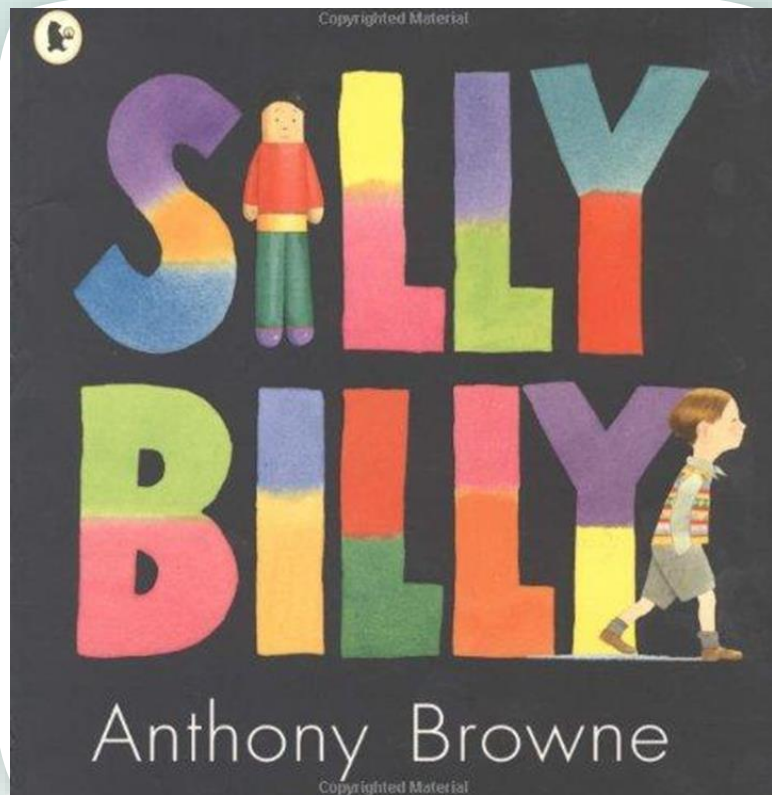


Daddy Doesn't
Have to Be a
Giant Anymore

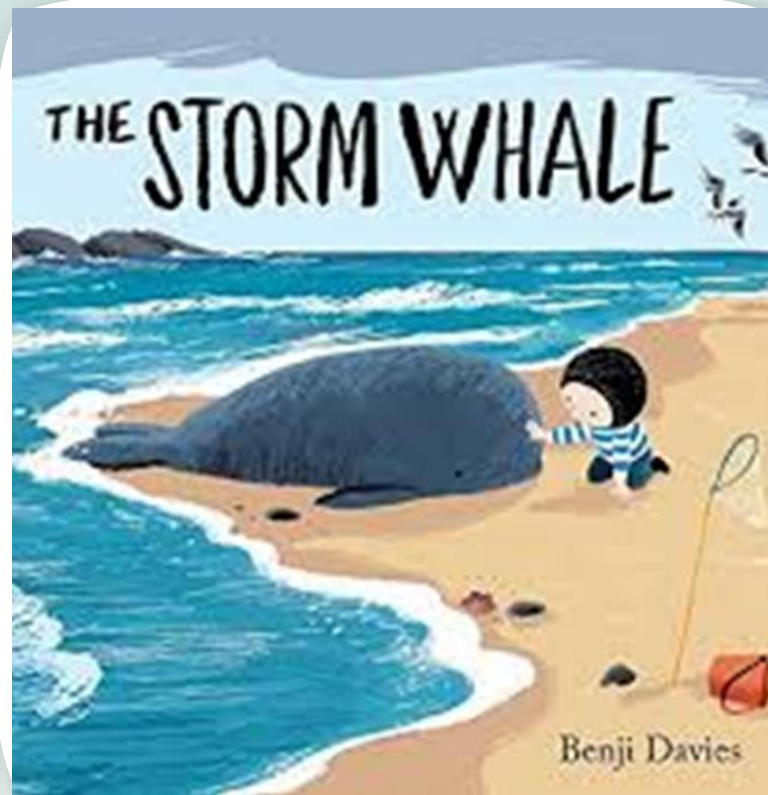
Looking at the effects of alcohol on our body and also an age appropriate look at alcoholism and the effects on a family



