PSHE Vocab Progression - 23

PSHE	Health education	Relationship education	Money, work and enterprise	Emotional health education	Sex education
EYFS	Clean, germs, wash, dry, teeth, oral hygiene, brush, healthy, unhealthy, food, fruit, vegetables, knife, fork, spoon, dress/undress, toilet, exercise, sleep	Friends, rules, kind hands, share, take turns, different, family, mum, dad, brother, sister, auntie, uncle, baby, child, adult, right, wrong	Jobs, firemen, police, doctor, nurse, vet, teacher, fire station, police station, school, hospital, money	Happy, sad, angry, worried, feelings, valuable individual	
Year 1	***Healthy eating/physical health & fitness:*** Healthy, exercise, fit, food, types of food, fruit, vegetables, diet ***Health prevention:*** Illness, clean, wash, germs, clean teeth, handwashing, hygiene, doctor, dentist, sleep, exercise	***Caring friendships:*** Likes, dislikes, groups, positive attitudes, positive relationships, kindness, friend, friendship, bullying, teasing, share, take turns, respect, feelings ***Respectful relationships:*** Differences, celebrate, welcome, respect, lonely, left out, unkind ***Being safe:*** Safe, unsafe, care, rules, people, situations, rights, trust, adults, school, home, personal space, risk	***Work:*** Jobs, working for a living, work, type, money, nurses, teachers, firemen, ambulance crew, vet, family, friends	***Mental wellbeing:*** Facial expression, emotion, feelings, control, behaviour, affect, choices, happy, sad, afraid, angry, surprised, nervous, strengths	
Year 2	***Drugs, alcohol and tobacco:*** Medicine, prescription, drugs, ill, condition, safety rules, harmful, smoke, tobacco, alcohol, 999, first aid	***Respectful relationships:*** Right, wrong, rules, polite, considerate, harm, improve, positive, groups, debate, belonging, identify ***Families & people who care for me:*** Family, sibling, cultures, different, place ***Caring friendships:*** Bullying, teasing, alone, confident, bullied, friendship, kind, falling out, isolated ***Being safe:*** Dangers, road, water, fire, railway, fireworks, fire service, police, emergency, crime, protect, locking doors, alarm	***Financial capability:*** Money, sources, purposes, spend, pay, afford, buy, essential, non-essential, illegal, consequence, shops, saving, credit/debit cards, bank ***Jobs & Careers:*** Jobs, paid, unpaid, volunteer, health, family situations, finances ***Taking risks/gambling:*** Money, safe, lending, borrowing, choices, decisions	***Mental wellbeing:*** Likes, dislikes, fair, unfair, anger, bullying, teasing, choices, feelings, loneliness, alone, cross, frustrated, mad, irritated, upset, annoyed, isolation, shy, quarantine, separation	
Year 3		***Respectful relationships:*** Rules, consequences, expectations, human rights, responsibilities, polite, respectful, considerate, voting, views, decision making, values for life, differences, people, groups, celebrated, included, cultures, disability, equality ***Families & people who care for me:*** Second marriages, fostering, extended families, same sex relationships, respect, loss, change, love, unconditional love ***Caring friendships:*** Bullying, bully, victim, feelings, behaviour, trust, relationships, cyberbullying, healthy friendship ***Being safe:*** Trust, honesty, friendship, caring, safe, adults, help, rules, situations, decisions, bikes/car safety, hot drinks, chemicals, security, passwords, belongings, crime, police	***Jobs & careers:*** Jobs, professions, local/wider community, earn, working for a living, earning a living, voluntary, unpaid, adverts ***Financial capability:*** Money, exchange, goods, services, prices, payments, budget, influences, advertising, necessity, expensive, value, pocket money, direct debit, cheque, standing order, cash, credit card, afford ***Enterprise:*** Spare money, unemployed, food bank, impact, families	***Mental wellbeing:*** Feelings, uncomfortable, angry, behaviours, trigger, difficult, strategies, help, stressful, techniques, de-stressing, deep breaths, compassion, sympathy, positive, behaviour, love, self-respect	
Year 4	***Health prevention:*** Healthy, exercise, rest, relaxation, hygiene, responsibility, emotional health, socially & emotionally fit, food additives, active, pedometer, influences, lifestyle, choices, cigarettes, alcohol, germs, disease ***Healthy eating/physical health & fitness:*** Responsibility, healthy packed lunch, physical activity, mind-set, hygiene, infection, immunisation, medical condition ***Changing adolescent body:*** Body, change, grow, older, puberty, feelings, personal hygiene products, boys, girls ***Drugs, alcohol & tobacco:***	***Respectful relationships/Caring friendships:*** Positive attitudes, body, physical appearance, relationship, friendship, unhealthy ***Being safe:*** Emotions, feelings, changing, express, privacy, risk, dangers, consequences, actions, accidents	***Personal economic wellbeing:*** Costs, house, child, pocket money, budgeting, sacrifices, jobs, skills. Future, provide, household, bills, food, water, gas, electricity, cope ***Enterprise:*** Spare money, fund raising, campaigns, events, school, local community, unemployed, food banks ***Taking risks/gambling:*** Money, safe, banks, bank account, banking, services, savings, speculate to accumulate, informed risk taking, wasting, squandering, planning, future, budget	***Mental wellbeing:*** Positive self-concept, worth, individual, achievements, mistakes, behaviour, reflect, happiness, feelings, self-image, high self-esteem, sensitive, positivity, resilience, physical exercise, outdoors, participation, hobbies, interests, lonely, isolated, mindfulness	

