



**PSHE/RSE Vocabularly Progression**

	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)
<b>Rec</b>		Rules Danger	Real, fake, danger, good touch, bad touch, pants, private.	Happy, sad,	Healthy, unhealthy, exercise	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.	Needs, wants, rules
<b>Year 1</b>		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

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<b>Year 2</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.	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.	proud, success, achievement, goal, treasure, coins, goal, learning, steppingstones, process, working together, team work, celebrate, learning, stretchy, challenge, feelings, obstacle, overcome, achieve, dreams, goals	family, belong, same, different, friends, friendship, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community, feelings, confidence, praise, skills, self-belief, incredible, proud, celebrate, relationships, special, appreciate	Respect Responsible Rules Rights
<b>Year 3</b>	changes, birth, animals, babies, mother, uterus, growing up, nutrients, survive,	What do we put in to our bodies?	Bullying: see it, say it, stop it: Bullying, unacceptable, falling out,	Strengths and challenges: Goal, challenge,	What helps me choose? Eat well Guide, influences, brands, packaging, taste,	Saving, spending and budgeting: Manufacture, pressure, decisions, value,	Celebrating Difference:	Fair Rules Rights Responsibilities Respect Conflict Disagreement

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	love, affection, care, puberty, control, male, female, testicles, penis, vagina, stereotypes,	Drug, tobacco, smoking, second hand smoke, smoke free, medicine, harmful, asthma, instructions.	racism, cyber bullying, bystander, help, support, bully, cyber, Physical Unkind, Mental health, Feelings Emotions, Unhappy, Differences Power, Bystander, Empathy, Acceptance,	skill, attribute, put up, put down, set-back, Friend, Kindness, Emotions Feelings, Care, Conflict Qualities impact mental health Celebrate, Goals, Positive	cost, value Role model, Qualities, Teased Feelings, Diverse, Judge Beautiful, Admire, Influence Positive, Food, Choices, Active Healthy	spend, shift, full-time, part-time, shift, paid, unpaid, Charity, Fund raiser Community, Saving, Jobs World of work, Occupation Wage / salary , budget	Family, culture, age, gender, personal interests, belief, community, diverse, view Different, Similar, Diverse Respect, Views Experiences, Expectations Group	Help Safe Risk Resolve
<b>Year 4</b>	changes, life cycles, baby, adult, adulthood, grown-up, mature, male, female, vagina, penis, testicles,	What do we put in to our bodies? Caffeine, alcohol, tobacco,	Playing safe: Age classification, computer game,	feelings, anxious, worried, excited, coping	What is important to me? Religious diet, cultural diet, moral diet, ethical, fair trade, farming, seasonality, consumers,	Saving, spending and budgeting: Saving Money Budget Pocket money	Democracy: Democracy, vote, election, influence, organisation, council, government, resources,	Rules Laws Rights Responsibilities Community Anti-social Road safety

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	anus, learn, new, grow	nicotine, alcohol, risk, habit, addiction, age restrictions. Drugs, Legal, Illegal Prescribed, Harmful Substances, Heart Lungs, Brain, Stomach Peer pressure, Medicine Behaviour, Drug use	pressure, Choices, Habits Gaming, Road, rail, water safety Buildings, Safety, Danger Hazards, Fireworks, Emergency First aid, Help , Police, Fire brigade Ambulance		screen time, health, wellbeing, food, choices, sleep.		community British Values, Customs Birthplace, Extended families Citizen, Etiquette, Diverse Stereotype, Racism, Power Superiority	
<b>Year 5</b>	Growing up and changing: Baby, toddler, school aged, teenager,	What do we put in to our bodies? Cigarette, e-	Dealing with feelings Conflict, change, emotion, loss,	Dealing with feelings Conflict, change, emotion, loss,	In the media Misleading, marketing, consumers,	Saving, spending and budgeting: Saving Money	Stereotypes, discrimination and prejudice (including	Right Responsibility Entitlement MP Shelter

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	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	cigarette, vaping, 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	grief, bereavement	grief, bereavement	advertising, role model, media, reality, manipulate	Budget Pocket money	homophobia) 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	Education Healthcare Safety

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							(+names of religions) Diverse, Stereotype Relationships Religions, Gay	
<b>Year 6</b>	Healthy relationships / how a baby is made: Puberty, emotional, physical, behavioural, changes, attitudes, values, gender, stereotyping, age, religion, culture, values, relationships,	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, 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.			Ballot Vote Taxes Political party Prime minister Economy Welfare state NHS Democracy Manifesto

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	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,							

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	sex, support, advice.							

**Individual Units**

- Safe4Winter
- Anti-Bullying Week
- Black History Month
- Internet Safety
- RSE Day