



Shardlow Primary School



PSHE/RSE Vocabulary

Year 1	Relationships		Living in the wider world		Mental health and wellbeing	
New vocabulary and definition	family	People that care for you. Introduce same sex families, single parent families.	rules	Example of different rules in class, home, outside in the community (they keep us safe).	healthy	keeping your body working at its best.
	secrets	Secrets are things that people tell you that you can never ever tell. Children should not keep secrets which make them feel worried or uncomfortable.	environment	Natural world as a whole or a particular area	unhealthy	Not good for someone's health.
	special people	Children to identify who their special people are.	community	a group of people living in the same place/share same values. Children to understand that they are part of different communities.	hygiene	the practice of keeping clean and to prevent disease.
	uncomfortable	causing or feeling unease or awkwardness	digital devices	Tv, ipads, phones, laptops etc.	physical activity	Any movement by the skeletal bones that help us burn energy from the food we eat.
	unsafe	Not safe; dangerous	internet	Lots of computers connected together.	likes	children's likes/interests
	private	What does it mean to keep something private? This includes what parts of the body to keep private.	jobs	Work where someone is paid.	dislikes	what children do not like
	permission	How to ask and give permission for to be touched/touch others.			feelings	Different emotions we feel eg, happy, sad, angry etc.
	kind	What does kind behaviour look like in and out of school?			rules	Example of different rules in class, home, outside in the community (they keep us safe).
	unkind	What does unkind behaviour look like in and out of school?			age restrictions	age restrictions are put on tv programmes, films, toys and play areas to help keep us safe.
	sharing	The joint use of object or space (taking turns).				
	respect	How we show respect to others – polite, listening etc.				



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Year 2

Relationships

Living in the wider world

Mental health and wellbeing

New vocabulary and definition

friend

Mutual affection between people

rights

something that we are entitled to.

physical health

your body being absent of disease

argument

A disagreement between people

responsibilities

things that you are expected to do

mental health

How you think, feel and how you behave

resolve

To solve a problem

money

Pays for things
different types of money: coins, notes
and different types of electronic
payments e.g. debit cards

sleep

surprise

a good secret that will be
eventually found out in
the end (opposite of a
secret).

needs

In relation to money, what is a necessity

dental health

Keeping your teeth healthy and clean

lonely

wants

In relation to money, what is something
that we can live without

medicine

Can help people stay healthy
and manage illnesses and
allergies

unhappy

Opposite of happy

vaccination

Can help people stay healthy
and manage illnesses and
allergies

bullying

Deliberate unkind
behaviour that is done on
purpose more than once

big feelings

Be able to manage emotions
including change, loss and
bereavement

similarities

things that are similar

body parts

including e.g. vulva, vagina,
penis, testicles

differences

things that are different

risk

how to recognise risk(potential
danger) in everyday situations
e.g., road, water and medicines

safety

Children need to recognise
different ways to keep
themselves safe (free from
harm) in and out of school.

emergency

Children need to know to ring
999 in an emergency

goals

Children need to set goals for
their transitional year



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Vocabulary you will know from previous topics and definition	secrets	Secrets are things that people tell you that you can never ever tell.	community	a group of people living in the same place. Children to identify that they are part of different communities.	healthy	keeping your body working at its best.
	uncomfortable	causing or feeling unease or awkwardness	internet	Lots of computers connected together.	feelings	Different emotions we feel e.g., happy, sad, angry etc.
	unsafe	Not safe; dangerous				



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Year 3	Relationships		Living in the wider world		Mental health and wellbeing	
New vocabulary and definition	Different types of families	to recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents	laws	Regulations put in place.	habits	Something that is done in a repeated or a regular way. Habits can sometimes be maintained, changed or stopped.
	privacy		human rights	a right which is believed to belong to every person. These protect people.	balanced diet	Eating the right foods from the correct food group so that our body can work properly.
	Personal boundaries	rules that you create in which you think other people should behave towards you	stereotypes	understanding about gender stereotypes in relation to work	strengths	how that things what you are good
	online bullying	Deliberate unkind behaviour that is on purpose more than once online	interests	Things that you like	interests	Things that you like
	Self-respect	How we show respect to others and yourself	skills	What skills are needed in relation to work e.g. team work and decision making?	setbacks	Something that delays progress. How to manage and respond to set backs.
	cultures		achievements	Things that have been achieved	hazards	Something that could cause harm
			gender		Personal identity	Strengths and interests make up a personal identity



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Vocabulary you will know from previous topics and definition	family	People that care for you	jobs	Work where someone is paid	healthy	Same definition but now in relation to different food choices
	unsafe	Not safe; dangerous	rights	something that we are entitled to.	unhealthy	Same definition but now in relation to different food choices
	unhappy	Opposite of happy	responsibilities	things that you are expected to do	mental health	How you think, feel and how you behave
	bullying	Deliberate unkind behaviour that is done on purpose more than once			physical health	your body being absent of disease
					risk	How to predict and manage the potential dangers in relation to crossing the road, the playground, the kitchen etc.



