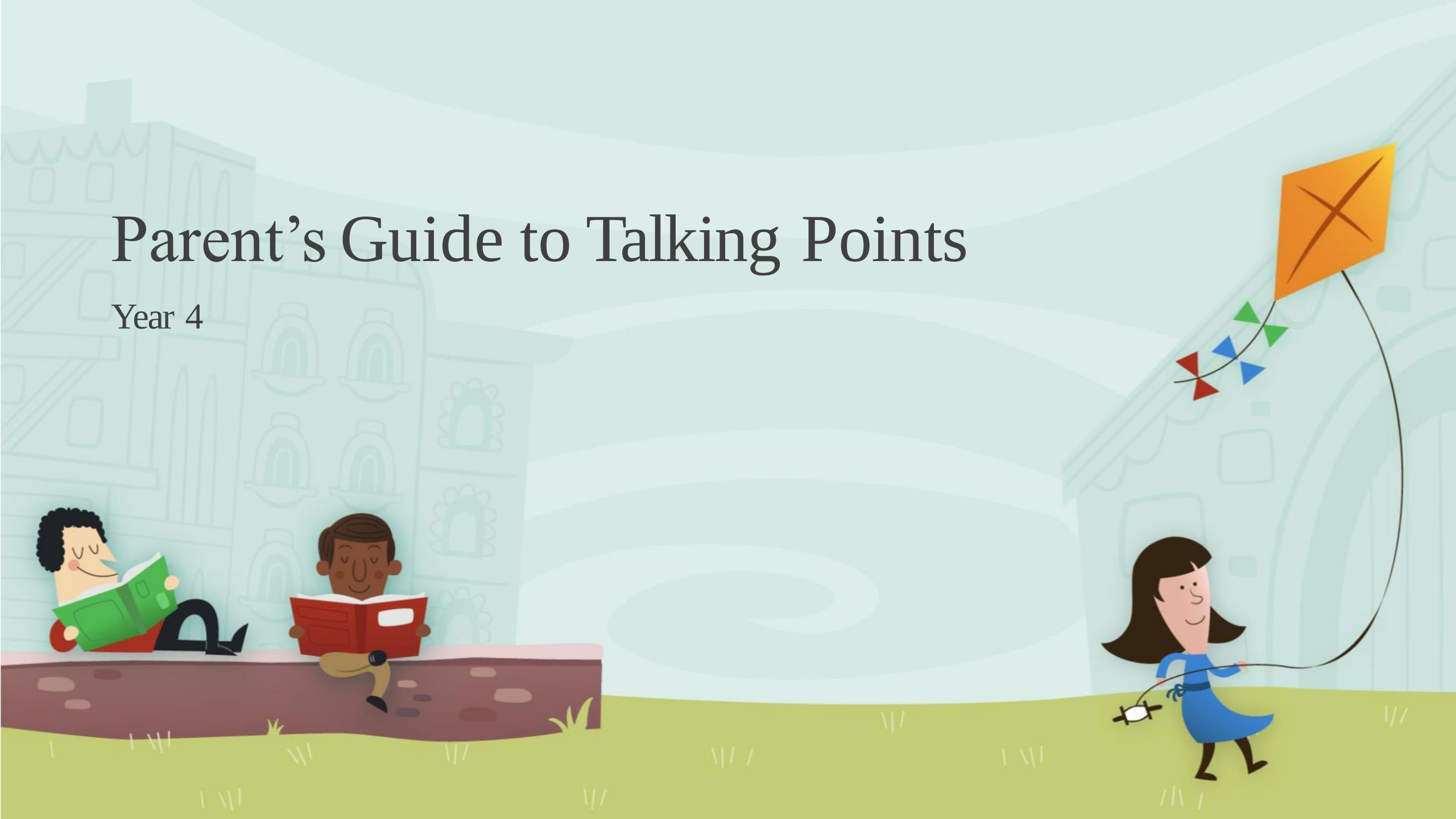


Parent's Guide to Talking Points

Year 4



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 4 Talking Points

How do	Talking Point	Strand	Page
1	What's that feeling I have?	Understanding me	
2	What do I do when my friend is cross?	Understanding others	
3	How do I compromise?	Understanding me	
4	How do I do emergency first aid?	Looking after me	
5	Am I at risk?	Looking after me	
6	How do I stay safe online?	Looking after me	
7	Am I safe on my mobile phone?	Looking after me	
8	What can I do about negative thoughts?	Looking after me	
9	Should I own up?	Looking after me	



