Stanley St Peter's CE Primary School PSHE vocabulary progression document

	Nursery	Reception
EYFS (useful words)	**Unit 1: Me & my Relationship** Like, feel, choose, head, arms, legs, eyes, ears, nose, mouth, teeth, hands, fingers, feet, toes, knees, elbows, pants, vest, private, penis, vagina, special, feel, look, friends, hug, big, small, colour, near, far, sad, love, adopt, quiet, loud, help, similar, friend, family, safe, worried, trust, lonely **Unit 2: Valuing difference** Similar, different, friendship, friend, family, special, similar, different, kind, sharing, helping, feelings **Unit 3: Keeping safe** Safe, who can help?, grown up, tell, tummy feelings, unsafe, safe, safety, signs, weather, clothing, playground, car-park, pavement, paint, scissors, glue, careful, labels, medicines, cleaning products, water, food, fresh air, sleep **Unit 4: Rights and respect** Healthy snacks, sugar, germs, wash hands, fruit, vegetables, similar, different, helping, family, friends, feelings, classroom, care, tidy, clean, look after, clean teeth **Unit 5: Being my best** Food, water, exercise, sleep, energy, challenge, encourage, keep trying, get better at, practice, keep trying, tooth decay, **Unit 6: Growing and changing**	**Unit 1: Me & my Relationship** Special, practice, effort, same, different, favourite, special people, help, family, friends, feelings, happy, sad, kind, helpful, emoji, helpful, worried, confused, frustrated **Unit 2: Valuing difference** Special, likes, dislikes, favourite, kind, unkind, same, different, family, home, kind, kindness, new friend, friendship, kindness, complement, affirmation, trust, apologise, lonely, caring **Unit 3: Keeping safe** Keep clean, keep safe, sleep, water, food, fresh air, cuddle, medicine, chemist, doctor, grown up, safe, unsafe, tummy feelings, uncomfortable, trust, adult, tell, worried, address, detective, adult, screen usage **Unit 4: Rights and respect** Family, look after, help each other, be alone, working together, responsibility, helpful, caring, recycling, pollution, electricity, litter, environment, money, shop, buy, cost, pay, money, safe place, save, friends, help, safe, trust, be alone, uncomfortable, lonely, stranger, online gaming, digital money **Unit 5: Being my best** Bounce back, encourage, try again, friends, help, goals, positive, resilient, yet, food, energy, grow, healthy, fruit, vegetable,

	Change, grow, temperature, hear, smell, see, remember, warmer, seasons, bigger, taller, special needs, private parts, different, weather, testicles, penis, adoption, breastfeeding, vulva, nipples, make, baby, dolls, cars	dairy, wash, sleep, exercise, heart, muscles, routine, calm, tooth decay **Unit 6: Growing and changing** Seasons, spring, summer, autumn, winter, cycle, life cycle, egg, change, growing, baby, child, teenager, adult, old, young, age, care, love, baby, family, grow, growing, seed, private parts, penis, vagina, adoption, old age, marriage, civil partnership, wedding, ceremony, celebration, sperm, womb, surrogacy, pregnancy, breastfeeding, tummy, donated sperm/eggs, same-sex parents, one-parent families, breasts, messages (DNA/Genes), families of different beliefs, IVF, sperm, testicles, vulva, privacy, my body
Year 1 & 2 Cycle B	**Unit 1: Me & my Relationship** Rules, safe, responsibility, work together, feelings, body language, emotions, safe, unsafe, support, behaviour, hurt, help, heal, family, special people, friendship, making up, listening, respect, fair, apologise, lonely, alone, include **Unit 2: Valuing difference** Same, different, difference, respect, unkindness, tease, teasing, bully, bullying, behaviour, fair, safe, unsafe, rules, special people, qualities, feelings, fair, unfair, kind, unkind, talents, equal, aggressive, target, online bullying, unfair, include, family **Unit 3: Keeping safe** Sleep, rest, grow, tired, feelings, worried, nervous, scared, support, unsafe, emotions, loss, lost, medicine, safe, harmful, responsibility, private, privates, trust, screen usage, sad, safe, unsafe, testicles, vagina, penis, vulva, nipples, buttocks, bottom, scrotum, consent, entertainment, donating, risks, harmful, **Unit 4: Rights and respect**	

