

Blakeley Heath Primary School

PSHE/ RSE Vocabulary

	Core Theme 1: Health and Wellbeing	Core Theme 2: Relationships	Core Theme 3: Living in the Wider World	RSE (Growing Up Units)	Citizenship
Year 1	Proud Success Achieve/Achievement Goal Learning Stepping stones Process Dreams Working together Team work Celebrate/Celebration Challenge Feelings Good Not so good Happy Sad Like/Dislike Obstacle Overcome Healthy/Unhealthy Balanced Exercise Sleep Rest Choices Clean/Keeping clean Hygienic Wash Safe Disease Virus Germs Medicines Healthy food/Unhealthy food Young Old Grow/Growing Change Loss	Similarity/similar Same as Different from Difference Bully/Bullied/Bullying /Bullying behaviour Deliberate On purpose Unfair Included Celebration Special Unique Family Belong Friends/Friendship Qualities: Caring Sharing Kind Greeting Touch Feel Like/Dislike Help/Helpful Community Feelings: Confidence Praise Qualities/Skills: Self-belief Incredible Relationships Appreciate	Safe Special Calm Belonging Rights Responsibilities Learning Charter Rewards Consequences Upset Disappointed	Changes Life cycle Baby Adulthood Life cycle Adult Grown up Growing up Mature Male Upset Female Vagina Penis Testicles Vulva Anus New Grow Feelings: Anxious Worried Excited Coping	

	Trust Surprise Secret Safety - Green Cross Code (Eyes Ears Look Listen Wait) Bodies/Body Parts (Refer to SRE section)				
Year 2	(As per previous year) Realistic Strengths Persevere Difficult/Easy Learning together Responsibilities Opportunities Independence Problem-solve Healthy choices Lifestyle Motivation Relax/Relaxation Tense Calm Dangerous Illness Vaccination Injections Body Balanced diet Portion Proportion Energy Fuel Nutritious Online Safety	(As per previous year) Boys Girls Assumptions Stereotype Kind/Unkind Feelings: Sad Lonely Stand up for Diversity Fairness Kindness Value Important Cooperate Physical contact Communication Hugs Acceptable/Not acceptable Conflict Point of view Positive problem solving Secret Surprise Telling Trust/Trustworthy Honesty Reliability Compliments Appreciate	(As per previous year) Worries Hopes Fears Actions Praise Reward Positive Negative Choices Co-operate Problem-solving	(As per previous year) Change Life cycle Control Baby Toddler Child Teenager Fully grown Old Young Respect Appearance Physical Independent Freedom Public Private Touch Cuddle Hug Squeeze Like/Dislike Acceptable/Unacceptable Comfortable/Uncomfortable Looking forward Feelings: Excited Nervous Anxious Happy	
Year 3	(As per previous year) Oxygen Calories/Kilojoules Heartbeat Lungs Heart Fitness Labels Sugar Fat	(As per previous year) Loving Connected Solve it together Solutions Resolve Witness Bystander Gay Unkind	(As per previous year) Welcome Valued Achievements Proud Pleased Personal goal Acknowledge Affirm Emotions	(As per previous year) Changes Birth Animals Babies Mother Uterus Womb Nutrients Survive	

	Saturated Fat Drugs Attitude Feelings: Anxious Scared Strategy Complex Appreciate Risk Perseverance Success Ambitions Future Aspirations Enterprise Cooperation Motivated Enthusiastic Efficient Frustration 'Solve it together' technique Solution Review Success Self-review Evaluate	Feelings Hurtful Men Women Unisex Role Job Respect Stereotype Solution Friendship Win-win Safe/Unsafe Risky Internet Social media Private Messaging (PM) Gaming Global Communications Transport Interconnected Food journeys Climate Inequality Needs Wants Deprivation United Nations Equality Justice Happiness Celebrating Appreciation	Feelings Nightmare/Dream Fears Worries Solutions Support Rewards Actions Fairness Co-operate Challenge Group dynamics Team work View point	Love Affection Care Puberty Sperm Ovaries Egg Ovum/Ova Stereotypes Roles Looking forward	
Year 4	(As per previous year) Determination Resilience Positive Attitude Disappointment Fears Hurt Positive experiences Plans Cope Self-belief Commitment	(As per previous year) Character Assumption Surprised Different Appearance Accept Influence Opinion Attitude Judgement Friend	(As per previous year) Included Excluded Welcome Valued Team Charter Role Job description School Community Rights and Responsibilities	(As per previous year) Personal Unique Characteristics Physical features Impression Parents Sperm Egg/Ovum Womb/Uterus Ovary/Ovaries Puberty	

