

Parent's Guide to Talking Points

Year 1



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 1 Talking Points

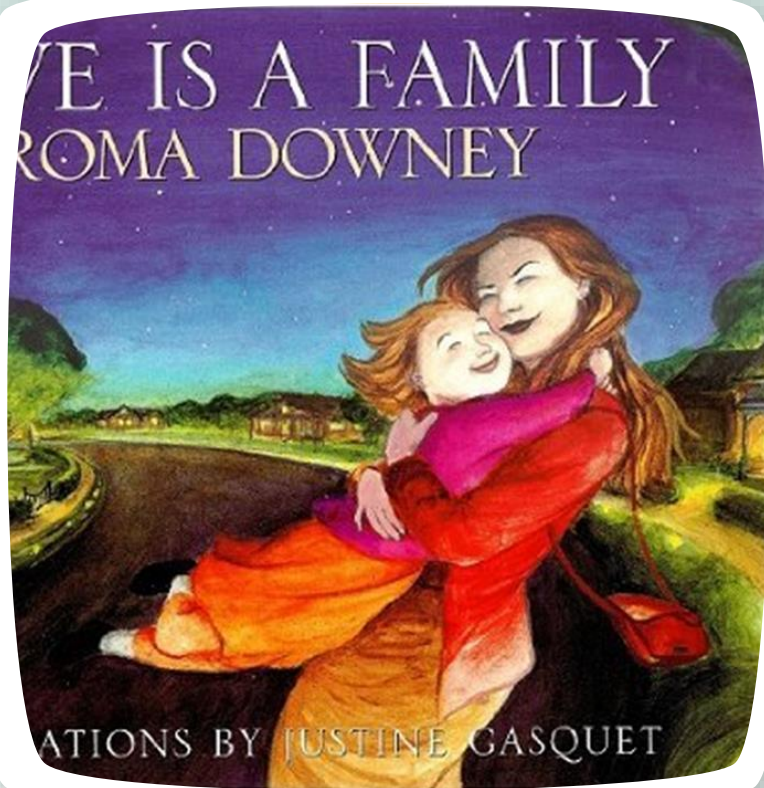
	Talking Point	Strand	Link
1	Who is in my family?	Understanding me	
2	Who are my important people?	Understanding me	
3	What makes a person?	Understanding others	
4	What makes me happy?	Understanding me	
5	What does sad feel like?	Understanding me	
6	Why do we have rules?	Understanding groups	
7	Is it kind or unkind?	Understanding others	
8	Is teasing ever okay?	Understanding others	
9	What should I do if I don't like it?	Looking after me	



Year 1 Talking Points

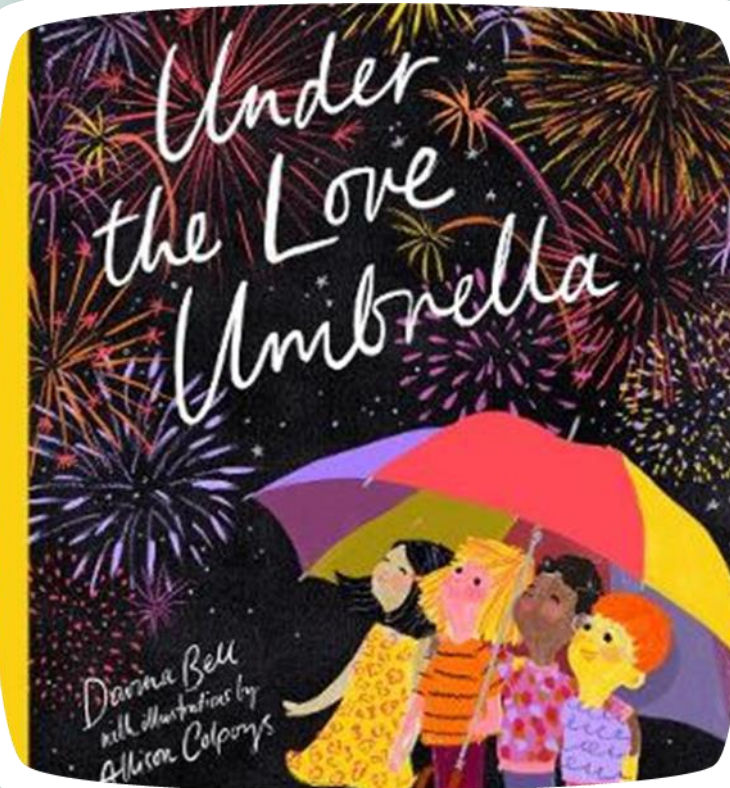
	Talking Point	Strand	Page
10	What does worry feel like?	Understanding me	
11	How do I keep safe?	Looking after me	
12	What should I do in an emergency?	Looking after me	
13	When should I wash my hands?	Looking after me	
14	Why are teeth important?	Looking after me	
15	What should I do with money?	Looking after me	
16	What did I need as a baby?	Understanding me	
17	How can I be more grown up?	Understanding me	
18	Do I have to be the best?	Understanding me	