	Environment, responsibility, needs, responsible, rules, respect, money, cost, bills, spending, afford, online gaming, digital money, digital payments, bank, coin, note, worth, saving, safe, unsafe, behaviour, consequences, promise, special promise, gratitude, grateful, burn, scald, accident, emergency, first aid, risk, accident, danger, hazard, kettle **Unit 5: Being my best** Starchy, dairy, protein, fruit, vegetables, vitamins, portion, healthy, meat, sugar, salt, cereal, spread, hygiene, disease, germs, learning, practice, make mistakes, confidence, achievement, praise, support, feedback, encourage, feelings, clean, routine, safe, respectful, teamwork, resilient, include, team, heart, organ, lungs, intestines, stomach, oxygen, digested **Unit 6: Growing and changing** Water, food, sleep, exercise, energy, healthy, oxygen, air, screen usage, needs, help, change, size, height, growing, bully, surprise, secret, testicles, penis, needs, vulva, love, help, caring, nipples, attention, scrotum, safe, unsafe, unkind, unkindness, tease, teasing, bullying, witness, experience, getting help, aggressive, online bullying, vagina, doctor, breastfeeding, private, vulva, change, my body, nipples, hygiene, sore, breasts, anus
Year 1 & 2 Cycle A	**Unit 1: Me & my Relationship** Happy, safe, unsafe, caring, friendly, rules, feelings, showing feelings, help, bullying, teasing, repeated, regular, help, don't do that, friendly, friendship, kind, unkind, include, respect, online bullying, loneliness, aggressor, target, aggressive **Unit 2: Valuing difference** Unique, respect, feelings, behaviour, calm, aggressive, solve, special people, help, cooperate, kind, kindness, unkind, feelings, listening, listen, being listened to, problem **Unit 3: Keeping safe** Sleep, medicines, safety, safe, unsafe, feelings, worried, getting help, touch, hurt, surprise, secret, tell, unsafe, someone you trust **Unit 4: Rights and respect** Responsibility, help, share, take turns, listen, feelings, control, erupt, safe, unsafe, uniform, ask for help, environment, responsibility, money, spending, saving, risk, gamer, personal information, internet, digital payments, online gaming

	Unit 5: Being my best Practice, encourage, goal, achieve, challenge, choose, choices, healthy, unhealthy, vaccination, injection, disease, hygiene, germs, teeth, dental, oxygen, water, food, exercise, rest, brain, heart, lungs, stomach, small intestine, large intestine, screen usage, risk, safe, first aid, accident, danger, hazard, kettle, burn, scald, emergency **Unit 6: Growing and changing** Help, support, supportive, change, loss, feelings, emotions, frightened, nervous, growing, food, rest, sleep, care, learning, unique, private, privacy, consent, asking permission, forward looking, making choices, ovaries, sperm, testicles, vagina, penis, womb, pregnancy, breastfeeding, vulva, special, private parts, my body is mine (body autonomy), eggs, nipples, bottom, unique, scrotum, breasts, anus, vulva, genitals, permission, tell, unsafe, secret, uncomfortable, someone you trust
Year 3 & 4 Cycle A	**Unit 1: Me & my Relationship** Rules, safety, responsibility, care, loss, feelings, cooperate, collaborate, friendship, falling out, making up, compromise, conflict, point of view, dare, persuade, feelings, continuum, opinions, respectful, courteous, challenging, strategies, point of view, calm, apologise, listen, making up, misinformation, disinformation, safe, unsafe, preferences, trust, trust **Unit 2: Valuing difference** Family, adoption, fostering, same-sex couple, blended family, community, belonging, respect, cooperation, listening skills, politeness, courtesy, manners, similarities, differences, identity, respect, name calling, bullying, prejudice, disability, gender, race, colour, sexuality, stereotype, community, needs, bystander, online bullying, upstander, discrimination, cyberbullying, trolling, abuse **Unit 3: Keeping safe** Trust, safe, unsafe, danger, dangerous, risk, risky, feelings, consequence, risk, safer, drugs, cigarettes, nicotine, alcohol, browsing, phishing, search engine, fake news, internet safety, decisions, risks, strategies, medicines, drugs, harmful, helpful, instructions, misinformation, disinformation, **Unit 4: Rights and respect** Volunteer, helper, responsible, safe, healthy, fact, opinion, environment, waste, income, saving, spending, earning, fake news, misinformation, disinformation, wellbeing, responsibility, environment

