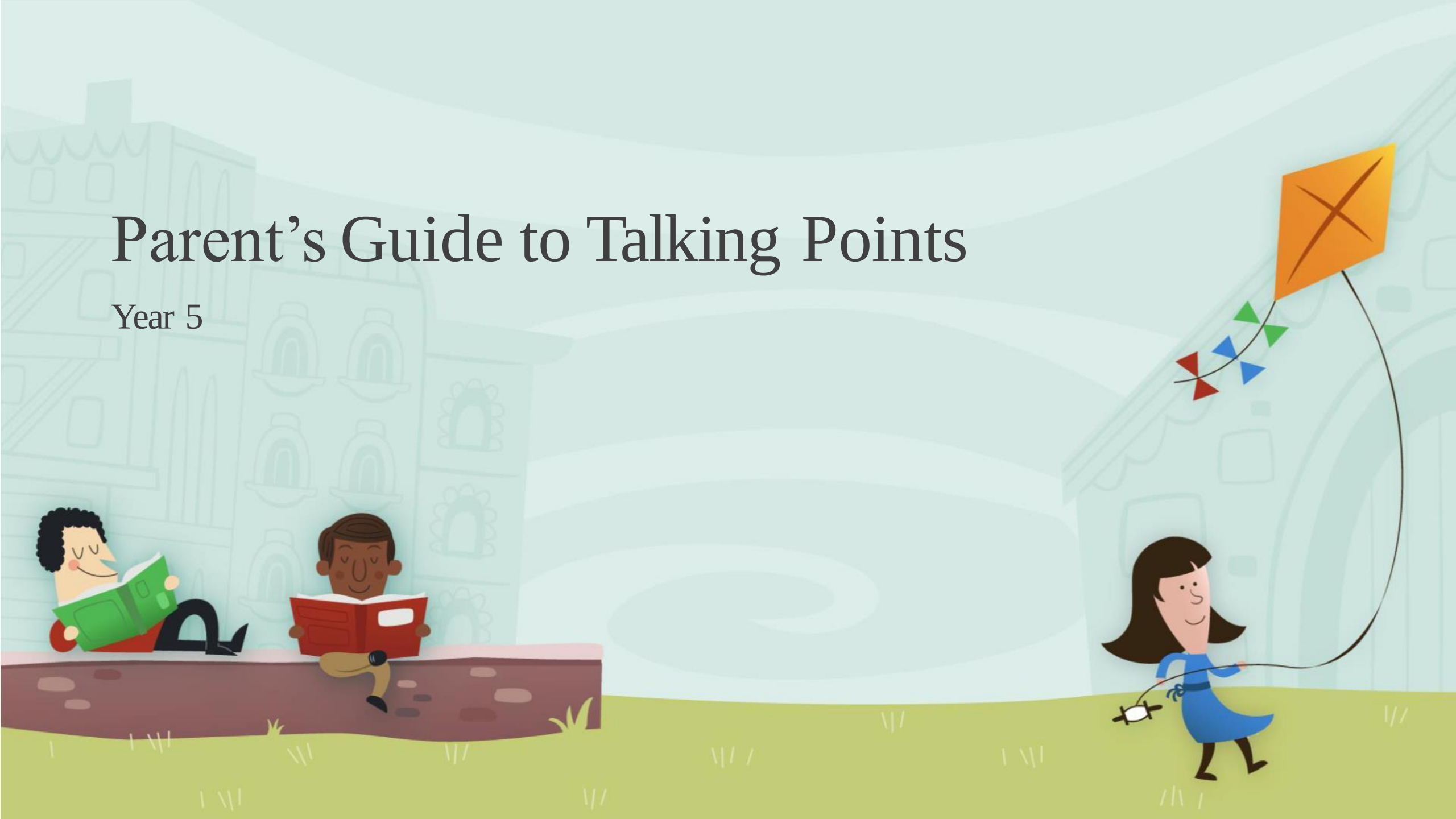


Parent's Guide to Talking Points

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

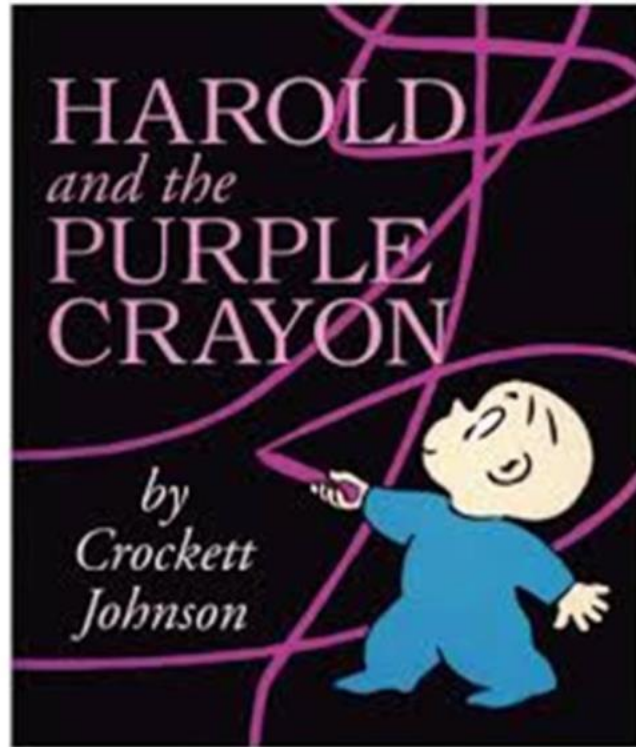
How do	Talking Point	Strand	Page
1	Can I set goals for me?	Understanding me	
2	How does alcohol damage my health?	Looking after me	
3	Can my mind get ill?	Looking after me	
4	How do I make a choice?	Understanding me	
5	Should my heart rule my head?	Understanding me	
6	Why is change so scary?	Looking 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

