




## PSHE Vocabulary



Charnock Hall Primary Academy  
A L.E.A.D. Academy

	Autumn Term	Spring Term	Summer Term
	<div style="background-color: #90EE90; padding: 5px; text-align: center;"><b>Health and Wellbeing</b></div> <ul style="list-style-type: none"> <li>- Health Lifestyles</li> <li>- Mental Health</li> <li>- Ourselves, growing and changing                             <ul style="list-style-type: none"> <li>- Keeping safe</li> </ul> </li> <li>- Drugs, alcohol and tobacco</li> </ul> 	<div style="background-color: #FFD700; padding: 5px; text-align: center;"><b>Relationships</b></div> <ul style="list-style-type: none"> <li>- Families and close positive relationships.                             <ul style="list-style-type: none"> <li>- Friendships</li> </ul> </li> <li>- Managing hurtful behaviour and bullying                             <ul style="list-style-type: none"> <li>- Safe relationships</li> <li>- Respecting self and others</li> </ul> </li> </ul> 	<div style="background-color: #00BFFF; padding: 5px; text-align: center;"><b>Living in the Wider World</b></div> <ul style="list-style-type: none"> <li>- Shared responsibilities</li> <li>- Communities</li> <li>- Media literacy and digital resilience</li> <li>- Economic wellbeing: Money</li> <li>- Economic wellbeing: aspirations, work and career</li> </ul> 
EYFS	<p>Through CL – listening, attention and understanding, PSED – self-regulation, PSED – managing self, PSED, Building relationships, UtW – people, culture and communities.</p> <p>Listen attentively and respond to what they hear with relevant questions, comments and actions.</p> <ul style="list-style-type: none"> <li>• Being read to during whole-class discussions and small-group interactions;</li> <li>• Make comments about what they have heard and ask questions to clarify their understanding;</li> <li>• Hold conversations when engaged back-and-forth exchanges with their teachers and peers.</li> </ul> <ul style="list-style-type: none"> <li>• Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.</li> <li>• Set and work towards simply goals, being able to wait for what they want and control their immediate impulses when appropriate</li> </ul> <ul style="list-style-type: none"> <li>• Give focused attention to what the teacher says, responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas or actions.                             <ul style="list-style-type: none"> <li>• Be confident to try new activities and show independence, resilience, and perseverance in the face of challenge                                     <ul style="list-style-type: none"> <li>• Explain the reasons of rules, know right from wrong and try to behave accordingly,</li> </ul> </li> </ul> </li> <li>• Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.                             <ul style="list-style-type: none"> <li>• Work and play cooperatively and take turns with others</li> <li>• Form positive relationships to adults and friendships with peers</li> <li>• Show sensitivity to their own needs and those of others.</li> </ul> </li> <li>• Know some differences and similarities between different religious and cultural communities in this country, drawing on their experiences and what has been read in class.</li> <li>• Explain some difference and similarities between life in this country and life in other countries, drawing on knowledge from stories, non-fiction texts and – when appropriate- maps.</li> </ul>		