Year 4 Talking Points

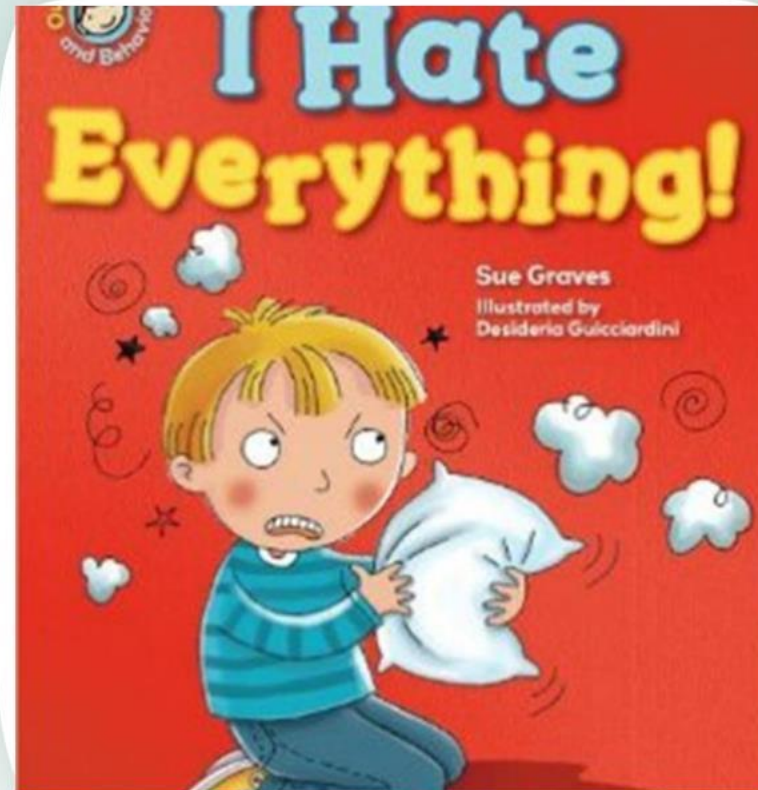
	Talking Point	Strand	Page
10	Is it ok to hug?	Understanding others	
11	What's an aspiration?	Understanding me	
12	What is enterprise?	Understanding groups	
13	What worries me in the world?	Understanding me	
14	What is discrimination?	Understanding groups	
15	What does it mean to be anti-social?	Understanding groups	
16	How do I support my community?	Understanding groups	
17	What's a volunteer?	Understanding groups	
18	Can I volunteer or help others?	Understanding me	





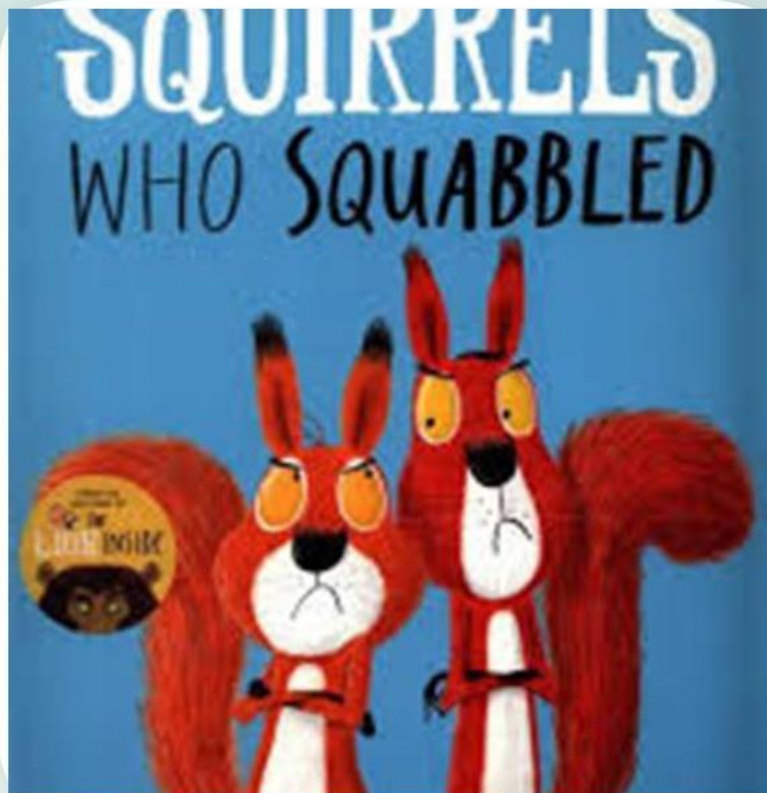
Looking at a range of different feelings and how they make us feel inside

