

PSHE Language Development

<u>Year 1</u>	<i>Relationships</i>	<u>Families and friendships</u>	achieve, caring, family, friend, friendship, happy, healthy, help, important, kind, listen, love, , need, positive, , special, support, talk, team, thoughtful, time, trust, trusted adult, single parent family, same-sex parents, grandparents
		<u>Safe Relationships</u>	Permission, touch, feelings, body, private, hurt, help, trusted adult, types of touch, uncomfortable, unsafe, right, wrong, yes, no, worried
		<u>Respecting ourselves and others</u>	Kind, unkind, behaviour, feelings, respect, class rules, polite, impolite, sharing, taking turns
	<i>Living in a wider world</i>	<u>Belonging to a community</u>	Rules, differences, people, animals, environment, recycling, earth, natural, world
		<u>Media literacy and digital resilience</u>	Internet, digital devices, communicate, safe, online, e-safety, trusted adult, upset, worried, rules, relationships
		<u>Money and work</u>	Strengths, interests, jobs, community, work
	<i>Health and Wellbeing</i>	<u>Physical health and mental wellbeing</u>	Healthy, unhealthy, food, exercise, hygiene, routine, sun, safety, daily, hand washing, brushing, choice, sugar, play (balancing, indoor, outdoor), help, doctor, dentist, nurse, pharmacist, sun cream
		<u>Growing and changing</u>	Unique, angry, bored, calm, confused, embarrassed, fed up ,frightened, frustrated, happy, lonely, mindful, nervous, relaxed, sad, shocked, upset, feelings, trusted adult, behaviour, same, different, change
		<u>Keeping safe</u>	Rules, safe, e-safety, trusted adult, internet, feelings, age restrictions, tablet, phones, TV, laptop, computer, unhappy, worried, scared
<u>Year 2</u>	<i>Relationships</i>	<u>Families and friendships</u>	Choices, conflict, argument, teasing, cooperation cooperate, disagreement, help, trust, trusted adult, friend, friendship, group, safe making up , share, skills, solve, sort, support, team, kind, unkind, lonely, including others
		<u>Safe Relationships</u>	Behaviour, hurtful, bullying, happy surprises, secrets, pressure, worried, help, nervous, trusted adult, online, e-safety
		<u>Respecting ourselves and others</u>	Similarities, differences, discussion, share, opinions, communicate, agree, disagree, team, co-operation, co-operatively, listen, explain

PSHE Language Development

	<i>Living in the wider world</i>	<u><i>Belonging to a community</i></u>	Groups, community, class, teams, faith groups, differences, rights, responsibility, roles, respect, celebrations, included
		<u><i>Media literacy and digital resilience</i></u>	Internet, phones, tablets, computer, online, content, everyday life, factual ,entertainment, information
		<u><i>Money and work</i></u>	bank, bank account, buy, choice, coins, community, contactless, credit card, electronic, goods, important, job, track, list, money, need, notes, offer, online banking, online transfer, payment, piggy bank, possessions, price, purse, receipt, record, role, safe, salary, save, shopping, spend, value, wages, wallet, want, work
	<i>Health and Wellbeing</i>	<u><i>Physical health and mental wellbeing</i></u>	Sleep, rest, routine, habits, medicine, vaccinations, immunisations, allergies, feelings, mood, virus, germs, spread, exercise, help
		<u><i>Growing and changing</i></u>	Human life cycle, grow, young, old, body, change, private parts, muscles, trusted adult, comfortable, uncomfortable, respect, male, female, consent, goals, aspiration, thinking, feelings, thoughts, worries, future, positive, negative
		<u><i>Keeping safe</i></u>	Safety, environments, road, water, rail, home, medicine, safe, unsafe, danger, chemicals. poisonous, sharp, hazard, harm, liquids, emergency, 999, emergency services, choke, accident, hurt, help, traffic, trip, uniform, stranger, safer stranger, fire
<u>Year 3</u>	<i>Relationships</i>	<u><i>Families and friendships</i></u>	Family, single parent, same-sex parents, step-parent, blended families, foster, adoptive, support, stability, love, care, encouragement, trusted adult, unhappy, unsafe, worried, difficult times
		<u><i>Safe Relationships</i></u>	Appropriate, boundaries, private, personal, passwords, online, trusted sites, bullying, hurtful behaviour, acceptable, unacceptable, harmful content, adult supervision, trusted adult, consequence
		<u><i>Respecting ourselves and others</i></u>	Respect, self-respect, courtesy, manners, polite, cultures, wider society, positive behaviour, negative behaviour, actions, facial expression, treat, equality, role model
	<i>Living in the wider world</i>	<u><i>Belonging to a community</i></u>	Rules, laws, (human) rights, freedom, responsibilities, wider society, abiding, citizen, democracy, government, values, diverse