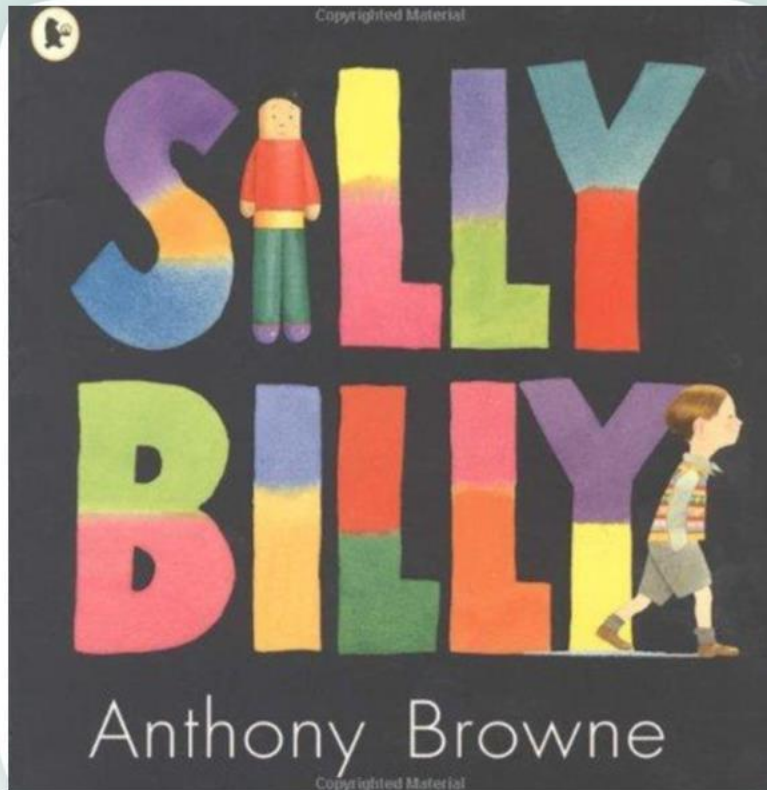


Daddy Doesn't
Have to Be a
Giant Anymore

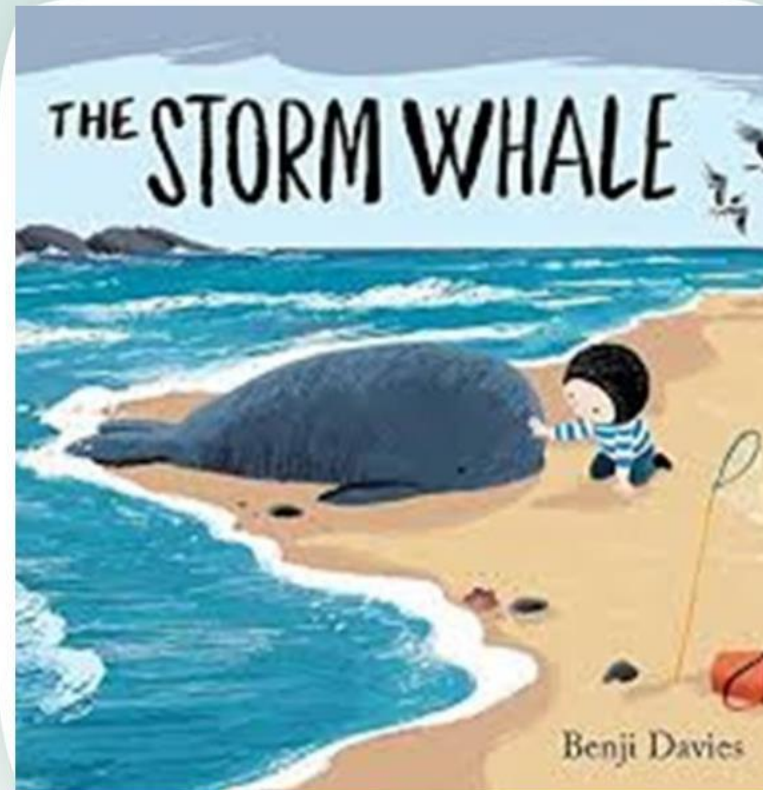
Looking at the effects of alcohol on our body and also an age appropriate look at alcoholism and the effects on a family



