



Respect  
For All

Ambitious  
In Aspirations

Bold  
In Actions

"...with God all things are possible" Matthew (19:26)

## PSHE & RSE/Safeguarding Vocabulary Progression Map

Below are the vocabulary lists for PSHE & RSE. These give an indication of the words that we want children to become familiar with during each year group and key stage. They are not intended as a test list but to show the language staff will use and explain in lessons to broaden pupils' PSHE & RSE vocabulary and understanding.

	Physical health and wellbeing	Keeping safe and managing risk	Drug, alcohol and tobacco education	Mental health and emotional wellbeing	Identity, society and equality	Sex and relationship education	Careers, financial capability and economic wellbeing
EYFS	Healthy, unhealthy, exercise	Real, fake, danger, good touch, bad touch, pants, private	Rules Danger	Happy, sad,	Same, different		
Year 1	<b>Fun Times:</b> food, drink, celebration, same, different, choice, active, protect, damage, sun, effect, games, safety, cultures, world, countries, special times	<b>Feeling Safe:</b> Real, imaginary, danger, secret, trust, good touch, bad touch, unsafe, worried, private, community, help, safety	<b>What do we put in our bodies?</b> Substance, harmful, rules, dangerous, feelings	<b>Feelings:</b> Feelings words, worried, excited, nervous, angry, same, different, emotion, loss, challenge, different	<b>Me and others:</b> Special, different, dilemma, responsibility, challenge, unhelpful, helpful, behaviour, problem, co-operative		<b>My money:</b> Earn, win, find, presents, pocket money, borrow, benefits, save, choices, jobs
Year 2	<b>What keeps me healthy?</b> Healthy diet, oral health, physical activity, active, sleep, vaccination routine, hygiene, food, rest, routines	<b>Indoors and Outdoors:</b> Emergency, safe, responsible, rules, unsafe, hazards, road safety, fire safety, danger	<b>Medicines and me:</b> Medicine, healthy, pharmacy, doctor, safety, asthma, instructions	<b>Friendships:</b> Care, excluded, friend, difficult, problems, resolve		<b>Boys, girls, and families:</b> Birth, love, relationship, family, marriage, support, caring, LGBT+, loving, heterosexual, gay, transgender, lesbian, bisexual, penis and vagina	
Year 3	<b>What helps me choose?</b> Eat well guide, influences, brands, packaging, taste, cost, value role model, qualities, teased feelings, diverse, Judge, beautiful, admire, influence positive, food, choices, active healthy	<b>Bullying: see it, say it, stop it:</b> 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	<b>Tobacco is a drug:</b> Drug, tobacco, smoking, second hand smoke, smoke free, medicine, harmful, asthma, instructions	<b>Strengths and challenges:</b> Goal, challenge, skill, attribute, put up, put down, set-back, Friend, Kindness, Emotions Feelings, Care, Conflict Qualities impact mental health Celebrate, Goals, Positive	<b>Celebrating Difference:</b> Family, culture, age, gender, personal interests, belief, community, diverse, view, different, similar, diverse respect, views experiences, expectations, group		<b>Saving, spending and budgeting:</b> 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

Year 4	<b>What is important to me?</b> Religious diet, cultural diet, moral diet, ethical, fair trade, farming, seasonality, consumers, screen time, health, wellbeing, food, choices, sleep	<b>Playing safe:</b> 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	<b>Making choices:</b> 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		<b>Democracy:</b> Democracy, vote, election, influence, organisation, council, government, resources, community, British values, customs birthplace, extended families citizen, etiquette, diverse, stereotype, racism, power superiority	<b>Growing up and changing:</b> Puberty, Womb, Menstruation, Period, Vagina, Penis, Foreskin, Testicles, Scrotum, Sperm, Ejaculation, Birth, love, relationship, family, marriage, support, caring, LGBT+, loving, heterosexual, gay, transgender, lesbian, bisexual, erection, masturbation	
Year 5	<b>In the media:</b> Misleading, marketing, consumers, advertising, role model, media, reality, manipulate	<b>When things go wrong:</b> 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	<b>Different influences:</b> 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	<b>Dealing with feelings:</b> Conflict, change, emotion, loss, grief, bereavement	<b>Stereotypes, discrimination and prejudice (including homophobia)</b> Stereotype, homophobic, sexist, disability, disablist, racist, transphobic, 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 diverse, stereotype, relationships religions, gay, bisexual, LGBT	<b>Growing up and changing:</b> Puberty, Womb, Menstruation, Period, Vagina, Penis, Foreskin, Testicles, Scrotum, Sperm, Ejaculation, Birth, love, relationship, family, marriage, support, caring, LGBT+, loving, heterosexual, gay, transgender, lesbian, bisexual, erection, masturbation	<b>Borrowing and Earning Money:</b> Loans, credit cards, hire purchase schemes, debt, manageable, unmanageable, reliable, enterprise, salary, risk, influence, careers.

Year 6		<p><b>Keeping safe out and about</b> Peer pressure, consequence, antisocial, law, peer pressure, independent, gangs, youths, behaviour, protected</p>	<p><b>Weighing up risk</b> Tobacco, nicotine products, alcohol, solvents, medicines, legal and illegal drugs, risks, advice, support, age restrictions</p>	<p><b>Healthy Minds:</b> Mental health, mood, feelings, mind, strategies, support stigma discrimination Transition</p>	<p><b>Human rights:</b> Refugees, non-refugees, migration, empathise, diversity, immigrants, human rights, UN Convention, Rights of the Child, responsibilities, organisations, UK laws, Unicef, Save the Children, British government, MP, homelessness, temporary accommodation, organisations, initiatives, charities, Shelter</p>	<p><b>Healthy relationships / how a baby is made:</b> Conception, pregnancy, Ovary, Ovum, Egg, Fallopian Tube, Uterus, Vulva, Labia, Clitoris, Cervix, Oestrogen, Epididymis, Sperm ducts, Prostate gland, Urethra, Wet dream, Testosterone, Sexual intercourse, Penetration, Make love, Please, foetus, zygote, embryo, amniotic fluid, placenta, amniotic sac, cells, contractions, disease, infection, consent, Puberty, Womb, Menstruation, Period, Vagina, Penis, Foreskin, Testicles, Scrotum, Sperm, Ejaculation, Birth, love, relationship, family, marriage, support, caring, LGBT+, loving, heterosexual, gay, transgender, lesbian, bisexual, homophobic, transphobic, biphobic, homophobia, transphobia, biphobia, erection, HIV, infertility, IUD, iVF, masturbation, miscarriage, rhythm method, safe period, natural methods, stillbirth, abortion, AIDS, male condom, female condom, contraception, contraception implant, contraception injection, contraception patch, contraception pill, emergency contraception</p>	
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