The books



Discussions around mental health and what to do if you are worried about your own mental health



Work around making choices and thinking through possible consequences before we make a choice

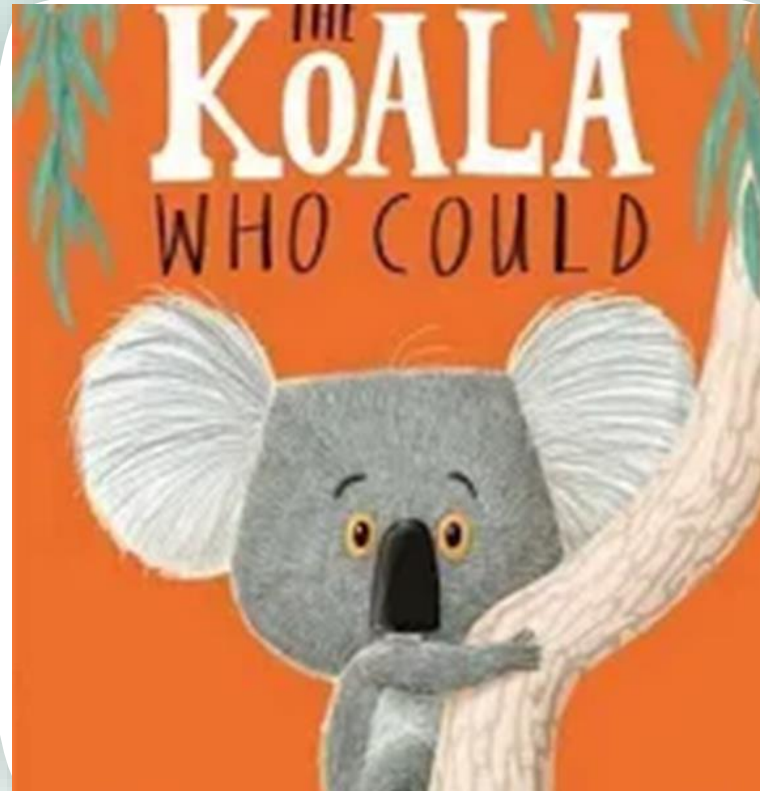


The books



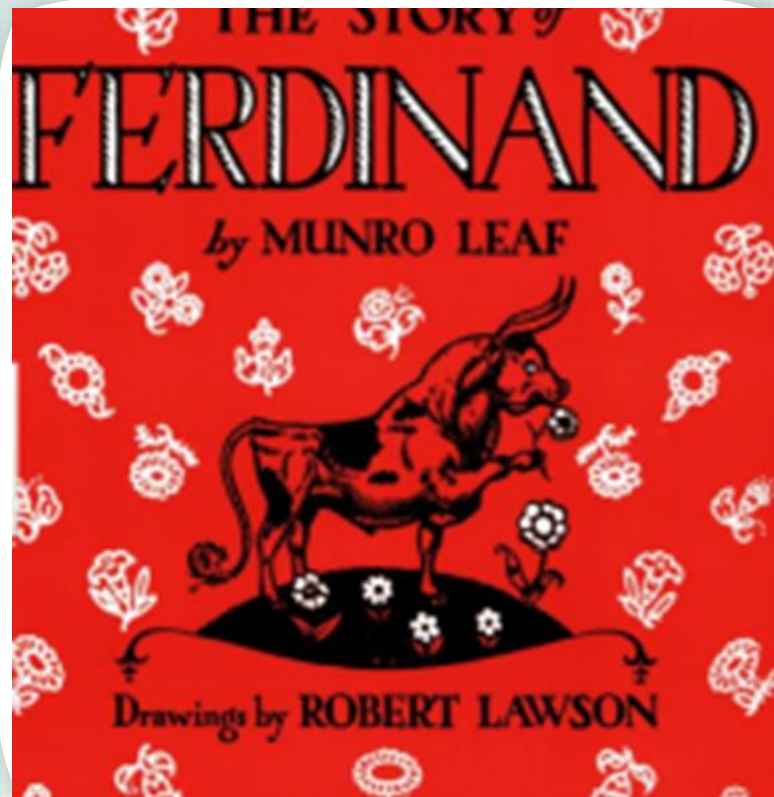
A continuation of discussions about choices, decisions and consequences for others as well as our selves