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

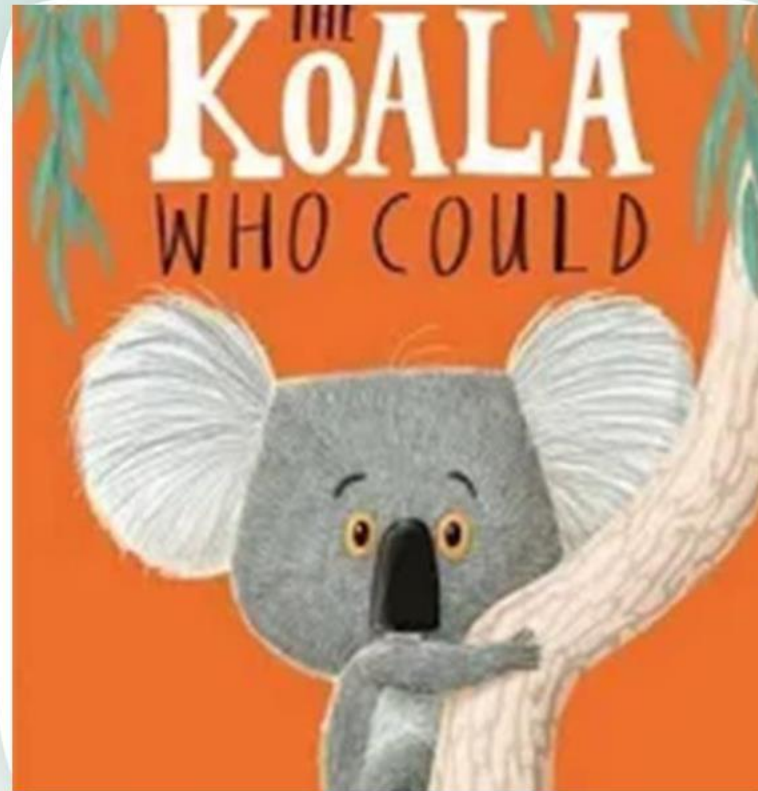


The books



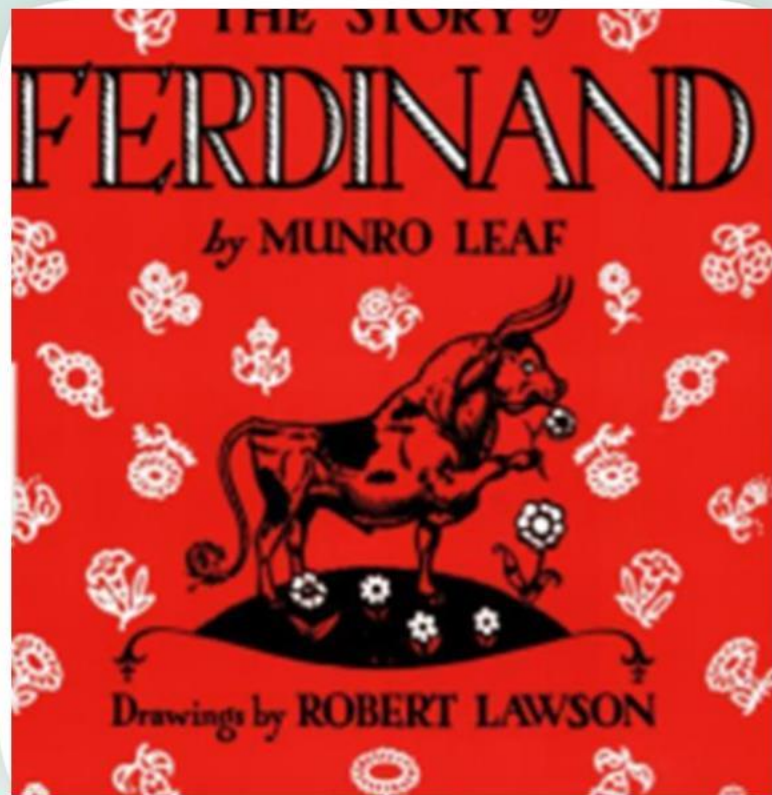
A continuation of discussions about choices, decisions and consequences for others as well as our selves

