

PSHE and RSE – Vocabulary Progression Map

* Below is 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	RSE	Drug, Alcohol And Tobacco Education	Keeping Safe And Managing Risk	Mental Health And Emotional Well-Being	Physical Health And Well Being	Careers, Financial Capability And Economic Well Being	Identity, Society And Equality
EYFS	Family, Love, Home, Respect, Trust	Danger, Help, Rules	Private, Pants, Good Touch, Bad Touch, Stop, Safe,	Happy, Sad, Lonely, Angry, Emotions, Feelings	Healthy, Unhealthy, Exercise,	Job, Money, Responsible, Save	Same, Different, Celebrate, Rules, Respect
Y1		Substance, Harmful, Rules, Dangerous, Feelings	Feeling Safe: Real, Imaginary, Danger, Secret, Trust, Good Touch, Bad Touch, Unsafe Worried, Private, Community, Help, Safety, Risk	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.
Y2	Boys, Girls And Families: Family, Same, Different, Boy, Girl, Babies, Male, Female, New Life Cycle, Birth, Body Parts, Timeline, Order, Vagina, Penis, Growing, Changing	Medicine, Healthy, Pharmacy, Doctor, Safety, Asthma, Instructions.	Indoors & Outdoors: Emergency, Safe, Responsible. Rules, Unsafe, Hazards, Road Safety, Fire Safety, Danger, Road Safety,	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.		
Y3		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	Strengths And Challenges: Goal, Challenge, Skill, Attribute, Put Up, Put Down, Set-Back, Friend, Kindness, Emotions Feelings, Care, Conflict Qualities Impact Mental Health	What Helps Me Choose? Eat Well Guide, Influences, Brands, Packaging, Taste, Cost, Value Role Model, Qualities, Teased Feelings, Diverse, Judge Beautiful, Admire,	Saving, Spending And Budgeting: Manufacture, Pressure, Decisions, Value, Spend, Shift, Full-Time, Part-Time, Shift, Paid, Unpaid, Charity, Fund Raiser Community, Saving,	Celebrating Difference: Family, Culture, Age, Gender, Personal Interests, Belief, Community, Diverse, View Different, Similar, Diverse Respect, Views Experiences, Expectations Group

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			Power, Bystander, Empathy, Acceptance, Courage, Feelings Witness, Conflict, Resolve	Celebrate, Goals, Positive	Influence Positive, Food, Choices, Active Healthy	Jobs World Of Work, Occupation Wage / Salary , Budget	
Y4	Growing Up And Changing: Baby, Toddler, School Aged, Teenager, Adult, Elder, Age, Difference, Physical Changes, Puberty, Reproduction, Stereotyping, Individual, Menstruation, Periods, Relationship, Sex Cells, Sperm, Egg, Hygiene, Grooming, Clean, Strategies. Anxious, Lifecycle Grow, Change Strategies, Emotions Relationships, Support , Advice	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	Playing Safe: 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		What Is Important To Me? Religious Diet, Cultural Diet, Moral Diet, Ethical, Fair Trade, Farming, Seasonality, Consumers, Screen Time, Health, Wellbeing, Food, Choices, Sleep.	Saving, Spending And Budgeting: Saving Money Budget Pocket Money	Democracy: Democracy, Vote, Election, Influence, Organisation, Council, Government, Resources, Community British Values, Customs Birthplace, Extended Families Citizen, Etiquette, Diverse Stereotype, Racism, Power Superiority, Entitlement
Y5		Cigarette, E-Cigarette, Shisha, Cannabis, Health, Money, Alcohol, Tobacco, Nicotine, Media, Influence, Pressure, Choice, Age Restrictions, Substance, Medicine Legal,	When Things Go Wrong: 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	Dealing With Feelings Conflict, Change, Emotion, Loss, Grief, Bereavement	In The Media Misleading, Marketing, Consumers, Advertising, Role Model, Media, Reality, Manipulate		Stereotypes, Discrimination And Prejudice (Including Homophobia) Stereotype, Homophobic, Sexist, Disability, Trans Phobic, Discrimination, Gender, Role Models, Prejudice, Community Laws, Anti-Social, Responsibility, Organisations Research,

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		Illegal, Drugs Ask Frank, Effects, Risks Prescribed, Solvents, Alcohol Tobacco, Role Models	Safety, Relationships Risk, Danger				Migration, Rights, Responsibilities, Conflict, Organisation, Homeless, Charity, Lesbian Transgender Step Families/ Blended Families, Reflect, Respect (+Names Of Religions) Diverse, Stereotype Relationships Religions, Gay
Y6	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.	Tobacco, Nicotine Products, Alcohol, Solvents, Medicines, Legal And Illegal Drugs, Risks, Advice, Support, Age Restrictions, Anti Social,	Keeping Safe Out And About (And Fgm): Peer Pressure, Consequence, Antisocial, 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.	