

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

Talking Together: suggested questions to support ‘Being Me in My World’ learning at home			
Ages 9-10	Goals, hopes and motivation <ul style="list-style-type: none"> • What are your goals for this year? • What are you most looking forward to? • What helps you stay motivated when something feels challenging? 	Empathy, fairness and understanding others <ul style="list-style-type: none"> • How can you show empathy towards someone whose life is different from yours? • What does fairness mean to you? Why might some people have different opportunities to others? 	Leadership, teamwork and contribution <ul style="list-style-type: none"> • What does being a good leader mean? • How can you work well as part of a team? • How does your behaviour affect a group you are part of?
	Rights, responsibilities and citizenship <ul style="list-style-type: none"> • What rights do you have as a child and as a citizen? • What responsibilities come with those rights? • Why is it important to take responsibility in your school and community? 	Self, values and communities <ul style="list-style-type: none"> • What communities are you part of (e.g. school, clubs, sports, local groups)? What do you enjoy about them? • What makes a community feel safe, happy, and welcoming? How can you play a part in your communities and support others? 	Democracy, choices and behaviour <ul style="list-style-type: none"> • What does it mean to have a voice in your school? • How can you take part in decisions that affect others? • How do rewards and consequences influence people’s behaviour?
Resources and additional support for Families			
<ul style="list-style-type: none"> • BBC Bitesize (KS2 PSHE and Citizenship) – short videos and activities to support understanding of democracy, rights, responsibilities and community • Influential Black Britons illustrated book - Parliament UK Education • BookTrust – high-quality book recommendations by age and topic, including empathy, fairness, diversity and belonging • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Being Me in My World theme. 			
School-based and local resources (editable box for teachers):			

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

Talking Together: suggested questions to support 'Celebrating Difference' learning at home			
Ages 9-10	Culture and identity	Assumptions, stereotypes and conflict	Racism and discrimination
	<ul style="list-style-type: none"> • What does culture mean to you? • What is special about your own culture or background? • How can we show respect for different cultures? 	<ul style="list-style-type: none"> • What is a stereotype? • How can assumptions lead to misunderstandings or conflict? • Why is it important to challenge stereotypes? 	<ul style="list-style-type: none"> • What does racism mean? • How might discrimination make someone feel? • What can we do if we see someone being treated unfairly?
	Bullying (including online)	Empathy, fairness and global understanding	Problem-solving and supporting others
	<ul style="list-style-type: none"> • What is the difference between direct and indirect bullying? • What is cyberbullying and how might it affect someone? • What should you do if bullying happens online or in person? 	<ul style="list-style-type: none"> • How might life be different for children in other parts of the world? • Why doesn't having more money always mean more happiness? • How can we show empathy towards people whose lives are different to ours? 	<ul style="list-style-type: none"> • What can you do to help solve a problem or conflict? • How can you support someone who is being bullied? • How can you encourage others to make kinder choices?
Resources and additional support for Families			
<ul style="list-style-type: none"> • Anti-Bullying Alliance – guidance for families on understanding bullying and how to support children • BookTrust – high-quality book recommendations for children about diversity, empathy, fairness and global understanding • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Celebrating Difference theme. 			
School-based and local resources (editable box for teachers):			

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

Talking Together: suggested questions to support 'Dreams and Goals' learning at home			
Ages 9-10	Dreams and the life you want	Careers, jobs and aspirations	Money, spending and values
	<ul style="list-style-type: none"> • What do you imagine your life looking like when you are grown up? • Have your dreams or goals changed as you've got older? • What kind of person do you want to be? 	<ul style="list-style-type: none"> • Are there any jobs or careers that interest you? What appeals to you about them? • Where do you find out about different careers? • Do you think everyone has an equal chance of achieving their career dreams? What might get in the way? 	<ul style="list-style-type: none"> • Why do you think money is important when it comes to achieving your goals? • Do you think it matters how people choose to spend/save their money? • How might buying something affect other people or the environment?
	Different cultures and shared dreams	Identity, strengths and changing goals	Community and making a difference
	<ul style="list-style-type: none"> • Do you think young people in other countries have similar dreams to you? • What might make it harder for some young people around the world to achieve their goals? • What could we do to help support young people elsewhere to reach their aspirations? 	<ul style="list-style-type: none"> • What are your biggest strengths? What are the things that make you, you? • How do you feel about the idea that your goals and identity might change as you grow up? • What values are most important to you? 	<ul style="list-style-type: none"> • Is there a cause or community issue you feel strongly about? • How could you use your skills or interests to make a positive difference to others? • What motivates you to help or support other people – what does it feel like when you do?
Resources and additional support for Families			
<ul style="list-style-type: none"> • BBC Newsround – child-friendly news covering global issues, different cultures and stories of young people making a difference • Money Helper – free, impartial guidance to help families talk about money, saving, spending choices and financial wellbeing • Comic/Sport Relief – for ideas of ways to support others through setting goals for fundraising • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Dreams and Goals theme. 			
School-based and local resources (editable box for teachers):			