	Substances, drugs, medicinal, prescription, recreational, legal, illegal, alcohol, tobacco, problems, risks, health, impacts, law, rules, selling, using, advertising, decisions, influence, trust, peer pressure, risky				
Year 5	***Basic first aid:*** Helps, safe, fire, police, ambulance, emergency services ***Changing adolescent body:*** Changes, body, puberty, growing, adulthood, male, female, emotions, hormones, mood swings, same, different, developing, love, anxiety, elation, moodiness, anger, jealousy	***Respectful relationships:*** Rights, responsibilities, communicate, express, views, viewpoints, decisions, decision making, scarce resources, fair trade, slavery, equality, global awareness, environmental issues, famine, hardship, good manners, politeness, moral dilemmas, values, equality of opportunity, discrimination, bullying, stereotypes, rules, beliefs, lifestyles ***Families & people who care for me:*** Different arrangements, diversity of lifestyles, second marriages, fostering, extended families, same sex marriages, lesbian, gay, transsexual, bisexual, law, family life, rights, arguments ***Online relationships:*** Media, choices, influences, advertising, body image, influencers, dangers, risks, grooming, social networking ***Being safe:*** Moral issues, TV story lines, internet, magazines, appropriate, guidance, laws, environmental/road safety, water, fire, law	***Personal economic value:*** Influence, spend, decisions, value, fair trade, wages, salaries, tax, deduction, pensions, materialistic ***Jobs & careers:*** Realistic, future, hopes, aspirations, goals, ambitions economic wellbeing, job, career, provide, work for a living, qualities, attributes, job satisfaction, unemployed, economic crisis, globally, nationally, essentials, vocation, university, degree, qualifications, application, employer, profession, disappointment, rejection, resilience	***Mental wellbeing:*** Puberty, emotions, feelings, strategies, worries, concerns, strong feelings, loss, bereavement, divorce, friendship, love, comfortable, isolation, strategies, friendship, kindness	
Year 6	***Health prevention:*** Cultural difference, lifestyle, skin, sun damage, skin cancer, exposure ***Healthy eating/physical health & fitness:*** health, being healthy, influences, relaxation, rest, sleep, right amounts, stress management techniques, doctor, obesity ***Basic first aid:*** Emergency services, first aid, observations, patient, situation ***Drugs, alcohol & tobacco:*** Drugs, medicinal, prescription, recreational, legal, illegal, law, alcohol, tobacco, legal highs, pain killers, stimulants, sedatives, hallucinogens, abstinence, dependence, addiction, effects, health, abuse, drug tests, banned substances, smoking, electronic cigarettes, nicotine patches, unit, social drinking, binge drinking, anti-social behaviour, peer pressure	***Caring friendships:*** Personal space, privacy, trust, listening, caring ***Online relationships:*** Abuse, exploitation, relationships, controlling, help, signs, good & bad secrets, trust ***Being safe:*** Grooming, risks, confidentiality, safeguarding, help, good & bad touches, unwanted contact, acceptable social behaviour, meeting, suitability, help, hazards ***Families & people who care for me:*** Trust, love, cared, understood, respected	***Enterprise:*** Entrepreneur, profit, business, enterprise, skills, creativity, ideas, teamwork, communication, roles, abilities, managing money, cash flow, budget, marketing, market research, questionnaires, logo, selling techniques, overheads, loss, business plan, presentation, audience, pitch, action plan ***Taking risks/gambling:*** Gambling, problems, lottery, raffles, stock market, gambling machines, laws, addiction ***Community facilities:*** Facilities, community, paid, charges, households, council, cost	***Mental wellbeing:*** Behaviour, attributes, resilience, strategies, feelings, life experiences, emotional development, birth of a sibling, moving house; illness and going to hospital; loss; bereavement; separation; divorce and reconstituted families; living with violence; parents in prison, positive, achievements, stress, satisfaction, contentment, happiness, agencies, reflect, manage, influence, unhappiness, mindfulness	***Sex education:*** Sex, relationships, sexual intercourse, friendships, intimate relationships, making love, babies, conception ***Giving birth & parenting:*** Parent, carer, needs, babies, children, men, women, roles, responsibilities