



Dear parents and carers,

As a reading school, we know that our children learn well through stories. As a result, our school is using the Talking Points schemes of work to deliver PSHRE lessons that meet the government guidance on Health and Relationships education. It uses picture books or sometimes videos as a starting point to get children talking about their own health, relationships and mental wellbeing as well as addressing other important issues such resolving conflict, managing money and understanding democracy. Using books gives children the opportunity and confidence to talk about challenging issues in a safe environment. The scheme's aim is to develop children's understanding of themselves, their emotions and of those around them. It also teaches children how to stay safe in various situations and who to speak to if they are ever worried or concerned.

Each two-week Talking Point unit has a question attached. The units of learning are included below, along with the accompanying book that children will read to support their learning:

Year 1			
	Talking Point Question	Book	Author
1	Who is in my family?	Love is a Family	Roma Downey
2	Who are my important people?	Under the Love Umbrella	Davina Bell
3	What makes a person?	Whoever You Are	Mem Fox
4	What makes me happy?	Augustus and his Smile	Catherine Raynor
5	What does sad feel like?	My Yellow Balloon	Tiffany Papageorge
6	Why do we have rules?	Bella's Rules	Elissa Haden Guest
7	Is it kind or unkind?	Thank You Omu	Oge Mora
8	Is teasing ever okay?	Tease Monster	Julia Cook
9	What should I do if I don't like it?	No Means No	Jayneen Sanders
10	What does worry feel like?	The Huge Bag of Worries	Virginia Ironside
11	How do I keep safe?	No Dragons for Tea	Jean E Pendzewol
12	What should I do in an emergency?	George's Dragon at the Fire station	Claire Freedman and Russell Julian
13	When should I wash my hands?	I don't Want to Wash My Hands	Tony Ross
14	Why are teeth important?	The Tooth Book	Dr Seuss
15	What should I do with money?	A Chair for My Mother	Vera B Williams
16	What did I need as a baby?	The Baby's Catalogue	Janet and Allen Ahlberg
17	How can I be more grown up?	Peter's Chair	Ezra Jack Keats
18	Do I have to be the best?	Giraffes Can't Dance	Giles Andreau

Year 2			
	Talking Point Question	Book	Author
1	Why should I exercise?	Get Up and Go	Nancy Carlson
2	What if I don't like vegetables?	I Will Not Ever Ever Eat a Tomato	Lauren Child
3	Are medicines always good?	Dr Molly's Medicine Case	Miriam Moss
4	Can I stop myself getting ill?	Do Not Lick This Book	Ioan Ben-Barak
5	What does angry feel like?	In My Heart	Jo Witek
6	How do I make you feel?	The Selfish Crocodile	Faustin Charles
7	Is it right or wrong?	When a Dragon Comes to Stay	Caryl Hart
8	How can I compromise?	The Steves	Morag Hood
9	What are rights and responsibilities?	We Are All Born Free	Amnesty International
10	How do I contribute?	Farmer Duck	Martin Waddell
11	How can I save our planet?	Here We Are	Oliver Jeffers
12	Where could my money come from?	My Rows and Piles of Coins	Tololwa M. Mollel
13	Do I know my body?	Me and My Amazing Body	Joan Sweeney
14	What does private really mean?	My Body, What I Say Goes	Jayneen Sanders
15	Who can I trust?	Never Talk to Strangers	Irma Joyce
16	Should I keep a secret?	Ruby's Worry	Tom Percival
17	Am I safe online?	Webster's Email	Hannah Whalley
18	What should I aim for?	The Dinosaur Department Store	Lily Murray

Year 3			
	Talking Point Question	Book	Author
1	What can affect my health?	Gregory the Terrible Eater	Mitchell Sharmat
2	What's a balanced lifestyle?	Crab and Whale	Mark Pallis
3	What is Health and Safety?	Look Out at Home	Claire Llewellyn
4	How does smoking damage my health?	Smoking Stinks	Kim Gosselin
5	Who can help me be safe?	Come and Tell Me	Helen Hollick
6	What is restorative justice?	Two Monsters	David Mckee
7	What are my rights and responsibilities?	The Day the Crayons Quit	Oliver Jeffers
8	What happens if I break a rule?	I Did It, I'm Sorry	Carolyn Buehner
9	Why should I tell the truth?	The Boy Who Cried Bigfoot	Scott Magoon
10	What does honesty really mean?	A Bike Like Sergio's	Maribeth Boelts
11	What do I do when my friend is sad?	The Hug	Eoin McLaughlin
12	Who do my actions affect?	Fergal is Fuming	Robert Starling
13	What are my relationship rights and responsibilities?	The Go Away Bird	Julia Donaldson
14	How do I raise my concerns?	The Lion Inside	Rachel Bright
15	What's a community?	In the Swamp by the Light of the Moon	Frann Presten-Gannen
16	How can we be different?	Horace and Morris but Mostly Deloris	James Howe
17	Who else lives in my region?	Through My Window	Tony Bradman
18	Who else lives in the UK?	My Two Grannies	Floella Benjamin