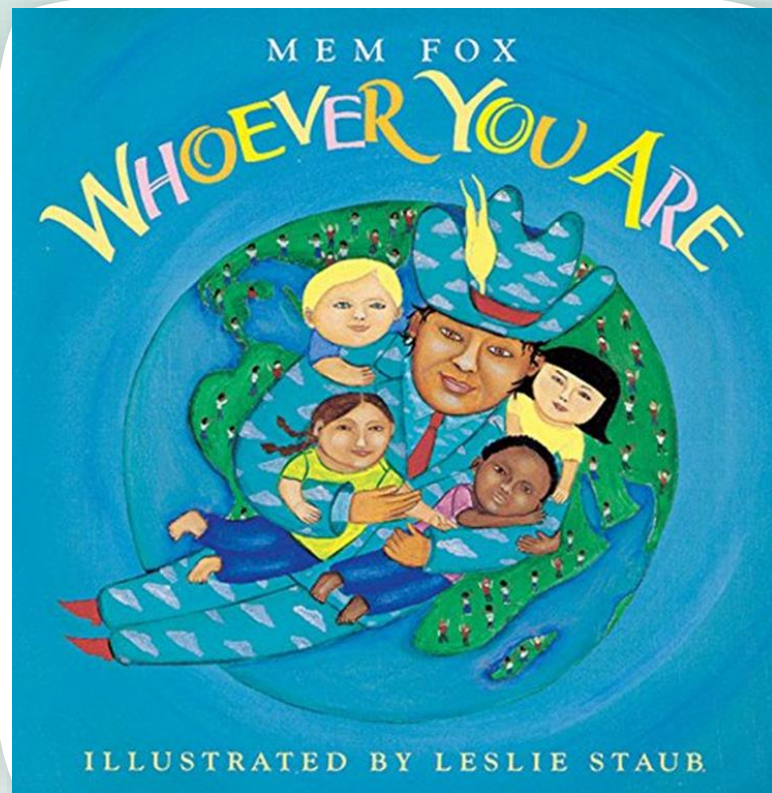


About how all families are different and it doesn't matter what they look like as long as there is love.