The books



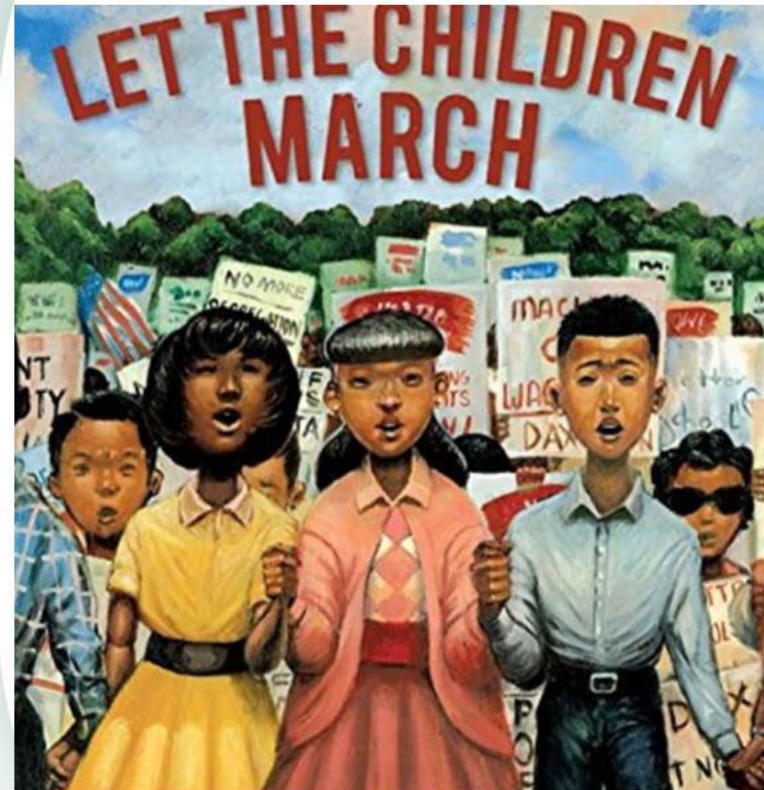
A look at change and how it affects us all. Discussion about coping with change





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

The books



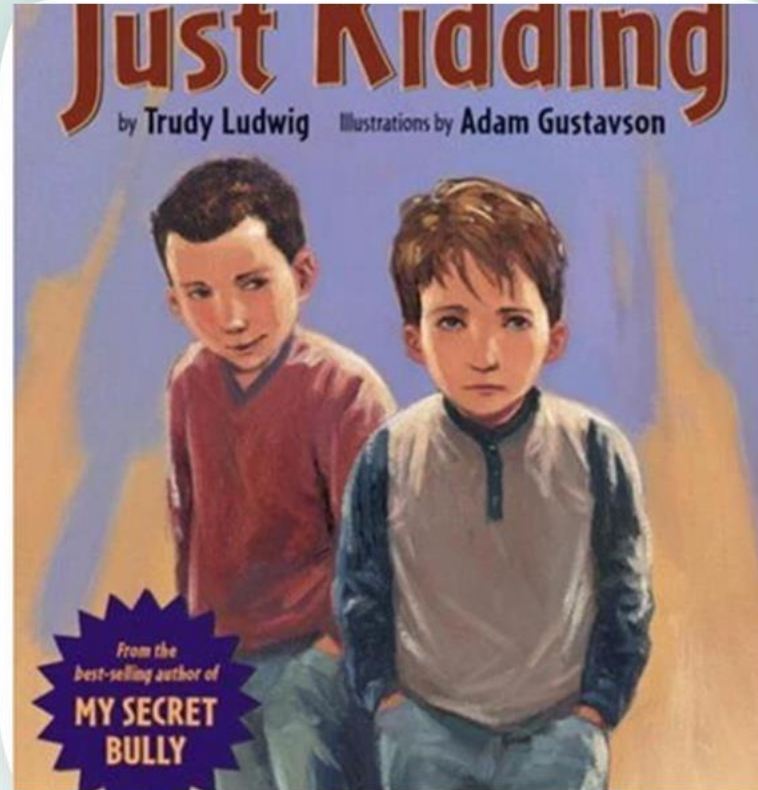
Children to learn about what they can do if they think something isn't right, not just in their lives but at a national or global level





