

# RSE & PSHE

## *Key vocabulary*



Including definitions and coverage of keywords

This document outlines the key vocabulary that is covered across our RSE & PSHE scheme of work.

### Self regulation: My feelings

- **Emotions**

The range of feelings that someone can have, such as happiness or anger.

- **Feelings**

Emotions that a person can have.

- happy
- sad
- angry
- calm
- scared
- loved
- happy
- cheerful
- positive
- delighted
- smiley
- sad
- unhappy
- upset
- gloomy
- miserable
- angry
- cross
- annoyed
- frustrated
- furious
- loving
- caring
- supportive
- affectionate
- friendly
- calm
- peaceful
- quiet
- still
- relaxed
- scared
- nervous
- anxious
- worried
- unsure
- worried
- excited
- surprised
- tired
- proud
- shy
- bored
- sorry

### Building relationships: Special relationships

- **Family**  
A unit of people joined together.
- **Love**  
Feelings of affection and care.
- **Friend**  
Someone you like and enjoy spending time with.
- **Share**  
To have or use something at the same time as someone else.
- **Unique**  
Something original and unlike anything else.
- **Interests/Hobbies**  
Activities or subjects you enjoy or want to know more about.
- **Similar**  
Something that is nearly the same as another thing.
- **Different**  
Something that is not the same as something else.
- **Diversity**  
Recognising and valuing difference.
  - valuable
  - special
  - different
  - sharing
  - take turns
  - timer
  - passion
  - like
  - dislike
  - enjoy
  - special
  - individual
  - same

# RSE & PSHE vocabulary

## EYFS

### Taking on challenges

- **Rule**  
Something that tells us what is allowed or not allowed.
- **Persistence**  
Keeping on going, even though things might be difficult.
- **Challenge**  
Something that is difficult and tests your ability or determination.
- **Problem solving**  
The process of finding solutions to problems.
- **Mistake**  
Doing something incorrectly.
- **Cope**  
Deal successfully with a difficult situation.
- **Teamwork**  
Working well together as a group.
- **Grounding technique**  
A strategy you can use to calm yourself when you feel frustrated or unable to cope.
- **Trial and error**  
A way of solving a problem by trying a number of techniques and learning from your mistakes.
- collaboration
- communication
- difficulty
- worried
- anxious
- panicked
- frustrated
- upset
- calm
- relaxed
- happy
- try
- stronger
- reason
- right
- wrong
- safe
- confident
- comfortable
- fair
- equal
- enjoyable
- calm
- orderly

# RSE & PSHE vocabulary

## EYFS

### Listening and following instructions

- **Listening**  
Hearing and understanding what someone is saying to you.
- **Persevere**  
To keep on going, even though things might be difficult.
- **Team**  
A group of people all working together towards the same aims.
- explain
- instructions
- odd
- different
- clue
- friends
- truth
- feelings
- honest

### My family and friends

- **Festival**  
A day or period of celebration, usually for cultural or religious reasons.
- **Celebration**  
A special event that has been organised to celebrate something.
- **Turn-taking**  
In conversation or in a game, allowing the other person to speak and have a go, and then having your turn and repeating this process.
- **Support**  
To help someone when they are going through tough times or are upset.
- special event
- religion
- culture
- beliefs
- tradition
- kind
- polite
- fun
- gentle
- good listener
- trust
- helps
- snatch
- rough
- unkind
- compliment
- loved
- appreciated
- collaborate
- work together
- encourage
- party
- relationship

# RSE & PSHE vocabulary

## EYFS

### Managing self: My wellbeing

- **Exercise**  
Being physically active and moving your body.
  - **Breathing**  
Air moving in and out of the lungs.
  - **Heart-rate**  
The speed at which the heart is beating.
  - **Health**  
Physical health means that your body is well. Mental health is related to your emotions.
  - **Relaxation**  
Resting your body and mind.
  - **Independence**  
Being able to do something by yourself, without help.
  - **Pedestrian**  
A person who travels by walking, rather than in a vehicle.
- movement
  - healthy
  - heart
  - lungs
  - brain
  - bones
  - muscle
  - yoga
  - meditate
  - pose
  - care
  - wellbeing
  - routine
  - balanced
  - diet
  - energy
  - superfood
  - hazard
  - crossing
  - sensible
  - aware