The books

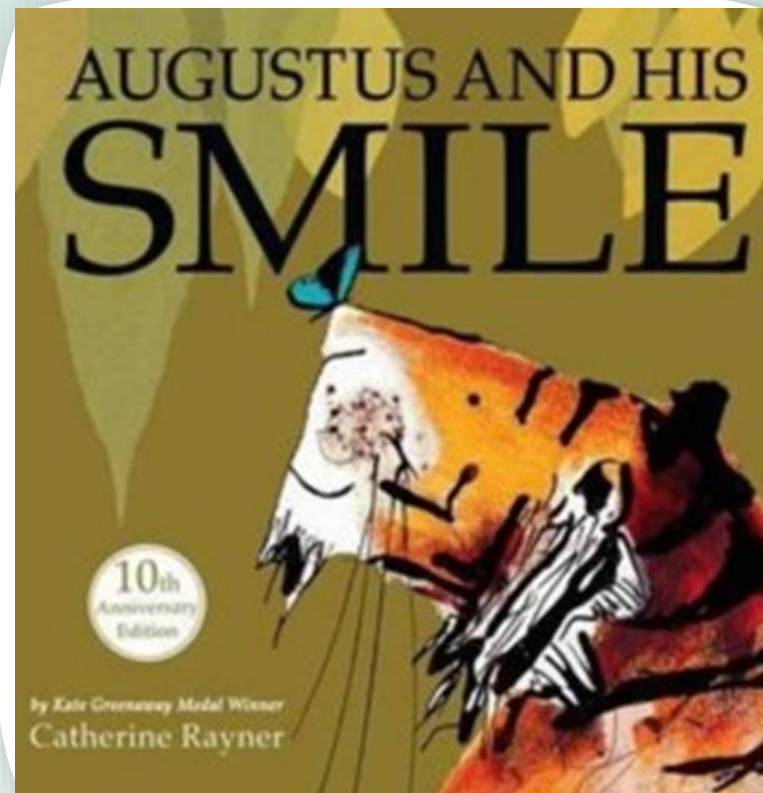


Asking children who their important people are so that children know who they could go to if there was a problem.



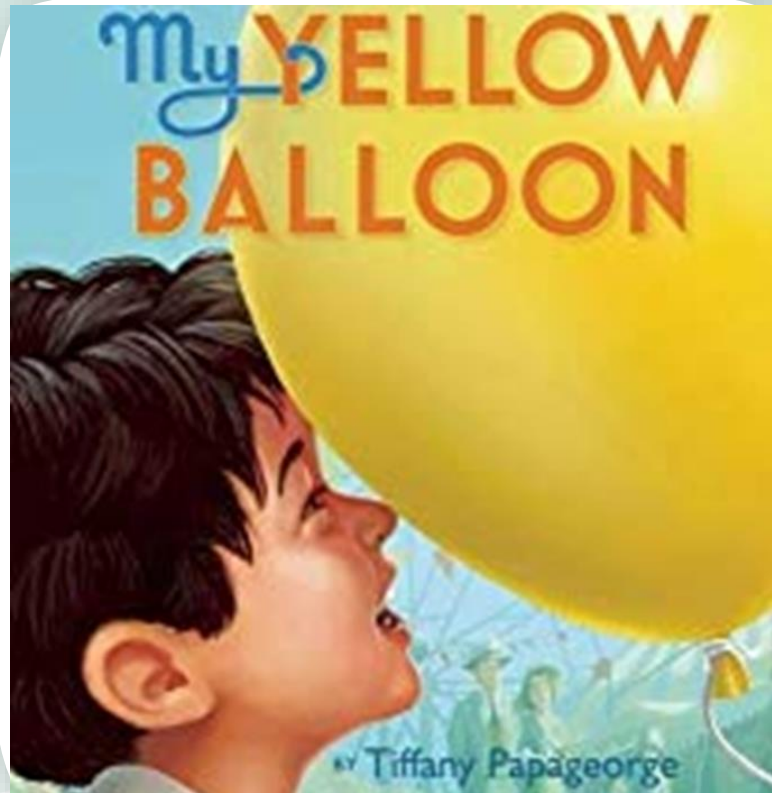
Looking at similarities and differences between people and how we should treat others regardless of differences

The books



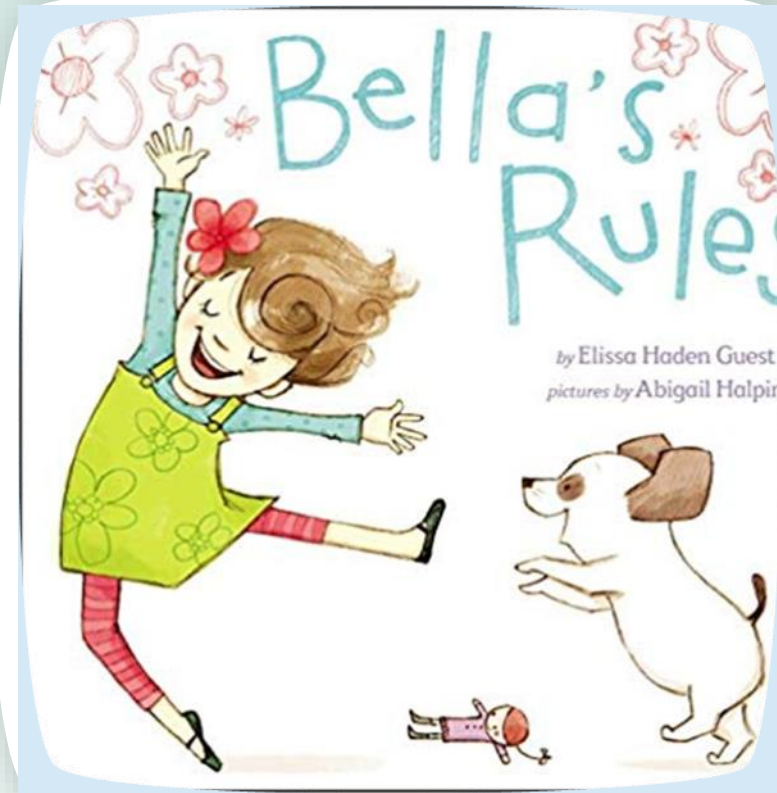
What makes us happy and how to keep ourselves happy along with feelings vocabulary work





