

PSHE Vocabulary Overview



	Autumn 1 Being me in my world	Autumn 2 Celebrating differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Foundation	Myself Feelings Being gentle Rights Responsibilities	Talents Families Home Friends Standing up for myself	Challenges Perseverance Jobs Help	Exercise Healthy food Physical activity Sleep Clean	Family life Friendship Falling out	Bodies Respecting my body Fun Fears Growth
Year 1	Special Safe Community Consequences Rewards	Similarities Differences Bullying Celebrating	Success Achievement Learning styles Overcoming obstacles	Medicine Medication Road safety	Belonging Physical contact Preferences Celebrations	Life cycles (animal/human) Male Female Changes
Year 2	Hope Fear Fair Valuing Contributions Choices	Assumptions Stereotypes Gender	Realistic Strengths cooperation Contributing	Relaxation Nutrition Lifestyle	Boundaries Secrets Trust Appreciation	Life cycles (plants) Young Old Independence
Year 3	Goals self-worth Positivity Challenges Perspectives	Diverse families Family conflict Child-centred Compliments Witness Solutions	Ambitions Enthusiasm Managing feelings Budgeting	Food labelling Healthy choices Online safety Offline safety	Roles Negotiation Diverse lives Impact	Private Growing up Fully grown Looking forward Nervous
Year 4	Democracy Motivation Class Citizen Voice Peer pressure	Judgment Appearance Acceptance Influences Impressions	Disappointment Overcoming Resilience Positive attitude	Healthy friendships Smoking Alcohol Inner strength Assertiveness	Jealousy Love/loss Memories	Internal External Needs
Year 5	Aspirations National citizenship Conflict Vote Participation	Cultural diversity Racism Rumours Material wealth Respecting culture	Financial success Long-term Charity	Vaping Emergency aid Body image Relationships with food Healthy choices	Self-recognition Self-esteem Online communities Gaming Gambling Grooming	Being unique Body changes Transition Accepting change Having a baby

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Year 6	Global citizenship Children's Universal Rights Group dynamics Role-modelling Anti-social behaviour	Perceptions of normality Disability Empathy Inclusion Exclusion	Success criteria Recognition Evaluating	Personal responsibility Substances Exploitation County Lines/Gangs Managing stress	Mental health Sources of support Control Power	Puberty Conception IVF Body image Physical attraction Consent Sexting