The books

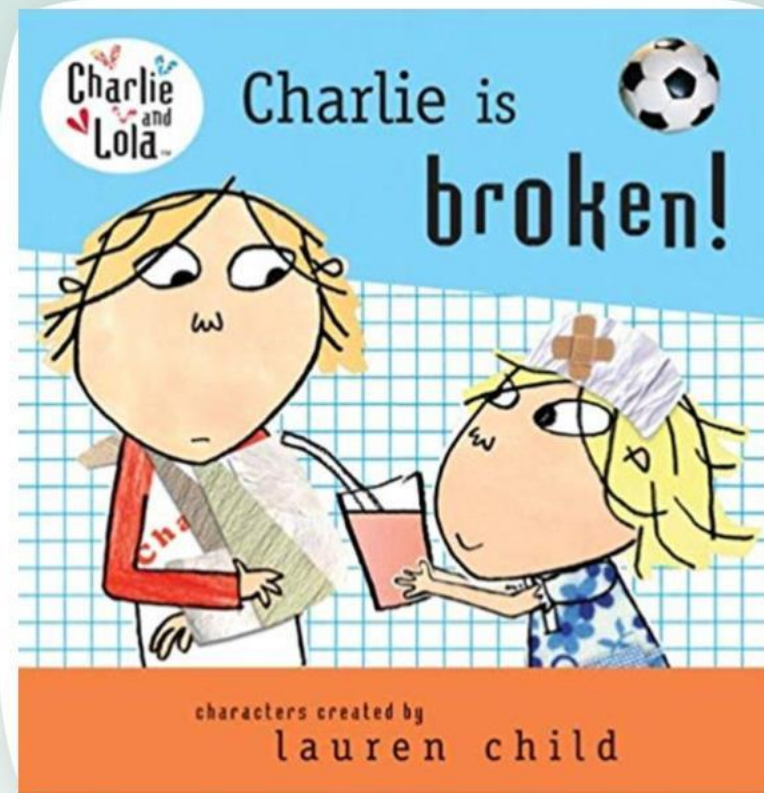


Discussions about how we can help others who are feeling angry or upset





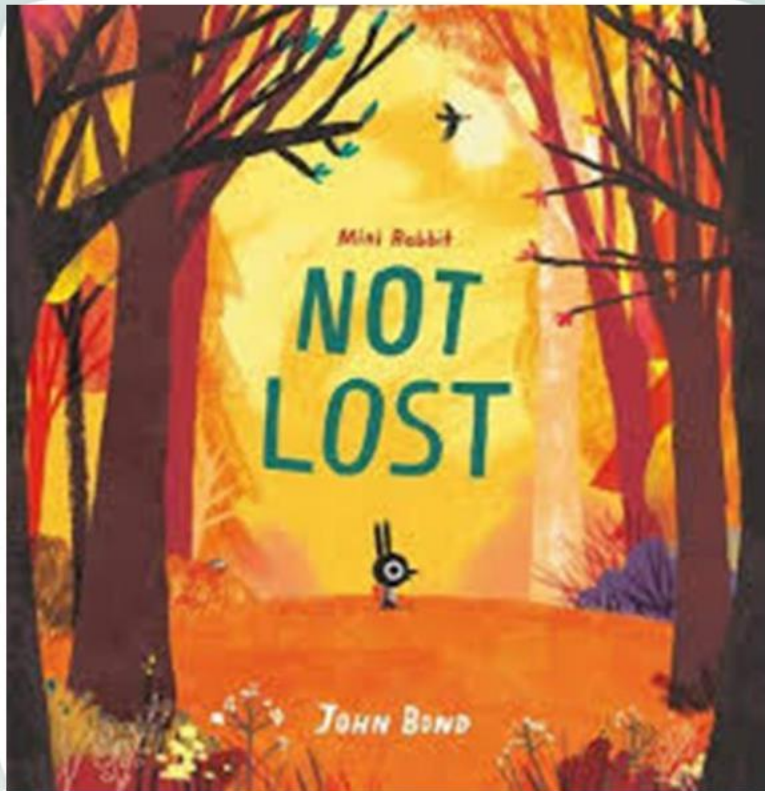
A return to looking at compromising with others instead of arguing or being violent



