

RSHE: Progression of Vocabulary/Terminology

	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
EYFS	Kind Gentle Friend Similar(ity) Different Rights Responsibilities Feelings – angry, happy, sad, excited, nervous, frightened Sharing Taking turns	Different Special Proud Parents Friends Kind Same Similar Family	Dream Goal Challenge Job Ambition Perseverance Achievement Kind Encourage	Healthy Exercise Head Shoulders Knees Toes Sleep Wash Clean Teeth/toothbrush/toothpaste Stranger Scared Trust	Family Jobs Relationship Friend Lonely Argue Fall out Words Feelings Calm Breathing	Body parts – eye, foot, eyebrow, forehead, ear, mouth, arm, leg, chest, knee, nose, tongue, finger, toe, stomach, hand Baby Grown up Adult Change Worry
Y1	Special Safe Calm Belonging Rights Responsibilities Learning charter Consequences Rewards Proud Upset Disappointed	Same Similarity Difference Bullying Bully/bullied Deliberate On Purpose Unfair Included Celebrations Special	Proud Success Achievement Goal Treasure Learning Stepping stones Process Working together Team work Celebrate Challenge Feelings Overcome Obstacles Dreams	Healthy/unhealthy Balanced Exercise Sleep Choices Clean Body parts Toiletry items – toothbrush, shampoo, soap Hygienic Safe Medicines Trust Safety Green cross code – eyes, ears, look, listen, wait	Family Belong Same/Difference Friends/Friendship Relationships Qualities Caring Sharing Kind Physical contact – touch, feel, texture Like/dislike Help/helpful Community Feelings Confidence Praise Skills Self-belief Proud Celebrate	Changes Life cycles (animal/human) Baby Adult Grown up Mature Male/Female Body parts – vagina, penis, testicles, vulva, anus Learn Grow Feelings
Y2	Worries Hope Fear Belonging Rights Responsibilities Actions Praise	Boys/girls Male/female Similarities Assumptions Stereotypes Special Differences Bully	Realistic Proud Success Celebrate Achievement Goal Strength Persevere	Healthy choices Lifestyle Motivation Relaxation Tense Calm Healthy/unhealthy Dangerous	Family Different Similarities Touch/Physical contact Communication Like/dislike Acceptable/not acceptable Friends Conflict Point of view	Change Grow Control Life cycles Baby/toddler/child/teenager/adult Growing up Old/young

	Reward Consequence Positive/negative Choices Co-operate	Purpose Gender Diversity Kind/unkind Feelings – sad, lonely Help Stand up for Fairness Friends Unique Value	Challenge Difficult Easy Learning together Partner Team work	Medicines Safe Body Balanced diet Portion Energy Fuel Nutritious	Positive problem solving Secrets Trust Surprise Adult Honesty Reliability Compliments Celebrate Appreciate	Respect Appearance Physical Independent Freedom Responsibilities Male/Female Body parts – vagina, penis, testicles, vulva, anus Public Private Touch Texture Cuddle/hug/squeeze Like/dislike Acceptable/unacceptable Comfortable/uncomfortable
Y3	Valued Achievements Proud Personal Goal Praise Affirm Emotions Nightmare Fears/worries Solutions Support Behaviour Group dynamics Team work View point	Family Loving Caring Safe Connected Difference Solutions Resolve Witness Bystander Bullying Gay Unkind Consequences Compliment	Perseverance Challenges Success Obstacles Ambition Future Aspirations Team work Enterprise Strengths Motivated Enthusiastic Efficient Responsible Solutions Review Evaluate	Oxygen Energy Calories/kilojoules Heartbeat Lungs/heart Fitness Labels Sugar/fat/saturated fat Drugs Attitude Anxious/scared Advice Harmful Risk	Men/women/male/female Unisex Stereotype Career/job Respect Differences/similarities Conflict Solution/problem solve Internet Social media Online Gaming Private messaging/direct messaging Fair trade Inequality/equality Food journey Climate Transport Exploitation Justice United Nations Deprivation	Birth Animals/babies Mother Growing up Nutrients Survive Love/affection Care Purity Body parts/reproduction – uterus, womb, testicles, sperm, penis, ovaries, egg, ovum/ova, vagina, Stereotypes Task Role
Y4	Included/excluded Valued Role Job description School community Responsibility Rights Democracy/democratic Consequence	Character Assumption Judgement Different Appearance Accept Influence Opinion Attitude	Hope Determination Perseverance Resilience Positive attitude Disappointment Fears Plans Cope	Friendship Healthy Emotions Relationships Leader Follower Assertive Agree/disagree Smoking	Jealousy Love/loss Positive/negative Shock Denial Emotions – Anger, guilt, sadness, pain, despair, hope Souvenir/memento Negotiate	Personal Unique Characteristics Parents Body parts/reproduction – uterus, womb, testicles, sperm, penis, ovaries, egg, ovum/ova, vagina, Making love

