



# PSHE/RSHE: Progression of Vocabulary/Terminology



	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
EYFS	Myself Feelings Being gentle Rights Responsibilities Rules Unique	Talents Families Home Friends Standing up for myself	Challenges Perseverance Jobs Help	Exercise Healthy food Physical activity Sleep Clean	Family life Friendship Falling out	Bodies Respecting my body Fun Fears Growth
Y1	Special Safe Community Consequences Belonging Responsibilities Rewards Rules Rights Unique	Similarities Differences Gender Friend Bullying Celebrating	Success Achievement Learning styles Overcoming obstacles Goal Achieve Strengths Difficult Challenge Team work Problem-solver	Medicine Medication Road safety Dangerous Lifestyle Choice Relax Tense Dangerous Unhealthy Healthy Energy	Belonging Physical contact Preferences Celebrations	Life cycles (animal/human) Male Female Changes Excited Nervous Anxious Happy
Y2	Hope Fear Fair Valuing Contributions Choices Co-operate Problem solving Positive Negative Consequences	Assumptions Stereotypes Gender Gender diversity	Realistic Strengths cooperation Contributing Goal Achieve Success Proud Strengths Persevere Difficult Challenge Problem-solver	Relaxation Nutrition Lifestyle Choice Relax Tense Dangerous Unhealthy Healthy Balanced diet Energy Nutritious	Boundaries Secrets Trust Appreciation Relationship Conflict Compliments Celebrate Positive Negative	Life cycles (plants) Young Old Independence
Y3	Goals self-worth Positivity Challenges Perspectives Acknowledge Affirm Solution Fairness	Diverse families Family conflict Child-centred Compliments Witness Bystander Solutions	Ambitions Enthusiasm Managing feelings Budgeting Dream Hope Determination Resilience Positive Attitude	Food labelling Healthy choices Online safety Offline safety	Roles Negotiation Problem solve Emotions Diverse lives Impact	Internal External Needs

	Personal Goal Co-operate Valued					
Y4	Voice Class Citizen Motivation Democracy Peer pressure Included Excluded Democracy Authority Contribution Un convention of human rights.	Judgment Appearance Acceptance Influences Impressions Assumption Opinion Attitude Secret Deliberate Witness Cyber bullying Troll Unique Characteristics Physical features	Disappointment Overcoming Resilience Positive attitude Fears Cope Self-belief Motivation Commitment Enterprise Cooperation Evaluate	Healthy friendships Smoking Alcohol Inner strength Assertiveness Roles Leader Follower Assertive Agree / disagree Pressure Guilt Advice Alcohol Disease Anxiety Fear Believe	Jealousy Love/loss Memories Girlfriends Boyfriends Shock Disbelief Numb Denial Anger Guilt Sadness Pain Despair Hopelessness Relief Acceptance Depression Souvenir Memento Compromise Empathy Attraction Pressure Symbol	Being unique Body changes Transition Accepting change Having a baby
Y5	Aspirations National citizenship Conflict Choice Community Education Wants Needs Vote Participation Refugee Asylum Refugee Citizen Persecution Collaboration Cooperation	Cultural diversity Racism Rumours Material wealth Respecting culture Ability Disability Visual impairment	Financial success Long-term Charity Global Issue Suffering Concern Hardship Sponsorship Suffering Compliment Contribution Recognition	Vaping Emergency aid Body image Relationships with food Healthy choices	Self-recognition Self-esteem Online communities Gaming Gambling Grooming	Self-image Media influence Puberty Conception IVF

Y6	Global citizenship Children's Universal Rights Group dynamics Role-modelling Anti-social behaviour Empathy Collaboration Legal Illegal Lawful Democracy Maslow Comparison Opportunities Obstacles	Perceptions of normality Disability Empathy Inclusion Exclusion Medication Vision Blind Diversity Transgender Gender diversity Courage Fairness Struggle Imbalance Control Harassment Direct Indirect Argument Recipient	Success criteria Recognition Evaluating Accolade Perseverance Admiration Stamina	Personal responsibility Substances Exploitation County Lines/Gangs Managing stress Prevention Prescribed Unrestricted Over-the-counter Restricted Illegal Volatile substances 'Legal highs' Exploited Vulnerable Drugs Criminal Reputation Anti-social behaviour	Mental health Sources of support Control Power Self-harm Grief Guilt Hopelessness Anger Acceptance Bereavement Coping strategies Assertive Communication Technology Cyberbullying	Body image Physical attraction Consent Sexting Self-esteem Real-self Celebrity Opportunities Freedoms Puberty Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife
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