# RSE & PSHE vocabulary

## Year 1

### Families and relationships

- **Behaviour**  
The way that somebody acts around other people
- **Care**  
Looking after someone or something
- **Emotions**  
The range of feelings that someone can have, such as happiness or anger
- **Family**  
A unit of people joined together by blood, marriage, or other means including adoption or a close social bond
- **Feelings**  
Emotions that a person can have
- **Friend**  
Someone you like and enjoy spending time with
- **Friendly**  
Being nice or kind to someone
- **Problem**  
A difficult matter or situation
- **Stereotype**  
An oversimplified view or idea about something, often someone, which is often untrue and many people might believe
- **Permission**  
Allowing someone to do a particular thing.

### Health and wellbeing

- **Allergy**  
A strong reaction to something (e.g. certain foods, pollen)
- **Emotions**  
The range of feelings that someone can have, such as happiness or anger
- **Feelings**  
Emotions that a person can have
- **Germs**  
A very small living thing which can make us ill
- **Ill (poorly)**  
Not feeling well because of an illness or disease
- **Qualities**  
The personality traits that make someone who they are
- **Relax**  
To rest or take a break

# RSE & PSHE vocabulary

## Year 1

### Safety and the changing body

- **Accident**  
Something that happens unintentionally
- **Drug**  
A substance which changes the way the body, and sometimes the mind works, and can have a positive or negative effect (medicines are drugs)
- **Emergency**  
When someone is badly hurt, very ill or there has been a bad accident
- **Hazards**  
Dangerous or risky things that should be avoided if possible
- **Medicine**  
Something you take to make you better if you are ill
- **Physical contact**  
One person touches another
- **Polite**  
Respectful and considerate behaviour towards others
- **Respect**  
Being thoughtful and polite towards other people, or admiring someone because of their qualities or what they have achieved
- **Role**  
A particular job you do as part of a larger task, or the part you play in it
- **Trust**  
Relying on someone to do something for you, such as keeping something safe for you



# RSE & PSHE vocabulary

## Year 1

### Citizenship

- **Care**  
Looking after someone or something
- **Democracy**  
A system of government where everyone can vote for who they want to represent them
- **Different**  
Something that is not the same as something else
- **Fair**  
Treating everyone equally
- **Pet**  
An animal we look after and care for in our homes
- **Responsibility**  
Being in charge of our own actions
- **Rule**  
Something that tells us what is allowed or not allowed
- **Similar**  
Something that is nearly the same as another thing
- **Unique**  
Something original and unlike anything else
- **Vote**  
A choice for a person or thing

### Economic wellbeing

- **Banks and building societies**  
Look after your money and can lend you money that you have to pay back
- **Cash**  
Physical money such as notes or coins
- **Earn**  
To get money for doing something, such as a job
- **Save**  
Keeping money for something special or for the future
- **Skill**  
The ability to do something well
- **Spend**  
Buying something with money
- **Value**  
How much a coin or note is worth



# RSE & PSHE vocabulary

## Year 2

### Families and relationships

- **Friendship**  
A special bond between yourself and a friend
- **Love**  
Feelings of affection and care
- **Manners**  
A way of behaving that shows respect towards other people

Previously covered:  
**Emotions (Y1), Family (Y1),  
Feelings (Y1), Stereotype (Y1),  
Respect (Y1)**

### Health and wellbeing

- **Diet**  
The food we eat
- **Exercise**  
Movement of the body for our health and fitness
- **Goal**  
Something you want to achieve
- **Growth mindset**  
Believing that we can achieve things if we work hard. 'I can't do it yet!'
- **Healthy**  
Being well, both physically and mentally
- **Physical activity**  
Something that requires someone to move their body
- **Relaxation**  
Doing calming activities such as having a bath or reading a book
- **Skill**  
The ability to do something well
- **Strengths**  
The things we are good at