PSHE Language Development

		<u>Media literacy and digital resilience</u>	Online, information, reliable, altered, accurate, false, evaluate, appropriate, inappropriate, safe, suitable, search results, search engine, reporting, concerns, upsetting, image, harmful content, reliability,
		<u>Money and work</u>	Jobs, work, goal setting, different sectors, common myths, gender stereotypes, challenge stereotypes, role-models, skills, qualifications, teamwork, decision making, interests, achievements, accomplishments, CV, employer, determination, experience
	<i>Health and Wellbeing</i>	<u>Physical health and mental wellbeing</u>	Choices, habits, feelings, expressing, anger, anxiety, sadness, joy, mental health, grief, guilt, jealousy, uncomfortable, stress, embarrassment, daily life, healthy, unhealthy, diet, exercise, sleep, influence, maintain positive habits, lifestyle, body language, physical health, positive, negative, words, actions, changes
		<u>Growing and changing</u>	Strengths, achievements, setbacks, individual, unique, valuable contributions, interests, identity, proud, self-worth, strategies, managing, reframe
		<u>Keeping safe</u>	Risks, hazards, safety, water safety, fire safety, strangers, predict, assess, manage, smoke alarms, safety rules, unfamiliar places, road, rail, fireworks
<u>Year 4</u>	<i>Relationships</i>	<u>Families and friendships</u>	Respect, trust, positive, healthy, friendships, online, face to face, dares, disputes, conflict, compromise, teasing, opinions, actions, consequence, bullying, anti-bullying, falling out, cyber, communicate, support, strategies, techniques, healthy, unhealthy, risk, stranger
		<u>Safe Relationships</u>	Hurtful behaviour, teasing, dares, bullying, online, pressure, risk, uncomfortable, secret, confidentiality, report, trusted adult, help, harmful content, contact, concern, name-calling, permission, restriction, reliable, safety, devices, privacy, disrespect
		<u>Respecting ourselves and others</u>	Respect, similarities, differences, gender, race, faith, shared values, likes, dislikes, aspirations, discuss, sensitively, diversity, equality, equity, kind, consideration, affect, impact, opinions, views, discrimination
	<i>Living in the wider world</i>	<u>Belonging to a community</u>	Shared responsibility, groups, contribution, individuals, volunteering charity, compassion, support, local

PSHE Language Development

		<u>Media literacy and digital resilience</u>	Data, sharing, online, digital footprint, organisations, personal information, online advertising, content, purpose, factual, purchase, search results, popularity, website, access, images, videos, misinformation, ranking,
		<u>Money and work</u>	Decision-making, spending, saving, budget, values, needs, monitoring, balance, borrow, credit, debit, debt, e-payment, card, cash, loan, owe, tax, positive effect, negative effect, repayments, repay, gambling, charity, single-use plastics, environment, ethical
	<i>Health and Wellbeing</i>	<u>Physical health and mental wellbeing</u>	Oral hygiene, dental care, balanced lifestyle, healthy, physical, mental, illness, common illnesses, treatment, care, doctor, hospital, dentist, optician, brush, floss, diet
		<u>Growing and changing</u>	Puberty, physical/emotional changes, external genitalia, reproductive organs, menstrual cycle, menstrual wellbeing, hygiene, trusted adult, information, help, advice, hormones, acne
		<u>Keeping safe</u>	Medicines, drugs, first aid, cigarettes, vaping, alcohol, health and wellbeing, common injuries, basic first aid, habit, help, advice, addiction, vaccine, nicotine, prescription, vitamins, illegal, legal, caffeine
<u>Year 5</u>	<i>Relationships</i>	<u>Families and friendships</u>	friendship, peer influences, peer approval, disputes, differences, resolution, choices, unsafe, worried, uncomfortable, harmful, manipulation, respect, equality,
		<u>Safe Relationships</u>	Safe-touch, permission, acceptable, unacceptable, appropriate, consent, healthy,
		<u>Respecting ourselves and others</u>	traditions, belief, lifestyle, discrimination, racism, sexism, homophobia, trolling, harassment, online safety, prejudice
	<i>Living in the wider world</i>	<u>Belonging to a community</u>	Environment, compassion, resources, individuals, community, protecting, actions, support, damage, living things, biodiversity, renewable, sustainable, recycling, opinions, responsibility, persuade, pledge, prevent, waste, water, global warming, energy, saving, future
		<u>Media literacy and digital resilience</u>	Social media, different types of media, purposes, entertain, inform, persuade, advertise, positive, negative, facts, opinions, biased, digital footprint, stereotypes, Photoshop, false profiles, image distribution, internet cookies,

