

PSHE VOCABULARY Overview

	Autumn	Spring	Summer
Reception EYFS Curriculum	Me and My Relationships Friends Help Rules Hurt Safe Feelings Listen Family Valuing difference Respect Feelings Different Safe Fair Rules Special people Similar Same Kind Unique	Keeping safe Safe Stop Medicine Community Online Clean Protected Feel Unsafe Electronic Devices Growing and changing Seasons Resilience Plants Humans Animals Egg Seed Baby Young Child Teenager Older Growing Family Change Old	Rights and Respect Difference Care Impact Natural world Money Safe Save Coins Environment Recycling Saving Energy Waste Being My Best Feelings Exercise Sleep Try Amount Exercise Vegetables Fruit Resilience Protein Cereals Dairy Challenge Mind
Y1 KS1 National Curriculum	Me and My Relationships Friends Help Rules Hurt Safe Feelings Listen Family Valuing difference Respect Feelings Different Safe Bully Fair Rules Special people Tease Similar Same Kind	Keeping safe Air Sleep Exercise Stop Unsafe Share Nervous Internet Medicine Uncomfortable Body Feelings Food Water Safe Healthy Private Worried Scared Growing and changing adult heart brain stomach trusted growing lungs learning	Rights and Respect Clean Environment Routine First aid Spending Litter Risk Responsibility Danger Safe Help Money Saving Look after Responsible Being My Best Starchy Dairy Protein Sugar Practise Fruit Difficult Learning Make mistakes Hygiene Cereal Bread Spread Try Water Energy Help Healthy Support Vitamins Vegetables

			Germs
Y2 KS1 National Curriculum	Me and My Relationships Feelings Happy Teasing Bullied Care Repeated Bullying Friendship Help Rules Friendly Safe Break Valuing difference Unique Calm Point of view Behaviour Listening Feelings Helpful Problem Unkind Respect Different Arguments Kindness Special people	Keeping safe Medicines Feelings Tell Safe Touch Worried Secret Unsafe Private Uncomfortable Someone you trust Growing and changing Supportive Loss Change Food Feelings Help Forward Growing Care Goodbye Learning Safe Upset	Rights and Respect share listen calm erupt control ask for help unsettled home school feelings Being My Best Achieve Germs Injection Rest Choices Brain Soap Vaccination Choose Water Large intestine Healthy Lungs Stomach Energy Learn Food Small intestine Exercise Oxygen Teeth
Y3 KS2 National Curriculum	Me and My Relationships Apologise Respect Disagree Responsibility Calm Disputes	Keeping safe Alcohol Personal details Risk (risky) Internet safety Cigarettes Private	Rights and Respect Online False Check Safe Parent Carer

	<p>Arguments Feelings Persuade Friendship Opinions Listening Family Friendship Falling out Special people</p> <p>Valuing Difference Family Different Name calling Prejudice Tolerance Community Strangers Bullying Differences Belonging Respect Identity Families Similarities</p>	<p>Nicotine Trust Medicines Search engine Harmful Situation e-cigarettes vapes</p> <p>Growing and changing Angry Relationships Body space Touch Assertive Jealous Trust Lining Respect Uncomfortable Caring Upset Healthy</p>	<p>Adult Search Fact Opinion</p> <p>Being my best Achieve Fruit Medicine Bones Goal-setting Muscles Skills Teeth Balanced diet Talents Improve Practise Proteins Water Sleep Healthy Starchy carbohydrates Dairy Exercise Energy Vegetables</p>
<p>Y4 <i>KS2 National Curriculum</i></p>	<p>Me and My Relationships Ignored Delighted Teasing Calm Confident Feelings Compromise Body language Emotions Frightened Excluded</p> <p>Valuing difference Challenge Labelled Confidence Stereotype Negotiate Unique Positive Compromise Label Prejudice Differences Invade Similarities</p>	<p>Keeping safe Hazard Risky Liver Decisions Choices Danger Situation Influence Alcohol Consequences Lungs Brain Dare Drug Harmful Cigarettes Vapes Shared e-cigarettes Downloaded</p> <p>Growing and changing</p> <p>Choice</p> <p>Civil partnership</p> <p>Enjoy</p> <p>marriage</p> <p>love</p> <p>live together</p> <p>civil partnership</p> <p>uncomfortable feelings</p>	<p>Rights and Respect Anti-social behaviour Media United Nations Rights Spending Reduce Influence Environment Public services Income tax Negative Recycle Essential Actions Positive Community Responsibility Reuse Volunteer School Council</p> <p>Being my best accident emergency affect balanced diet recycle breathing community repair reduce creative give to others injury exercise choices wound mental health active first aid repair connect future choking reuse</p>