A brief introduction to emergency first aid

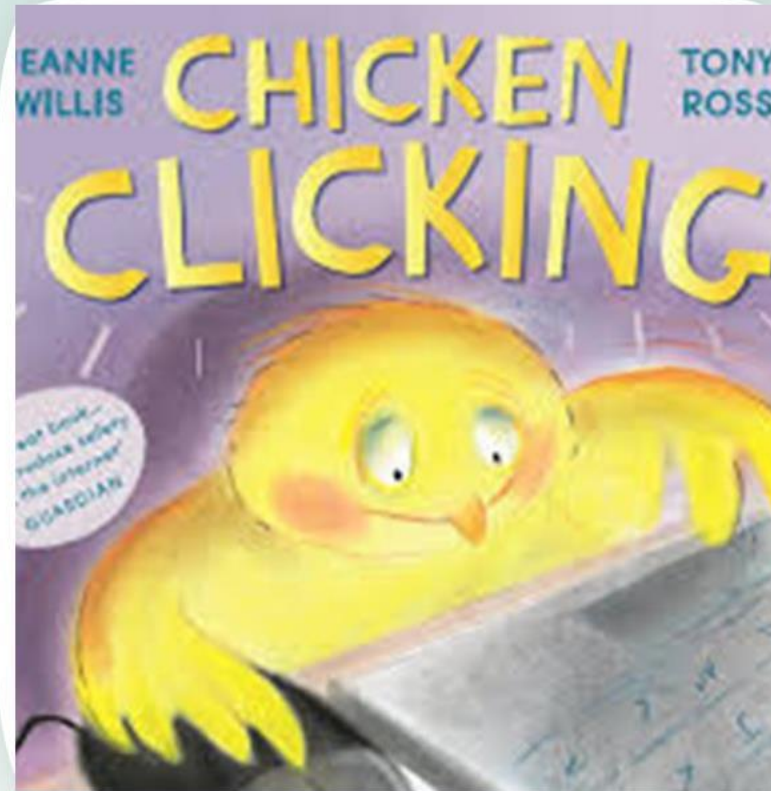


The books



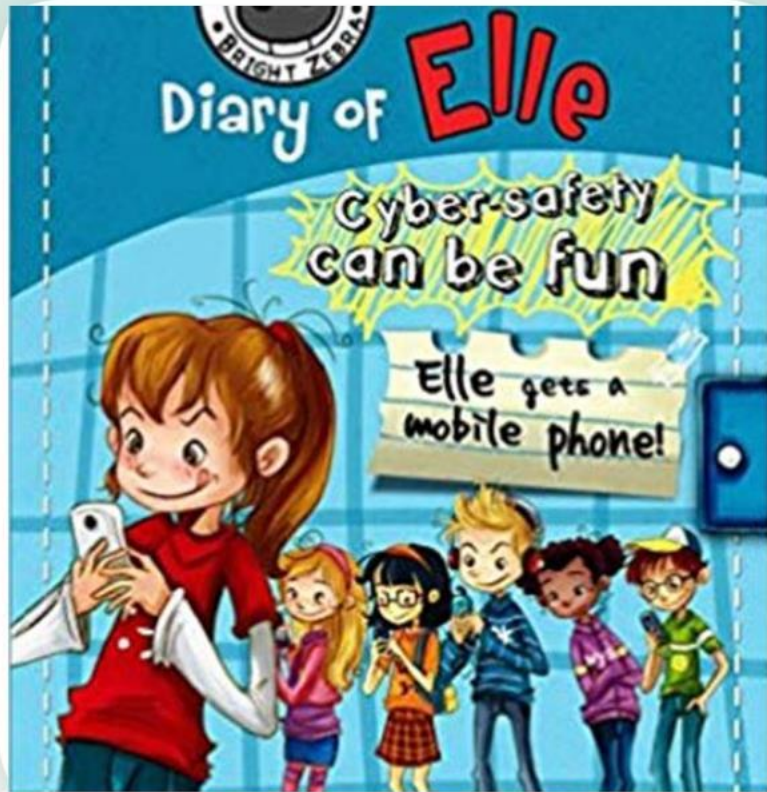
Understanding of the term 'risk'
and how to assess situations to
ensure your own safety

The books

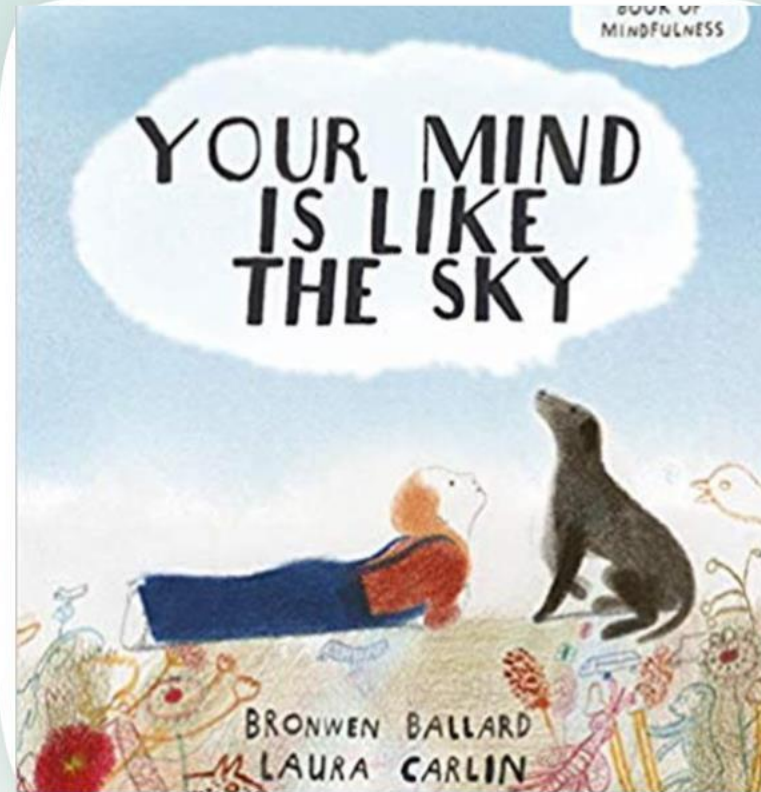


Internet safety and the need for
rules for online friendships
including not meeting people you
don't know