The books



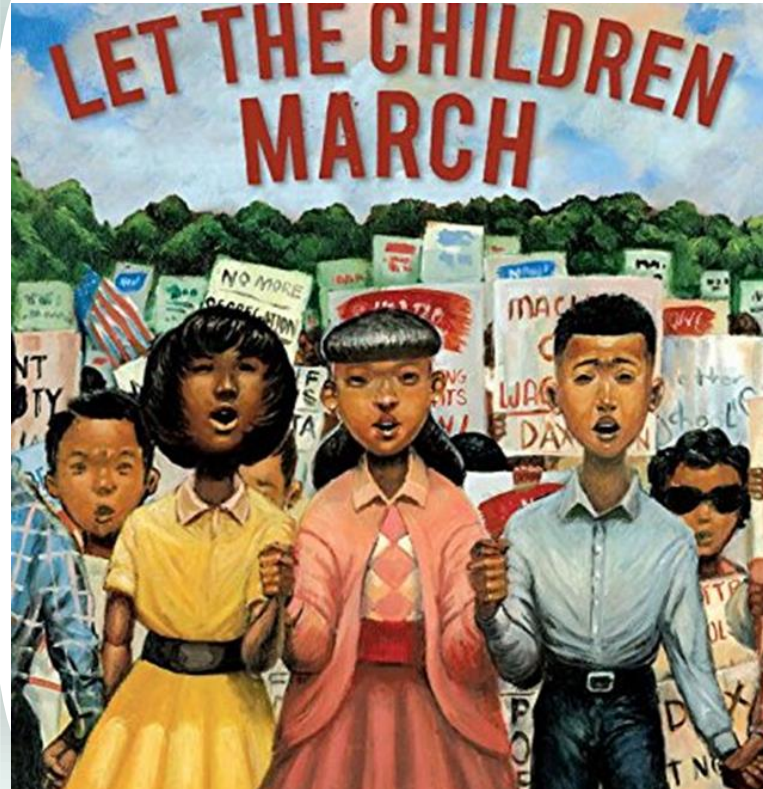
A look at change and how it affects us all. Discussion about coping with change





Understanding the term 'peer pressure' and what to do if you are concerned about it

The books



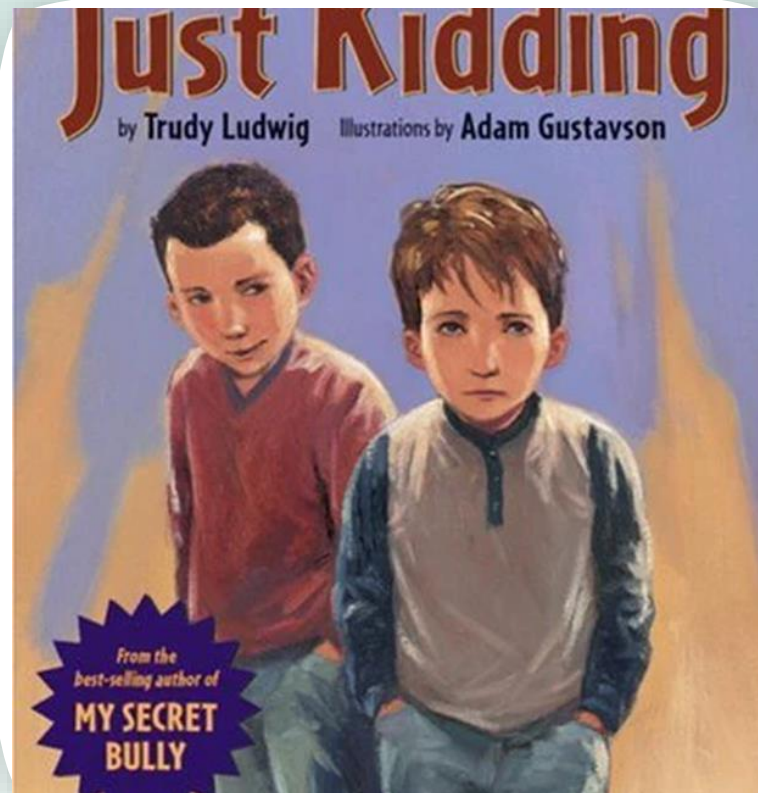
Children to learn about what they can do if they think something isn't right, not just in their lives but at a national or global level





