



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 Coral		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		What do we put in our bodies? Substance, harmful, rules, Dangerous, feelings	Feeling Safe: Real, imaginary, danger, secret, trust, good touch, bad touch, unsafe worried, private, community, help, safety	Feelings: Feelings words, worried, excited, nervous, angry, same, different, emotion, loss, challenge, different	Fun Times: food, drink, celebration, same, different, choice, active, protect, damage, sun, effect, games, safety, cultures, world, countries, special times.	My money: earn, win, find, presents, pocket money, borrow, benefits, save, choices, jobs	Me and others: Special, different, dilemma, responsibility, challenge, unhelpful, helpful, behaviour, problem, co-operative.	Respect Responsible Rules
Year 2	Boys, girls and families: Family, same, different, boy, girl, babies, male, female, new life cycle, birth, body parts, timeline, order, vagina, penis, growing, changing.	What do we put in to our bodies: Medicine, healthy, pharmacy, doctor, safety, asthma, instructions.	Indoors and Outdoors: Emergency, safe, responsible. Rules, unsafe, hazards, road safety, fire safety, danger.	Friendships: Care, excluded, friend, difficult, problems, resolve	What keeps me healthy? Healthy diet, oral health, physical activity, active, sleep, vaccination routine, hygiene, food, rest, routines.			Respect Responsible Rules Rights
Year 3		What do we put in to our bodies? Drug, tobacco, smoking, second hand smoke, smoke free, medicine, harmful, asthma, instructions.	Bullying: see it, say it, stop it: 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	Strengths and challenges: Goal, challenge, skill, attribute, put up, put down, set-back, Friend, Kindness, Emotions Feelings, Care, Conflict Qualities impact mental health Celebrate, Goals, Positive	What helps me choose? Eat well Guide, influences, brands, packaging, taste, cost, value Role model, Qualities, Teased Feelings, Diverse, Judge Beautiful, Admire, Influence Positive, Food, Choices, Active Healthy	Saving, spending and budgeting: 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	Celebrating Difference: 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	Growing up and changing:	What do we put in to our	Playing safe:		What is important to me?	Saving, spending and	Democracy:	Rules

	<p>Baby, toddler, school aged, teenager, adult, elder,</p> <p>Age, difference, physical changes, puberty, reproduction,</p> <p>Stereotyping,</p> <p>Individual, menstruation, periods, wet dreams, masturbation,</p> <p>Relationship, sex cells, sperm, egg, hygiene, grooming, clean, strategies.</p> <p>Anxious, Lifecycle</p> <p>Grow, Change</p> <p>Strategies, Emotions</p> <p>Relationships, Support</p> <p>Advice</p>	<p>bodies?</p> <p>Caffeine, alcohol, tobacco,</p> <p>nicotine, alcohol, risk, habit, addiction, age restrictions.</p> <p>Drugs, Legal, Illegal</p> <p>Prescribed, Harmful</p> <p>Substances, Heart</p> <p>Lungs, Brain, Stomach</p> <p>Peer pressure, Medicine</p> <p>Behaviour, Drug use</p>	<p>Age classification, computer game, pressure, Choices, Habits</p> <p>Gaming, Road, rail, water safety</p> <p>Buildings, Safety, Danger</p> <p>Hazards, Fireworks, Emergency</p> <p>First aid, Help , Police, Fire brigade</p> <p>Ambulance</p>		<p>Religious diet, cultural diet, moral</p> <p>diet, ethical, fair trade, farming,</p> <p>seasonality, consumers, screen</p> <p>time, health, wellbeing, food, choices, sleep.</p>	<p>budgeting:</p> <p>Saving</p> <p>Money</p> <p>Budget</p> <p>Pocket money</p>	<p>Democracy, vote, election, influence, organisation, council, government,</p> <p>resources, community</p> <p>British Values, Customs</p> <p>Birthplace, Extended families</p> <p>Citizen, Etiquette, Diverse</p> <p>Stereotype, Racism, Power</p> <p>Superiority</p>	<p>Laws</p> <p>Rights</p> <p>Responsibilities</p> <p>Community</p> <p>Anti</p> <p>-social</p> <p>Road safety</p>
<p>Year 5</p>		<p>What do we put in to our bodies?</p> <p>Cigarette, e-cigarette, shisha, cannabis, health, money, alcohol, tobacco, nicotine, media, influence, pressure, choice, age restrictions, Substance, Medicine</p> <p>Legal, Illegal, Drugs</p> <p>Ask Frank, Effects, Risks</p>	<p>When things go wrong</p> <p>Influence, trustworthy, domestic</p> <p>violence, abuse, violence, problems, Peer pressure, Put down</p> <p>Pressure, Peer mediator, Risk</p> <p>Predict, Potential</p> <p>Hazard, High/ medium/ low risk</p> <p>Assessing, Responsibility</p> <p>Online safety, Relationships</p> <p>Risk, Danger</p>	<p>Dealing with feelings</p> <p>Conflict, change, emotion, loss, grief, bereavement</p>	<p>In the media</p> <p>Misleading, marketing, consumers, advertising, role model, media, reality, manipulate</p>		<p>Stereotypes, discrimination and prejudice (including homophobia)</p> <p>Stereotype, homophobic, sexist, disability, trans phobic, discrimination, gender, role models, prejudice, Community</p> <p>Laws, Anti-social, Responsibility, Organisations</p> <p>Research, Migration, rights,</p>	<p>Right</p> <p>Responsibility</p> <p>Entitlement</p> <p>MP</p> <p>Shelter</p> <p>Education</p> <p>Healthcare</p> <p>Safety</p>

	Prescribed, Solvents, Alcohol Tobacco, Role models					responsibilities, conflict, organisation, homeless, charity, Lesbian Transgender Step families/ blended families, Reflect, Respect (+names of religions) Diverse, Stereotype Relationships Religions, Gay
--	--	--	--	--	--	--

Year 6	Healthy relationships / how a baby is made: 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.	What do we put in to our bodies? Tobacco, nicotine products, alcohol, solvents, medicines, legal and illegal drugs, risks, advice, support, age restrictions.	Keeping safe out and about (and FGM) Peer pressure, consequence, anti-social, law, peer pressure, independent, gangs, youths, behaviour, protected.	Healthy Minds: Mental health, mood, feelings, mind, strategies, support stigma discrimination		Borrowing and Earning Money: loans, credit cards, hire- purchase schemes, debt, manageable, unmanageable, reliable, enterprise, salary, risk, influence, careers.	Ballot Vote Taxes Political party Prime minister Economy Welfare state NHS Democracy Manifesto
---------------	---	--	--	---	--	--	--