



PSHE Vocabulary Progression Map

Area within PSHE	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and relationships	Friends Family School family	Friends, teachers, parents, sibling, grandparents, relatives, families	Kindness, listening, honesty, friends, inclusion, arguments, help	Recognise, respect, stability, love, support, caring, unsafe	Friendships, positive, digital devices, communicating, contact, online, healthy	Healthy, friendships, relationship, influence, communication, support, peer	Relationship, attraction, healthy, commitment, love, marriage
Safe relationships	danger, good touch, bad touch, pants, private	feeling's, help, private, uncomfortable, safe, unsafe, permission	Online, bullying, feelings, differences, secrets, uncomfortable, worried	Family, classmates, boundaries, respect, safe, behaviour, bullying	Differentiate, experiences, bullying, dares, pressures, confidence, harmful, pretending	Permission, contact, uncomfortable, unacceptable, secret, worried, concerned	Friendship, pressure, dares, unsafe, worried, guidance, support
Respecting ourselves and others	Kind Share listen	Behaviour, school, kind, feeling's, respect, polite, rules, sharing	Classmates, friends, common, differences, groups, situations, discussions, reasons	Respect, help, responsible, self- respect, polite, cultures, society	Recognise, gender, race, faith, values, respect, differences, include	Treated, equally, respect, discrimination, bullying, online, report, safety	Values, behaviours, respect, disagreements, conflict, views, listen
Belonging to a community	Same different	Rules, care, environment, recycling, differences	Groups, roles, teams, faiths, responsibilities, community	Laws, society, human rights, responsibilities, rights, police	Community, belonging, differences, volunteering, compassion, responsibilities	Resources, protecting, environment, actions, compassion, responsibility	Prejudice, discrimination, challenge, serotypes, influence

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Media literacy and digital resilience	Internet rules	Internet, digital, devices, safety, online	Internet, purpose, value, content, recognise	Leisure, online, reliable, websites, choices	digital footprint, organisations, online, adverts, fact/ fiction	Identify, purpose, fact, opinion, stereotypes, reliable, information	Contacting, communicating, safety, social media, sharing, age restrictions, connecting
Money and Work	Job money	Strengths, interests, community, jobs, work	Currency, jobs, banks, savings, money, spending	Jobs, vocation, myths, stereotypes, teamwork, achievements	Budgets, value, important, payment, charities	Jobs, ambition, career, conditions, inclusion, diversity	Role, value, work, finances, risk, gambling
Physical health and Mental wellbeing	Happy Sad Healthy unhealthy exercise	Healthy, hygiene, care, unhealthy, balance, safe	Routines, mental health, growing, changing, teeth, dentist, feelings, bereavement	Choices, healthy, unhealthy, influence, habits, lifestyle, physical	Balance, healthy, recognise, illness, support, care, dental health	Lifestyle, healthy, outdoors, sun safety, illness, cleanliness, virus, allergies	Feelings, mental health, conflict, support, changes, bereavement, balance, online
Growing and Changing	Same Different changes	Unique, special, same, different, feelings, recognise	life cycle, human, bodies, responsibilities, goals, changes	Valuable, contributions, self-worth, setbacks, challenges, identity	Identify, hygiene, emotion, help, puberty, information	personal identity, gender, recognise, respect, express, well being	Independence, changes, secondary, routines, intercourse, contraception
Keeping safe	Rules Danger Real, fake,	Safe, restrictions, online, trust, feelings	Medicines, safety, unsafe, danger, accident, emergency	Hazards, risks, alarms, safety, rules, environment	Medicines, drug, cigarettes, habit, e-cigarettes, vaping	Unsafe, emergency, risk, FGM, injuries, responsibility	online, images, appropriate, text, share, restrictions, laws, drugs, organisations, media

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