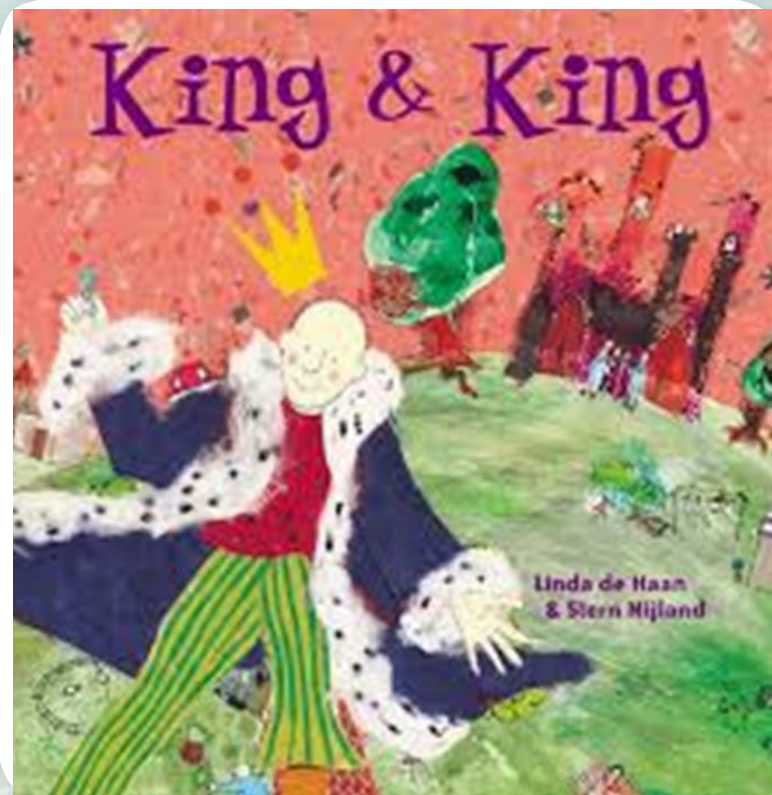
Discussions around the feelings associated with loss and what to do if you are feeling them