	Unit 5: Being my best Balanced diet, proteins, muscles, dairy, teeth, bones, starchy carbohydrates, energy, healthy, fruit & veg, infection, cleanliness, hygiene, rest, sleep, water, medicine, safety, drug, dose, instructions, debate, discussion, continuum, courteous, respectful, justify, goals, ambitions, improve, achieve, gender identity, collaboration, cooperation, teamwork, goal setting, talents, skills, intelligence, lungs, intestine, vessels, arteries, liver, **Unit 6: Growing and changing** Relationships, positive, healthy, trust, caring, personal space, body space, invade, stop, respect, touch, uncomfortable, angry, upset, jealous, worried, excited, scared, talk, egg, sperm, puberty, period, ovaries, fallopian tube, uterus, womb, lining, period, menstruation, menstruation pad, tampon, menstruation cup, breasts, genitals, testicles, womb, penis, online relationships, misinterpretation, vagina, penis, vulva, nipples, scrotum, stop, anus, internet safety, private, personal information, public, profile, digital tattoo, excited, feelings, erection, birth, cervix, wet dreams, mammals, hips, fertilise, spots, sweats, pubic hair, risk, safe, first aid, accident, danger, hazard, scald, burn, kettle, emergency
Year 3 & 4 Cycle B	**Unit 1: Me & my Relationship** Feelings, physical effects, sad, unhappy, devastated, miserable, distressed, lonely, alone, ignored, isolated, abandoned, apologetic, regretful, remorseful, rueful, repentant, aching, sore, excruciating, agonising, painful, happy, delighted, ecstatic, joyful, calm, untroubled, assured, confident, peaceful, scared, frightened, petrified, terrified, bothered, positive, healthy relationship, respect, responsibilities, qualities, excluded, assertive, aggressive, negotiate, friendly, rude, consequences, face-to-face, assertive, compromise, respectful, collaborate, collaborative, collaboration, teamwork, facial expression, body language, unkind, tease, bully pressure, independent, safe, unsafe, qualities, aggressive, controlling, prejudice, discrimination, aggressor, online bullying, upstander **Unit 2: Valuing difference** Negotiation, compromise, body space, invade, sharing, acquaintances ,aggressive, apologise, similarities, differences, respect, stereotype, safe, unsafe, conflict, disrespect, agree, disagree, fair, prejudice, discrimination, bystander, aggressor, target, similarities, responsibilities, belief, upstander, equal, challenge, disagree, friendly, friend, relationships, acquaintances, self-confidence,

	Unit 3: Keeping safe Danger, dangerous, risk, risky, hazard, hazardous, privacy, privacy settings, security, dare, assertive, medicine, drug, choices, social norm, persevere, influence, consequences, sunburn, aggressive, online challenge, critical thinking, controlling, influencer, aggressor, target, online bullying, AI – Artificial Intelligence, personal information, online safety, location settings **Unit 4: Rights and respect** Being responsible, reliable, trustworthy, safe, healthy, rules, laws, rights, responsibility, United Nations, democracy, phishing, trolling, scams, griefers, influence, influencer, misinformation, disinformation, opinion, respectful, courteous, anti-social behaviour, witness, aggressor, upstander, environment, conservation, income, expenditure, essential, income tax, national insurance, VAT, deductions, public services **Unit 5: Being my best** Individual, unique, choices, balanced diet, wellbeing, respect, encourage, support, choices, respectful, decisions, health, agree, disagree, mental health, refuse, reduce, re-use, rot, recycle, repair, rethink, community, first aid, injury, minor, accident, burn, scald, emergency, blood, nose bleed, choking, breathing, airway, unresponsive, casualty, wound, recovery, screen usage, voluntary group, connect, be active, be mindful, get creative, give to others **Unit 6: Growing and changing** Practice, learning line, puberty, hormones, feelings, compromise, conflict, independence, ovaries, sperm, testicles, puberty, vagina, penis, womb, wet dreams, semen, vulva, privacy, eggs, nipples, scrotum, breasts, spots, sweat, pubic hair, clitoris, labia, legal age of consent, marriage, cervix, surprise, secret, uncomfortable, safe, unsafe, relationships, marriage, live together, civil partnership, forced marriage, wedding, ceremony. Puberty for boys:, facial hair, underarm hair, body odour, ejaculation, spontaneous erections, involuntary erections, pleasure, masturbation, growth spurt, deeper voice, acne, breast growth, reproduction, testosterone, mood swings, sexual feelings/horny, romantic/sexual interest, wet dreams, emission, whitish fluid, lubricated, slippery, laundry, guilty, embarrassed, normal, natural. Puberty for girls:, hair removal, wider hips, All about getting your period:, menstruation, menstrual cycle, period, menstruation pad, tampon, menstrual cup, vaginal discharge, endometrium (uterus lining), foetus, stomach ache, headache, cramps, anus.
Year 5 & 6	**Unit 1: Me & my Relationship**