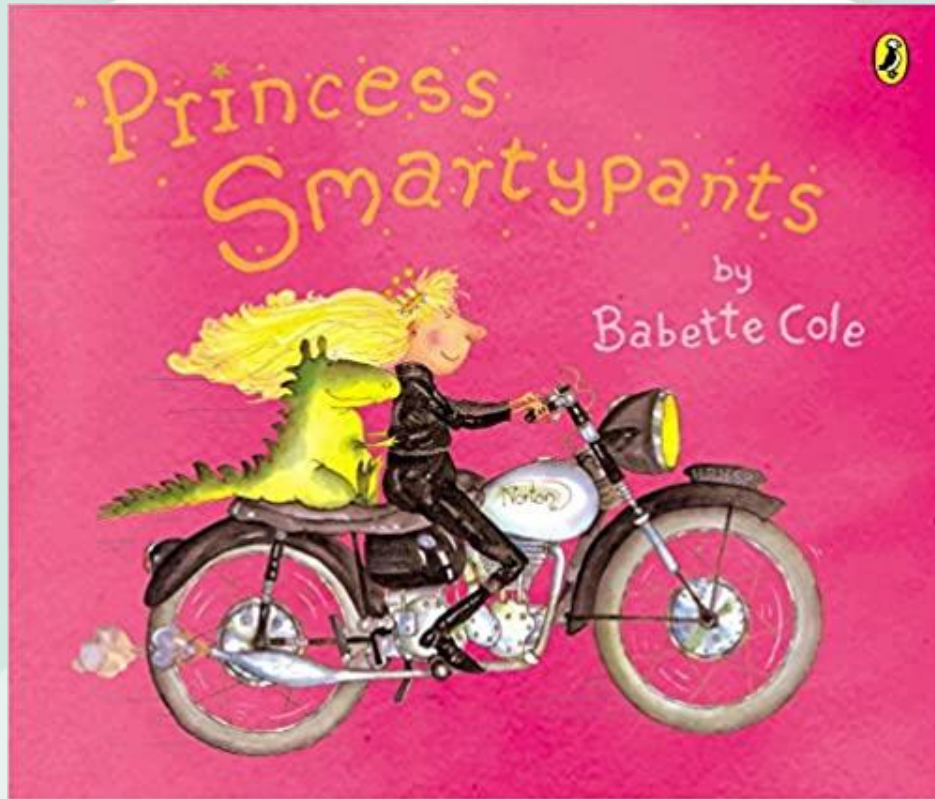
Discussions around the feelings associated with loss and what to do if you are feeling them

The books



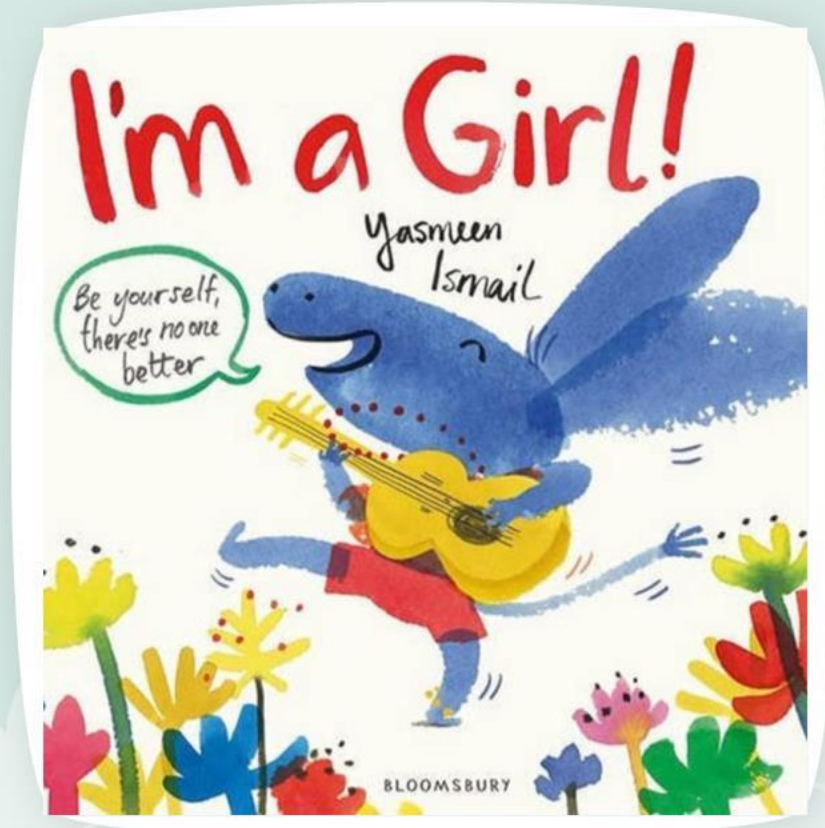
An age appropriate look at unhealthy relationships (friendships) and what to do if you are in one