The books



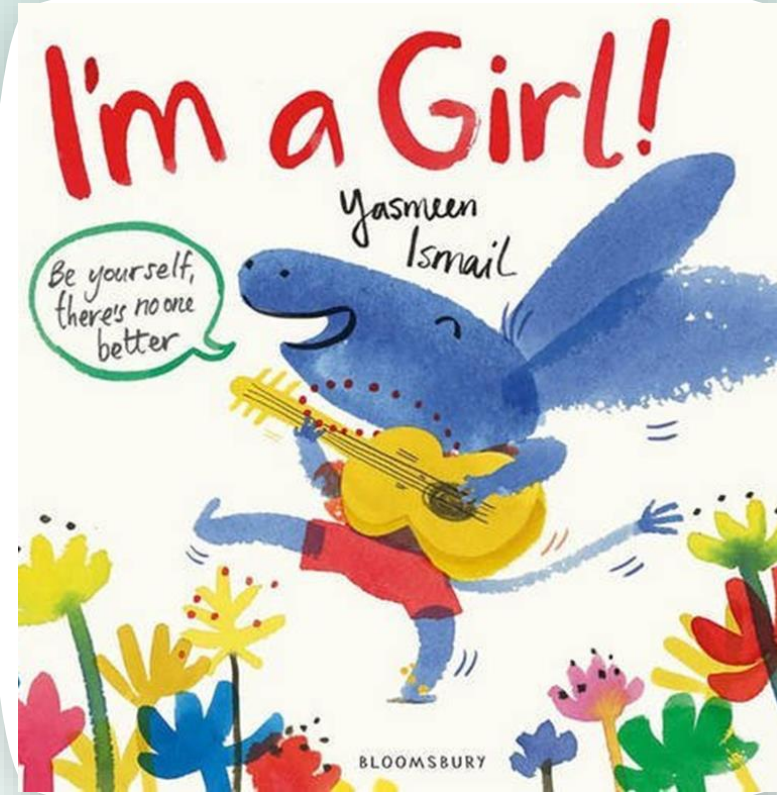
An age appropriate look at unhealthy relationships (friendships) and what to do if you are in one





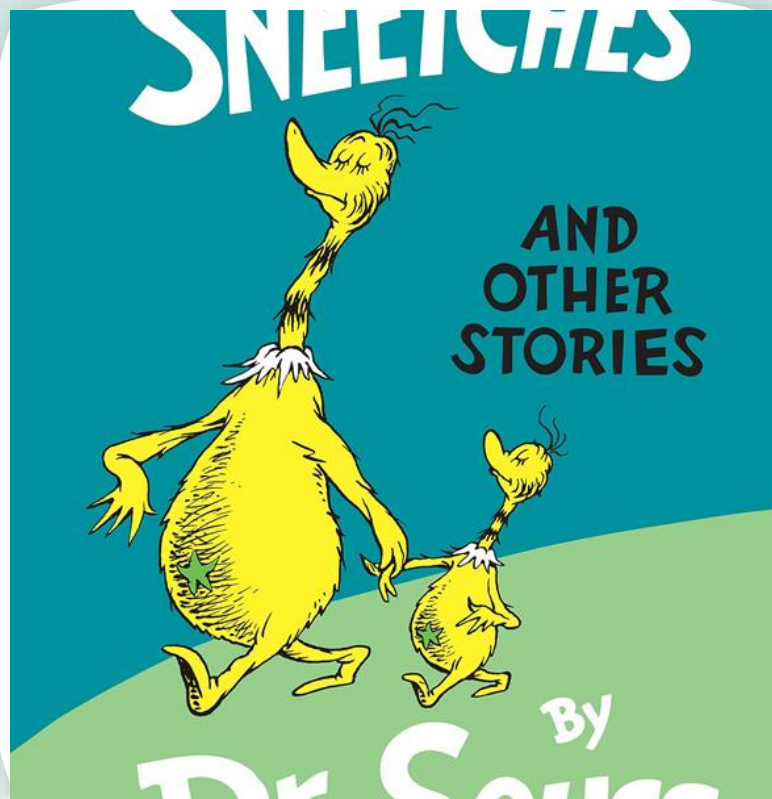
Looking at all the different ways
that we can commit in our
relationships and friendships

The books



Understanding the vocabulary
around 'stereotype' and how they
can affect people in everyday life