Year 4			
	Talking Point Question	Book	Author
1	What's that feeling I have?	The Bear, the Piano, the Dog and the Fiddle	David Litchfield
2	What do I do when my friend is cross?	I Hate Everything	Sue Graves
3	How do I compromise?	The Squirrels Who Squabbled	Rachel Bright
4	How do I do emergency first aid?	Charlie is Broken	Lauren Child
5	Am I at risk?	Mini Rabbit Not Lost	John Bond
6	How do I stay safe online?	Chicken Clicking	Jeanne Willis
7	Am I safe on my mobile phone?	Elle Gets a Mobile Phone	Nina Du Thaler
8	What can I do about negative thoughts?	Your Mind is Like the Sky	Bronwen Ballard
9	Should I own up?	David Gets in Trouble	David Shannon
10	Is it ok to hug?	Miles is the Boss of His Body	Samantha Kurtzman-Counter and Abbie Schiller
11	What's an aspiration?	Stardust	Jeanne Willis
12	What is enterprise?	Ruby's Wish	Sharin Yim Bridges
13	What worries me in the world?	The King who Banned the Dark	Emily Howarth-Booth
14	What is discrimination?	Along Came a Different	Tom McLaughlin
15	What does it mean to be anti-social?	The Bad Seed	Jory John
16	How do I support my community?	What Can a Citizen Do?	Dave Eggers
17	What's a volunteer?	A Castle on Viola Street	Dyanne Disalvo
18	Can I volunteer or help others?	The Red Bicycle	Jude Isabella

Year 5			
	Talking Point Question	Book	Author
1	Can I set goals for me?	Harold and the Purple Crayon	Crockett Johnson
2	How do alcohol damage my health?	Daddy Doesn't Have to be a Giant Anymore	Jane Thomas
3	Can my mind get ill?	Silly Billy	Anthony Browne
4	How should I make a choice?	The Storm Whale	Benji Davies
5	Should my heart rule my head?	Oliver and Patch	Claire Freedman
6	Why is change so scary?	The Koala Who Could	Rachel Bright
7	What is peer pressure?	The Story of Ferdinand	Munro Leaf
8	What if I'm uncomfortable?	Let the Children March	Monica Clark Robinson
9	What is loss?	Grandad's Island	Benji Davies
10	Is my relationship unhealthy?	Just Kidding	Trudy Ludwig
11	What's a relationship commitment?	King and King	Linda de Haan and Stern Nijland
12	What is a stereotype?	I'm a Girl	Yasmeen Ismail
13	What is prejudice?	The Sneetches	Dr Suess
14	How do I challenge someone's views?	How to Be a Lion	Ed Vere
15	What is debt?	Tight Times	Barbara Shook Hazen
16	Who pays tax and what does it do?	Taxes Taxes	Nancy Loewen
17	Who chooses to run the country?	Granddaddy's Turn	Michael S Bandy
18	Can I save money and the environment?	Joseph Had a Little Overcoat	Simms Taback

Year 6			
	Talking Point Question	Book	Author
1	How should I manage my money?	A new coat for Anna	Anita Lobel
2	How do drugs damage my health?	My Big Sister Takes Drugs	Judith Vigna
3	What affects my mental health?	After the Fall	Dan Santat
4	Will sad things happen to me?	The Sea Saw	Tom Percival
5	How do I break a habit?	But it's Just a Game	Julia Cook
6	Should I give in to peer pressure?	Little Cloud	Anne Booth
7	Should I send/post something I'm not comfortable with?	#Goldilocks	Jeanne Willis
8	What if I get dared?	I Dare You	Reece Wykes
9	If it happens all the time, does it mean its right?	Malala's Magic Pencil	Malala Yousafzai
10	What is puberty?	Tad	Benji Davies
11	How do humans reproduce?	Tango Makes Three	Justin Richardson and Peter Parnell
12	How do we look after ourselves?	The Sleep Book	Dr Suess
13	Are images in the media real?	Sam Tells Stories	Thierry Robberecht
14	Should I trust the media?	But I Read it on the Internet	Toni Buzzio
15	Should I join in an argument?	Why?	Nicholai Popov
16	Am I a cyber bully?	Troll Stinks	Jeanne Willis
17	Have I trolled someone?	Bully	Patricia Polacco
18	What sort of person shall I be?	Julian is a Mermaid	Jessica Love