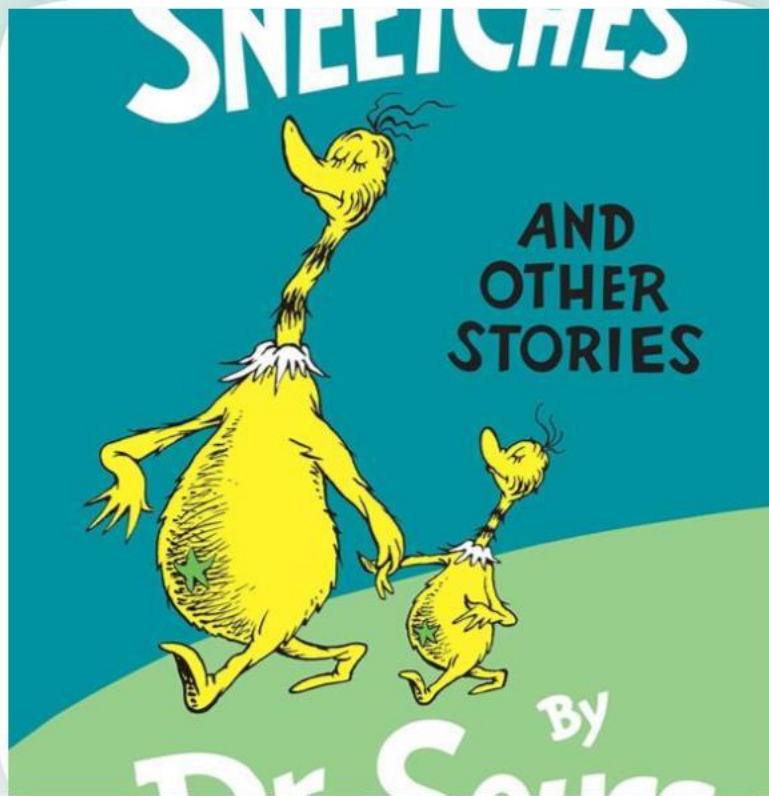
Looking at all the different ways
that we can commit in our
relationships and friendships

The books



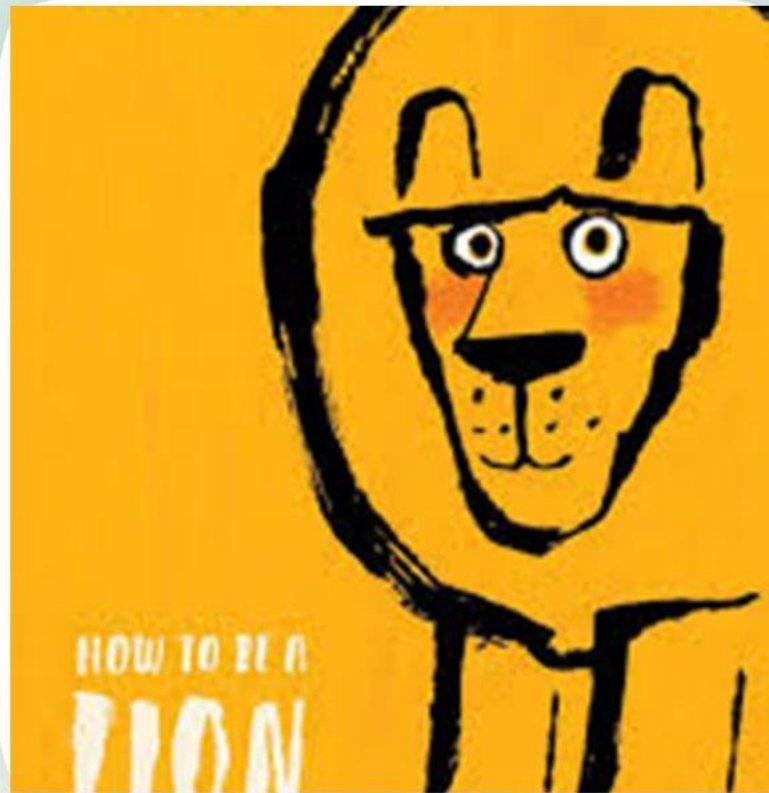
Understanding the vocabulary
around 'stereotype' and how they
can affect people in everyday life





