

RSE & PSHE

Key vocabulary



Including definitions and coverage of keywords

This document outlines the key vocabulary that is covered across our RSE & PSHE scheme of work.

Self regulation: My feelings

- **Emotions**

The range of feelings that someone can have, such as happiness or anger.

- **Feelings**

Emotions that a person can have.

- | | | | |
|---|------------|---|--------------|
| • | happy | • | affectionate |
| • | sad | • | friendly |
| • | angry | • | calm |
| • | calm | • | peaceful |
| • | scared | • | quiet |
| • | loved | • | still |
| • | happy | • | relaxed |
| • | cheerful | • | scared |
| • | positive | • | nervous |
| • | delighted | • | anxious |
| • | smiley | • | worried |
| • | sad | • | unsure |
| • | unhappy | • | worried |
| • | upset | • | excited |
| • | gloomy | • | surprised |
| • | miserable | • | tired |
| • | angry | • | proud |
| • | cross | • | shy |
| • | annoyed | • | bored |
| • | frustrated | • | sorry |
| • | furious | | |
| • | loving | | |
| • | caring | | |
| • | supportive | | |

Building relationships: Special relationships

- **Family**
A unit of people joined together.
- **Love**
Feelings of affection and care.
- **Friend**
Someone you like and enjoy spending time with.
- **Share**
To have or use something at the same time as someone else.
- **Unique**
Something original and unlike anything else.
- **Interests/Hobbies**
Activities or subjects you enjoy or want to know more about.
- **Similar**
Something that is nearly the same as another thing.
- **Different**
Something that is not the same as something else.
- **Diversity**
Recognising and valuing difference.
 - valuable
 - special
 - different
 - sharing
 - take turns
 - timer
 - passion
 - like
 - dislike
 - enjoy
 - special
 - individual
 - same

Taking on challenges

• Rule Something that tells us what is allowed or not allowed.	• Teamwork Working well together as a group.	• collaboration • communication • difficulty • worried
• Persistence Keeping on going, even though things might be difficult.	• Grounding technique A strategy you can use to calm yourself when you feel frustrated or unable to cope.	• anxious • panicked • frustrated • upset
• Challenge Something that is difficult and tests your ability or determination.	• Trial and error A way of solving a problem by trying a number of techniques and learning from your mistakes.	• calm • relaxed • happy • try • stronger
• Problem solving The process of finding solutions to problems.		• reason • right • wrong • safe
• Mistake Doing something incorrectly.		• confident • comfortable • fair
• Cope Deal successfully with a difficult situation.		• equal • enjoyable • calm • orderly

Listening and following instructions

- **Listening**
Hearing and understanding what someone is saying to you.
- **Persevere**
To keep on going, even though things might be difficult.
- **Team**
A group of people all working together towards the same aims.
- explain
- instructions
- odd
- different
- clue
- friends
- truth
- feelings
- honest

My family and friends

- **Festival**
A day or period of celebration, usually for cultural or religious reasons.
- **Celebration**
A special event that has been organised to celebrate something.
- **Turn-taking**
In conversation or in a game, allowing the other person to speak and have a go, and then having your turn and repeating this process.
- **Support**
To help someone when they are going through tough times or are upset.
- special event
- religion
- culture
- beliefs
- tradition
- kind
- polite
- fun
- gentle
- good listener
- trust
- helps
- snatch
- rough
- unkind
- compliment
- loved
- appreciated
- collaborate
- work together
- encourage
- party
- relationship

Managing self: My wellbeing

- **Exercise**
Being physically active and moving your body.
 - **Breathing**
Air moving in and out of the lungs.
 - **Heart-rate**
The speed at which the heart is beating.
 - **Health**
Physical health means that your body is well. Mental health is related to your emotions.
 - **Relaxation**
Resting your body and mind.
 - **Independence**
Being able to do something by yourself, without help.
 - **Pedestrian**
A person who travels by walking, rather than in a vehicle.
- movement
 - healthy
 - heart
 - lungs
 - brain
 - bones
 - muscle
 - yoga
 - meditate
 - pose
 - care
 - wellbeing
 - routine
 - balanced
 - diet
 - energy
 - superfood
 - hazard
 - crossing
 - sensible
 - aware

Families and relationships

- **Behaviour**
The way that somebody acts around other people
- **Care**
Looking after someone or something
- **Emotions**
The range of feelings that someone can have, such as happiness or anger
- **Family**
A unit of people joined together by blood, marriage, or other means including adoption or a close social bond
- **Feelings**
Emotions that a person can have
- **Friend**
Someone you like and enjoy spending time with
- **Friendly**
Being nice or kind to someone
- **Problem**
A difficult matter or situation
- **Stereotype**
An oversimplified view or idea about something, often someone, which is often untrue and many people might believe
- **Permission**
Allowing someone to do a particular thing.

