

## PSHE – 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.

| <b>PSHE</b> | <b>RSE</b>   | <b>Drug, Alcohol And Tobacco Education</b>  | <b>Keeping Safe And Managing Risk</b>   | <b>Mental Health And Emotional Well-Being</b>   | <b>Physical Health And Well Being</b>   | <b>Careers, Financial Capability And Economic Well Being</b>  | <b>Identity, Society And Equality</b>   |
|-------------|--|---|---|---|---|---|---|
| <b>EYFS</b> | 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  |
| <b>Y1</b>   |  | 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.  |
| <b>Y2</b>   | 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.                           |   |   |
| <b>Y3</b>   |  | Drug, Tobacco, Smoking, Second Hand Smoke, Smoke Free, Medicine, Harmful, Asthma, Instructions. | Bullying: See It, Say It, Stop It<br>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            |   |
|-----------|---|--|--|---|---|--|---|
| <b>Y4</b> | 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   |
| <b>Y5</b> |   | 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 |
| <b>Y6</b> | 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.  |



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