What makes us sad and how to help ourselves and others when we are sad along with feelings vocabulary work

The books



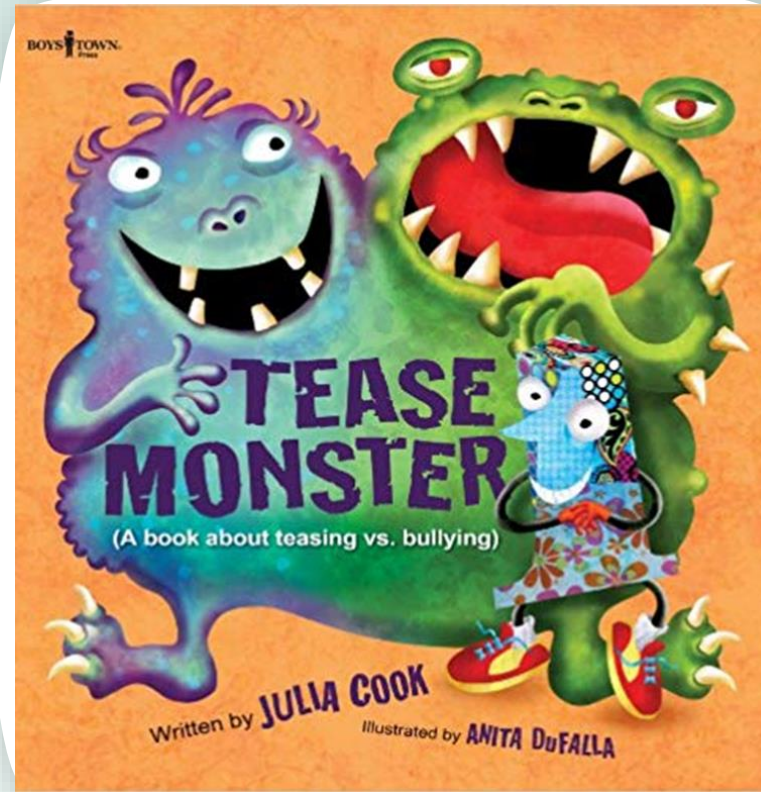
Understanding the importance of rules in keeping us safe





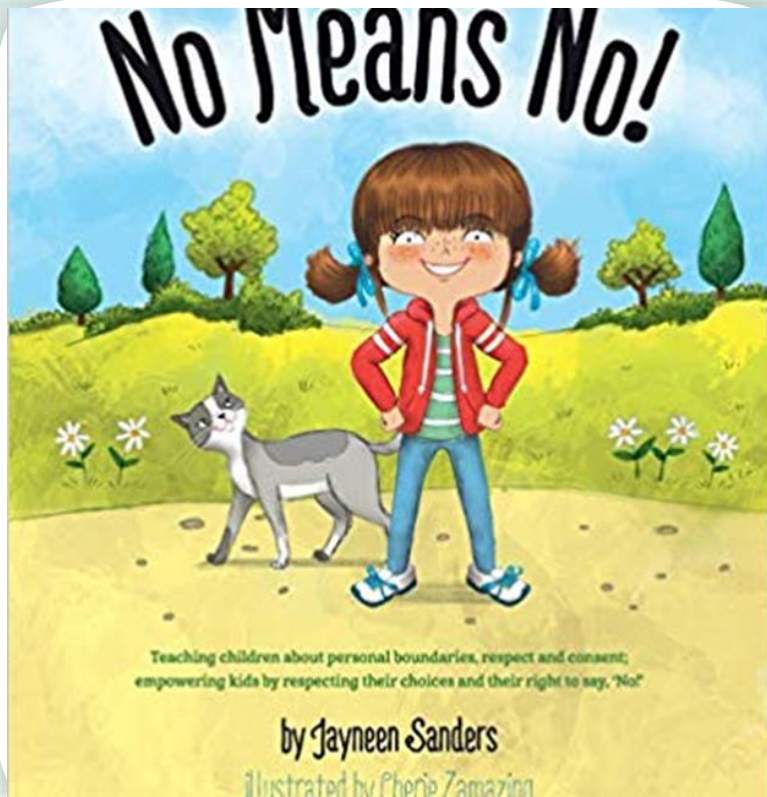
What kindness means and how to be kind. Discussions about the feelings involved with being kind or unkind.

