

## PSHE vocabulary spine

Theme	EYs	Y1	Y2	Y3	Y4	Y5	Y6
<b>Me in my world</b>  <b>Managing my emotions</b>	happy sad angry kind gentle friend different feelings	safe calm rewards proud consequences upset disappointed	worries hopes fears responsible actions praise positive negative choices, co-operate, problem-solving	welcome valued achievements pleased personal goal emotions feelings nightmare solutions support dream behaviour fairness group teamwork viewpoint belong	included excluded role school community democracy democratic decisions voting authority contribution observer  UN Convention on Rights of Child (UNCRC)	community education wants/needs empathy comparison opportunities education empathise obstacles co-operation collaboration legal illegal lawful laws participation motivation decision	challenge goal attitude citizen views opinion collective

<b>Celebrating difference</b>	different special proud friends kind same similar happy sad frightened angry family	similarity same as different from difference bullying bullying behaviour deliberate on purpose unfair included bully bullied celebrations special unique	similarities assumptions stereotypes special differences bully purpose unkind feeling sad lonely help stand up for male female diversity fairness kindness unique value	loving caring safe connected conflict solve It together solutions resolve witness bystander bullying consequences hurtful compliment	character judgement surprised different appearance accept influence opinion attitude secret deliberate on purpose bystander witness problem-solve cyber bullying text message website troll physical features impression changed	culture conflict similarity belong culture wheel racism colour race discrimination rumour name-calling racist homophobic cyber bullying texting problem solving indirect/direct happiness developing world celebration	normal ability disability visual impairment empathy diversity courage fairness rights responsibilities imbalance harassment direct/indirect argument recipient achievement accolade perseverance admiration stamina
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<b>Dreams and goals</b>	dream goal challenge job ambition perseverance achievement happy kind encourage	proud success working together team- work celebrate challenge feelings obstacle overcome achieve	realistic achievement goal strength persevere difficult easy	perseverance challenges success obstacles dreams goals ambitions future aspirations co-operation motivated enthusiastic efficient responsible frustration 'solve It together' technique solutions review evaluate	hope determination resilience positive attitude disappointment fears hurts positive experiences plans cope help self-belief motivation commitment enterprise	lifestyle career profession salary contribution society determination culture sponsorship communication support team- work co-operation	personal realistic unrealistic success criteria global issue suffering concern hardship sponsorship empathy motivation admirer respect praise compliment contribution recognition
<b>Healthy Me</b>	healthy exercise head shoulders knees toes sleep wash clean	unhealthy balanced exercise sleep choices clean body parts keeping clean toiletry items	healthy choices lifestyle motivation relax relaxation	oxygen calories/kilojoules heartbeat lungs heart fitness sugar fat	relationships friendship groups value roles leader follower	choices behaviour informed decision media influence emergency procedure	responsibility immunisation prevention prescribed unrestricted over-the-counter restricted Illegal

	stranger scare	(e.g. toothbrush, shampoo, soap) hygienic safe medicines safe safety look listen and wait	dangerous medicines balanced diet portion proportion energy nutritious	saturated fat drugs attitude anxious scared strategy advice harmful risk feelings complex appreciate body choice	assertive smoking pressure peers guilt advice alcohol liver disease anxiety believe assertive opinion right wrong	recovery position level-headed body image celebrity altered self-respect comparison eating problem eating disorder debate opinion fact motivation	volatile substances 'legal highs' exploited vulnerable criminal gangs strategies reputation anti-social behaviour crime mental health emotional health mental illness symptoms stress triggers strategies managing stress pressure
<b>Relationships</b>	family jobs relationship friend lonely argue fall-out feelings angry	belong friendship qualities caring sharing kind greeting	similarities special important co-operate physical contact communication acceptable	men women unisex male female stereotype career responsibilities respect	numb denial guilt despair hope memorial acceptance	personal attributes qualities characteristics self-esteem comparison negative self- talk	mental health ashamed stigma self-harm grief denial despair

	<p>upset calm me breathing</p>	<p>touch feel like dislike help helpful community confidence praise skills self-belief incredible proud celebrate relationships special appreciate</p>	<p>not acceptable conflict point of view positive problem solving secret surprise good secret worry secret trust frightened trust trustworthy honesty reliability compliments celebrate</p>	<p>conflict problem-solve risky gaming inequality exploitation justice equality deprivation hardship appreciation gratitude</p>	<p>relief negotiate compromise loyal empathy betrayal amicable</p>	<p>violence grooming betting trustworthy appropriate physical health mental health peer pressure influences</p>	<p>hopelessness bereavement coping strategies authority assertiveness judgement</p>
<b>Changing me</b>	<p>eye foot eyebrow forehead ear mouth arm leg chest knee</p>	<p>changes life cycles adulthood mature male female vagina penis</p>	<p>fully grown growing up old young respect appearance physical baby toddler child</p>	<p>birth uterus womb nutrients survive puberty sperm ovaries</p>	<p>personal unique sexual intercourse fertilises conception menstruation periods contraception</p>	<p>body image self-image personality perception affirmation oestrogen fallopian tube cervix breasts</p>	<p>negative body- talk mental health midwife labour opportunities freedoms attraction sexting transition</p>

	nose tongue finger toe stomach hand baby grown-up adult change	testicles vulva anus grow	teenager independent responsibilities vagina public acceptable unacceptable comfortable uncomfortable	egg ovum/ova womb/uterus stereotypes	sanitary products Tampon towel, liner, pad hygiene	Adam's apple scrotum genitals semen erection ejaculation urethra wet dream larynx pubic hair hormones testosterone circumcised uncircumcised foreskin epididymis unfertilised embryo umbilical cord IVF foetus appropriateness legal	secondary
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