Previously covered:  
**Emotions (Y1), Feelings (Y1)**

# RSE & PSHE vocabulary

## Year 2

### Safety and the changing body

- **Medicine**  
Something you take to make you feel better when you are ill
- **Pedestrian**  
A person walking to travel somewhere
- **Private**  
Something personal or secret
- **Secret**  
Something that is not supposed to be known about or seen by anyone
- **Surprise**  
An unexpected fact or event
- **Penis**  
The male external sex organ
- **Testicles/testes**  
Produce sperm and male sex organs
- **Vulva**  
The external female sex organs
- **Vagina**  
The tube inside a woman connecting the womb to the vulva



# RSE & PSHE vocabulary

## Year 2

### Citizenship

- **Election**  
An event where people vote
- **Environment**  
The local surroundings or place a person lives or works in
- **Identity**  
Who someone is and how they define themselves
- **Job**  
Paid work carried out on a regular basis
- **Opinion**  
What a person thinks about something
- **Rule**  
Something that tells us what is allowed or not allowed
- **School council**  
A group of children who help make school better
- **Volunteer**  
A person who offers to help out with tasks or activities without getting paid
- **Vote**  
A choice for a person or thing

Previously covered:  
**Responsibility (Y1)**

### Economic wellbeing

- **Coins**  
Official disks of metal used as money
- **Need**  
Something that we need or require to survive, rather than just simply 'want'
- **Notes**  
Official printed paper which is used as money
- **Priority**  
Something that should come before anything else
- **Want**  
Something we would like to have

Previously covered:  
**Banks and building societies (Y1),  
Cash (Y1), Earn (Y1), Save (Y1)**



# RSE & PSHE vocabulary

## Year 3

### Families and relationships

- **Bullying**  
To cause repeated physical or emotional pain to somebody
- **Communicate**  
To interact with other people through words or body language
- **Empathy**  
To be considerate and understanding of other people's feelings
- **Open questions**  
Questions that do not have simple one word answers
- **Similar**  
Something that is nearly the same as another thing
- **Solve**  
To find an answer to a problem
- **Sympathy**  
Feeling sad for someone when something bad happens to them
- **Trust**  
Relying on someone to do something for you, such as keeping a secret or keeping something safe for you

Previously covered:  
**Stereotype (Y2)**

### Health and wellbeing

- **Alone**  
Being by yourself
- **Balance**  
A variety of different things or an equal amount of something
- **Barriers**  
Obstacles that stop us achieving our goals
- **Belonging**  
Feeling comfortable and at home in a certain situation or place
- **Identity**  
Who someone is, how they define themselves
- **Lonely**  
Feeling sad because you are alone
- **Resilience**  
Willingness to try even when things get really hard
- **Boundaries**  
An invisible line that defines what behaviours an individual finds acceptable.

Previously covered:  
**Diet (Y2), Healthy (Y2), Relax (Y1)**

### Safety and the changing body

- **Allergic**  
Having a reaction to a substance (e.g. food, pollen)
- **Anaphylaxis**  
Having an acute or severe allergic reaction
- **Bullying**  
To cause repeated physical or emotional pain to someone
- **Casualty**  
Someone who has an injury
- **Choice**  
A decision between one or more choices
- **Cyberbullying**  
Bullying that occurs through the internet
- **Decision**  
Making a choice
- **Distraction**  
Something that prevents us from concentrating on something else
- **Fake**  
Something that is not real but is pretending to be
- **Influence**  
To have an effect on someone else's decision making
- **Injuries**  
Damages to the body



# RSE & PSHE vocabulary

## Year 3

### Citizenship

- **Charity**  
An organisation that raises money for those in need
- **Community**  
A group of people in the same area, or have things in common
- **Consequence**  
The result of an action, usually one that is negative or involves punishment
- **Council**  
A group of people who manage a city, county or organisation
- **Councillor**  
A member of a council
- **Law**  
Rules enforced by government that define what we can and can't do
- **Recycling**  
Converting waste into reusable materials
- **Rights**  
A set of actions and principles that are entitled to someone
- **United Nations/UN**  
An international organisation founded in 1945 after World War 2 which aims to maintain international peace and security, human rights and better standards of living