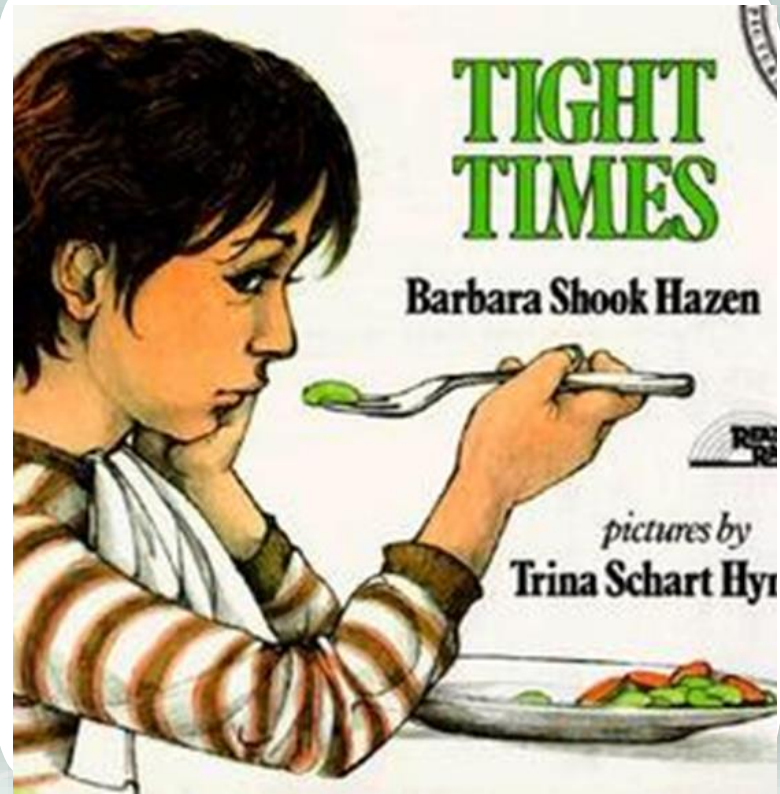
Understanding the word
'prejudice' and the feelings
associated with this

The books



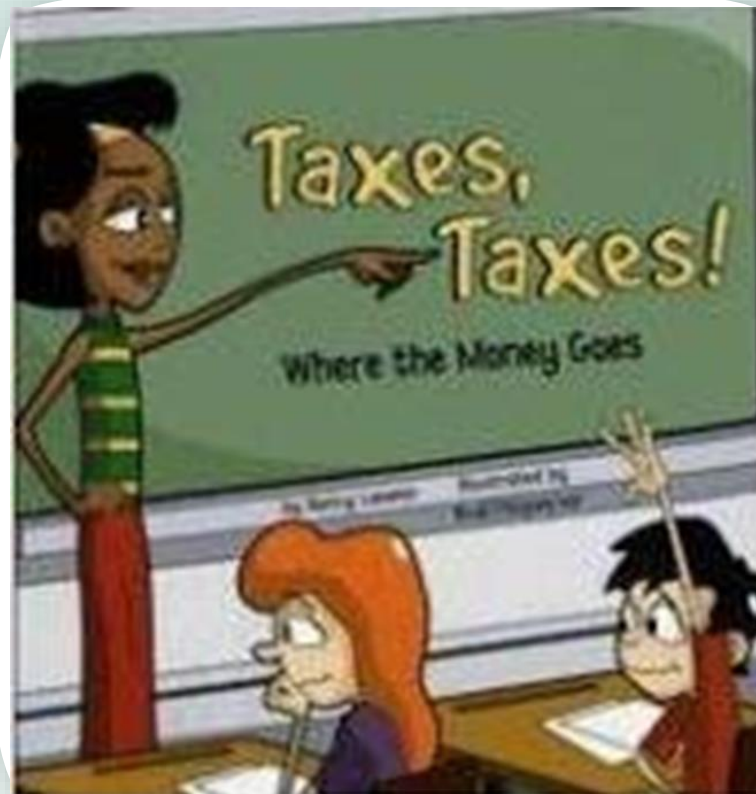
A look at how to challenge
someone's views if they are
hurtful, in a sensitive way