Health and wellbeing

- **Allergy**
A strong reaction to something (e.g. certain foods, pollen)
- **Emotions**
The range of feelings that someone can have, such as happiness or anger
- **Feelings**
Emotions that a person can have
- **Germ**
A very small living thing which can make us ill
- **Ill (poorly)**
Not feeling well because of an illness or disease
- **Qualities**
The personality traits that make someone who they are
- **Relax**
To rest or take a break

Safety and the changing body

- **Accident**
Something that happens unintentionally
- **Drug**
A substance which changes the way the body, and sometimes the mind works, and can have a positive or negative effect (medicines are drugs)
- **Emergency**
When someone is badly hurt, very ill or there has been a bad accident
- **Hazards**
Dangerous or risky things that should be avoided if possible
- **Medicine**
Something you take to make you better if you are ill
- **Physical contact**
One person touches another
- **Polite**
Respectful and considerate behaviour towards others
- **Respect**
Being thoughtful and polite towards other people, or admiring someone because of their qualities or what they have achieved
- **Role**
A particular job you do as part of a larger task, or the part you play in it
- **Trust**
Relying on someone to do something for you, such as keeping something safe for you



RSE & PSHE vocabulary

Year 1

Citizenship

- **Care**
Looking after someone or something
- **Democracy**
A system of government where everyone can vote for who they want to represent them
- **Different**
Something that is not the same as something else
- **Fair**
Treating everyone equally
- **Pet**
An animal we look after and care for in our homes
- **Responsibility**
Being in charge of our own actions
- **Rule**
Something that tells us what is allowed or not allowed
- **Similar**
Something that is nearly the same as another thing
- **Unique**
Something original and unlike anything else
- **Vote**
A choice for a person or thing

Economic wellbeing

- **Banks and building societies**
Look after your money and can lend you money that you have to pay back
- **Cash**
Physical money such as notes or coins
- **Earn**
To get money for doing something, such as a job
- **Save**
Keeping money for something special or for the future
- **Skill**
The ability to do something well
- **Spend**
Buying something with money
- **Value**
How much a coin or note is worth

RSE & PSHE vocabulary

Year 1

Complete list

- Accident
- Allergy
- Banks and building societies
- Behaviour
- Care
- Cash
- Democracy
- Different
- Drug
- Earn
- Emergency
- Emotions
- Fair
- Family
- Feelings
- Friend
- Friendly
- Germs
- Hazards
- Ill (poorly)
- Medicine
- Pet
- Physical contact
- Polite
- Problem
- Qualities
- Relax
- Respect
- Responsibility
- Role
- Rule
- Save
- Similar
- Skill
- Spend
- Stereotype
- Trust
- Unique
- Value
- Vote

Notes

RSE & PSHE vocabulary

Year 2

Families and relationships

- **Friendship**
A special bond between yourself and a friend
- **Love**
Feelings of affection and care
- **Manners**
A way of behaving that shows respect towards other people

Previously covered:
Emotions (Y1), Family (Y1), Feelings (Y1), Stereotype (Y1), Respect (Y1)

Health and wellbeing

- **Diet**
The food we eat
- **Exercise**
Movement of the body for our health and fitness
- **Goal**
Something you want to achieve
- **Growth mindset**
Believing that we can achieve things if we work hard. 'I can't do it yet!'
- **Healthy**
Being well, both physically and mentally
- **Physical activity**
Something that requires someone to move their body
- **Relaxation**
Doing calming activities such as having a bath or reading a book
- **Skill**
The ability to do something well
- **Strengths**
The things we are good at

Previously covered:
Emotions (Y1), Feelings (Y1)

Safety and the changing body

- **Medicine**
Something you take to make you feel better when you are ill
- **Pedestrian**
A person walking to travel somewhere
- **Private**
Something personal or secret
- **Secret**
Something that is not supposed to be known about or seen by anyone
- **Surprise**
An unexpected fact or event
- **Penis**
The male external sex organ
- **Testicles/testes**
Produce sperm and male sex organs