Previously covered:  
**Democracy (Y1), Responsibility (Y1), Environment (Y2)**

### Economic wellbeing

- **Account**  
A record of money spent or received
- **Budget**  
A specific and limited amount of money you have to manage and spend
- **Career**  
The work a person chooses to do through life
- **Feeling**  
An awareness or general sensation of something
- **Stereotype**  
An oversimplified and inaccurate conception held in common by many people

Previously covered:  
**Coins (Y2), Notes (Y2), Save (Y1), Spend (Y1)**



# RSE & PSHE vocabulary

## Year 4

### Families and relationships

- **Act of kindness**  
Doing something nice for someone
- **Authority**  
A person with high status and decision making power
- **Bereavement**  
Mourning or grieving someone who has died
- **Boundaries**  
Physical or mental limits that someone establishes to protect themselves from getting hurt
- **Bystander**  
Someone who watches something without getting involved
- **Permission**  
Allowing someone to do something once they have asked first

Previously covered:

**Bullying (Y3), Manners (Y2), Respect (Y1), Stereotype (Y1)**

### Health and wellbeing

- **Fluoride**  
A chemical found in toothpaste that helps keep our teeth strong and healthy
- **Mental health**  
Our psychological and emotional wellbeing
- **Negative emotions**  
Emotions that make us feel sad or angry
- **Positive emotions**  
Emotions that make us and others around us feel happy
- **Visualise**  
To create an image of something in the mind

Previously covered:

**Healthy (Y2), Relaxation (Y2), Resilience (Y3), Skill (Y2)**

### Safety and the changing body

- **Age restriction**  
Something restricted from access until you are a certain age
- **Asthma**  
A common lung condition that causes breathing problems
- **Law**  
Rules enforced by the government that define what we can and cannot do
- **Protect**  
To keep someone safe from something
- **Puberty**  
The physical and emotional changes of a child becoming an adult
- **Public**  
Something that is open to anybody
- **Tobacco**  
A plant grown for its leaves which contains a highly addictive drug called nicotine
- **Breasts**  
Enlarged soft parts of a female's chest which produce milk for a baby
- **Genitals**  
The external sex organs. The word 'genitals' is used for both males and females.

Previously covered:

**Private, Penis (Y2), Testicles/Testes (Y2)**



# RSE & PSHE vocabulary

## Year 4

### Citizenship

- **Authority**  
A person with high status and decision making power
- **Cabinet**  
A group of councillors who have responsibility for different things
- **Council officer**  
A person who works for a council, not an elected member
- **Diversity**  
Recognising and valuing difference
- **Human rights**  
Specific rights which belong to every person
- **Local government**  
The elected party who govern and make decisions for the local area
- **Protect**  
To keep someone or something safe from someone/something else
- **Reuse**  
To use something more than once

Previously covered:  
**Community (Y3), Council (Y3), Environment (Y2), Volunteer (Y2), United Nations/UN (Y3)**

### Economic wellbeing

- **Bank account**  
An arrangement with a bank where the customer/person puts money in and takes it out. The bank keeps a record of this.
- **Bank statement**  
A document from the bank showing all the money that went in and out of a bank account.
- **Influence**  
A thing or person that has the power to affect another.
- **Satisfaction**  
A pleasant feeling that comes from completing something and doing it well.
- **Value for money**  
Something which is worth the price given to it

Previously covered:  
**Account (Y3), Budget (Y3), Career (Y3)**



# RSE & PSHE vocabulary

## Year 5

### Families and relationships

- **Attributes**  
Qualities or characteristics that make up someone's personality
- **Cyberbullying**  
Bullying that occurs through the internet
- **Marriage**  
The legal commitment of two people to each other which is intended to be lifelong
- **Secret**  
Something that is not meant to be known or seen by anyone
- **Wedding**  
The ceremony which celebrates the marriage of two people