Cycle A	Collaborate, negotiation, compromise, conflict, resolution, sensitive, insensitive, unhealthy relationship, verbal abuse, physical abuse, sexual abuse, uncomfortable touching, unsafe, assertive, passive, aggressive, emotions, emotional needs, non-verbal, body language, tone of voice, face-to-face, safe, unsafe, loneliness, self-esteem, digital footprint, digital tattoo, lonely, self-esteem, insecure, respect, include, controlling, abuse, neglect, emotional needs, bullying, passive, bystander, rejection **Unit 2: Valuing difference** Friendship, talking, listening, listening skills, respect, excluded, discrimination, prejudice, metaphor, diverse, multicultural society, sex, sexual orientation, gender identity, gender expression, embarrassed, reactions, consequences, compromise, assertive, negotiate, self-esteem, loneliness, controlling, assertive, controlling, neglect, stereotype, prejudice, equity, equality, fake news, fact, biased, online bullying, misinformation, disinformation, critical thinking, disagree, algorithms, verbal abuse, physical abuse, gender identity, gender expression, biological sex, online bullying, gender reassignment (protected characteristic), transgender, disagree, friendly, friend **Unit 3: Keeping safe** Bullying, cyberbullying, dare, pressure, resist pressure, assessing risk, influence, risk taking, personal information, privacy settings, drugs, cigarettes, alcohol, norms, perception, risk taking, assertive, bystander, aggressor, target, online bullying, upstander, digital footprint, digital tattoo, substance, stimulant, pressure, equality, fairness, healthy, choices, addiction, habit, aggressive, self-esteem, controlling, neglect **Unit 4: Rights and respect** Responsibility, misinformation, disinformation, AI – Artificial Intelligence, fact, opinion, biased, unbiased, rights, duties, voluntary group, community group, pressure group, costs, wages, salaries, rent, Fair Trade, borrow, loan, credit, debit, interest, public services, council, vote, election, councillor, fake news, **Unit 5: Being my best** Healthy choices, perseverance, commitment, resilience, determination, patience, interpersonal skills, community, school community, independence, responsibility, personal qualities, celebrities, energy, organs, body systems, life skill, sepsis **Unit 6: Growing and changing**