Year 1	<p><b>What is the same and different about us?</b></p> <p>changes, life cycle, age, child, baby, teenager, adulthood, adult, elderly, grown up, growing up, mature, male, female, vagina, penis, new, grow, anxious, worried, excited, coping, pride, unique</p>	<p><b>Who is special to us?</b></p> <p>family, belong, different, same, friends/friendship, caring, sharing, kind, greeting, touch, feel, like/dislike, help/helpful, community, confidence, praise, relationships, special, appreciate, roles, change, loss, moving, forever, feelings, responsibility, kindness, normal, different, religion, culture, gender</p>	<p><b>What helps us stay healthy?</b></p> <p>healthy, unhealthy, balanced, exercise, sleep, choices, clean/keeping clean, hygienic, safe, medicines, trust, sleep, brushing teeth, dentist, wash, disease, germs.</p>	<p><b>What can we do with money?</b></p> <p>credit card, debit card, savings, purchase, budget, wants and needs, notes, coins,</p>	<p><b>Who helps to keep us safe?</b></p> <p>community, different, religion, common dangers, chemical, medicine, needles, railway, emergency, police, fire brigade, ambulance, hazard, rules, age restrictions</p>	<p><b>How can we look after each other and the world?</b></p> <p>similarity/similar, same as, different from, difference, included, celebration, special, unique, rules, right, wrong, responsibilities, contribute.</p>
Year 2	<p><b>What makes a good friend?</b></p> <p>safe, special, calm, belonging, rights, responsibilities, friend, family, stranger, acquaintance, member of my community, kind, sorry, apologise, difference, different, feelings, thoughts,</p>	<p><b>What is bullying?</b></p> <p>similarity/similar, same as, different from, difference, bully, bullied, bullying, bullying behaviour, deliberate, on purpose, unfair, included, unique, include, exclude, leave out, respect, listening, polite, fair, controlling, physical, emotional,</p>	<p><b>What jobs do people do?</b></p> <p>credit card, debit card, loan, savings, debt, purchase, budget, retail, wants and needs, jobs, careers, aspirations, work, income, realistic, proud, success, celebrate, achievement, goal,</p>	<p><b>What helps us to stay safe?</b></p> <p>family, relationship, co-operate, touch, physical contact, like/dislike, acceptable/not acceptable, conflict, point of view, secret, surprise, good secret, worry secret, telling, trust, surprised, happy, sad, frightened, honesty, reliability, compliments, consent,</p>	<p><b>What helps us grow and stay healthy?</b></p> <p>healthy choices, lifestyle, motivation Relax/Relaxation, Tense/Calm, Healthy/Unhealthy, Dangerous, Medicines , Safe , Body, Balanced diet , Portion, Proportion, Energy, Fuel, Nutritious, diet, healthy, unhealthy, fruit, vegetable, energy,</p>	<p><b>How do we recognise our feelings?</b></p> <p>Change, control, Growing up, Old, Young, Change, Respect, Independent, Freedom Responsibilities, Like/Dislike, Acceptable/Unacceptable Comfortable/Uncomfortable, Looking forward, Feelings: Excited Nervous Anxious Happy, worried</p>

	opinions, perfect, team, angry, happy, nervous, scared, sad, calm, surprised, offline, online, activities, hobbies	group, disability, minority	strengths, persevere, challenge, difficult/easy, dream	private, permission, rules, restrictions, risky, unsafe		
Year 3	<p><b>How can we be a good friend?</b></p> <p>amily, Different, Similarities, Special, Relationship, Important, Cooperate, Touch, Physical contact, Communication, Hugs, Like/Dislike, Acceptable/Not acceptable, Friends, Conflict, Point of view, Positive problem solving, Secret Surprise, Good secret, Worry, secrets, Telling, Trust , Feelings: Surprised Happy Sad Frightened, Trust/Trustworthy, Honesty Reliability, Compliments, Celebrate, Positive, Negative, Appreciate happy, safe, trust, respect, honesty,</p>	<p><b>What keeps us safe?</b></p> <p>fitness Heartbeat, Lungs, Heart Healthy Attitude Feelings: Anxious Scared Strategy, Appreciate, Choice Risk, germs, bacteria, virus, hygiene, infection Police Hospital Doctors Nurse Firefighter Stranger signs</p>	<p><b>What are families like?</b></p> <p>foster care, adoption, divorce, break up, death, grief, illness, disability, birth, marriage, new partners, step-parents, love, kindness, support, respect, make us feel safe, family structure, religion, skin colour, Islam, Muslim, mosque, prayers, represent, discrimination, same sex. special, unique, similarities, differences, customs and traditions, living arrangements, young carers, valued, belonging,</p>	<p><b>What makes a community?</b></p> <p>Religion, Friendships, Faith, Diversity/Diverse, Respectful, Different/difference respect, online community, rules, laws, government, vote, rights, police, fair, equality, equal, discrimination, British Values</p> <p>school community, local community, countrywide community, global community</p>	<p><b>Why should we eat well and look after our teeth?</b></p> <p>Oxygen, Energy, Calories/Kilojoules, fitness Heartbeat, Lungs, Heart Labels, Sugar, fat, saturated fat, Healthy Attitude Feelings: Anxious Scared Strategy, Appreciate, Choice Risk, germs, bacteria, virus, hygiene, infection active, healthy, exercise, food, nutrition, diet, sugar, fat, protein, vitamins, balance, sleep, informed choices</p>	<p><b>Why should we keep active and sleep well?</b></p> <p>Oxygen, Energy, Calories/Kilojoules, fitness Heartbeat, Lungs, Heart Labels, Sugar, fat, saturated fat, Healthy Attitude Feelings: Anxious Scared Strategy, Appreciate, Choice Risk, germs, bacteria, virus, hygiene, infection active, healthy, exercise, food, nutrition, diet, sugar, fat, protein, vitamins, balance, sleep, informed choice</p>