Previously covered:  
**Bullying (Y3), Bystander (Y4)**

### Health and wellbeing

- **Fail**  
To be unsuccessful in achieving a goal
- **Protect**  
To keep someone safe from something
- **Responsibility**  
Being in charge of or taking ownership of our own actions, having a duty to fulfil
- **Steps**  
To do what is necessary to reach a goal
- **Assertive**  
Saying in a direct, but respectful way what you want or believe.
- **Aggressive**  
Showing anger and a willingness to attack others in words or actions.
- **Passive**  
Allowing something to happen without trying to change anything.

Previously covered:  
**Goal (Y2), Relaxation (Y2)**

# RSE & PSHE vocabulary

## Year 5

### Safety and the changing body

- **Attraction**  
Liking or being drawn towards someone
- **Decision**  
Making a choice
- **Consent**  
Give permission for something to happen.
- **Influence**  
To have an effect on someone's decision making
- **Menstruation/period**  
The shedding of the uterus/lining every month
- **Bladder**  
The organ in males and females where urine is stored before it leaves the body
- **Cervix**  
A ring of muscles at the bottom of a female's womb/uterus
- **Clitoris**  
The sensitive part of female genitals, above the urethra
- **Egg or ova**  
Produced by females in the ovary
- **Ejaculation**  
When the penis becomes erect and sperm come out of the body
- **Erection**  
When the penis becomes hard and upright
- **Fallopian tube**  
The tube which connects the ovaries to the womb/uterus. Eggs travel along the tubes each month.
- **Labia**  
The folds of skin on the external female genitals (vulva)
- **Nipples**  
On the chest of males and the breast of females
- **Ovary/ovaries**  
Are found on each side of the womb and release eggs each month
- **Pubic hair**  
The hair found around the genitals
- **Scrotum**  
The pouch which hangs behind the male's penis and contain the testes

Previously covered:

**Private, Puberty, Breasts, Penis, Testicles/testes, Vagina, Vulva**

### Safety and the changing body (continued)

- **Sperm duct**  
The tube sperm travels through
- **Urethra**  
The tube in males and females which takes urine from the bladder out of the body
- **Uterus**  
Another name for the womb which is the place in a female where a baby grows during pregnancy
- **Vaginal opening**  
The end of the vagina which can be seen between a female's legs
- **Voice breaking**  
The change in a boy's voice
- **Wet dreams**  
Ejaculation which happens when a boy is asleep
- **Womb**  
Another name for the uterus



# RSE & PSHE vocabulary

## Year 5

### Citizenship

- **Defendant**  
Qualities or characteristics that make up someone's personality
- **Freedom of expression**  
Bullying that occurs through the internet
- **Government**  
A group that has the authority to rule or govern over a country or state (in a democracy, people vote for those in the Government)
- **House of Commons**  
Made up of MPs (Members of Parliament) that the public have voted to represent them
- **Protected characteristics**  
It is against the law to discriminate against someone because of a protected characteristic such as age, disability, gender, race.
- **Judge**  
Listens to both sides of a court case (the defence and the prosecution) and makes the final decision as to whether the defendant is guilty of what they are being accused of
- **Jury**  
A group of people chosen at random who look at evidence in a criminal case and help decide whether or not the defendant is guilty or not guilty
- **Member of Parliament (MP)**  
A person in the House of Commons who has been elected by vote to represent people from a specific area
- **Parliament**  
Where the laws of our country are decided. It is made up of the House of Lords and the House of Commons
- **Pressure group**  
Aim to change the opinions or activities of people and try to influence government policy or legislation
- **Prime Minister**  
Leads the government
- **Trial**  
The examination of evidence by a judge and usually a jury, in order to decide whether or not the defendant is guilty or not

Previously covered:  
**Environment (Y2), Human rights (Y3)**

# RSE & PSHE vocabulary

## Year 5

### Economic wellbeing

- **Allocate**  
To distribute resources or duties for a particular purpose.
- **Expenditure**  
Money going out or spent
- **Income**  
Money coming in, earned or received
- **Loan**  
Money that is borrowed and needs to be paid back, often with interest.
- **Repayment**  
Giving back money you have borrowed

