

## PSHE– Vocabulary Progression Map

Below are the vocabulary lists for PSHE. These give an indication of the words that we want children to become familiar with during each key stage. They are not intended as a test list but show the kind of language staff will use and explain in lessons to broaden pupils' PSHE vocabulary and understanding.

PSHE	Sex & Relationship Education (RSE)	Drug, alcohol and tobacco education	Keeping safe and managing risk	Mental health and emotional wellbeing	Physical health and wellbeing	Careers, financial capability and economic wellbeing	Identity, society and equality	Rights Respecting (RRSA)
EYFS		Rules Danger	Real, fake, danger, good touch, bad touch, pants, private.	Happy, sad,	Healthy, unhealthy, exercise	job, money	Same, different	Needs, wants, rules
Year 1		<b>What do we put in our bodies?</b> Substance, harmful, rules, Dangerous, feelings	<b>Feeling Safe:</b> Real, imaginary, danger, secret, trust, good touch, bad touch, unsafe worried, private, community, help, safety	<b>Feelings:</b> Feelings words, worried, excited, nervous, angry, same, different, emotion, loss, challenge, different	<b>Fun Times:</b> food, drink, celebration, same, different, choice, active, protect, damage, sun, effect, games, safety, cultures, world, countries, special times.	<b>My money:</b> earn, win, find, presents, pocket money, borrow, benefits, save, choices, jobs	<b>Me and others:</b> Special, different, dilemma, responsibility, challenge, unhelpful, helpful, behaviour, problem, co-operative.	Respect Responsible Rules
Year 2	<b>Boys, girls and families:</b> Family, same, different, boy, girl, babies, male, female, new life cycle, birth, body parts, timeline, order, vagina, penis, growing, changing.	<b>What do we put in to our bodies:</b> Medicine, healthy, pharmacy, doctor, safety, asthma, instructions.	<b>Indoors and Outdoors:</b> Emergency, safe, responsible. Rules, unsafe, hazards, road safety, fire safety, danger.	<b>Friendships:</b> Care, excluded, friend, difficult, problems, resolve	<b>What keeps me healthy?</b> Healthy diet, oral health, physical activity, active, sleep, vaccination routine, hygiene, food, rest, routines.			Respect Responsible Rules Rights
Year 3		<b>What do we put in to our bodies?</b> Drug, tobacco, smoking, second hand smoke, smoke free, medicine, harmful, asthma, instructions.	<b>Bullying: see it, say it, stop it:</b> Bullying, unacceptable, falling out, racism, cyber bullying, bystander, help, support, bully, cyber, Physical Unkind, Mental health, Feelings Emotions, Unhappy, Differences Power, Bystander, Empathy, Acceptance, Courage, Feelings Witness	<b>Strengths and challenges:</b> Goal, challenge, skill, attribute, put up, put down, set-back, Friend, Kindness, Emotions Feelings, Care, Conflict Qualities impact mental health Celebrate, Goals, Positive	<b>What helps me choose?</b> Eat well Guide, influences, brands, packaging, taste, cost, value Role model, Qualities, Teased Feelings, Diverse, Judge Beautiful, Admire, Influence Positive, Food, Choices, Active Healthy	<b>Saving, spending and budgeting:</b> Manufacture, pressure, decisions, value, spend, shift, full-time, part-time, shift, paid, unpaid, Charity, Fund raiser Community, Saving, Jobs World of work, Occupation Wage / salary , budget	<b>Celebrating Difference:</b> Family, culture, age, gender, personal interests, belief, community, diverse, view Different, Similar, Diverse Respect, Views Experiences, Expectations Group	Fair Rules Rights Responsibilities Respect Conflict Disagreement Help Safe Risk Resolve
Year 4	<b>Growing up and changing:</b> Baby, toddler, school aged, teenager, adult, elder, Age, difference, physical changes, puberty, reproduction, Stereotyping, Individual, menstruation, periods, wet dreams, masturbation, Relationship, sex cells, sperm, egg, hygiene, grooming, clean, strategies. Anxious, Lifecycle Grow, Change Strategies, Emotions Relationships, Support , Advice	<b>What do we put in to our bodies?</b> Caffeine, alcohol, tobacco, nicotine, alcohol, risk, habit, addiction, age restrictions. Drugs, Legal, Illegal Prescribed, Harmful Substances, Heart Lungs, Brain, Stomach Peer pressure, Medicine Behaviour, Drug use	<b>Playing safe:</b> Age classification, computer game, pressure, Choices, Habits Gaming, Road, rail, water safety Buildings, Safety, Danger Hazards, Fireworks, Emergency First aid, Help , Police, Fire brigade Ambulance		<b>What is important to me?</b> Religious diet, cultural diet, moral diet, ethical, fair trade, farming, seasonality, consumers, screen time, health, wellbeing, food, choices, sleep.	<b>Saving, spending and budgeting:</b> Saving Money Budget Pocket money	<b>Democracy:</b> Democracy, vote, election, influence, organisation, council, government, resources, community British Values, Customs Birthplace, Extended families Citizen, Etiquette, Diverse Stereotype, Racism, Power Superiority	Rules Laws Rights Responsibilities Community Anti -social Road safety
Year 5		<b>What do we put in to our bodies?</b> Cigarette, e-cigarette, shisha, cannabis, health, money, alcohol, tobacco, nicotine, media, influence, pressure, choice, age restrictions, Substance, Medicine Legal, Illegal, Drugs Ask Frank, Effects, Risks Prescribed, Solvents, Alcohol Tobacco, Role models	<b>When things go wrong</b> Influence, trustworthy, domestic violence, abuse, violence, problems, Peer pressure, Put down Pressure, Peer mediator, Risk Predict, Potential Hazard, High/ medium/ low risk Assessing, Responsibility Online safety, Relationships Risk, Danger	<b>Dealing with feelings</b> Conflict, change, emotion, loss, grief, bereavement	<b>In the media</b> Misleading, marketing, consumers, advertising, role model, media, reality, manipulate		<b>Stereotypes, discrimination and prejudice (including homophobia)</b> Stereotype, homophobic, sexist, disability, trans phobic, discrimination, gender, role models, prejudice, Community Laws, Anti-social, Responsibility, Organisations Research, Migration, rights, responsibilities, conflict, organisation, homeless, charity, Lesbian Transgender Step families/ blended families, Reflect, Respect (+names of religions) Diverse, Stereotype Relationships Religions, Gay	Right Responsibility Entitlement MP Shelter Education Healthcare Safety