	Wellbeing, resilience, trust, resilience, unwanted attention, unwanted touch, in confidence, break a confidence, confidential, testicles, puberty, vagina, penis, semen, period, vulva, nipples, scrotum, period/menstruation pad, tampon, menstruation, clitoris, labia, vaginal discharge, genitalia, managing feelings, oral health, hips widen, wet dreams, hormones, doctor, sleep, exercise, emotions, menstruation cup, spots, sweat, pubic hair, periods, menstruation, clitoris, body odour, acne, hair removal, height gain, FGM/cuts to the vulva, lips (labia), vaginal opening, urinary opening, period protection, washing, body confidence, body autonomy, vaginal discharge, involuntary erections, hydration, breast development, genitalia, deodorant, shower gel, tissues, washing powder, spot cream, facial wash, period products, circumcised, Taking care of your body, chemicals, oil glands, good hygiene, showers, soap, shampoo, clean underwear, pimples, zits, acne cream, hair growth, under arm, chest hair, healthy food, medication, respect, compromise, conflict, negotiate, mood swings, emotional changes, neglect, separation, fostered, egg, ovaries, sperm, testicles, puberty, vagina, penis, orgasm, embryo, womb, sexual intercourse, consensual, condom, surrogacy, adoption, IVF, age of consent, miscarriage, conception, consensual relationship, hug, cuddle, kiss, erection, vaginal wetness, excited, pleasurable feeling, implant, pregnancy, birth, caesarean, cut, labour, muscles, cervix.
Year 5 & 6 Cycle B	**Unit 1: Me & my Relationship** Collaboration, team work, negotiation, compromise, balanced friendship, respectful, assertive, peer pressure, assertiveness, resolution, sensitive, thoughtful, response, marriage, civil partnership, forced marriage, illegal, appropriate, inappropriate, privacy settings, identity theft, secure, excluded, disrespect, rejected, controlling, abuse, neglect, preferences, bystander, upstander **Unit 2: Valuing difference** Witness, bystander, unique, positive feedback, confidence, self-esteem, diversity, biological sex, sexual orientation, gender identity, gender expression, stereotype, point of view, cultural norms, respect, disrespect, body language, empathy, unique, identity, prejudice, respect, diversity, tolerance, relationships, friend, acquaintance, stereotype, gender stereotype, media influence, assumption, problem, compromise, conflict, negotiate, isolated, positive feedback, self-worth, insecure, solution, assertive, discrimination, body language, empathy, cultural norms, respect, upstander, digital platforms **Unit 3: Keeping safe** Social media, parental consent, trolling, sharing, privacy, privacy settings, online safety, right to privacy, online sharing, permission, illegal, habit, addiction, emotional needs, drug, legal, illegal, medical, non-medical, drug laws, age restrictions, possess, supply, produce, penalties, alcohol, short-term effects, long-term effects, risks, norms, physical needs, emotional needs,

	misinformation, disinformation, digital footprint, bot, troll, digital tattoo, identity theft, secure, trolling, sexual images, sexting, nudes, aggressive, assertive, passive, self-esteem, controlling, neglect **Unit 4: Rights and respect** Biased, unbiased, fact, opinion, assertive, stereotype, social media, profile, image, online safety, sharing, profile, online safety, social media, image, saving, interest, bank account, Junior ISA, interest, debit card, cash, value, tax, income tax, VAT, public services, voluntary group, community group, pressure group, mission statement, values, beneficiary, campaign bid, pitch, grant, environmentally sustainable, composting, recycling, energy, materials, waste, transport, shop local, food miles, Fair Trade, reuse, democracy, election, manifesto, candidate, voting, policies, voting booth, ballot slip, ballot box, constituencies, House of Commons, MP, debate, penalties, House of Commons, proposal, amendments, enforcement, majority, House of Lords, Royal Assent **Unit 5: Being my best** Wellbeing, connect, be active, take notice, keep learning, aspirations, goal setting, perseverance, health, accurate, reliable, sources, assessing risk, weigh up, dilemma, choices, influence, Red Cross, first aid, emergency, ambulance, operator, information, serious, adult, scenario, script, role, feelings, panic, calm, responsive, unresponsive, misinformation, disinformation, self-esteem, controlling, neglect, self-worth, assessing risk, weigh up, online behaviours, life skill, sepsis, **Unit 6: Growing and changing** Body image, manipulation, self esteem, deepfake, digital media, self-worth, assertive, stereotype, gender stereotype, media manipulation, gender reassignment (protected characteristic), online safety, peer pressure, right to privacy, sharing online, change, support, conversation, discuss, testicles, puberty, vagina, penis, hormones, vulva, friends, nipples, scrotum, identity, spots, periods, rights, mood swings, FGM/cuts to the vulva, period products, emotional changes, physical changes, FGM, voice deepening, manage emotions, feeling funny sexually, start to have questions about sex, sexual reaction, more independence, increased weight, egg, ovaries, sperm, orgasm, embryo, womb, sexual intercourse, consensual, surrogacy, adoption, IVF, age of consent, miscarriage, conception, consensual relationship, hug, cuddle, kiss, erection, vaginal wetness, excited, pleasurable feeling, implant, pregnancy, birth, caesarean, cut, labour, muscles, cervix, hips widen, wet dreams, loving relationship, womb, condom, cervix, semen, orgasm, sexual intercourse, consensual, conception, consensual relationship, hug, cuddle, kiss, erection, vaginal wetness, excited, pleasurable feeling, loving relationship, respectful, online sexual content.