

PSHRE Key Vocabulary

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	HT1	HT2	HT3	HT4	HT5	HT6
Year 1	What makes me a good team member? (TEAMS)	How can we think positively? (THINK POSITIVE)	What makes me special? (BE YOURSELF)	What makes us proud to be British? (DIVERSE BRITAIN)	How can I look after myself? (IT'S MY BODY)	How can I aim high in the future? (AIMING HIGH)
	R LWW H&W	R LWW H&W	R LWW H&W	R LWW H&W	R LWW H&W	R LWW H&W
	active listening, care, choices, compliment, fair, family, friends, helpful, kind, polite, positive, safe, secure, support, team, thoughtful, unkind	achievement, concentrate, confused, embarrassed, emotions, fears, feelings, frightened, frustrated, goal, happy, healthy, helpful, lonely, mindful, nervous, positive, relaxed, resilience, sad, shocked, thankful, thoughts, upset, worries	body language, calm, change, content, disagree, wellbeing, enjoy, excited, facial expressions, interests, kind, loss, memories, mental health, opinions, qualities, safe, secure, skills, talents, uncomfortable, unhappy,	accepting, beliefs, belong, Britain, British, British Isles, community, difference, environment, kindness, listen, live, neighbour, neighbourhood, proud, respect, responsibility, right, similarity, United Kingdom	bacteria, brain, brushing, chemist, choice, consent, contact, danger, dentist, diet, doctor, exercise, germs, healthy, heart, illness, medicine, mind, muscles, permission, pharmacist, poisonous, rest, rules, secret, serious, spread, surprise, uncomfortable, unhealthy, unsafe, warning,	achievement, aims, ambition, change, creative, determined, future, goal, grow, hard-working, improve, job, learn, positive, progress, routine, skill, star qualities, strength, success,
Year 2	Who is special to me? (VIP'S)	How can I keep myself safe? (SAFETY FIRST)	How can I keep myself safe online? (DIGITAL WELLBEING)	Why does money matter? (MONEY MATTERS)	What's the same and different about my country and others? (ONE WORLD)	How do we change as we grow? (GROWING UP)
	R LWW H&W	R LWW H&W	R LWW H&W	R LWW H&W	R LWW H&W	R LWW H&W
	caring, choices, conflict, cooperate, disagreement, friendship, group, healthy, important, kind, listen, love, making up, positive, safe, share, solve, special, support, thoughtful, trust, trusted adult	999, burn, chemicals, choke, danger, e-Safety, emergency, emergency services, harm, hazard, Internet, liquids, medicines, online, poisonous, protect, risk, rules, safe, sharp, stranger, safer stranger, tablets, trusted adult, unsafe, water	address, apps, comfortable, communicate, download, electronic, emoji, fact, fake, information, Internet, lie, mental wellbeing, password, personal information, picture message, private, screen time, social media, text message, true, trusted adult,	bank, bank account, buy, coins, contactless, credit card, job, list, money, need and want, offer, online banking, online transfer, payment, piggy bank, possessions, price, receipt, salary, save, spend, wages, wallet, work	affect, choice, difference, earth, environment, environmental, family life, love, natural, planet, problem, protect, resources, school, similarity, special people, trust, world	adulthood, change, childhood, comfortable, develop, differences, female, grandparents, love, male, parents, private parts, respect, responsibility, rules, , touch, traditions, trusted adult, uncomfortable, unique, worried
Year 3	Why are teams important? (TEAMS)	How can I manage my emotions? (THINK POSITIVE)	What are the benefits of living in a diverse society? (DIVERSE BRITAIN)	What makes me strong? (BE YOURSELF)	What helps me look after my body? (IT'S MY BODY)	What are my goals and aspirations? (AIMING HIGH)
	R LWW H&W	R LWW H&W	R LWW H&W	R LWW H&W	R LWW H&W	R LWW H&W
	attitude, benefit, body language, collaboratively, communication, compromise, conflict, consequences, considerate, dispute, effect, impact, interpret, negotiation,	anxious, attitude, aware, breathing, changes, chemicals, curious, distract, effort, embarrassment, failure, jealousy, joy, mental health,	citizen, common rights, culture, customs, democracy, discrimination, diverse, equality, ethnic, government, human rights, identity, multicultural, prejudice,	achievements, actions, assertive, confident, consequences, dares, effects, emotional, forceful, gloating, impact, influence, manipulated, pressure, pride,	alcohol, allergies, balanced, bedtime, caffeine, Childline, cigarettes, consent, consequence, e-cigarettes, habit, harmful, heart rate, hydrated, hygiene, illegal, immunisation, legal,	accomplish, attribute, challenge, CV, determination, effort, employer, experience, gender, growth mindset, information, obstacles, opportunities, resilience,

