



PSHE Vocabulary



Year Groups	EY	1	2	3	4	5	6
Theme							
Being Me	Myself Feelings Being gentle Rights Responsibilities	Special Safe Community Consequences Reward	Hope Fear Fair Valuing Contributions Choices	Goals self-worth Positivity Challenges Perspectives	Democracy Motivation Class Citizen Voice Peer pressure	Aspirations National citizenship Conflict Vote Participation	Global citizenship Children's Universal Rights Group dynamics Role-modelling Anti-social behaviour
Celebrating Differences	Talents Families Home Friends Standing up for myself	Similarities Differences Bullying Celebrating	Assumptions Stereotypes Gender Gender diversity	Diverse families Family conflict Child-centred Compliments Witness Solutions	Judgment Appearance Acceptance Influences Impressions	Cultural diversity Racism Rumours Material wealth Respecting culture	Perceptions of normality Disability Empathy Inclusion Exclusion
Dreams and Goals	Challenges Perseverance Jobs Help	Success Achievement Learning styles Overcoming obstacles	Realistic Strengths cooperation Contributing	Ambitions Enthusiasm Managing feelings Budgeting	Disappointment Overcoming Resilience Positive attitude	Financial success Long-term Charity	Success criteria Recognition Evaluating
Healthy Me	Exercise Healthy food Physical activity Sleep Clean	Medicine Medication Road safety	Relaxation Nutrition Lifestyle	Food labelling Healthy choices Online safety Offline safety	Healthy friendships Smoking Alcohol Inner strength Assertiveness	Vaping Emergency aid Body image Relationships with food Healthy choices	Personal responsibility Substances Exploitation County Lines/Gangs Managing stress

Relationships	Family life Friendship Falling out	Belonging Physical contact Preferences Celebrations	Boundaries Secrets Trust Appreciation	Roles Negotiation Diverse lives Impact	Jealousy Love/loss Memories Girlfriends Boyfriends Partners	Self-recognition Self-esteem Online communities Gaming Gambling Grooming	Mental health Sources of support Control Power
Changing Me	Bodies Respecting my body Fun Fears Growth	Life cycles (animal/human) Male Female Changes	Life cycles (plants) Young Old Independence	Internal External Needs	Being unique Body changes Transition Accepting change Having a baby	Self-image Media influence Puberty Conception IVF	Body image Physical attraction Consent Sexting