	<p>kindness, generosity, interest, experiences, support, problems, welcome</p> <p>Ramadan, Islam, Muslim, biological sex (in terms of male and female), same-sex, gay, straight, bullying, discrimination, non-binary, gender</p>					
Year 4	<p><b>What strengths, skills and interests do we have?</b></p> <p>Included, Excluded, Welcome, Valued, Dream, Hope, Goal, Determination, Perseverance, Resilience, Positive Attitude Disappointment, Fears Hurt Positive experiences, Plans, Cope, Self-belief, Motivation, commitment, Teamwork Cooperation, Review, Strengths, Success, Celebrate Evaluate</p>	<p><b>How do we treat each other with respect?</b></p> <p>Character, special, unique, different, characteristics, physical features, impression Assumption, Judgement, Surprised, Different, Appearance, Accept Influence, Opinion, Attitude, Judgement, Bullying, Friend, Secret, Deliberate, On purpose Bystander, Witness, Problem solve Cyber bullying, Text message, Website, Troll, Accept, Rights, responsibilities, respect Plagiarism.</p>	<p><b>How can we manage our feelings?</b></p> <p>Friendships, Emotions, Healthy, Relationships, Friendship groups, Value, Roles, Leader and Follower , Assertive, Agree/disagree Pressure, Peers, Guilt, Advice, Anxiety Fear, Believe, Opinion, Right/Wrong responsibility, anger, happiness, nervousness, fear, surprise, guilt, sadness, blame, ashamed, regret, apologise, stress, feelings,</p>	<p><b>How will we grow and change?</b></p> <p>Personal, Unique, Characteristics, Parents, genitalia, genitals, vagina, penis, breasts, pubic hair, Adam’s apple, Puberty , Menstruation , Periods Menstrual products – pads, tampons, reusable, throw away Personal hygiene – sweat, body odour Change, Control, Acceptance, Looking forward, support</p>	<p><b>How can our choices make a difference to others and the environment?</b></p> <p>Global Warming, Environment, Charity, Fairtrade, Single use plastics, Animal welfare, Pet ownership, Caring, Compassionate, Habitats community, responsibility, acts of kindness, young carer, support, compassion, responsibility, choice, appreciation</p>	<p><b>How can we manage risk in different places?</b></p> <p>personal information, privacy, stranger, trust, social media, kindness, cyberbullying, friendship, pressure, behaviour identities, personal, digital literacy, analyse, content, media, headlines, features, tabloid, broadsheet, clickbait, reporting concerns, inappropriate content, reliable choices safe.</p>