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

Talking Together: suggested questions to support Healthy Me learning at home			
Ages 9-10	Smoking and vaping	Alcohol awareness	Emergencies and first aid
	<ul style="list-style-type: none"> • Why is it important to keep your body safe from harmful substances? • What could you say if someone tried to pressure you to try something unsafe? • How can making healthy choices help you feel proud of yourself? 	<ul style="list-style-type: none"> • What do you know about alcohol and its effects on the body? • Why might some people choose to drink alcohol? • How can you make safe and informed choices in the future? 	<ul style="list-style-type: none"> • What might an emergency situation look like? • How can you stay calm in an emergency? • Who can you contact if help is needed urgently?
	Media influence and body image	Food, feelings and influences	Healthy lifestyle – self-respect and wellbeing
	<ul style="list-style-type: none"> • What messages about bodies do we see in media or social media? • How is everybody unique and special? • How can we focus on what our bodies can do rather than how they look? 	<ul style="list-style-type: none"> • How can feelings influence what or how we eat? • What does having a healthy relationship with food mean? • Who or what might influence our food choices? 	<ul style="list-style-type: none"> • What does a healthy lifestyle look like? • What choices help you stay healthy and safe? • Why is it important to respect and value your body?
Resources and additional support for Families			
<ul style="list-style-type: none"> • Better Health – Healthier Families (NHS) – lots of family resources, activities, food recipes and more • British Red Cross – support and advice including home learning first aid resources • NSPCC – advice for families seeking further help and advice on specific topics i.e., online safety, social media, wellbeing and mental health etc. • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Healthy Me theme. 			
School-based and local resources (editable box for teachers):			

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

Talking Together: suggested questions to support Relationships learning at home				
Ages 9-10	Self-esteem and identity <ul style="list-style-type: none"> • What makes you unique as a person? • What are some of your strengths and interests? • How does positive self-talk help build confidence? 	Online communities – benefits and risks <ul style="list-style-type: none"> • What are some positive things about being part of an online community? • What signs might show an online space is unsafe? • How can online spaces affect how people feel? 	Online games, rights and responsibilities <ul style="list-style-type: none"> • What responsibilities do players have in online games? • How can you behave respectfully when gaming? • Why are age restrictions important? 	
	Screen time, balance and wellbeing <ul style="list-style-type: none"> • How can you tell when you've spent too long on a device? • How does too much screen time affect your body or mood? • Why is balance important for wellbeing? 	Personal data online, privacy and staying safe <ul style="list-style-type: none"> • What types of personal information should stay private? • How can location settings affect safety? • What should you do if someone asks for personal information? 	Being assertive and responsible <ul style="list-style-type: none"> • What does it mean to be assertive online? • How can you respond if something makes you uncomfortable? • Who can you report concerns to? 	
	Resources and additional support for Families <ul style="list-style-type: none"> • NSPCC Keeping children safe online – advice on staying safe online, gaming and social media • UK Safer Internet – practical guidance for families on keeping children safe online • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Relationships theme. 			
School-based and local resources (editable box for teachers):				

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

Talking Together: suggested questions to support Changing Me learning at home				
Ages 9-10	Self-image and body confidence	Puberty changes for girls	Puberty changes for boys	
	<ul style="list-style-type: none"> • What makes you feel confident about yourself? • Why do images online and in media often look unrealistic? • If someone felt worried about how they look or feel about their body, who could they talk to? 	<ul style="list-style-type: none"> • Why is puberty a natural and healthy process? • What are some physical and emotional changes for girls in puberty? • Can you explain some ways that girls can manage periods comfortably? • In our family, who can you talk to openly about puberty? 	<ul style="list-style-type: none"> • What physical and emotional changes happen to boys during puberty? • Are there any changes you have noticed in older boys that might be part of puberty? • Why does everyone experience puberty at different times? • Who could you ask for advice about growing up? 	
	How babies are made (Sex Education)	Being a teenager - responsibilities and pressures	Preparing for transition/change	
	<ul style="list-style-type: none"> • How are babies conceived in a loving relationship? • Why do you think that sex is part of an adult relationship? • Why is the age of consent important? • If you had questions about relationships or bodies, who would you ask? 	<ul style="list-style-type: none"> • What responsibilities come with being a teenager? • How can someone tell if what they see about teenage life in media is realistic? • What does the age of consent mean and why does it exist? 	<ul style="list-style-type: none"> • What are you excited about for your next school year? • What worries might some children have about moving up, and who could help with them? • How can you look after your wellbeing during times of change? 	
Resources and additional support for Families				
<ul style="list-style-type: none"> • BBC Operation Ouch episode 'How Babies are Made' with further supporting clips about puberty to choose from • Always - Understanding First Period Symptoms, or look at NHS pages on periods for more detailed information • Nemours guide to puberty for boys • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Changing Me theme. 				
School-based and local resources (editable box for teachers):				