	reflect, resolution, resolve, teammates, teamwork, transition,	mindfulness, peace, perseverance, relax, represent, sadness, strategies,	protect, religious, rights-respecting, society, tolerance, tradition, values	resolution, resolve, right, rude, sorry, strategies, strengths, support	nicotine, prescription, routine, sleep hygiene, vaccinations,	responsibilities, role, setbacks, stereotype, strive, target
Year 4	What is a healthy friendship? (VIP'S)	How can I manage my own risks? (SAFETY FIRST)	Why do I need to think carefully when I'm online? (DIGITAL WELLBEING)	Why do we need to choose carefully how we spend our money? (MONEY MATTERS)	What changes happen as I grow up? (GROWING UP)	How are people's life experiences and opportunities different around the world? (ONE WORLD)
	R LW HW	R LW HW	R LW HW	R LW HW	R LW HW	R LW HW
	alternatives, anonymous, anti bullying, arguments, bullying, compromise, consideration, cyber, dares, discrimination, disputes, diversity, equality, impact, negotiation, opinions, prejudice, prejudiced, resolving, respect, strategies, network, teasing, victim, views, VIPs	alcohol, ambulance, casualty, choices, cigarettes, dangerous, dare, drugs, e-cigarettes, electricity, first aid, graze, inhaler, injection, injury, lungs, medicines, paramedic, peer pressure, right, road safety, scald, vaccine, water safety, wellbeing	bullying, communicating online, consequences, cyberbullying, harassment, harmful content, images, manipulated, permission, privacy, reliability, restrictions, risks, rules, safety, social media, targeted information, teasing, trolling,	advertising, benefits, borrow, budget, change, consumer, credit, debit, debt, employment, ethical, financial gain, gambling, interest, loan, owe, payment, profit, repayments, savings, spending, tax,	adopted, Adam's apple, anxious, attracted, baby, blended family, commitment, confusion, crush, excited, feelings, fostered, gender, hormones, identity, married, puberty, relatives, tearful,	charity, citizen, climate change, compassion, consequence, decision, dilemma, diverse, diversity, effects, Fairtrade, global, human right, impact, inequality, opinion, organisation, responsibility, rural, shared responsibility, trade, unfair, urban
Year 5	What are the qualities of an effective team? (TEAMS)	How can I develop a positive attitude and growth mindset? (THINK POSITIVE)	What makes a good citizen in a diverse society? (DIVERSE BRITAIN)	How can I be my best self in any situation? (BE YOURSELF)	How do my personal choices effect my health? (IT'S MY BODY)	What skills do I need to help me succeed? (AIMING HIGH)
	R LW HW	R LW HW	R LW HW	R LW HW	R LW HW	R LW HW
	admire, attributes, collaborate, contribute, decisions, discrimination, effective, excluding, harassment, honesty, hurtful, opinion, outcome, patience, respectful, sensitive, success, successful, thoughts, understanding, valued	actions, affect, blame, cognitive, coping, difficulties, impact, influence, link, mindset, morals, opportunities, progress, pros and cons, reaction, responsible, strategy	active citizenship, charity, community spirit, compassion, enforce, equal, faith, laws, local government, members of parliament, national government, needs, parliament, politicians, prime minister, responsibilities, shared responsibility, voluntary	acceptance, apologise, bereavement, conflict, express, face-to-face relationships, failure, generosity, grief, guilt, individuality, intensity, loyalty, negative, online friendships, peer approval, peer influence, peer pressure, perceived failure, respect, setbacks, truthfulness, unhealthy, unhelpful thoughts, uniqueness,	addictive, age restrictions, appearance, appropriate, autonomy, balanced lifestyle, dental, deprivation, effects, healthy eating, impact, influence, media, meditation, nicotine, physical, platform, pressure, respect, responsibility, rights, self-confidence, stereotype, substances, sun exposure, vape pens, vapes, wellbeing	avoidance, barriers, business, careers, college, creativity, decisions, employee, feedback, focus, further education, innovation, mistakes, prejudice, privilege, problem-solving self worth, stress, teamwork, university
Year 6	How can we take care of our important relationships? (VIP'S)	How can I make safer choices and avoid peer pressure? (SAFETY FIRST)	How can I be a good global citizen? (ONE WORLD)	Why is it important to look after my digital well-being? (DIGITAL WELLBEING)	Why is it important to spend money wisely? (MONEY MATTERS)	How do our bodies change and how can we develop a positive body image? (GROWING UP)
	R LW HW	R LW HW	R LW HW	R LW HW	R LW HW	R LW HW
	advice, blended families, commitment, confidential, family life, family structure, influence, living apart, living together, peer, pressure, resist, resolution, risky, same-sex parents, security, self-love, single parents, stability,	action, advice, consequence, decision, environment, independence, informed, liquids, mature, media, medication, pills, responsible, social media, support,	appreciate, biodiversity, citizenship, conserve, drought, encourage, energy, future, global citizen, global warming, human right, manifesto, persuade, pledge, prevent, renewable, responsibly, save, sustainability, sustainable, use, waste, water	boundaries, deceive, digital citizenship, digital footprint, digital health, digital wellbeing, false profiles, harassment, impersonate, Internet cookies, misleading, online games, online identity, online strangers, pressure, privacy settings, reputable, respectful, secure sites, selection, shared targeting, time management,	advertise, availability, bankrupt, bankruptcy, charity, consequences, council tax, ethical spending, fair trade, gamble, income, income tax, inflation, investment, lend, luxury, manufacturer, minimum wage, necessity, outgoings, payment, prioritise, retail, retailer, risk, scam,	acne, amniotic fluid, amniotic sac, birth, bisexual, body image, body odour, caesarean section, choice, conceive, conception, condom, consent, fertilise, heterosexual, homosexual, intercourse, legal, mood swings, placenta, positive, safe sex, self-esteem, sex, sexual, sexual intercourse, sexual orientation, weight, wet dreams,

Key

Main focus

R - Relationships

LWW - Living in the Wider World

H&W - Health and Wellbeing