

PSHE Vocabulary



Early Years

Personal, Social and Emotional Development Understanding the World	<ul style="list-style-type: none"> - boy, girl, family, different, same, face, skin, hair, body, like, don't like, clean, smelly, sponge, towel, hands, washing, brushing teeth, getting dressed, undress, safe/unsafe. - mum, dad, sister, brother, grandparents, auntie, uncle, sharing, bullying, family, jobs, relationship. - kind, gentle, different, friends, feelings, falling out, making up, listening, argument, happy, sad, worried, angry, apologise, fair, unfair, lonely, calm, taking turns, rules, school, community, classroom, rights. - grow, young, old, change, hungry, healthy, tired, rest, play, safety, risk. - good/bad choice, school rules, local area, money, notes, coins, bank, spending, shopping, saving, selling, shops. 					
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Belonging to a community	Rules, needs, care, living things, environment, recycling	Groups, belong, role, rights, responsibility, community, equal, different	Freedom, laws, responsibility, consequences, human rights,	Community, shared responsibility, compassion, contribution	compassion, shared responsibility, spending decisions	prejudice, discrimination, stereotypes, diversity
Respecting ourselves and others	Kind, unkind, behaviour, actions, feelings, respect, polite, share, turn taking	Common, classmates, similar, situation, sharing, important, listening, understanding	Respectful, self-respect, courtesy,	Differences, similarities, traditions, beliefs	equality, lifestyle, discrimination, trolling, harassment, self-respect, anonymous	constructive challenge, conflict, personal behaviour, debate, topical
Physical health and mental wellbeing	healthy, unhealthy, washing, physical activity, play, sun safety	healthy, unhealthy, habit, routine, growing, medicines, dentist, dental health, mood	Health choices, feelings, informed decisions, healthy lifestyle, healthy diet, exercise benefits,	Balanced lifestyle, hygiene, dental care, oral hygiene,	lifestyle, sleep hygiene, mental health, sun exposure, heat stroke, disease prevention, vaccination, immunisation, bacteria,	mental ill- health, adverse experiences, conflicted feelings, grieving process, bereavement mental health and wellbeing
Safe relationships	hurt, private, touch, uncomfortable, ask	hurtful, behaviour, bullying, online, surprise, secret, worried, pressured, unsafe, worried	Personal boundaries, impact, privacy,	Confidentiality, online risks, support, appropriate, permission consent, peer pressure	consent, appropriate and inappropriate contact, acceptable, unacceptable, confidential	healthy and unhealthy friendship, shared responsibility, risk assessment, personal safety, consent

PSHE Vocabulary

Media literacy and digital resilience	internet, digital, device, communicate, safely	internet access, purpose, value, content, online information	Online information, sources, reliability	Data sharing,	media, opinion, stereotype, suspicious content, reliability, sources, ranked	manipulated, altered, fake, restrictions, regulations, compliance, commercial purpose, misinformation
Keeping safe	restrictions, online safety, feelings, keeping safe	risks, medicine, familiar, unfamiliar, potentially, electrical appliance, household products, accident, emergency	Risks, hazards, reduce risks	Medicines, legal drugs, habit, vaccinations, immunisation, allergies,	risky, positive risk taking, predict, assess and manage risk in different situations	personal information, impact, misuse, legal and illegal drugs, complying
Families and friendships	people, family, families, different, love	friend, positive play, argument, resolved, lonely, unhappy	Family structures, relationships, stability, security, commitment,	Positive friendships, friendship qualities,	peer influence, peer approval, positive resolution, reconciliation, consent	loving relationships, gender, ethnicity, faith, gender identity, sexual orientation, healthy relationships, family, commitment, marriage, civil partnership, emotionally, romantically
Money and work	strength, interest, jobs, community, different jobs, (examples of different jobs e.g. teacher, doctor, fireman, bus driver, etc)	money, kept, looked after, job, paid, need, want, spends	Skills, job stereotypes, personal goals, aspirations, career, teamwork	Money decisions, tracking money,	career ambition, diversity, inclusion, career opportunities, stereotyping, workplace, aspiration, voluntary work	value for money', critical consumer, emotions, health and wellbeing, fraud, debt and gambling financial risk
Growing and changing	special, wrong, same, different, feelings, act	human life cycle, needs, body parts, opportunities, grow up, goals	Achievements, personal strengths, setbacks, personal qualities, individuality, body parts including penis and vulva.	personal hygiene, physical changes, puberty, external genitalia, personal identify, individuality, personal quality, emotional wellbeing	Physical changes, puberty, gender identity, biological sex, intensity, genitalia, conception, sexual intercourse, intimate relationship, reproduction, contraception	transition, committed relationship, conception, sexual intercourse, intimate relationship, contraception, reproduction, FGM