- **Vulva**
The external female sex organs
- **Vagina**
The tube inside a woman connecting the womb to the vulva



RSE & PSHE vocabulary

Year 2

Citizenship

- **Election**
An event where people vote
- **Environment**
The local surroundings or place a person lives or works in
- **Identity**
Who someone is and how they define themselves
- **Job**
Paid work carried out on a regular basis
- **Opinion**
What a person thinks about something
- **Rule**
Something that tells us what is allowed or not allowed
- **School council**
A group of children who help make school better
- **Volunteer**
A person who offers to help out with tasks or activities without getting paid
- **Vote**
A choice for a person or thing

Previously covered:
Responsibility (Y1)

Economic wellbeing

- **Coins**
Official disks of metal used as money
- **Need**
Something that we need or require to survive, rather than just simply 'want'
- **Notes**
Official printed paper which is used as money
- **Priority**
Something that should come before anything else
- **Want**
Something we would like to have

Previously covered:
**Banks and building societies (Y1),
Cash (Y1), Earn (Y1), Save (Y1)**

RSE & PSHE vocabulary

Year 2

Complete list

- | | | | |
|---|-------------------|---|----------------|
| • | Coins | • | School council |
| • | Diet | • | Skill |
| • | Exercise | • | Strengths |
| • | Election | • | Volunteer |
| • | Environment | • | Vote |
| • | Friendship | • | Want |
| • | Goal | | |
| • | Growth mindset | | |
| • | Healthy | | |
| • | Identity | | |
| • | Job | | |
| • | Love | | |
| • | Manners | | |
| • | Need | | |
| • | Notes | | |
| • | Priority | | |
| • | Opinion | | |
| • | Relaxation | | |
| • | Rule | | |
| • | Physical activity | | |

Notes

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Families and relationships	
Bullying To cause repeated physical or emotional pain to somebody Communicate To interact with other people through words or body language Empathy To be considerate and understanding of other people's feelings Open questions Questions that do not have simple one word answers Similar Something that is nearly the same as another thing	Solve To find an answer to a problem Sympathy Feeling sad for someone when something bad happens to them Trust Relying on someone to do something for you, such as keeping a secret or keeping something safe for you
Previously covered: Stereotype (Y2)	

Health and wellbeing	
Alone Being by yourself Balance A variety of different things or an equal amount of something Barriers Obstacles that stop us achieving our goals Belonging Feeling comfortable and at home in a certain situation or place	Identity Who someone is, how they define themselves Lonely Feeling sad because you are alone Resilience Willingness to try even when things get really hard Boundaries An invisible line that defines what behaviours an individual finds acceptable.
Previously covered: Diet (Y2), Healthy (Y2), Relax (Y1)	

Safety and the changing body

- **Allergic**
Having a reaction to a substance (e.g. food, pollen)
- **Anaphylaxis**
Having an acute or severe allergic reaction
- **Bullying**
To cause repeated physical or emotional pain to someone
- **Casualty**
Someone who has an injury
- **Choice**
A decision between one or more choices
- **Cyberbullying**
Bullying that occurs through the internet
- **Decision**
Making a choice
- **Distraction**
Something that prevents us from concentrating on something else
- **Fake**
Something that is not real but is pretending to be
- **Influence**
To have an effect on someone else's decision making
- **Injuries**
Damages to the body



Citizenship	
• Charity An organisation that raises money for those in need • Community A group of people in the same area, or have things in common • Consequence The result of an action, usually one that is negative or involves punishment • Council A group of people who manage a city, county or organisation • Councillor A member of a council	• Law Rules enforced by government that define what we can and can't do • Recycling Converting waste into reusable materials • Rights A set of actions and principles that are entitled to someone • United Nations/UN An international organisation founded in 1945 after World War 2 which aims to maintain international peace and security, human rights and better standards of living
Previously covered: Democracy (Y1), Responsibility (Y1), Environment (Y2)	

Economic wellbeing	
• Account A record of money spent or received • Budget A specific and limited amount of money you have to manage and spend • Career The work a person chooses to do through life • Feeling An awareness or general sensation of something • Stereotype An oversimplified and inaccurate conception held in common by many people	Previously covered: Coins (Y2), Notes (Y2), Save (Y1), Spend (Y1)