Talking Points

A Physical Health, Mental Wellbeing and Relationships
Curriculum for Primary Schools - 2019



Coverage against DFE guidance

2019



Relationships Education

BP	Topic 1 - Families and people who care for me	Y1	Y2	Y3	Y4	Y5	Y6
1	Families are important for children growing up because they can give love, security and stability.	1, 2				9, 11	11
2	Characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each others lives.	1, 2		7, 11		9, 11	11
3	Others' families, either in school or the wider world, sometimes look different from their family, but they should respect those differences and know that other children's families are also characterised by love and care for them.	1, 2		7, 16 17 18		11	11



Relationships Education

BP	Topic 1 - Families and people who care for me	Y1	Y2	Y3	Y4	Y5	Y6
4	Stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	1,2		11 17 18		11	11
5	Marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.					11	
6	Recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	2		12 14		2	9



Relationships Education

BP	Topic 2 - Caring friendships	Y1	Y2	Y3	Y4	Y5	Y6
1	How important friendships are in making us feel happy and secure, and how people choose and make friends.			6, 9	3	7, 10	6, 8
2	Characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and support with problems and difficulties.	2	10	6, 7, 9, 10 13	3	7, 10	6, 8, 17
3	Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	7, 18	8	11, 12	3	7, 13	6, 8



Relationships Education

BP	Topic 2 - Caring friendships	Y1	Y2	Y3	Y4	Y5	Y6
4	Most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	7, 18	8	6, 8, 12 13	2, 3		15
5	Recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, how to manage these situations and how to seek help and advice from others, if needed.	2, 8		9, 11, 12 14	2	7, 10 14	6, 7, 8, 9, 17



Relationships Education

BP	Topic 3 - Respectful relationships	Y1	Y2	Y3	Y4	Y5	Y6
1	Importance of respecting others, even when they are very different from them, or make different choices or have different preferences or beliefs.	3	8, 9	6, 7	3, 14 15	7, 8 13 14	15
2	Practical steps they can take in a range of different contexts to improve or support respectful relationships	3	6, 7	6	3		7, 15
3	Conventions of courtesy and manners.	3	7	6, 9	9, 10		
4	Importance of self-respect and how this links to their own happiness.		10	7, 16	15	12	6, 8



Relationships Education

BP	Topic 3 - Respectful relationships	Y1	Y2	Y3	Y4	Y5	Y6
5	In school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	3, 8	9	7, 8, 9, 10	9, 10 14 15	7, 10 12	6
6	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (reporting bullying to an adult) and how to get help.			12 14 16	14	7, 8, 10 14	6, 7, 8, 17
7	What a stereotype is, and how stereotypes can be unfair, negative or destructive.			16	14	12 13 14	
8	The importance of permission-seeking and giving in relationships with friends, peers and adults.	9	14		10	10	7



Relationships Education

BP	Topic 4 – Online relationships	Y1	Y2	Y3	Y4	Y5	Y6
1	People sometimes behave differently online, including by pretending to be someone they are not.				6		7
2	The same principles apply to online relationships as to face to face relationships, including the importance of respect for others online including when we are anonymous.				6, 7		7, 15 16 17
3	Rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them		17	14	6		7, 16 17



Relationships Education

BP	Topic 4 – Online relationships	Y1	Y2	Y3	Y4	Y5	Y6
4	To critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.				6		7, 16 17
5	How information and data is shared and used online.		17				7



Relationships Education

BP	Topic 5 – Being safe	Y1	Y2	Y3	Y4	Y5	Y6
1	Sorts of boundaries that are appropriate in friendships with peers and others (including in a digital context).	8, 9	14		2, 6, 7	10	
2	The concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	9	14 16				9
3	Each person’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	9	14	11			9
4	How to respond safely and appropriately to adults they may encounter that they do not know.		15	5			



Relationships Education

BP	Topic 5 – Being safe	Y1	Y2	Y3	Y4	Y5	Y6
5	How to recognise and report feelings of being unsafe or feeling bad about any adult.		14			8	9
6	To ask for advice or help for self or for others, and to keep trying until they are heard.		14 16	14	7	7, 8, 10 14	9, 16
7	How to report concerns or abuse, and the vocabulary and confidence to do so.		14			8	9, 16
8	Where to get advice from e.g. family, school and/or other sources.		14 16	14	7	10	9, 16



