

PSHE Vocabulary Progression



	EYFS hear	Year 1 Use	Year 2 Use	Year 3 Use	Year 4 Use	Year 5 Use and define	Year 6 Use and define
Being me in my world	Different Responsivities Taking turns Sharing Nervous Similar Feelings Happy Friend Gentle Kind Angry Excited	Learning charter Responsibility Disappointed Belonging Rewards Consequences	Positive Problem Worries Co-operate Negative Choices Responsible Problem solving	Achievement Personal goal Acknowledge Pleased Welcome Emotions Feelings Solutions Support Fairness Group dynamic Viewpoint Teamwork Nightmare Challenge Belong Valued Affirm Ideal Dream	Excluded Included Description Democracy School community Democratic Decisions Voting Authority Contribution Observer Empathise Role Job	Opportunities Motivation Appreciation Refugee Empathise Prejudice Participation Conflict Migrant Challenges Wealthy Privilege Deprive Cooperation Collaboration Attitude Denied Asylum Vision Citizen Views Deprive Opinion Collective decision	Community Education Maslow Empathy Comparison Opportunities Empathise Obstacles Motivation Participation Lawful Wants Needs Legal Illegal
Celebrating difference	Similar Different Unique Friends	Similarity/similar Same as Different from Difference	Boys Girls Similarities Assumptions	Family Loving Caring Safe	Character Assumption Judgement Surprised	Culture Conflict Difference Similarity	Normal Ability Disability Visual impairment

	Happy	Similarity	Shield	Connected	Different	Belong	Empathy
	Sad	Bullying	Stereotypes	Difference	Appearance	Culture wheel	Perception
	Special	Bullying behaviour	Boys	Special	Accept	Racism	Medication
	Kind	Deliberate	Girls	Family	Assumption	Colour	Vision
	Frightened	On purpose	Similarities	Conflict	Influence	Race	Blind
	Family	Unfair	Differences	Solve it together	Appearance	Discrimination	Male
	Angry	Included	Assumptions	Solutions	Opinion	Culture	Female
	Proud	Bully	Stereotypes	Resolve	Attitude	Ribbon	Diversity
		Bullied	Special	Witness	Judgement	Bullying	Transgender
		Celebration	Bully	Bystander	Bullying	Rumour	Gender diversity
		Difference	Purpose	Bullying	Friend	Name-calling	Courage
		Special	Difference	Gay	Secret	Racist	Fairness
		Unique	Kind	Unkind	Deliberate	Homophobic	Rights
			Unkind	Feelings	On purpose	Cyber bullying	Responsibilities
			Feelings	Tell	Bystander	Texting	Power
			Sad	Witness	Witness	Problem-solving	Struggle
			Lonely	Bystander	Witness	Bullying	Imbalance
			Help	Bullying	Bystander	Indirect	Control
			Bully	Gay	Bully	Direct	Harassment
			On	Unkind	Problem solve	Cyber bullying	Bullying
			Purpose	Feelings	Cyber bullying	Texting	Bullying behaviour
			Stand up for	Tell	Text message	Happiness	Direct
			Help	Consequences	Website	Difference	Indirect
			Male	Hurtful	Troll	Culture	Argument
			Female	Solve it together	Special	Similarity	Recipient
			Difference	Gay	Unique	Continuum	Para Olympian
			Diversity	Compliment	Different	Developing world	Achievement
			Fairness	Special	Characteristics	Racism Discrimination	Accolade
			Kindness	Unique	Physical features	Direct and indirect	Disability
				Difference	Impression	bullying	Sport
			Friends	Similarity	Changed	Culture	Perseverance
			Special		Judgement	Celebration	Admiration
			Unique		Assumption	Artefacts	Stamina
			Different		Influence	Display	Celebration
			Similarities		Special	Presentation	Difference
			Value		Different		Conflict
					Accept		