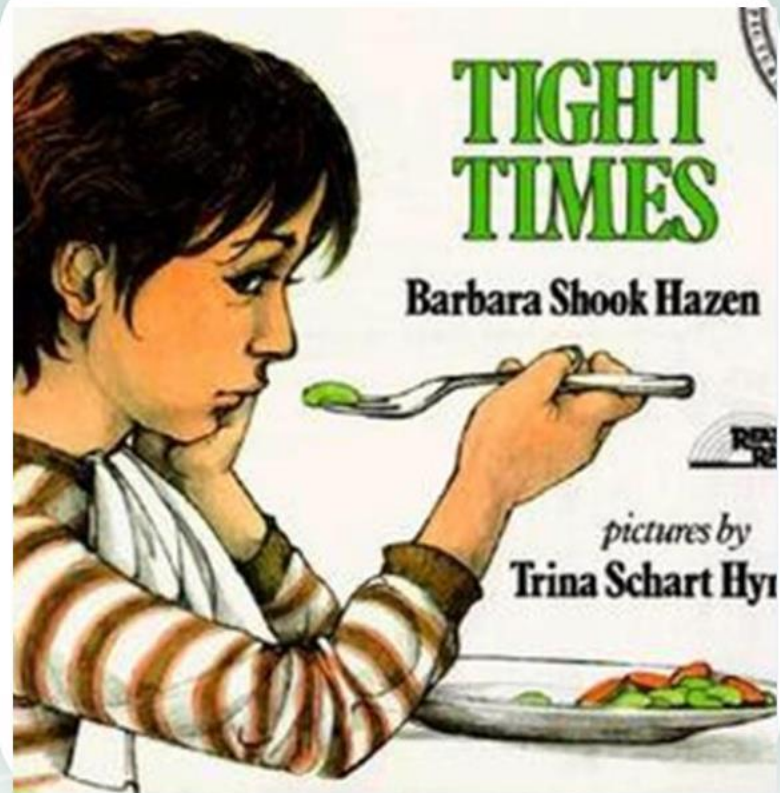
Understanding the word
'prejudice' and the feelings
associated with this

The books

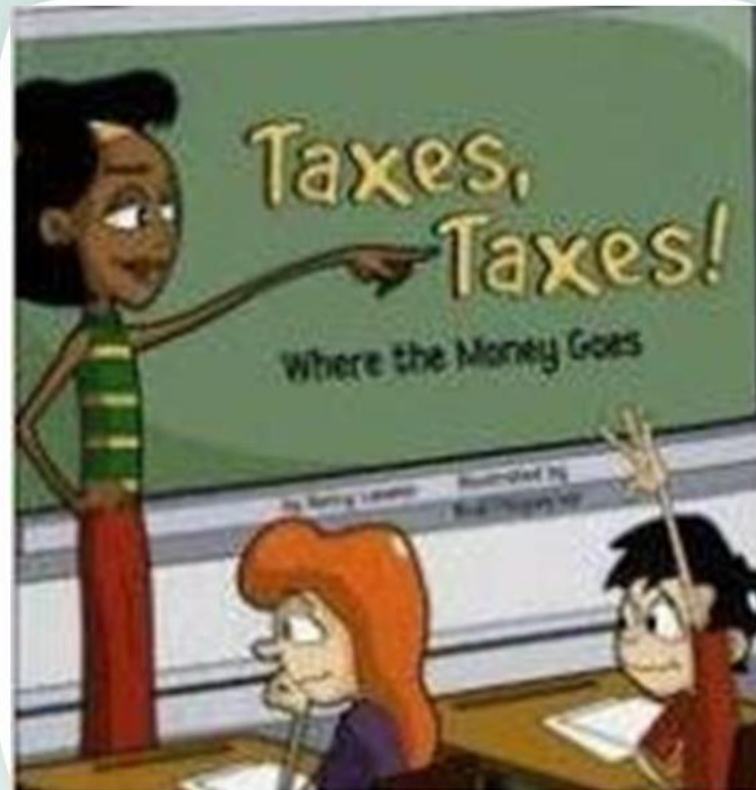


A look at how to challenge
someone's views if they are
hurtful, in a sensitive way