The books



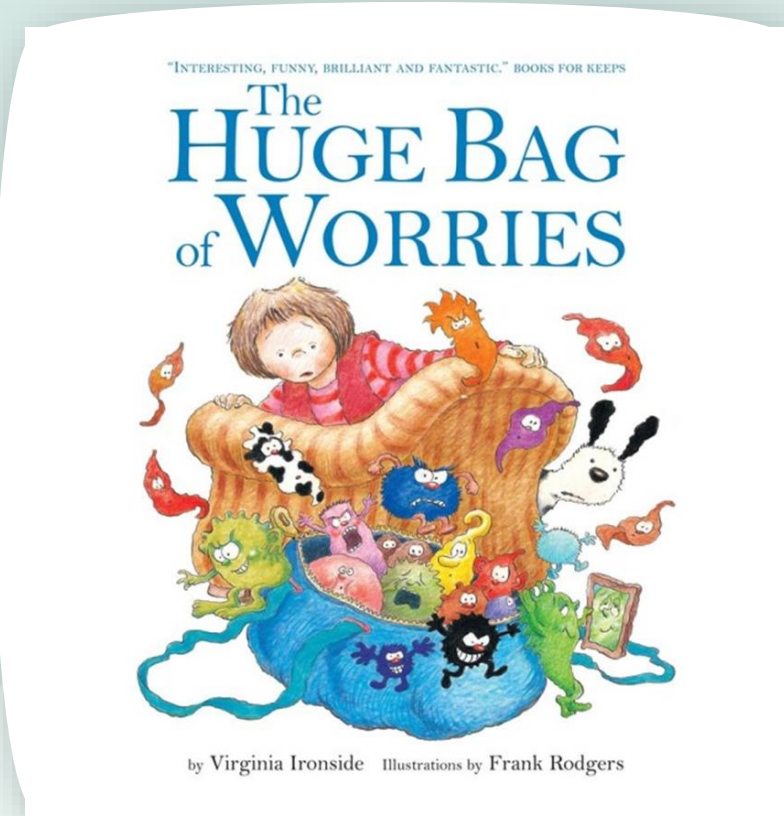
About the different types of teasing and what to do if someone is mean teasing you





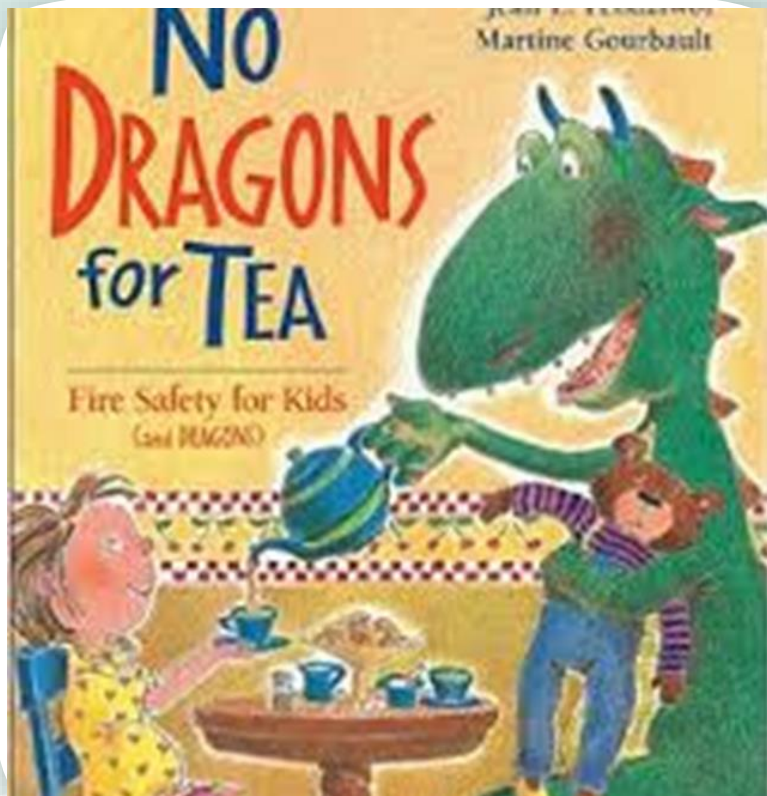
The beginning of work on consent starting with age appropriate discussion about playing with others and when children can say no or not.