	Decisions Voting Authority Observer UN Convention on Rights of Child (UNCRC)	Deliberate Bystander Witness Problem-solve Cyber bullying Text message Website Troll Impression	Self-belief Commitment Cooperation Success	Pressure Peers Alcohol Liver Disease Anxiety/fear Opinion Right/wrong	Compromise Loyal Betrayal	Sexual intercourse Fertilise Conception Puberty Menstruation Periods Seasons
y5	Goals Worries Values Ghana, West Africa Cocoa Plantation Community Education Maslow – wants/needs Consequences Collaboration Legal/illegal Laws Democracy	Culture Conflict Culture Wheel Colour Racism Race Discrimination Rumour Homophobic Cyber bullying Developing world	Money Grown up/Adult Lifestyle Job/career/profession Money Salary Society Aspiration Culture Country Sponsorship Communication	Pressure Media Influence Emergency Procedure Recovery position Body image Media Social media Celebrity Altered Eating disorder	Self-recognition Self-esteem Online Community Social media Gaming Violence Grooming Troll Gambling/betting Screen time Physical health Mental health Peer pressure Passwords Privacy Settings	Body parts/reproduction – uterus, womb, testicles, sperm, penis, ovaries, egg, ovum/ova, vagina, Oestrogen, fallopian tube, cervix, breasts, Adam’s Apple, Genitals, Pubic hair, testosterone, circumcised, foreskin. Conception Sexual intercourse Embryo Umbilical cord IVF Foetus Menstruation Sanitary products – tampon, pad, panty liner Legal Laws
y6	Rights and Responsibilities United Nations Convention on the Rights of the Child Citizen Choices Consequences Views/opinion Collaboration Democracy	Normal Ability/disability Visual impairment Empathy Medication Blind/vision Diversity Transgender Gender diversity Courage Fairness Power Struggle Harassment Bullying Para Olympian Accolade Conflict	Dream/hope/goal Learning Strengths Stretch Realistic/unrealistic Feeling Success Money Global issue Suffering Hardship Sponsorship Empathy Motivation Respect Contribution Recognition	Responsibility Choice Immunisation Prevention Drugs Prescribed Unrestricted Over-the-counter Illegal Substances Exploitation Vulnerable Criminal/crime County Lines/Gangs Pressure Managing stress Anti-social behaviour Mental health Stress	Mental health Ashamed Stigma Stress/anxiety Sources of support Self-harm Emotions/feelings Loss/grief Despair Loss Guilt Acceptance Bereavement Coping strategies Control Power Authority Bullying Influences	Body image Self-image Looks/Personality Self-esteem Mental health Body parts/reproduction – uterus, womb, testicles, sperm, penis, ovaries, egg, ovum/ova, vagina, Oestrogen, fallopian tube, cervix, breasts, Adam’s Apple, Genitals, Pubic hair, testosterone, circumcised, foreskin. Conception Sexual intercourse Menstruation Sanitary products – tampon, pad, panty liner