Dreams and goals	Dream	Proud	Realistic	Perseverance	Dream	Dream	Dream
	Goal	Success	Proud	Challenges	Hope	Hope	Hope
	Challenge	Achievement	Success	Success	Goal	Goal	Goal
	Job	Goal	Celebrate	Obstacles	Determination	Feeling	Learning
	Ambition	Treasure	Achievement	Dreams	Perseverance	Achievement	Strengths
	Perseverance	Coins	Goal	Goals	Resilience	Money	Stretch
	Achievement	Goal	Strengths	Dreams	Positive	Grown up	Achievement
	Happy	Learning	Persevere	Goals	Attitude	Adult	Personal
	Kind	Stepping stones	Challenge	Ambitions	Dreams	Lifestyle	Realistic
	Encourage	Process	Difficult	Future	Goals	Job	Unrealistic
		Garden	Easy	Aspirations	Hopes	Career	Dream
		Dreams	Learning together	Garden	Disappointment	Profession	Hope
		Working together	Success	Decoration	Fears	Money	Goal
		Team work	Celebrate	Dream	Hurt	Salary	Feeling
		Achievement	Achievement	Goal	Resilience	Contribution	Achievement
		Celebrate	Goal	Team work	Positive experiences	Society	Success
		Learning	Partner	Enterprise	Hopes	Dream	Criteria
		Stretchy	Team work	Design	Dreams	Hope	Learning steps
		Challenge	Learning together	Cooperation	Disappointment Hurt	Job	Dream
		Feelings	Success	Challenge	Goals	Career	Hope
		Challenge	Celebrate	Product	Plans	Goal	Goal
		Obstacle	Achievement	Team work	Cope	Determination	Feeling
		Overcome	Challenge	Cooperation	Help	Perseverance	Global
		Achieve	Product	Strengths	Resilience	Motivation	Issue
		Goal	Dream	Motivated	Resilience	Dream	Suffering
		Stepping stones	Goal	Enthusiastic	Self-belief	Hope	Concern
		Success	Group	Excited	Motivation	Goal	Hardship
		Celebration	Team work	Efficient	Perseverance	Aspiration	Dream
		Challenge	Problem-solve	Responsible	Determination	Culture	Hope
		Internal treasure chest	Learning together	Obstacles	Goal	Country	Goal
		Feelings		Frustration	Dream	Aspiration	Achievement
		Goals		'Solve it together'	Commitment	Dream	Money
		Dreams		technique	Goal	Goal	Sponsorship
		Garden		Solution	Team work	Culture	Suffering
				Team work	Enterprise	Sponsorship	Hardship
				Review	Design	Communication	Empathy
				Learning	Cooperation	Support	Motivation
				Strengths	Resilience	Rallying	Dream

				Success Self-review Celebrate Evaluate	Positive attitude Review Disappointment Learning Strengths Success Celebrate Evaluate	Sponsorship Team work Cooperation Difference Dream Goal Motivation Aspiration	Hope Goal Achievement Admire Respect Praise Compliment Contribution Recognition
Healthy Me	Healthy Exercise Head Shoulders Knees Toes Sleep Wash Clean Stranger Scare	Healthy Unhealthy Balanced Exercise Sleep Healthy Unhealthy Balanced Exercise Sleep Choices Healthy Clean Body parts Toiletry items, e.g. Toothbrush, shampoo, soap Hygienic Safe Medicines Healthy Unhealthy Trust Safe Safe Safety Green Cross	Healthy choices Lifestyle Motivation Relax Relaxation Tense Calm Healthy Unhealthy Dangerous Medicines Safe Body Healthy Unhealthy Balanced diet Portion Proportion Healthy Unhealthy Balanced diet Energy Fuel Nutritious Healthy Unhealthy Balanced diet Nutritious	Oxygen Energy Calories/ Kilojoules Heartbeat Lungs Heart Fitness Energy Calories Kilojoules Labels Sugar Saturated fat Healthy Drugs Attitude Safe Anxious Scared Strategy Advice Safe Harmful Risk Feelings Complex Appreciate	Friendships Emotions Healthy Relationships Friendship groups Value Friendship groups Roles Leader Follower Assertive Agree / disagree Smoking Pressure Peers Guilt Advice Alcohol Liver Disease Pressure Peers Anxiety Fear Believe Assertive Opinion Right Wrong	Choices Healthy behaviour Unhealthy behaviour Informed decision Pressure Media Choices Healthy behaviour Unhealthy behaviour Informed decision Pressure Media Influence Emergency Procedure Recovery position Calm Level headed Body image Media Social media Celebrity Altered Self-respect Comparison Body image Eating problem Eating disorder Respect	Responsibility Choice Immunisation Prevention Drugs Effects Motivation Prescribed Unrestricted Over-the counter Restricted Illegal Volatile substances 'Legal highs' Exploited Vulnerable Drugs Criminal Illegal Gangs Gang Pressure Strategies Reputation Anti-social behaviour Crime Illegal Mental health

		Code Eyes Ears Look Listen Wait Keeping clean Healthy	Energy	Body Healthy Safe Choice Risk		Pressure Debate Opinion Fact Choices Healthy lifestyle Motivation	Emotional health Mental illness Symptoms Stress Triggers Strategies Managing stress Pressure
Relationships	Family Jobs Relationship Friend Lonely Argue Fall-out Words Feelings Angry Upset Calm me Breathing	Family Belong Different Same Friends Friendship Qualities Caring Sharing Kind Greeting Touch Feel Texture Like Dislike Help Helpful Community Feelings Confidence Praise Qualities Skills Self-belief Incredible Proud Celebrate Relationships	Family Different Similarities Special Relationship Important Cooperate Touch Physical contact Communication Hugs Like Dislike Acceptable Not acceptable Friends Likes/dislikes Conflict Point of view Positive problem solving Secret Surprise Good secret Worry secret Telling Adult Trust Surprised Happy	Men Women Male Female Unisex Role Job Responsibilities Differences Similarities Respect Stereotype Conflict Solution Problem solving Friendship Win-win Safe Unsafe Risky Internet Social media Private Messaging (PM) Gaming Global Communications Transport Interconnected	Relationship Close Jealousy Problem solve Emotions Positive Negative Strategy Shock Disbelief Numb Denial Anger Guilt Sadness Pain Despair Hopelessness Relief Acceptance Depression Souvenir Memento Memorial Loss Memories Special Remember Friendships	Characteristics Personal qualities Attributes Self esteem Responsibility/Being responsible Age limit Social network Community Online Off line Responsibility Rights Risky Age-limit Community Violence Appropriate Grooming Trolled Gambling/ betting Trustworthy Responsibility Rights Risky Devices Screen time Social Off line	Mental health Ashamed Stigma Stress Anxiety Support Mental Health Worried Signs Stress Anxiety Warning Support Self harm Emotions Feelings Sadness Loss Grief Denial Despair Guilt Shock Hopelessness Anger Acceptance Bereavement Coping strategies