PSHE Language Development

			inappropriate, intention, reliability, unsafe content, suspicious content, devices storing/sharing information, cookies, storage, secure sites, targeting
		<u>Money and work</u>	Ambition, aspiration, future, career, education, further education, achievement, influences, pay, working conditions, personal interest, strength, qualities, family, values, diversity, inclusion, opportunity, stereotyping, workplace, barriers, impact, challenge, routes into work, apprenticeships, college, university, criteria, discrimination, stress, social class
	<i>Health and Wellbeing</i>	<u>Physical health and mental wellbeing</u>	Healthy sleep habits, sun safety, vaccinations, immunisations, allergies, medicine, strategies, outdoors, benefits, physical/mental health, risks, sun exposure, skin damage, heat stroke, allergies, disease, vaccinations, immunisations, bacteria, viruses, hygiene, shared responsibility, clean environment
		<u>Growing and changing</u>	Race, sex, gender, family, faith, culture, hobbies, likes/dislikes, personal identity, gender identity, biological sex, recognise, respect, express, emotional, wellbeing, mood, interests, hobbies, community groups, mental health
		<u>Keeping safe</u>	Situations, risky, unsafe, emergency, responsibility, safety, positive risk-taking dangerous behaviour, common injury, first aid, techniques, instructions, independent, responding, contact, emergency services, 999, 111, ambulance, fire, police, coastguard, first aider, paramedic
<u>Year 6</u>	<i>Relationships</i>	<u>Families and friendships</u>	Attraction, relationship, gender, ethnicity, faith, identity, sexual orientation, healthy relationships, consent, love, commitment, marriage, civil partnership, choices, legal, illegal, reporting, forced marriage,
		<u>Safe Relationships</u>	Pressure, healthy, unhealthy, shared responsibility, coping strategies, responses, online challenges/dares, safe, unsafe, worried, uncomfortable, advice, reporting, personal safety, consent, permission,
		<u>Respecting ourselves and others</u>	Opinion, respect, point of view, values, behaviour, positive, negative, role-model, challenge, participate, discussion, online, conflict, disagreement, boundaries, feelings

PSHE Language Development

	<i>Living in the wider world</i>	<u><i>Belonging to a community</i></u>	Diversity, values, prejudice, discrimination, strategies, responses, challenges, context, influence, attitudes, perpetuated, religions, social class, gender, sexual orientation, ethnicity
		<u><i>Media literacy and digital resilience</i></u>	Media sources, safe internet, images, manipulated, altered, faked, deep fake, Artificial Intelligence (AI), social media, age restrictions, regulations, risks, challenges, appropriate, manipulative, emotions, clickbait, privacy settings, echo chambers, false profiles, mental health, misleading, misrepresenting, rules, laws, reporting, content
		<u><i>Money and work</i></u>	Influences, attitudes, financial risk, decision making, value, critical consumer, company, customer, buy, purchase, trade, income, impact on emotion, health and wellbeing, outgoings, debt, fraud, gambling, stolen, scams, inflation, concerns, reporting, support
	<i>Health and Wellbeing</i>	<u><i>Physical health and mental wellbeing</i></u>	Mental health, physical health, mental ill-health, difficulties, support, negative experiences, bullying lonely, positive strategies, managing feelings, conflicting feelings, overcome, help, trusted adult, bereavement, loss, grief, coping, change, balancing time online, positive habits, frightened, worried, reporting, online
		<u><i>Growing and changing</i></u>	Human reproduction, changes, independence, transition, feelings, relationships, secondary school, strategies, love, committed relationships, conception, sexual intercourse, intimate relationship, consent, adult, pregnancy, sperm, egg, fertilised egg, erection, vagina, penis, womb, ovaries, responsibility, parent/carer, baby
		<u><i>Keeping safe</i></u>	Personal information, online, protect, risk, misuse, strategies, requests, inappropriate, appreciate, sharing, permission, consent, images, text, trolling, impact, positive, negative, embarrass, report, age rating, age restrictions, safe decisions, risks and effects of drugs, law, illegal, nicotine, alcohol, medicine, organisations, support, concerns, media influence, first aid, injury