

PROGRESSION OF PSHE (inc. RSE) VOCABULARY

Topic	EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
WORLD OF DRUGS	medicine instructions safe unsafe harmful kind unwell pills toxic	unwell medicine kindness vaccination paracetamol antibiotics insulin asthma temperature ointment inhaler safety rules	medicine allergy diabetes sugar levels vitamins energy drink e-cigarette syringe needle safe harmful misuse positive consequence negative consequence scenario risk responsibility	alcohol alcoholic/non-alcoholic caffeine energy drink fizzy drink tooth decay obesity drug informed choices health risks advertising dangers organ functions cigarette tobacco nicotine addictive habit chemicals substances legal/illegal influences
EMOTIONS	kind happy excited cross	feelings emotion happy scared	emotions uplifting un/comfortable tension	embarrassment flight, fight, freeze confidence strategies

	<p>unhappy sad upset love like scared joyful</p>	<p>lonely excited frustrated calm angry anxious deep breaths warmth love care situation 'chill skill' sorry kindness</p>	<p>relax negative thoughts positive thoughts online strategies mixed emotions intensity of emotions mindfulness resolve</p>	<p>managing conflicting emotions intensity consequence conflict disputes resolve online advice</p>
<p>BEING HEALTHY</p>	<p>exercise sport food water healthy teeth brushing washing hands germs hygiene relax unhealthy fruit vegetables</p>	<p>food energy grow repair emotions balanced diet like dislike healthy choice diet relax physical activity germs hygiene tooth brushing technique health</p>	<p>growth provide energy repair healthy unhealthy balanced diet survey influenced choice physically active motivation mental health wellbeing goals lifestyle</p>	<p>wellbeing learn give take notice be active connect realistic goals physical health emotional health mindfulness kindness choice habits benefits balanced diet low risk</p>

		wellbeing		high risk technology mental health sleep diet exercise dental health strategies health risks stigma
GROWING UP/PUBERTY	life cycle baby adult looking after grow eggs parent care change	eggs babies caring protect stage of life new skills stereotype penis vagina underwear rule touch secret surprise un/safe	parent pregnant carer family womb breasts umbilical cord ovaries penis testicles sperm male female period sanitary towels interests qualities aspiration job/employment	puberty physical changes emotional changes menstruation period deodorant wet dreams sanitary towels hygiene sex reproduction testicles sperm eggs penis vagina ovaries womb breasts

			foetus baby teenager control/not control personal hygiene physical appearance positive qualities personal space affection appropriate inappropriate	adolescence self-conscious embarrassment pregnancy healthy relationship love perception un/realistic images goals selfies lifestyle
CHANGES	weather seasons feelings emotions mood colours thoughts	feelings weather seasons friendship growing emotions positive attitude negative attitude support loss	comfortable uncomfortable positive difficult conflicting emotion situation life journey intensity of feeling scenario community support	emotion situation metaphor scenario conflicting out of control regulate independence choice loss separation divorce strategies
ANTI-BULLYING	kindness friendship looking after sad upset care	bullying Cyber-bullying opposites excluded left out kindness	bullying argument advice victim bully bystander	anti/bullying cyberbullying strategies reporting policy power of words

	safe	challenging behaviours social media incident safe unsafe	cyberbullying consequences kind supportive	direct indirect power relationships banter name-calling homophobic gay discrimination prejudice abuse
ALL ABOUT ME	special different same celebrate alike support	identity special different same celebrate positive support unique	interests personality attitudes culture beliefs similarities differences race gender style traditions aspirations responsibilities community symbol proud	responsibilities community differences similarities solutions metaphors symbols imagery
DIFFERENCE AND DIVERSITY	same/similar different equal special	same/similar different equal special	equal diversity cultural family	respect equal diversity differences

	<p>kind accept</p>	<p>qualities respect unique</p>	<p>religious interests similarities differences influence</p> <p>qualities stereotyping discrimination gender media</p>	<p>similarities kindness personality interests gender identity sexual orientation culture religious beliefs stereotyping acceptance gender dysphoria lesbian gay heterosexual trans refuge refugee empathy</p>
<p>BEING RESPONSIBLE</p>	<p>rules environment care planet world kindness sharing</p>	<p>rules consequences responsible responsibilities skills recycle reduce reuse</p>	<p>right responsibility dis/respect opinion view need want community decision vote un/fair role</p>	<p>United Nations Universal Declaration of Human Rights responsibility environment right goal protected by law fair parliament democracy debate</p>

			dis/agree decision	opinion community
KEEPING SAFE	safety behaviour rules doing what is right health danger protect	safe/ty solution duty situation rules advice personal information behaviour technology online privacy private	hazard independent underwear rule consent persuade danger choice strategy consequence online technology safety	un/safe reduce risk hazard risk danger habit addictive assess social media mental health counter-extremism critical thinking online safety life skills
RELATIONSHIPS	kind feelings friends family love like	dis/agree friendship respond feel kind caring good listener	relationship friendship un/healthy jealousy insults shouting power fairness not equal control respect support love honesty	qualities friendship relationship un/healthy responsibilities passive aggressive assertive confidential diversity marriage civil partnership wedding legal rights

			dis/agree un/kind problem solving compromise fair privacy	foster carer adopted commitment same-sex parents single parents confidentiality
MONEY SENSE	money coins notes spend save pocket money	money amount coins spend save share	need want spend save share interest loan debt tax enterprise fundraising charity	advertising critical consumer save borrow debt borrowing council tax interest loan fair trade employability skills entrepreneur enterprise wellbeing charity risky
CHALLENGE				
EYFS		KS1		KS2
listen respect share		explain recognise express		identify understand recognise

explain
describe

identify
describe
communicate
share
actively listen
cooperate
respond appropriately
demonstrate
contribute
name

name
use strategies
predict
manage
explain
describe
communicate
debate
demonstrate
respond appropriately work
collaboratively/co-
operatively
appreciate
suggest