RSE & PSHE vocabulary

Year 3

Complete list

- Alone
- Balance
- Barriers
- Belonging
- Budget
- Bullying
- Charity
- Communication
- Community
- Council
- Councillor
- Empathy
- Expense
- Feeling
- Human rights
- Identity
- Law
- Lonely
- Open question
- Qualification
- Recycling
- Resilience
- Similar
- Solve
- Stereotype
- Stretch
- Sympathy
- Trust
- United Nations/
UN

Notes

Families and relationships

- **Act of kindness**
Doing something nice for someone
- **Authority**
A person with high status and decision making power
- **Bereavement**
Mourning or grieving someone who has died
- **Boundaries**
Physical or mental limits that someone establishes to protect themselves from getting hurt
- **Bystander**
Someone who watches something without getting involved
- **Permission**
Allowing someone to do something once they have asked first

Previously covered:

Bullying (Y3), Manners (Y2), Respect (Y1), Stereotype (Y1)

Health and wellbeing

- **Fluoride**
A chemical found in toothpaste that helps keep our teeth strong and healthy
- **Mental health**
Our psychological and emotional wellbeing
- **Negative emotions**
Emotions that make us feel sad or angry
- **Positive emotions**
Emotions that make us and others around us feel happy
- **Visualise**
To create an image of something in the mind

Previously covered:

Healthy (Y2), Relaxation (Y2), Resilience (Y3), Skill (Y2)

Safety and the changing body

- **Age restriction**
Something restricted from access until you are a certain age
- **Asthma**
A common lung condition that causes breathing problems
- **Law**
Rules enforced by the government that define what we can and cannot do
- **Protect**
To keep someone safe from something
- **Puberty**
The physical and emotional changes of a child becoming an adult
- **Public**
Something that is open to anybody
- **Tobacco**
A plant grown for its leaves which contains a highly addictive drug called nicotine
- **Breasts**
Enlarged soft parts of a female's chest which produce milk for a baby
- **Genitals**
The external sex organs. The word 'genitals' is used for both males and females.

Previously covered:
Private, Penis (Y2), Testicles/Testes (Y2)



Citizenship

- **Authority**
A person with high status and decision making power
- **Human rights**
Specific rights which belong to every person
- **Cabinet**
A group of councillors who have responsibility for different things
- **Local government**
The elected party who govern and make decisions for the local area
- **Council officer**
A person who works for a council, not an elected member
- **Protect**
To keep someone or something safe from someone/something else
- **Diversity**
Recognising and valuing difference
- **Reuse**
To use something more than once

Previously covered:
Community (Y3), Council (Y3), Environment (Y2), Volunteer (Y2), United Nations/UN (Y3)

Economic wellbeing

- **Bank account**
An arrangement with a bank where the customer/person puts money in and takes it out. The bank keeps a record of this.
- **Bank statement**
A document from the bank showing all the money that went in and out of a bank account.
- **Influence**
A thing or person that has the power to affect another.
- **Satisfaction**
A pleasant feeling that comes from completing something and doing it well.
- **Value for money**
Something which is worth the price given to it

Previously covered:
Account (Y3), Budget (Y3), Career (Y3)

RSE & PSHE vocabulary

Year 4

Complete list

- Act of kindness
- Age restriction
- Asthma
- Authority
- Bank account
- Bank statement
- Bereavement
- Boundaries
- Breasts
- Bystander
- Cabinet
- Career
- Council officer
- Debit card
- Diversity
- Fluoride
- Genitals
- Law
- Local government
- Mental health
- Negative emotions
- Permission
- Positive emotions
- Protect
- Puberty
- Public
- Reuse
- Tobacco
- Visualise
- Value for money

Notes

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Families and relationships

- **Attributes**
Qualities or characteristics that make up someone's personality
- **Cyberbullying**
Bullying that occurs through the internet
- **Marriage**
The legal commitment of two people to each other which is intended to be lifelong
- **Secret**
Something that is not meant to be known or seen by anyone
- **Wedding**
The ceremony which celebrates the marriage of two people

Previously covered:

Bullying (Y3), Bystander (Y4)

Health and wellbeing

- **Fail**
To be unsuccessful in achieving a goal
- **Protect**
To keep someone safe from something
- **Responsibility**
Being in charge of or taking ownership of our own actions, having a duty to fulfil
- **Steps**
To do what is necessary to reach a goal
- **Assertive**
Saying in a direct, but respectful way what you want or believe.
- **Aggressive**
Showing anger and a willingness to attack others in words or actions.
- **Passive**
Allowing something to happen without trying to change anything.