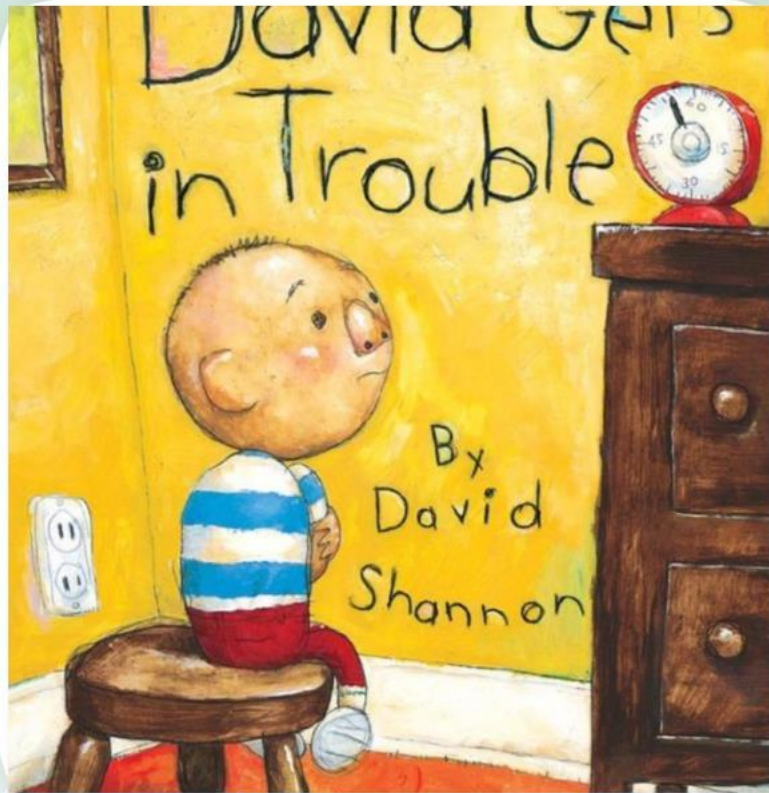
Discussions around the pros and cons of having a mobile phone and how to stay safe when you have one



Beginning of discussions around mental health and negative thoughts and how to deal with them