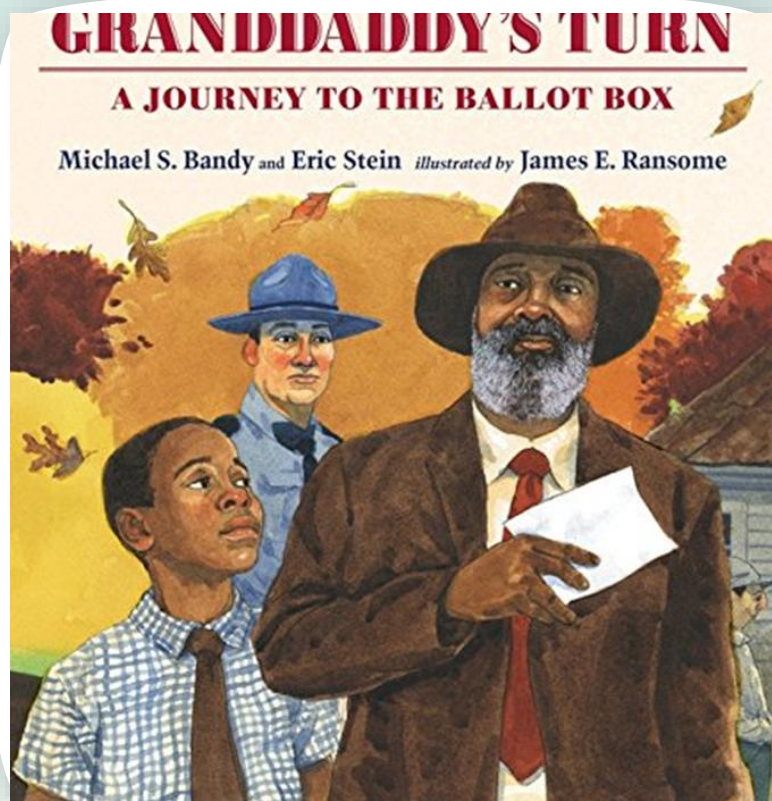
Understanding of the money term 'debt' and how it can affect our lives including a look at good debt (mortgage) and bad debt (payday loans)

The books



Discussions around why we pay taxes and what they do for our society





A look at voting and democracy and the importance of using your vote

The books



Discussions about saving money and the environment by recycling and reusing



Questions and Answers



Common questions

Why are there these changes to PSHE lessons in schools?

- In the spring of 2019, in response to a consultation period, the Department for **Education** (DfE) announced an overhaul of sex, health and **relationships education** in both **primary** and secondary **schools**. This was the first overhaul in 18 years and took into account new concerns facing our young people including mental health worries.



Common questions

Will this curriculum guidance promote LGBT relationships?

- The DfE answers this question directly
- No, these subjects don't 'promote' anything, they educate.
- Pupils should be taught about the society in which they are growing up. These subjects are designed to foster respect for others and for difference, and educate pupils about healthy relationships. RSE should meet the needs of all pupils, whatever their developing sexuality or identity – this should include age-appropriate teaching about different types of relationships in the context of the law.
- Pupils should receive teaching on LGBT relationships during their school years - we expect secondary schools to include LGBT content. Primary schools are enabled and encouraged to cover LGBT content if they consider it age appropriate to do so, but there is no specific requirement for this. This would be delivered, for example, through teaching about different types of family, including those with same sex parents.



Common questions

Will my child be taught sex education at primary school?

- The new curriculum includes relationships education but not sex education.
- The science curriculum states that children should learn about puberty and reproduction.
- In addition to the National Curriculum, the Department for Education (DfE) published Sex and Relationships Education Guidance in 2000, which, although it isn't statutory, schools must take into consideration. Primary schools should:
 - Have an SRE programme tailored to the age and maturity of children.
 - Ensure that boys and girls know about puberty before they experience it, and how babies are conceived and born.
 - Focus their relationships education on friendships, bullying and self-esteem.



Common questions

Can I withdraw my child from these lessons?

- This curriculum is statutory in all non-academy primary schools and therefore children can only be withdrawn from the parts of this scheme which are outside of the guidance document.
- The only parts of this scheme outside of either the new guidance or the Science Curriculum are
- Money lessons
- Keeping safe e.g. water safety, road safety lessons



Any other questions?

Please fill in a questionnaire – this is how you can express your views on how we will teach Physical and mental wellbeing and Relationships education.