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Year 4	Relationships		Living in the wider world		Mental health and wellbeing	
New vocabulary and definition	positive and healthy friendships	E.g. mutual respect, sharing interest and trust	Different community groups	Children need to recognise what communities they are part out – school community and wider communities	oral hygiene	Keeping teeth healthy and clean – brushing and flossing
	communicating	how to talk appropriately when using digital devices	data	Collection of information	physical illness	
	dares	Difference between a 'playful dare' and when a dare puts someone under pressure.	digital footprint	the trail of traces or 'footprints' that people leave online.	personal hygiene	Keeping our bodies and clothes clean
	confidence	when it is right or wrong to break confidence – linked to secrets	fact	A statement that is true	drug	Explore drugs that are common to everyday life – cigarettes, e-cigarettes, medicine A chemical that you have in your body which changes the way you feel or act
	mutual respect	Understanding we don't all share same values and beliefs	advertisement	Something that is advertised (online).	side effects	
			budget	how to manage money		
Vocabulary you will know from previous topics and definition	secret	Secrets are things that people tell you that you can never ever tell.	community	a group of people living in the same place/share same values. Children to understand that they are part of different communities.	balanced diet	Eating the right foods from the correct food group so that our body can work properly.
	uncomfortable	causing or feeling unease or awkwardness	money	Pays for things different types of money: coins, notes and different types of electronic payments e.g. debit cards	habit	Something that is done in a repeated or a regular way. Habits can sometimes be maintained, changed or stopped.
			responsibilities	things that you are expected to do		



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Year 5	Relationships		Living in the wider world		Mental health and wellbeing	
New vocabulary and definition	peer influence	Other affecting our behaviour and attitudes. Understand how this can make people feel and behave	media	The main ways to communicate	healthy lifestyle	
	peer approval	wanting to be accepted by others	careers	Children need to identify what job they would want in the future.	sun safety	how to keep safe in the sun
	strategies	ways to solve something	diversity	Lots of different ways/options - careers	disease	
	resolving	Look at different strategies of how to resolve arguments in friendships and what support is there to help – how can this be done in a peaceful way	inclusion	Being included in something	bacteria	
	challenges	Understanding that it is okay to face challenges in friendships	routes into work	College, apprenticeships, training, university	viruses	
	acceptable	in relation to physical contact			personal identity	Race, gender, faith, culture, hobbies, likes/dislikes
	unacceptable	in relation to physical contact			gender	Understanding that some people's gender identity (masculinity/femininity) doesn't correlate with their biological identity
	wanted	in relation to physical contact			individuality	What makes us individual
	unwanted	in relation to physical contact			FGM	Female genital mutilation
	physical contact	exploring physical touch in different situations			puberty	When your body begins to change and develop from being a child to an adult
	discrimination	Unfair treatment of someone e.g. racism, sexism, homophobia			periods	when blood and tissue leaves her through the vagina. If an egg is not fertilized the lining leaves through the vagina and a girl has her period



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Vocabulary you will know from previous topics and definition	healthy friendship	Understanding that these can change over time	environment	Natural world as a whole or a particular area	unsafe	Opposite of safe
	secret	Secrets are things that people tell you that you can never ever tell. Children should not keep secrets which make them feel worried or uncomfortable.	money	Pays for things different types of money: coins, notes and different types of electronic payments e.g. debit cards	risk	how to recognise risk(potential danger) in everyday situations e.g., sun safety what are the dangers of being in the sun
	uncomfortable	causing or feeling unease or awkwardness	responsibilities	things that you are expected to do	emergency	Children need to know to ring 999 in an emergency
	bullying	Deliberate unkind behaviour that is done on purpose more than once	stereotypes	understanding about gender stereotypes in relation to work		



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Year 6	Relationships		Living in the wider world		Mental Health and Well-being	
New vocabulary and definition	loving relationships	Romantic relationships, family relationships	prejudice	Judging someone or having an idea about them before getting to know them	mental wellbeing	Psychological wellbeing. Understanding what things can affect this.
	civil partnership	A legal declaration made between two people	manipulate	Deliberately changed – in the context of online images	loss	A feeling
	civil marriage	A legal declaration made between two people	restrictions and regulations	In the context of social media sites	grief	Intense sorrow, usually caused by someone's death
	forced marriage	To force anyone to marry is illegal	critical consumer	Understand that companies are trying to influence us to buy things and how we manage this by thinking carefully about when are buying or advertisements	independence	Understand how this increases as children become older. Having more individual responsibility
	challenges	Reference to 'online' viral challenges	scams	dishonest/fraud	transition	Moving from primary school to secondary school
	positive role model	Setting a good example	gambling	playing games for a chance to win money	consent	Giving permission
	conflict	A serious disagreement	fraud	When someone tricks someone else unlawfully or unfairly for a gain	committed relationships	couples showing commitment to each other
	disagreement	to disagree with something	debt	Sum of money that is owed or due	Sexual intercourse	The act between between two consenting adults
	sexual orientation	Who you love or are attracted to			love	Link with values
	consent	giving permission			personal information	How this is shared online and how this can be kept safe online. Identify what is information is appropriate to share online
					social media	Different types – e.g. Facebook, Instagram etc.



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Vocabulary you will know from previous topics and definition	healthy relationship	Identify what the qualities are and how they help a relationship flourish	discrimination	Unfair treatment of someone e.g. racism, sexism, homophobia		
	pressure	Being influenced by how to act by someone	stereotypes	How to recognise stereotypes in different contexts	risk	how to recognise risk(potential danger) in everyday situations e.g., financial risk
	dares	Difference between a 'playful dare' and when a dare puts someone under pressure.	money	Pays for things different types of money: coins, notes and different types of electronic payments e.g. debit cards	emergency	Children need to know to ring 999 in an emergency
	bullying	Deliberate unkind behaviour that is done on purpose more than once			drugs	A chemical that you have in your body which changes the way you feel or act