Physical health and mental wellbeing education

BP	Topic 1 – Mental wellbeing	Y1	Y2	Y3	Y4	Y5	Y6
1	Mental wellbeing is a normal part of daily life, in the same way as physical health.			1, 2	8	3	3
2	There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	4, 5, 10	5	8	1, 2, 13	9	4
3	To recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	4, 5, 10	5		1, 2, 8	3, 9	4
4	To judge whether what they are feeling and how they are behaving is appropriate and proportionate.	5	5, 6		1, 2, 5	3. 9	



Physical health and mental wellbeing education

BP	Topic 1 – Mental wellbeing	Y1	Y2	Y3	Y4	Y5	Y6
5	Benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental wellbeing and happiness.	4, 5	5	1	16 17 18		3
6	Simple self-care techniques, including the impact of relaxation, time spent with friends and family and the benefits of hobbies and interests.	4, 5	5	2	8	3	3, 4
7	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	4, 5, 10			1, 8	3. 9 10	3
8	Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.					7	3



Physical health and mental wellbeing education

BP	Topic 1 – Mental wellbeing	Y1	Y2	Y3	Y4	Y5	Y6
9	Where and how to seek support (including the triggers for support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	5, 10			2, 8. 13	3, 9	3, 4
10	It is common for people to experience mental ill health. For many people who do, the problems can resolve if the right support is made available and accessed, especially if they access support as early as possible.			1	8	3, 9	3



Physical health and mental wellbeing education

BP	Topic 2 – Internet safety and harms	Y1	Y2	Y3	Y4	Y5	Y6
1	For most people, the internet is an integral part of life and has many benefits.		17				13
2	The benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental wellbeing.		17				5
3	Consider the effect of their online actions on others and know how to recognise and display respectful behaviour online.		17				16 17



Physical health and mental wellbeing education

BP	Topic 2 – Internet safety and harms	Y1	Y2	Y3	Y4	Y5	Y6
4	Why social media, some computer games and online gaming, for example, are age restricted.		17				5
5	The internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.		17				7, 13 17
6	How to be a discerning consumer of information online including understanding that information, including that from search engines is ranked, selected and targeted.						13 14
7	Where and how to report concerns and get support with issues online						7, 13 14



Physical health and mental wellbeing education

BP	Topic 3 – Physical health and fitness	Y1	Y2	Y3	Y4	Y5	Y6
1	Characteristics and mental and physical benefits of an active lifestyle.		1	1, 2			3, 12
2	Importance of building regular exercise into daily and weekly routines. How to achieve this, for example a daily mile or other forms of regular, vigorous exercise.		1	1, 2			12
3	Risks associated with an inactive lifestyle (including obesity).		1	1, 2			12
4	How and when to seek support including which adults to speak to in school if they are worried about their health			1, 2			12



Physical health and mental wellbeing education

BP	Topic 4 – Healthy eating	Y1	Y2	Y3	Y4	Y5	Y6
1	What constitutes a healthy diet (including understanding calories and nutritional content).		2	1			12
2	Principles of planning and preparing a range of healthy meals.		2				12
3	Characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity) and other behaviours (e.g. the impact of alcohol on diet or health).		2	1			12



Physical health and mental wellbeing education

BP	Topic 5 – Drugs, alcohol and tobacco	Y1	Y2	Y3	Y4	Y5	Y6
1	Facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.			4		2	2, 5



Physical health and mental wellbeing education

BP	Topic 6 – Health and prevention	Y1	Y2	Y3	Y4	Y5	Y6
1	Recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.						12
2	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.						12
3	Importance of good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.		4	1, 2			12
4	About dental health and the benefits of good oral hygiene, including visits to the dentists.	14					12



Physical health and mental wellbeing education

BP	Topic 6 – Health and prevention	Y1	Y2	Y3	Y4	Y5	Y6
5	About personal hygiene and germs including bacteria, viruses, how they are spread and the importance of handwashing.	13	4				12
6	The facts and science relating to allergies, immunisation and vaccination.		3				12



Physical health and mental wellbeing education

BP	Topic 7 – Basic first aid	Y1	Y2	Y3	Y4	Y5	Y6
1	How to make a clear and efficient call to emergency services if necessary.	12			4		
2	Concepts of basic first aid, for example dealing with common injuries, including head injuries.				4		



Physical health and mental wellbeing education

BP	Topic 8 – Changing adolescent body	Y1	Y2	Y3	Y4	Y5	Y6
1	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes						10
2	About menstrual wellbeing including the key facts about the menstrual cycle						10