The books



Understanding what worry feels like and that worries can be helped by talking to trusted people





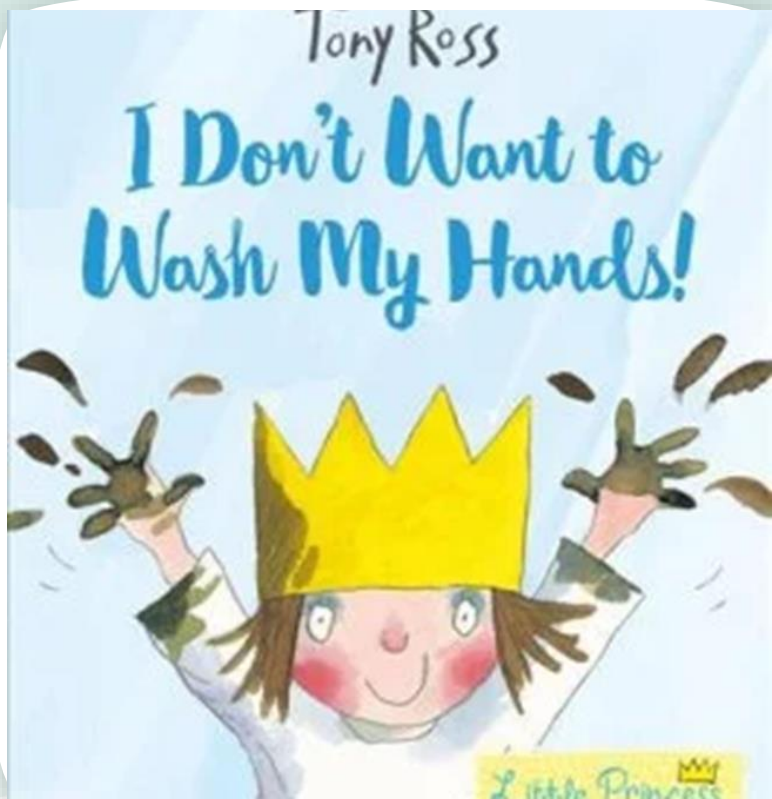
Looking at safety in the home, on the roads and other places such as canals

The books



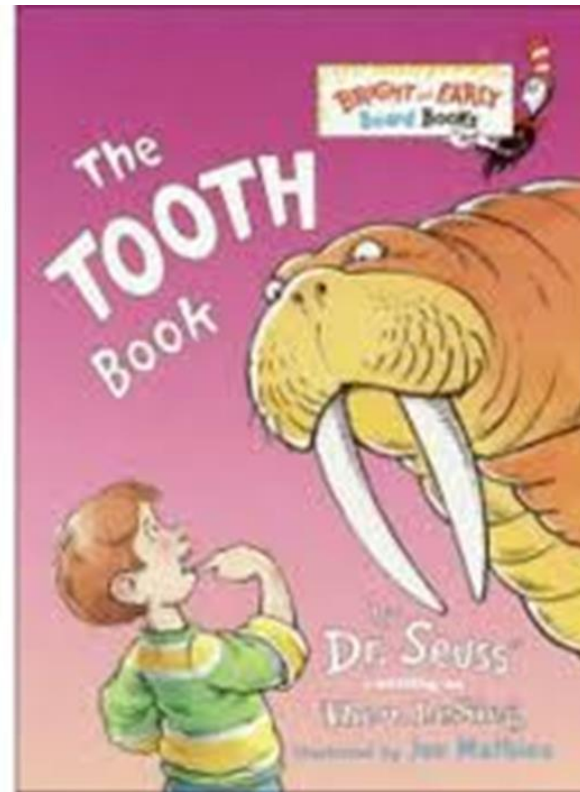
Know how to make an emergency call and what the emergency services do