<p>Cooperation Review Success Friendships/ Friendship groups Emotions Relationships Roles Leader Follower Assertive Agree/disagree Smoking Pressure Peers Guilt Advice Alcohol Liver Anxiety Fear Believe Opinion Right/Wrong Determination</p>	<p>Deliberate Bystander Witness Cyber bullying Text message Website Troll Special Different Characteristics Physical features Impression Close Jealousy Emotions Positive/Negative Loss Strategy Shock Disbelief Numb Denial Anger Guilt Pain Despair Hopelessness Relief Depression Souvenir Memento Memorial Memories Special Remember Negotiate Compromise Loyalty Anger Betrayal Empathy Boyfriend Girlfriend Attraction Pressure</p>	<p>Democracy/Democratic Decisions Voting Authority Contribution Observer Choices UN Convention on Rights of Child</p>	<p>Menstruation Periods Sanitary towels/pads Tampons Ovulation Cycle Emotions Looking forward</p>	
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		Personal Comfortable Love Appreciation Symbol Care			
Year 5	(As per previous year) Healthy behaviour/Unhealthy behaviour Informed decision Pressure Media Influence Emergency Procedure Recovery position Level-headed Body image Social media Celebrity Altered Self-respect Comparison Eating problem Eating disorder Respect Debate Opinion/Fact Money Grown up Adult Job Career Profession Salary Contribution Society Determination Aspiration Culture Country Sponsorship Communication Cooperation	(As per previous year) Characteristics Personal qualities Attributes Self-esteem Responsibility/Being responsible Age-limit Social network Online/Off line Risk/Risky Violence Appropriate Grooming Trolled Gambling/betting Devices Screen time Mental health Physical health Personal information Choices Vulnerable Culture Culture wheel Racism Colour Race Discrimination Rumour Name-calling Racist Homophobic Texting Happiness Continuum Developing world Direct and indirect bullying	(As per previous year) Education Appreciation Opportunities Goals Motivation Vision Challenge Citizen Denied Empathise Refugee Persecution Conflict Asylum Migrant Wealth Poverty Prejudice Citizen Privilege Deprive Rewards Cooperation Collaboration Participation	(As per previous year) Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation Puberty Vagina/Vulva Oestrogen Womb/Uterus Sperm Testicles/Testes Erection Larynx Facial hair Growth spurt Hormones Relationships Conception Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Fertility Treatment (IVF) Teenager Milestone Perceptions Hope Manage Cope Opportunities Emotions: Fear, Excitement, Anxious	

Year 6	(As per previous year) Immunisation Prevention Drugs Effects Prescribed Restricted/Unrestricted Over-the-counter Illegal Volatile substances Synthetic highs New psychoactive substances Exploited Vulnerable Drugs Criminal Illegal Gangs/Gang Pressure Strategies Reputation Anti-social behaviour Crime Mental health Emotional health Mental illness Symptoms Stress Triggers Managing stress Pressure Stretch Personal Realistic/Unrealistic Success Criteria Money Suffering Concern Hardship Sponsorship Empathy Admire Respect Praise Contribution Recognition	(As per previous year) Mental health Ashamed Stigma Anxiety Support Worried Warning Self-harm Emotions and Feelings (Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger) Acceptance Bereavement Coping strategies Control Authority Assertive Strategies Risks Pressure Self-control Real/Fake True/untrue Assertiveness Communication Technology Abuse Safety Normal Ability Disability Visual impairment Empathy Perception Medication Vision Blind Transgender Gender diversity Courage Fairness Rights and Responsibilities Power Struggle	(As per previous year) Goals Worries Fears Welcome Choice Rights and Responsibilities Community Education Maslow Empathy/Empathise Comparison Rewards and Consequences Cooperation and Collaboration Legal/Illegal Lawful Participation Democracy	(As per previous year) Self-image Self-esteem Real self Celebrity Freedoms Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife Attraction Relationship Pressure Sexting Self-esteem Negative body-talk Choice Feelings/emotions Challenge Mental health Transition Secondary Looking forward Journey Worries Anxiety Excitement Consent/Consenting Contraceptives Conception Condoms Pill Making love Sexual intercourse Having sex Words associated with puberty: pubic hair, voice breaks, menstruation, semen, growing taller, hips widen, facial hair, ,	
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		Imbalance Harassment Bullying behaviour Direct/Indirect Argument Recipient Para Olympian Accolade Admiration Stamina		breasts, hormones, ovulation, sanitary towel, testicles, sperm, underarm hair, penis, feeling moody, vagina, vulva, womb, uterus, fallopian tube, trust, respect, body odour, genitalia. New vocabulary introduced in Y6: masturbation, wet dreams, clitoris.	
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