		<p>compromise</p> <p>share</p>	<p>wellbeing</p> <p>be mindful</p>
<p>Y5</p> <p><i>KS2 National Curriculum</i></p>	<p>Valuing difference</p> <p>multicultural</p> <p>society</p> <p>compare</p> <p>point of view</p> <p>stereotype</p> <p>discrimination</p> <p>diverse</p> <p>racism</p> <p>false</p> <p>impression</p> <p>respect</p> <p>prejudice</p> <p>similarities</p> <p>excluded</p> <p>conflict</p> <p>celebrate</p> <p>religious</p> <p>social media</p> <p>cultural tolerance</p> <p>Acceptance</p> <p>Rights and Respect</p> <p>councillors</p> <p>environment</p> <p>interest</p> <p>rights</p> <p>responsibility</p> <p>debit</p> <p>costs</p> <p>borrow</p> <p>credit</p> <p>health</p> <p>community</p> <p>group</p> <p>public services</p> <p>loan</p> <p>council</p> <p>exercise</p> <p>vote</p> <p>duties</p> <p>sustainable</p> <p>elections</p>	<p>Me and My Relationships</p> <p>collaborate</p> <p>aggressive</p> <p>resolution</p> <p>conflict</p> <p>Pressure</p> <p>emotional</p> <p>needs</p> <p>passive</p> <p>assertiveness</p> <p>negotiation</p> <p>unsafe</p> <p>compromise</p> <p>body language</p> <p>Respect</p> <p>uncomfortable touching</p> <p>qualities</p> <p>unhealthy relationship</p> <p>Growing and changing</p> <p>respect</p> <p>wellbeing</p> <p>trust</p> <p>hormones</p> <p>mood</p> <p>swings</p> <p>confidential</p> <p>confidence</p> <p>resilience</p> <p>crush</p> <p>embarrassed</p> <p>unwanted</p> <p>attention</p> <p>separation</p> <p>unwanted touch</p>	<p>Keeping safe</p> <p>habit</p> <p>cigarettes</p> <p>drugs</p> <p>pressure</p> <p>alcohol</p> <p>vapes</p> <p>weigh up</p> <p>risk</p> <p>influence</p> <p>privacy settings</p> <p>assertive</p> <p>cyberbullying</p> <p>decision</p> <p>social norms</p> <p>assessing risk</p> <p>e-cigarettes</p> <p>Being my best</p> <p>perseverance</p> <p>media-influence</p> <p>kindness</p> <p>celebrities</p> <p>Independence</p> <p>patience</p> <p>resilience</p> <p>consideration</p> <p>confidence</p> <p>personal qualities</p>
<p>Y6</p> <p><i>KS2 National Curriculum</i></p>	<p>Valuing difference</p> <p>diversity</p> <p>prejudice</p> <p>identity</p> <p>Community</p> <p>disrespect</p> <p>bystander</p> <p>self-esteem</p> <p>empathy</p> <p>stereotype</p> <p>tolerance</p> <p>assumption</p> <p>media influence</p> <p>situation</p> <p>gender stereotype</p> <p>Being my best</p> <p>Give</p> <p>connect</p> <p>influence</p> <p>be active</p>	<p>Growing and changing</p> <p>media</p> <p>manipulation</p> <p>discuss confidential</p> <p>online safety</p> <p>self esteem</p> <p>right to privacy</p> <p>age of consent</p> <p>stereotype</p> <p>peer pressure</p> <p>uncomfortable</p> <p>physical changes</p> <p>body image</p> <p>emotional changes in confidence</p> <p>sharing online</p> <p>Keeping safe</p> <p>online</p> <p>safety</p> <p>legal</p> <p>privacy</p>	<p>Me and My Relationships</p> <p>assertiveness</p> <p>appropriate</p> <p>sensitive</p> <p>collaboration</p> <p>respectful</p> <p>response</p> <p>appropriate</p> <p>culture</p> <p>inappropriate</p> <p>religion</p> <p>bullied</p> <p>compromise</p> <p>illegal</p> <p>active</p> <p>forced</p> <p>marriage</p> <p>negotiation</p> <p>community</p> <p>bystanders</p> <p>Passive</p> <p>civil partnership</p>

	<p> assessing risk problems choices goal setting overcome vaping practise media aspirations take notice (mindful) weigh up achieve challenges perseverance keep learning (get creative) </p>	<p> sharing online emotional needs inappropriate physical needs age restrictions possess parental consent permission social media alcohol medical Supply non-medical produce personal information </p>	<p> Rights and Respect biased elections candidate image profile interest tax stereotype saving Cash voting shop local debit card reuse pressure public services sustainable Recycling unbiased environmentally sustainable bank (building society) account democracy online safety social media </p>
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