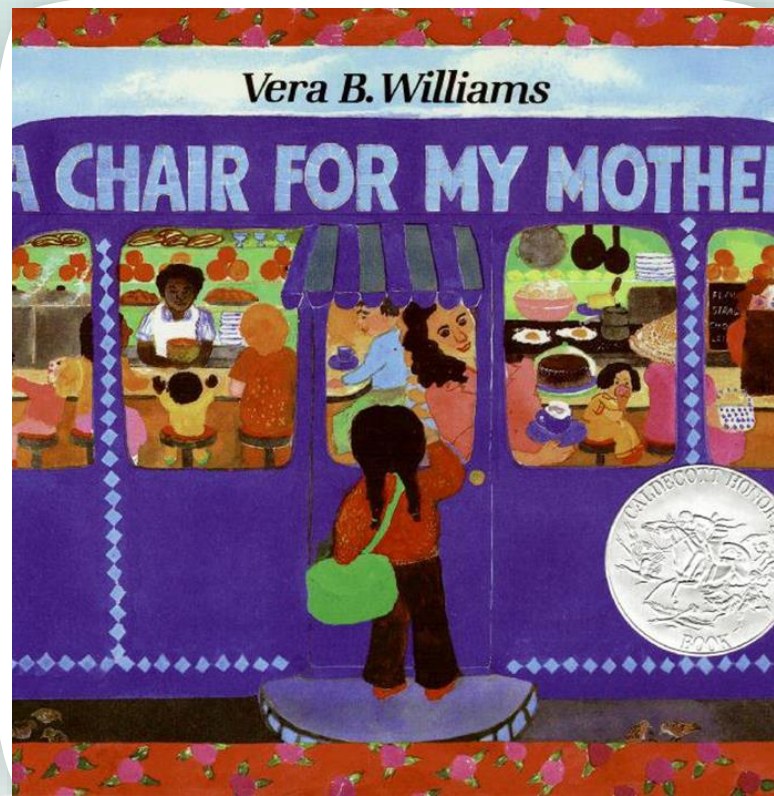
Understanding the need to wash our hands in order to keep ourselves from being ill

The books



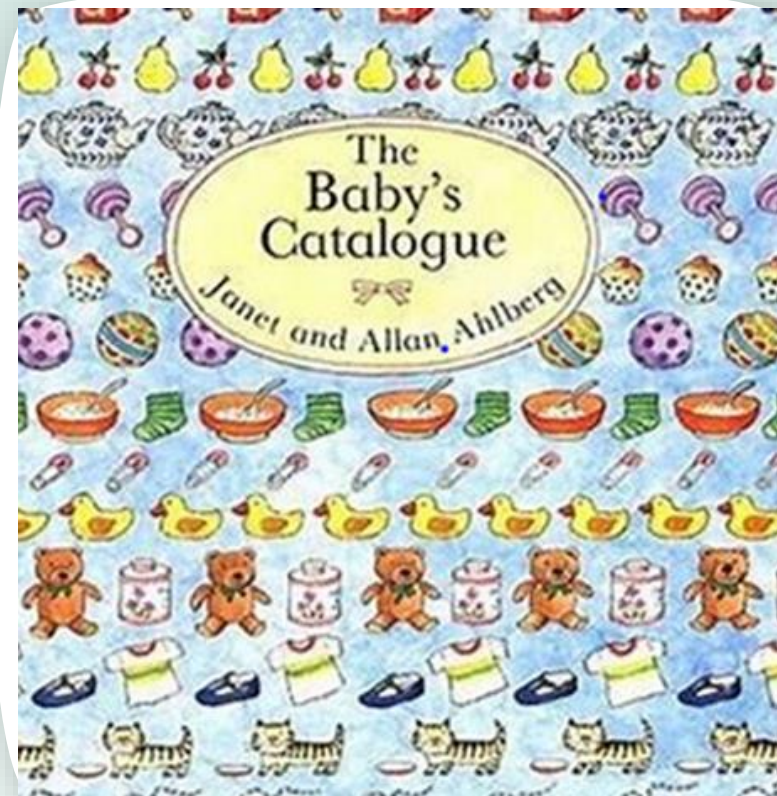
How to look after our teeth and why it's important