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Year 6	<p><b>Healthy relationships / how a baby is made:</b>          Puberty, emotional, physical, behavioural, changes, attitudes, values, gender, stereotyping, age, religion, culture, values, relationships, friendships, differences, love, reproduction, human life cycle, reproductive organs, conception, pregnancy, womb, uterus, egg, ovum, menstruation, periods, responsibilities, parents, skills, qualities, erection, vagina, contraception, lifecycle, roles, sex, support, advice.</p>	<p><b>What do we put in to our bodies?</b>          Tobacco, nicotine products, alcohol, solvents, medicines, legal and illegal drugs, risks, advice, support, age restrictions.</p>	<p><b>Keeping safe out and about (and FGM)</b>          Peer pressure, consequence, anti-social, law, peer pressure, independent, gangs, youths, behaviour, protected.</p>	<p><b>Healthy Minds:</b>          Mental health, mood, feelings, mind, strategies, support, stigma, discrimination</p>		<p><b>Borrowing and Earning Money:</b>          loans, credit cards, hire-purchase schemes, debt, manageable, unmanageable, reliable, enterprise, salary, risk, influence, careers.</p>		<p>Ballot          Vote          Taxes          Political party          Prime minister          Economy          Welfare state          NHS          Democracy          Manifesto</p>
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