

PROGRESSION OF PSHE (inc. RSE) VOCABULARY

MODULE	EYFS	KS1	LOWER KS2	UPPER KS2
DRUG EDUCATION	medicine drug safe safety unsafe dangerous poison poisonous pills tablets measure dose help well fit ill poorly cure better recover feeling	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 drunk cigarette tobacco nicotine addictive habit chemicals substances legal/illegal influences

<p>EXPLORING EMOTIONS</p>	<p>feel feeling kind unkind acceptable unacceptable behaviour happy elated sad miserable frustrated excited upset angry frightened scared worried</p>	<p>feelings emotion happy scared lonely excited frustrated calm angry anxious deep breaths warmth love care situation 'chill skill' sorry kindness</p>	<p>emotions uplifting un/comfortable tension relax negative thoughts positive thoughts online strategies mixed emotions intensity of emotions mindfulness resolve</p>	<p>embarrassment flight, fight, freeze confidence strategies managing conflicting emotions intensity consequence conflict disputes resolve online advice</p>
<p>BEING HEALTHY</p>	<p>happy unhappy healthy unhealthy fit unfit exercise quiet</p>	<p>food energy grow repair emotions balanced diet like dislike</p>	<p>growth provide energy repair healthy unhealthy balanced diet survey</p>	<p>wellbeing learn give take notice be active connect realistic goals physical health</p>

	<p>calm clean sterile germs virus bacteria soap hot/warm/cold water sanitiser wash rub dry hands fingers nails back front in between tooth teeth toothbrush toothpaste snack breakfast lunch dinner</p>	<p>healthy choice diet relax physical activity germs hygiene tooth brushing technique health wellbeing</p>	<p>influenced choice physically active motivation mental health wellbeing goals lifestyle</p>	<p>emotional health mindfulness kindness choice habits benefits balanced diet low risk high risk technology mental health sleep diet exercise dental health strategies health risks stigma</p>
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	tea fruit vegetables sugar carbohydrate protein fat names of foods and types of exercise			
GROWING UP	help share take turns support grow growing growth young old baby adult change time pattern same similar	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	puberty physical changes emotional changes menstruation period deodorant wet dreams sanitary towels hygiene sex reproduction testicles sperm eggs penis vagina

	different		qualities aspiration job/employment foetus baby teenager control/not control personal hygiene physical appearance positive qualities personal space affection appropriate inappropriate	ovaries womb breasts adolescence self-conscious embarrassment pregnancy healthy relationship love perception un/realistic images goals selfies lifestyle
CHANGES	change changes same similar alike different vary pattern like dislike, <i>Any specialist vocabulary to the</i>	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

	<i>subject eg feelings, weather, seasons, life cycles, death etc</i>			strategies
BULLYING MATTERS	friendly kind fair feelings special tradition celebration, community bully bullying unkind worried unfair sharing including	bullying cyberbullying opposites excluded left out kindness challenging behaviours social media incident safe unsafe	bullying argument advice victim bully bystander cyberbullying consequences kind supportive help-lines	anti/bullying cyberbullying strategies reporting policy power of words direct indirect power relationships banter name-calling homophobic gay discrimination prejudice abuse
BEING ME	same /similar different/difference unique special confident ambitious	identity special different same celebrate positive	interests personality attitudes culture beliefs similarities	responsibilities community differences similarities solutions metaphors

	<p>proud friendly kind</p>	<p>support unique</p>	<p>differences race gender style traditions aspirations responsibilities community symbol proud</p>	<p>symbols imagery</p>
<p>DIFFERENCE AND DIVERSITY</p>	<p>same similar alike different difference unlike unique special self-esteem respect kind family include invite share</p>	<p>same/similar different equal special qualities respect unique</p>	<p>equal diversity cultural family religious interests similarities differences influence qualities stereotyping discrimination gender media</p>	<p>respect equal diversity differences similarities kindness personality interests gender identity sexual orientation culture religious beliefs stereotyping acceptance gender dysphoria lesbian</p>

				gay heterosexual trans refuge refugee empathy
BEING RESPONSIBLE	responsible friendly kind/unkind helpful caring respect co-operating environment planet global warming climate change habitat nature community recycling	rules consequences responsible responsibilities skills recycle reduce reuse	right responsibility dis/respect opinion view need want community decision vote un/fair role dis/agree decision	United Nations Universal Declaration of Human Rights responsibility environment right goal protected by law fair parliament democracy debate opinion community
BEING SAFE	safe safety friend friendly respect	safe/ty solution duty situation rules	hazard independent underwear rule consent persuade	un/safe reduce risk hazard risk danger

	<p>danger dangerous stranger internet road road crossing zebra crossing traffic lights Feelings: safe, comfortable, unsafe, uncomfortable, hurt</p>	<p>advice personal information behaviour technology online privacy private</p>	<p>danger choice strategy consequence online technology safety</p>	<p>habit addictive assess social media mental health counter-extremism critical thinking online safety life skills</p>
RELATIONSHIPS	<p>relation relationship family friend friendly group myself together alone interact play with others</p>	<p>dis/agree friendship respond feel kind caring good listener</p>	<p>relationship friendship un/healthy jealousy insults shouting power fairness not equal control respect support love</p>	<p>qualities friendship relationship un/healthy responsibilities passive aggressive assertive confidential diversity marriage civil partnership wedding</p>

			honesty dis/agree un/kind problem solving compromise fair privacy	legal rights foster carer adopted commitment same-sex parents single parents confidentiality
MONEY MATTERS	money penny pound price cost cash card How much? How many? enough? expensive cheap affordable saving savings bank	money amount coins ATM 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
CHALLENGING				

EYFS	KS1	KS2
<p>listen respect share explain describe</p>	<p>explain recognise express identify describe communicate share actively listen cooperate respond appropriately demonstrate contribute name</p>	<p>identify understand recognise name use strategies predict manage explain describe communicate debate demonstrate respond appropriately work collaboratively co-operatively appreciate suggest</p>