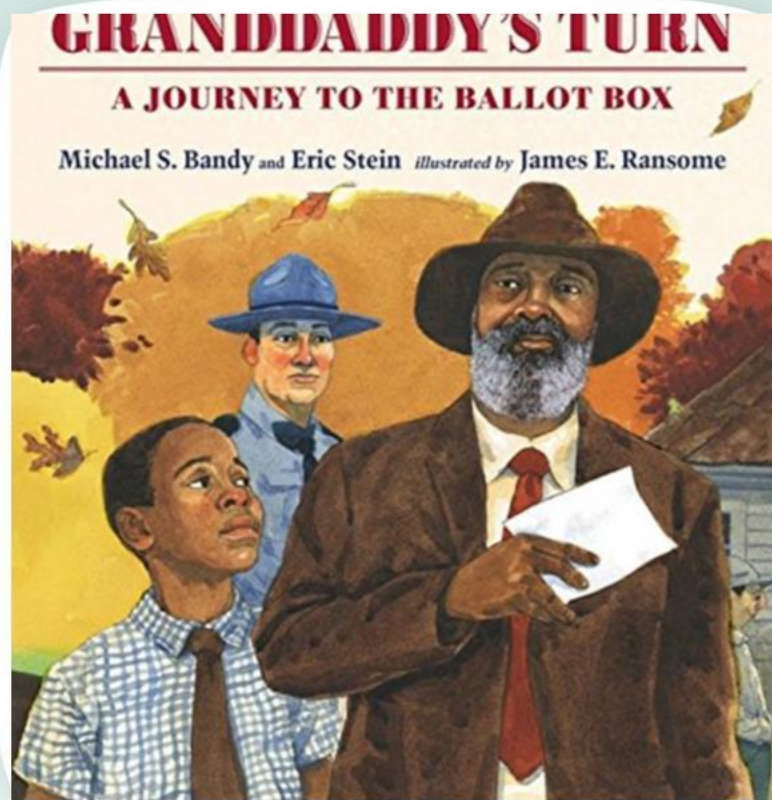
Understanding of the money term 'debt' and how it can affect our lives including a look at good debt (mortgage) and bad debt (payday loans)



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

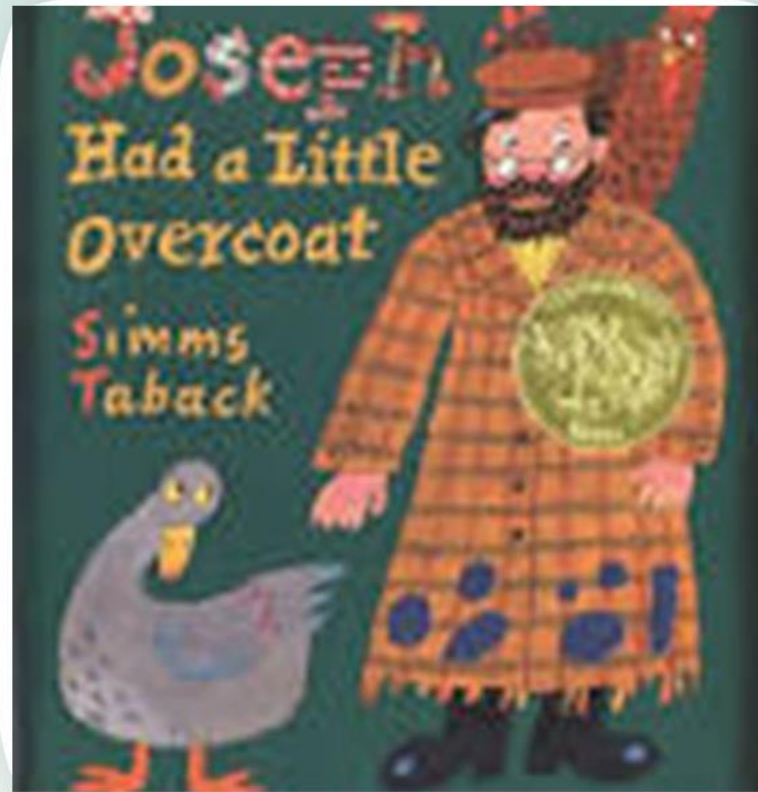


The books



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