	community, citizen, support, belong, adoption, same-sex, gay, straight		emotions, sadness, depression, anger, love, happiness, self-esteem, mental health			
Year 5	<p><b>What makes up a person's identity?</b></p> <p>Culture, Conflict, Difference/Similarity, Belong, Culture wheel, Racism , Colour Race, Discrimination, Bullying, Rumour, Name-calling, Racist, Homophobic, Cyber bullying, jealousy, betrayal, different, excluding, including, gender stereotypes, sexism, male, female, man, woman, judgemental, vulnerable, powerful, challenge stereotypes and opinions, direct and in direct bullying, identity, emotions</p> <p>assumptions</p>	<p><b>What decisions can people make with money?</b></p> <p>Credit Card, Debit Card, Loan, Savings, Debt, Earn, Salary, Tax, Purchase, Budget, Retail Wants and needs, Jobs, Careers, wages, Value for money, Won, lost or stolen money, Work, Income, Poverty, inequality, privilege.</p>	<p><b>How can we help in an accident or emergency?</b></p> <p>danger, hazard, environment, 999, calling for help, calm, emergency, first aid, DR ABC</p> <p>asthma attacks</p> <p>allergies</p> <p>burn</p> <p>graze</p> <p>cut</p>	<p><b>How can friends communicate safely?</b></p> <p>consent, secrets, surprises, unwanted, fault, manners, kindness, tolerance, respect, care, attention, extra support - (CAMHS, social services, social worker), difference, conventional, food, music, culture, customs and traditions, languages, disability, wealth, siblings, living arrangements, fostering, adoption, step parents, young carers, kindness, friendship, empathy, inclusion, transition, judgement, boundaries, manipulation tactics, relationship, controlling</p>	<p><b>How can drugs common to everyday life affect health?</b></p> <p>informed decision, balanced healthy lifestyle, fit, healthy, exercise, processed food, sugar, carbohydrates, fruit, vegetables, fats, oral hygiene, tooth decay, disability, mental health, physical health, alcohol, nicotine, cigarettes, drugs, illegal drugs, medicines, bacteria, addictive, addiction, habits, prescription medicine, psychoactive substances 'legal highs' , laws, risk taking, saying no, respecting choices, verify, misinformation, fake news, genuine, accurate, vaccination,</p>	<p><b>What jobs would we like?</b></p> <p>Citizen, Career, Job, Work, Income, Skills, Influences, Interests, Attributes, Qualifications, Training needed, Voluntary (unpaid), Stereotypes, disabled people, disability, community, society, built, environment, contributes/contribution, respect, patronising</p>

				consent, dares, peer-pressure, bullying, cyberbullying, discrimination, insecurities, fear, anger, gender	"anti-vax", reliability	
Year 6	<p><b>How can we keep healthy as we grow?</b></p> <p>belonging, rights, responsibilities, refugees, asylum seekers, migration, immigrant, nationality, culture, religion, language, personal tastes, family background, British values, British stereotypes, freedom, feelings, mental health, negative emotions, positive emotions, angry, anxious, worried, frustrated, confused, emotional reaction, loss, separation, divorce, bereavement, managing, impulsivity, restraint, self-control, judgement, peer-pressure, body image, self-esteem, unrealistic, expectations, insecurity, media exploitation, acne, growth spurts, emotional changes, hormones, mood, anxiety, insecurity, self-conscious, risk</p>	<p><b>How can the media influence people?</b></p> <p>Gambling, Unsafe, Media, Suspicious, Ranked, selected, targeted, Influences , Report, Block, Respond, Prejudice, Alert, Respect, Trustworthiness, Online content Propaganda, Difference between fact and opinion, bias, race, racism, segregation, discrimination, prejudice, equality act, gender, sexual orientation, homophobic, stereotypes, gender expectations, harassment, valuable, sensitive, protect, privacy, identity, information, strangers, social media, passwords, manipulation, catfish, deception, vulnerable, term and conditions, clickbait, comparison, analyse, echo chamber, bias, viewpoints, anxiety, jealousy, insecure, knife crime and county lines</p>	<p><b>What will change as we become more independent? How do friendships change as we grow?</b></p> <p>marriage, wedding, ceremony, gay, control, consent, social media, manipulation, public, private, pressure, listen, respond, impulsivity, conflict, resolve, resolution, triggers, restraint, self-control, emotional triggers, conflict, good choices, emotional reactions</p>			