



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.

St Joseph's PSHE Vocabulary list

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	EYFS	Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
	Rec / Nurs	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Sex & Relationship Education			<u>Boys, girls and families:</u> Family, same, different, boy, girl, babies, male, female, new life cycle, birth, body parts, timeline, order, vagina, penis, growing, changing.		<u>Growing up and changing:</u> Baby, toddler, school aged, teenager, adult, elder, Age, difference, physical changes, puberty, reproduction, Stereotyping, Individual, menstruation, periods, wet dreams, masturbation, Relationship, sex cells, sperm, egg, hygiene, grooming, clean, strategies. Anxious, Lifecycle Grow, Change Strategies, Emotions Relationships, Support, Advice		<u>Healthy relationships / how a baby is made:</u> 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.

Drug, alcohol and tobacco education	Rules Dangers	<u>What do we put in our bodies?</u> Substance, harmful, rules, Dangerous, feelings	<u>What do we put in to our bodies?</u> Medicine, healthy, pharmacy, doctor, safety, asthma, instructions.	<u>What do we put in to our bodies?</u> Drug, tobacco, smoking, second hand smoke, smoke free, medicine, harmful, asthma, instructions.	<u>What do we put in to our bodies?</u> 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	<u>What do we put in to our bodies?</u> Cigarette, e-cigarette, shisha, cannabis, health, money, alcohol, tobacco, nicotine, media, influence, pressure, choice, age restrictions, Substance, Medicine Legal, Illegal, Drugs Ask Frank, Effects, Risks Prescribed, Solvents, Alcohol Tobacco, Role models	<u>What do we put in to our bodies?</u> Tobacco, nicotine products, alcohol, solvents, medicines, legal and illegal drugs, risks, advice, support, age restrictions.□
Keeping safe and managing risk	Real, fake, danger, good touch, bad touch, pants, private	<u>Feeling Safe:</u> Real, imaginary, danger, secret, trust, good touch, bad touch, unsafe worried, private, community, help, safety□	<u>Indoors and Outdoors:</u> Emergency, safe, responsible. Rules, unsafe, hazards, road safety, fire safety, danger.	<u>Bullying: see it, say it, stop it:</u> 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	<u>Playing safe:</u> 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	<u>When things go wrong:</u> 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 safety, Relationships Risk, Danger	<u>Keeping safe out and about (and FGM):</u> Peer pressure, consequence, anti□social, law, peer pressure, independent, gangs, youths, behaviour, protected.

Mental health and emotional wellbeing	Happy Sad	<u>Feelings:</u> Feelings words, worried, excited, nervous, angry, same, different, emotion, loss, challenge, different	<u>Friendships:</u> Care, excluded, friend, difficult, problems, resolve	<u>Strengths and challenges:</u> Goal, challenge, skill, attribute, put up, put down, set-back, Friend, Kindness, Emotions Feelings, Care, Conflict Qualities impact mental health Celebrate, Goals, Positive		<u>Dealing with feelings:</u> Conflict, change, emotion, loss, grief, bereavement □	<u>Healthy Minds:</u> Mental health, mood, feelings, mind, strategies, support stigma discrimination
Physical health and wellbeing	Healthy Unhealthy Exercise	<u>Fun Times:</u> food, drink, celebration, same, different, choice, active, protect, damage, sun, effect, games, safety, cultures, world, countries, special times. □	<u>What keeps me healthy?</u> Healthy diet, oral health, physical activity, active, sleep, vaccination routine, hygiene, food, rest, routines.	<u>What helps me choose?</u> Eat well Guide, influences, brands, packaging, taste, cost, value Role model, Qualities, Teased Feelings, Diverse, Judge Beautiful, Admire, Influence Positive, Food, Choices, Active Healthy	<u>What is important to me?</u> Religious diet, cultural diet, moral diet, ethical, fair trade, farming, seasonality, consumers, screen time, health, wellbeing, food, choices, sleep.	<u>In the media:</u> Misleading, marketing, consumers, advertising, role model, media, reality, manipulate	
Careers, financial capability and economic wellbeing	Job Money	<u>My money:</u> earn, win, find, presents, pocket money, borrow, benefits, save, choices, jobs		<u>Saving, spending and budgeting:</u> 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	<u>Saving, spending and budgeting:</u> Saving Money Budget Pocket money		<u>Borrowing and Earning Money:</u> loans, credit cards, hire-purchase schemes, debt, manageable, unmanageable, reliable, enterprise, salary, risk, influence, careers.

Identity, society and equality	Same Different	<u>Me and others:</u> Special, different, dilemma, responsibility, challenge, unhelpful, helpful, behaviour, problem, co-operative.		<u>Celebrating Difference:</u> Family, culture, age, gender, personal interests, belief, community, diverse, view Different, Similar, Diverse Respect, Views Experiences, Expectations Group	<u>Democracy:</u> Democracy, vote, election, influence, organisation, council, government, resources, community British Values, Customs Birthplace, Extended families Citizen, Etiquette, Diverse Stereotype, Racism, Power Superiority	<u>Stereotypes, discrimination and prejudice (including homophobia):</u> Stereotype, homophobic, sexist, disability, trans phobic, discrimination, gender, role models, prejudice, Community Laws, Anti-social, Responsibility, Organisations Research, Migration, rights, responsibilities, conflict, organisation, homeless, charity, Lesbian Transgender Step families/ blended families, Reflect, Respect (+names of religions) Diverse, Stereotype Relationships Religions, Gay	
Rights Respecting (RRSA)	Needs Wants Rules	Respect Responsible Rules	Respect Responsible Rules Right	Fair Rules Rights Responsibilities Respect Conflict Disagreement Help Safe Risk Resolve	Rules Laws Rights Responsibilities Community Anti -social Road safety	Right Responsibility Entitlement MP Shelter Education Healthcare Safety	Ballot Vote Taxes Political party Prime minister Economy Welfare state NHS Democracy Manifesto