Previously covered:  
**Satisfaction (Y4), Value for money (Y4)**





# RSE & PSHE vocabulary

## Year 6

### Families and relationships

- **Authority**  
A person with high status and decision making power
- **Conflict**  
A disagreement or argument
- **Earn**  
To gain something like respect by showing others that you are a good, trustworthy person
- **Expectation**  
Anticipating that something will happen a certain way
- **Grief**  
Feelings of sadness experienced after someone's death
- **Grieving**  
A period of sadness that someone experiences when someone close to them dies
- **Resolve**  
To find a solution to a problem
- **Respect**  
Being thoughtful and polite towards other people, or admiring someone because of their qualities or what they have achieved

Previously covered:  
**Stereotype (Y1)**

### Health and wellbeing

- **Antibodies**  
A substance that special cells in the body produce. These reduce or remove the effects of a disease germ (or its poisons)
- **Habit**  
A repeated action
- **Vaccination**  
An injection that gives us a very mild form of the disease and allows our bodies to develop antibodies to protect us from that disease

Previously covered:  
**Growth mindset (Y2), Qualities (Y1), Responsibility (Y5), Skill (Y2)**

### Safety and the changing body

- **Alcohol**  
Alcohol is an active ingredient found in alcoholic drinks such as wine and beer and plays a social role within some cultures. Most countries regulate the production and sale of alcoholic beverages, because too much can be toxic to the human body and cause health problems including addiction or cancer of the liver.
- **Internet trolling**  
Someone who posts rude, inappropriate or unkind things online with the purpose of upsetting others
- **Pregnant**  
When a woman has a baby developing in her womb

### Sex education

- **Conception**  
Another word for fertilisation
- **Fertilisation**  
When a male sperm joins a female egg and a baby starts to grow
- **Sexual intercourse**  
Where a male inserts his penis into the female's vagina
- **Sperm**  
The male sex cell made in the testicles

Previously covered:

**Bladder (Y5), Breasts (Y4), Cervix (Y5), Clitoris (Y5), Cyberbullying (Y3), Egg or ova (Y5), Ejaculation (Y5), Erection (Y5), Fallopian tube (Y5), Genitals (Y5), Labia, Menstruation/period (Y5), Nipples (Y5), Ovary/ovaries (Y5), Penis (Y2), Puberty (Y5), Pubic hair (Y5), Scrotum (Y5), Sperm duct (Y5), Testicles/testes (Y2), Urethra (Y5), Uterus (Y5), Vagina (Y2), Vaginal opening (Y5), Voice breaking (Y5), Vulva (Y2), Wet dreams (Y5), Womb (Y5)**

# RSE & PSHE vocabulary

## Year 6

### Citizenship

- **Authority**  
A person with high status and decision making power
- **Conflict**  
A disagreement or argument
- **Earn**  
To gain something like respect by showing others that you are a good, trustworthy person
- **Expectation**  
Anticipating that something will happen a certain way
- **Grief**  
Feelings of sadness experienced after someone's death
- **Grieving**  
A period of sadness that someone experiences when someone close to them dies
- **Resolve**  
To find a solution to a problem
- **Respect**  
Being thoughtful and polite towards other people, or admiring someone because of their qualities or what they have achieved
- **Harassment**  
When someone repeatedly behaves in a way which causes you emotional suffering.

Previously covered:  
**Stereotype (Y1)**

### Economic wellbeing

- **Earnings**  
The money that people receive for the work they do.
- **Gambling**  
The act of risking money or valuables on an outcome influenced by chance.
- **Roles and responsibilities**  
Specific job functions and duties within a workplace.
- **University**  
A place of higher education where people go to earn a degree.
- **Valuables**  
Personal Identification Number. A private set of numbers used to access a bank account.

Previously covered:  
**Allocate (Y5), Budget (Y3), Career (Y3), Expenditure (Y5)**