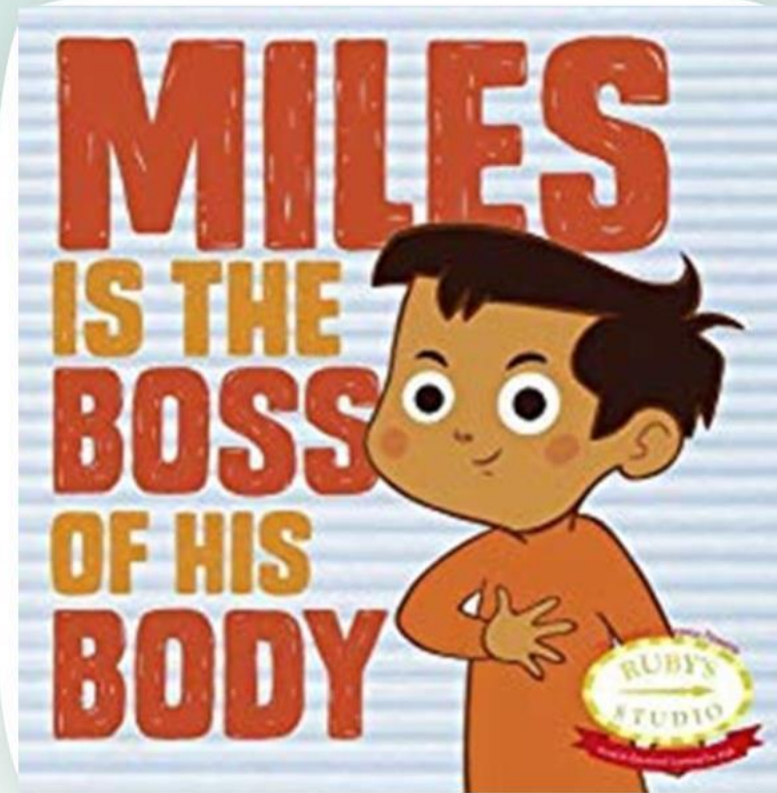


The books



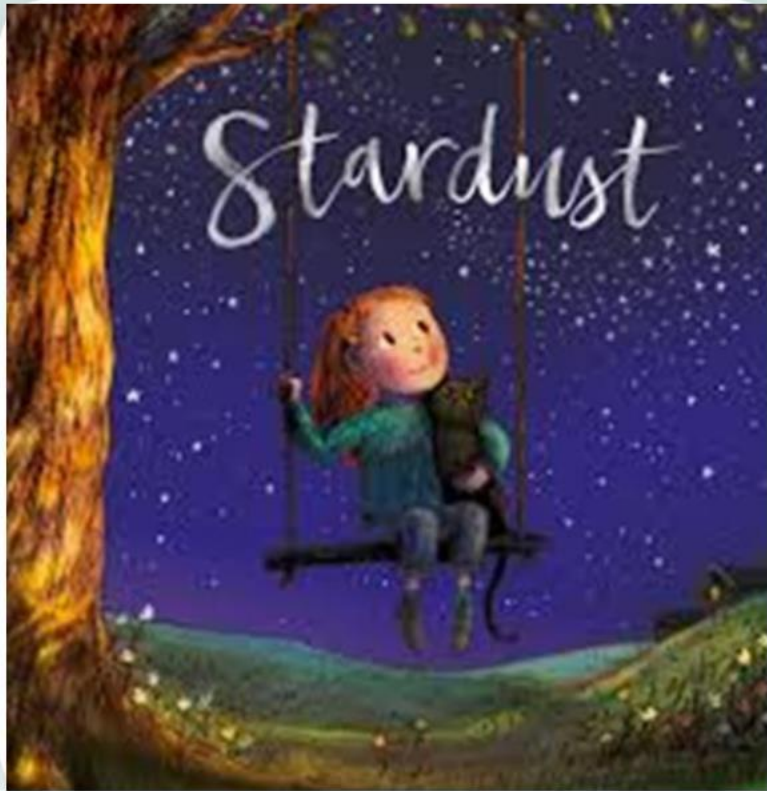
Discussions around owning up to our mistakes and understanding of the words 'in confidence'

The books



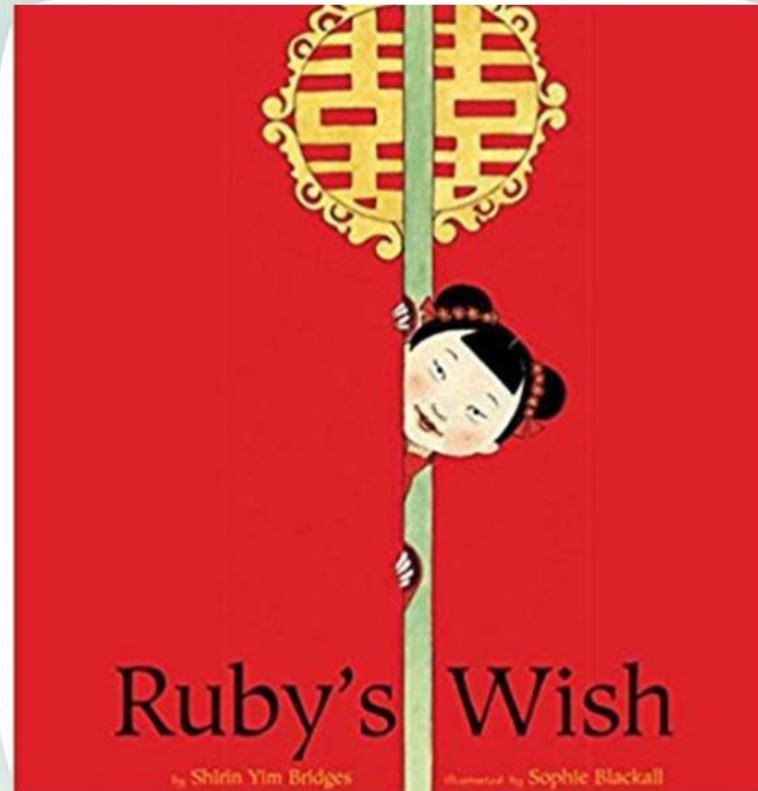
Continuation of age appropriate discussions around consent and Privacy.





Understanding of the word aspiration and how to set targets and goals for ourselves throughout our lives