Previously covered:

Goal (Y2), Relaxation (Y2)

RSE & PSHE vocabulary

Year 5

Safety and the changing body

● Attraction Liking or being drawn towards someone	● Bladder The organ in males and females where urine is stored before it leaves the body	● Ejaculation When the penis becomes erect and sperm come out of the body	● Nipples On the chest of males and the breast of females
● Decision Making a choice		● Erection When the penis becomes hard and upright	● Ovary/ovaries Are found on each side of the womb and release eggs each month
● Consent Give permission for something to happen.	● Cervix A ring of muscles at the bottom of a female's womb/uterus	● Fallopian tube The tube which connects the ovaries to the womb/uterus. Eggs travel along the tubes each month.	● Pubic hair The hair found around the genitals
● Influence To have an effect on someone's decision making	● Clitoris The sensitive part of female genitals, above the urethra		● Scrotum The pouch which hangs behind the male's penis and contain the testes
● Menstruation/period The shedding of the uterus/lining every month	● Egg or ova Produced by females in the ovary	● Labia The folds of skin on the external female genitals (vulva)	

Previously covered:
Private, Puberty, Breasts, Penis, Testicles/testes, Vagina, Vulva

Safety and the changing body (continued)

- **Sperm duct**
The tube sperm travels through
- **Urethra**
The tube in males and females which takes urine from the bladder out of the body
- **Uterus**
Another name for the womb which is the place in a female where a baby grows during pregnancy
- **Vaginal opening**
The end of the vagina which can be seen between a female's legs
- **Voice breaking**
The change in a boy's voice
- **Wet dreams**
Ejaculation which happens when a boy is asleep
- **Womb**
Another name for the uterus



Citizenship

• Defendant Qualities or characteristics that make up someone's personality • Freedom of expression Bullying that occurs through the internet • Government A group that has the authority to rule or govern over a country or state (in a democracy, people vote for those in the Government) • House of Commons Made up of MPs (Members of Parliament) that the public have voted to represent them • Protected characteristics It is against the law to discriminate against someone because of a protected characteristic such as age, disability, gender, race.	• Judge Listens to both sides of a court case (the defence and the prosecution) and makes the final decision as to whether the defendant is guilty of what they are being accused of • Jury A group of people chosen at random who look at evidence in a criminal case and help decide whether or not the defendant is guilty or not guilty • Member of Parliament (MP) A person in the House of Commons who has been elected by vote to represent people from a specific area	• Parliament Where the laws of our country are decided. It is made up of the House of Lords and the House of Commons • Pressure group Aim to change the opinions or activities of people and try to influence government policy or legislation • Prime Minister Leads the government • Trial The examination of evidence by a judge and usually a jury, in order to decide whether or not the defendant is guilty or not
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Previously covered:
Environment (Y2), Human rights (Y3)

Economic wellbeing

- **Allocate**
To distribute resources or duties for a particular purpose.
- **Expenditure**
Money going out or spent
- **Income**
Money coming in, earned or received
- **Loan**
Money that is borrowed and needs to be paid back, often with interest.
- **Repayment**
Giving back money you have borrowed

Previously covered:
Satisfaction (Y4), Value for money (Y4)



RSE & PSHE vocabulary

Year 5

Complete list

- | | | | |
|---|-----------------------|---|---------------------------|
| ● | Attraction | ● | Marriage |
| ● | Attributes | ● | Member of Parliament (MP) |
| ● | Bladder | ● | Menstruation/period |
| ● | Cervix | ● | Nipples |
| ● | Clitoris | ● | Ovary/ovaries |
| ● | Cyberbullying | ● | Parliament |
| ● | Decision | ● | Pressure group |
| ● | Defendant | ● | Prime Minister |
| ● | Discrimination | ● | Protect |
| ● | Egg/ova | ● | Pubic hair |
| ● | Ejaculation | ● | Repayment |
| ● | Erection | ● | Responsibility |
| ● | Expenditure | ● | Scrotum |
| ● | Fail | ● | Secret |
| ● | Fallopian tube | ● | Sperm duct |
| ● | Freedom of expression | ● | Steps |
| ● | Friend | ● | Trial |
| ● | Government | ● | Urethra |
| ● | House of Commons | ● | Uterus |
| ● | Income | ● | Vaginal opening |
| ● | Influence | ● | Wedding |
| ● | Interest | ● | Wet dreams |
| ● | Judge | ● | Womb |
| ● | Jury | | |
| ● | Labia | | |

Notes

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