		Special Appreciate Feelings	Sad Frightened Trust Trustworthy Honesty Reliability Compliments Celebrate Positive Negative Appreciate	Food journeys Climate Trade Inequality Needs Wants Rights Deprivation United Nations Equality Justice Happiness Celebrating Relationships Friendship Family Thank you Appreciation	Negotiate Compromise Trust Loyalty Anger Betrayal Empathy Boyfriend Girlfriend Attraction Pressure Personal Comfortable Special Love Appreciation Symbol Care	Mental health Physical health Personal information Safe Online Choices Vulnerable Risk Grooming Rights Responsibilities	Power Control Authority Bullying Script Assertive Strategies Risks Pressure Influences Self-control Real/Fake True/Untrue Assertiveness Judgement Communication Technology Power Control Cyberbullying Abuse Safety
Changing Me	Eye Foot Eyebrow Forehead Ear Mouth Arm Leg Chest Knee Nose Tongue	Changes Life cycle Baby Adulthood Change Life cycle Baby Adult Grown up Baby Growing up Adult	Change Grow Life cycle Control Baby Adult Fully grown Growing up Old Young Change Respect	Changes Birth Animals Babies Mother Growing up Baby Grow Uterus Womb Nutrients Survive	Personal Unique Characteristics Parents Puberty Male Female Testicles Sperm Penis Ovaries Egg	Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation Puberty Menstruation Periods Sanitary towels	Self-image Self-esteem Real-self Celebrity Opportunities Freedoms Responsibilities Puberty Pubic hair Voice breaks Menstruation Semen

	Finger	Mature	Appearance	Love	Ovum/Ova	Sanitary pads	Growing taller
	Toe	Change	Physical	Affection	Womb/Uterus	Tampons	Hips widen
	Stomach	Male	Baby	Care	Vagina	Ovary/ Ovaries	Facial hair Erection
	Hand	Female	Toddler	Change	Circle	Vagina Oestrogen	Tampon
	Baby	Vagina	Child	Puberty	Seasons	Vulva	Breasts
	Grown-up	Penis	Teenager	Control	Change	Womb/Uterus	Hormones
	Adult	Testicles	Adult	Stereotypes	Control	Puberty, Sperm	Wet dream
	Change	Anus	Independent	Task	Change	Semen	Ovulation
	Worry	New	Timeline	Roles	Acceptance	Testicles/Testes	Testicles
	Excited	Grow	Freedom	Challenge	Scared	Erection	Sperm
	Memories	Feelings	Responsibilities	Change	Empty	Ejaculation	Under arm hair
		Anxious	Male	Looking	Peaceful	Wet dream	Penis
		Worried	Female	Forward	Happy	Larynx	Feeling moody
		Excited	Vagina	Excited	Sad	Facial hair	Vagina
		Coping	Penis	Nervous	Nervous	Growth spurt	Womb
			Testicles	Anxious	Proud	Hormones	Fallopian tube
			Anus	Happy	Excited	Sperm	Relationships
			Public		Anxious	Egg/Ovum	Conception
			Private		Shy	Penis	Sexual intercourse
			Touch		Grumpy	Testicles	Fallopian tube
			Texture		Accepting	Vagina	Fertilisation
			Cuddle		Apprehensive	Womb/Uterus	Pregnancy
			Hug		Worried	Ovaries	Embryo
			Squeeze		Frustrated	Sexual intercourse	Umbilical cord
			Like		Angry	Fertilise	Contraception
			Dislike		Disappointed	Conception	Fertility
			Acceptable		Hurt	Teenager	Treatment (IVF)
			Unacceptable		Jealous	Milestone	Pregnancy
			Comfortable		Frightened	Perceptions	Embryo
			Uncomfortable		Unsure	Puberty	Foetus
			Looking forward		Uncertain	Responsibilities	Placenta
			Excited		Confused	Change	Umbilical cord
			Nervous		Miserable	Hope	Labour
			Anxious			Manage	Contractions
			Happy			Cope	Cervix
						Opportunities	Midwife
						Emotions	Self-esteem
						Fear	Negative body-talk

						Excitement Anxious	Choice Feelings/emotions Challenge Mental health Transition Secondary Looking forward Journey Worries Anxiety Hopes Excitement
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