The books

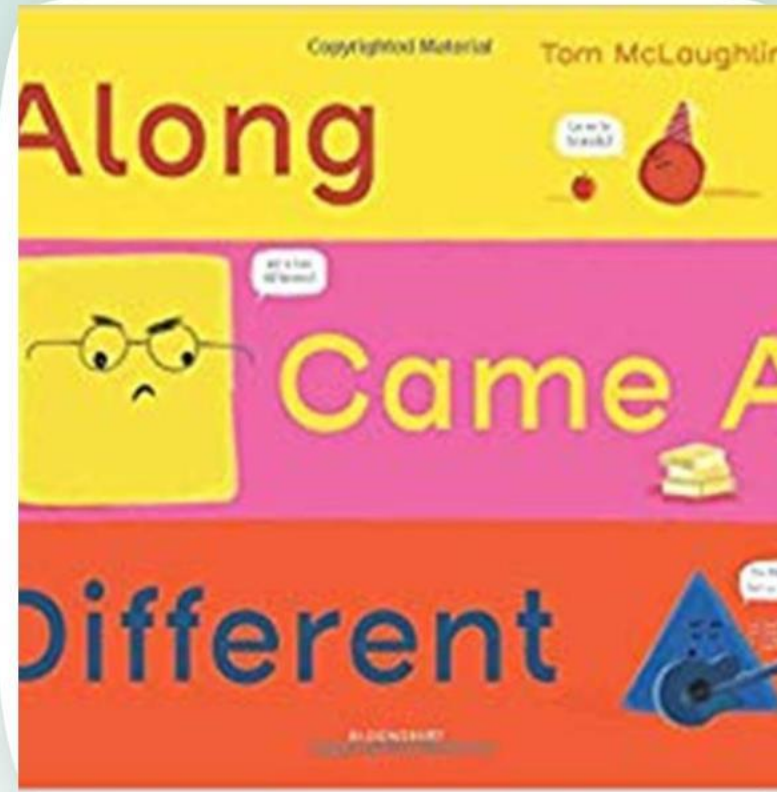


Understanding the vocabulary around 'enterprise' and 'initiative' and staying focused when you have set yourself a goal





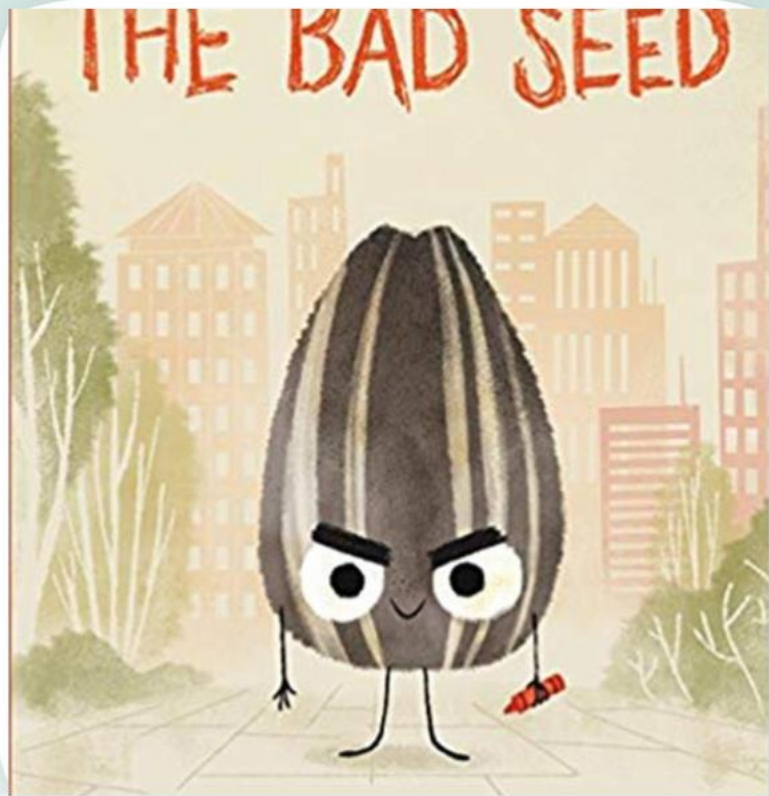
Discussions around worries and how to deal with them including things the children have seen on the news



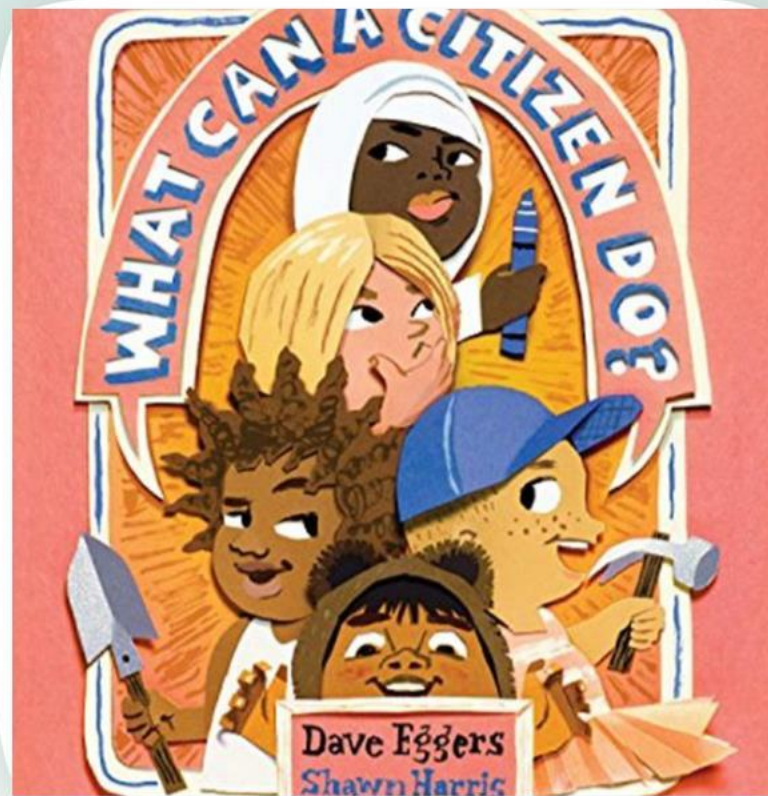
Understanding the word 'discrimination' and the feelings involved on both sides when it occurs