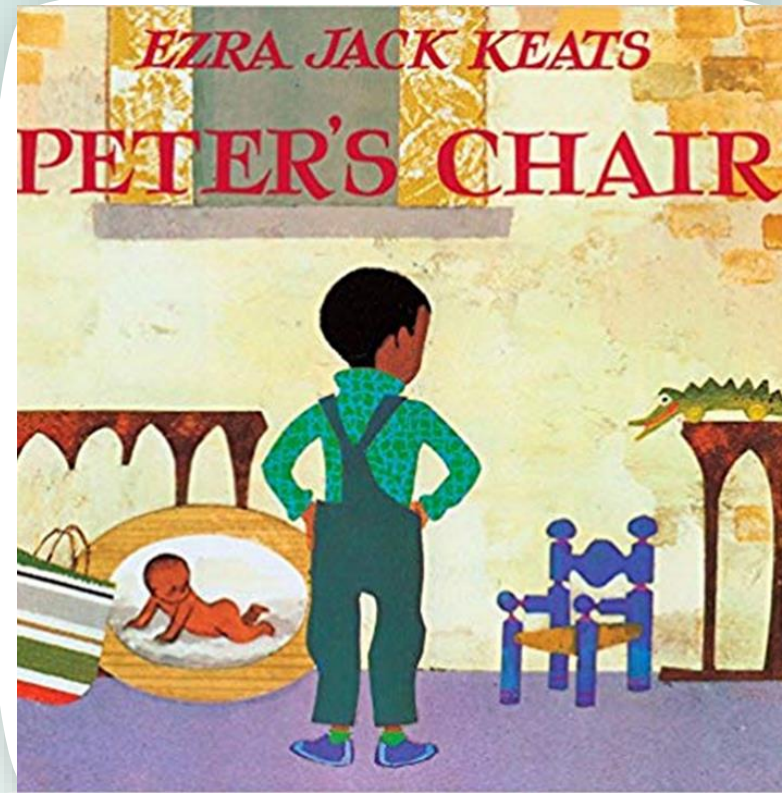
A starting point to money education talking about why people save money and how to do it

The books

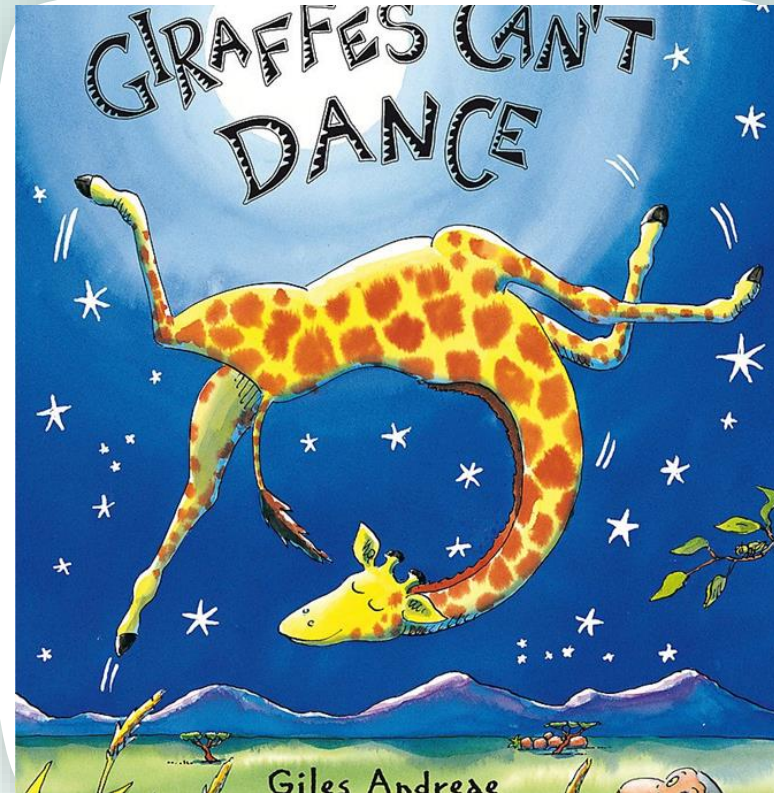


The start of understanding changes in children's bodies. Looking at what babies need





Looking at how children have grown up already and how to be an independent member of school



What to do if you aren't best at something. Looking at the feelings involved and how to treat others



The books

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.