The books



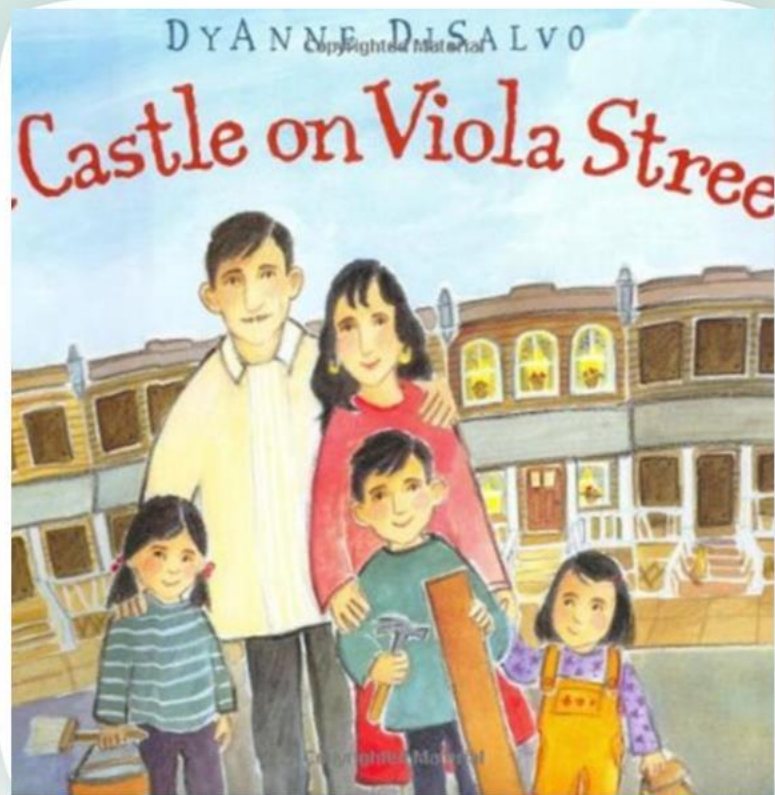
A look at what anti social means
and the roles that everyone plays
in anti social behaviour



Discussions around what people
can do for their communities and
what it means to be a citizen

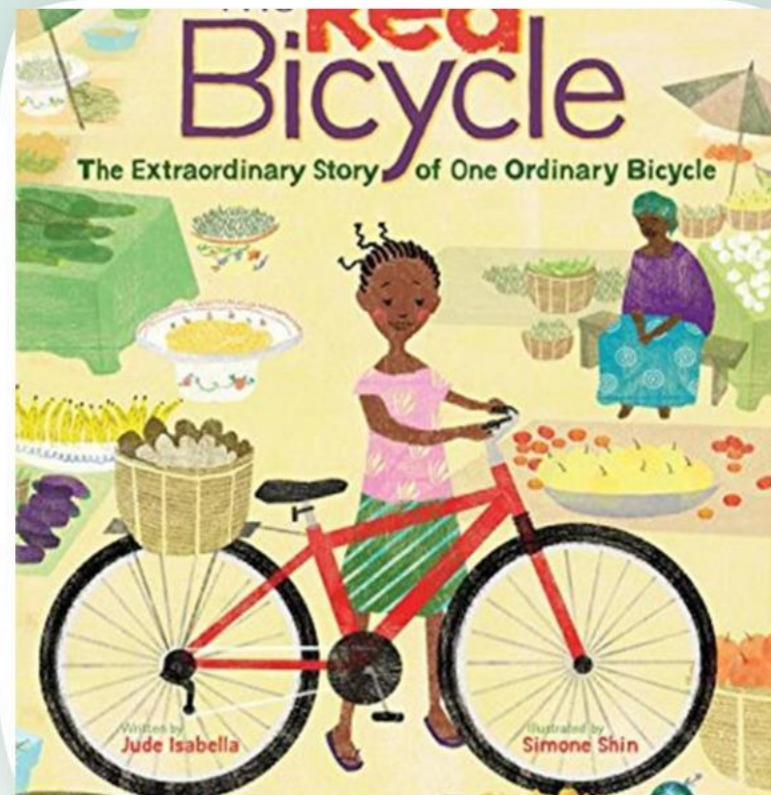


The books



A look at what volunteering is
and about all who benefit from
volunteering

The books



Discussions about donating
things or time to help others and
the feelings involved with this

