

PSHE Vocabulary Progression



This document sets out PSHE vocabulary to be introduced for each year group. The lists are based on the Jigsaw programme run throughout the school. The lists are intended as a guide as to what pupils should know, and are not exhaustive.

	EYFS	1	2	3	4	5	6
Term 1 – Being Me In My World		Safe Special Calm Belonging Special Rights Responsibilities Rights Responsibilities Learning Charter Rights and Responsibilities Learning Charter Rewards Proud Rights and Responsibilities Learning Charter Consequences Upset Disappointed Rights Responsibilities Learning Charter Illustration	Worries Hopes Fears Belonging Rights Responsibilities Responsible Actions Praise Reward Consequence Positive Negative Choices Praise Reward Consequences Positive Negative Co-operate Learning Charter Rights Responsibilities Rewards Consequences Problem-solving Choices	Welcome Valued Achievements Proud Pleased Personal goal Praise Acknowledge Affirm Emotions Feelings Nightmare Fears Worries Solutions Support Rights Responsibilities Learning Charter Nightmare Dream Behaviour Rewards Consequences Actions Feelings Rights Responsibilities Fairness Choices	Included Excluded Welcome Valued Team Charter Role Job description School Community Responsibility Rights Responsibilities Democracy Reward Consequence Democratic Decisions Rights Responsibilities Voting Democracy Authority Learning Charter Role Contribution Observer Decisions Choices Democracy UN Convention on Rights of Child Learning Charter	Education Appreciation Opportunities Goals Motivation Vision Hopes Challenge Rights Responsibilities Citizen Denied Empathise Refugee Persecution Conflict Asylum Migrant Rights Wealth Poverty Responsibilities Prejudice Citizen Privilege Deprive Rights Responsibilities Rewards Consequences Choices Learning Charter Rights Responsibilities Rewards Consequences	Goals Worries Fears Value Welcome Choice Ghana West Africa Cocoa plantation Cocoa pods Machete Rights Community Education Wants Needs Maslow Empathy Comparison Opportunities Education Choices Behaviour Rights Responsibilities Rewards Consequences Empathise Learning Charter Obstacles Rights Responsibilities Rewards Consequences Cooperation Collaboration Legal Illegal Lawful Laws Learning Charter Collaboration Participation Motivation Rights Responsibilities

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		Rewards Consequences	Learning Charter Responsibilities Rights Rewards Consequences Choices	Co-operate Rights Responsibilities Rewards Consequences Choices Learning Charter Challenge Group dynamics Team work Learning Charter Actions View point Ideal school Belong		Cooperation Collaboration Learning Charter Collaboration Participation Motivation Rights Responsibilities Rewards Consequences	Rewards Consequences Democracy Decision Proud
Term 2 – Celebrating Difference		Similarity/similar Same as Different from Difference Similarity Bullying Bullying behaviour Deliberate On purpose Unfair Included Bully Bullied ? Celebration Difference Special Unique	Boys Girls Similarities Assumptions Shield Stereotypes Boys Girls Similarities Differences Assumptions Stereotypes Special Bully Purpose Difference Kind Unkind Feelings Sad Lonely Help Bully On Purpose Stand up for Help Male Female Difference Diversity Fairness Kindness	Family Loving Caring Safe Connected Difference Special Family Conflict Solve it together Solutions Resolve Witness Bystander Bullying Gay Unkind Feelings Tell Witness Bystander Bullying Gay Unkind Feelings Tell Consequences Hurtful Solve it together Gay	Character Assumption Judgement Surprised Different Appearance Accept Assumption Influence Appearance Opinion Attitude Judgement Bullying Friend Secret Deliberate On purpose Bystander Witness Witness Bystander Bully Problem solve Cyber bullying Text message Website Troll Special Unique Different	Culture Conflict Difference Similarity Belong Culture wheel Racism Colour Race Discrimination Culture Ribbon Bullying Rumour Name-calling Racist Homophobic Cyber bullying Texting Problem-solving Bullying Indirect Direct Cyber bullying Texting Happiness Difference Culture Similarity	Normal Ability Disability Visual impairment Empathy Perception Medication Vision Blind Male Female Diversity Transgender Gender diversity Courage Fairness Rights Responsibilities Power Struggle Imbalance Control Harassment Bullying Bullying behaviour Direct Indirect Argument Recipient Para Olympian Achievement Accolade

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			<p>Friends Special Unique Different Similarities Value</p>	<p>Compliment Special Unique Difference Similarity</p>	<p>Characteristics Physical features</p> <p>Impression Changed Judgement Assumption Influence Special Different Accept</p>	<p>Continuum Developing world Racism Discrimination Direct and indirect bullying</p> <p>Culture Celebration Artefacts Display Presentation</p>	<p>Disability Sport Perseverance Admiration Stamina</p> <p>Celebration Difference Conflict</p>
<p>Term 3 – Dreams and Goals</p>		<p>Proud Success Achievement Goal Treasure Coins</p> <p>Goal Learning Stepping stones Process Garden Dreams</p> <p>Working together Team work Achievement Celebrate</p> <p>Learning Stretchy Challenge Feelings</p> <p>Challenge Obstacle Overcome Achieve Goal Stepping stones</p>	<p>Realistic Proud Success Celebrate Achievement Goal</p> <p>Strengths Persevere Challenge Difficult Easy</p> <p>Learning together Success Celebrate Achievement Goal Partner Team work</p> <p>Learning together Success Celebrate Achievement Challenge Product Dream bird Group Team work Problem-solve</p> <p>Learning together Success Celebrate</p>	<p>Perseverance Challenges Success Obstacles Dreams Goals</p> <p>Dreams Goals Ambitions Future Aspirations</p> <p>Garden Decoration Dream Goal Team work Enterprise Design Cooperation</p> <p>Challenge Product Team work Cooperation Strengths Motivated Enthusiastic Excited Efficient Responsible</p>	<p>Dream Hope Goal Determination Perseverance Resilience Positive Attitude</p> <p>Dreams Goals Hopes Disappointment Fears Hurt Resilience</p> <p>Positive experiences Hopes Dreams Disappointment Hurt Goals Plans Cope Help Resilience</p> <p>Resilience Self-belief Motivation Perseverance Determination Goal Dream Commitment</p>	<p>Dream Hope Goal Feeling Achievement Money Grown up Adult Lifestyle</p> <p>Job Career Profession Money Salary Contribution Society</p> <p>Dream Hope Job Career Goal Determination Perseverance Motivation</p> <p>Dream Hope Goal Aspiration Culture Country</p> <p>Aspiration Dream Goal Culture</p>	<p>Dream Hope Goal Learning Strengths Stretch Achievement Personal Realistic Unrealistic</p> <p>Dream Hope Goal Feeling Achievement Success Criteria Learning steps</p> <p>Dream Hope Goal Feeling Achievement Money Global Issue Suffering Concern Hardship</p> <p>Dream Hope Goal Achievement Money Sponsorship Suffering Hardship Empathy Motivation</p>

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		<p>Success Celebration Challenge Internal treasure chest Feelings Goals Dreams Garden</p>	<p>Dream Goal Garden Achievement Proud</p>	<p>Obstacles Frustration 'Solve it together' technique Solution Team work Review Learning Strengths Success Self-review Celebrate Evaluate</p>	<p>Goal Team work Enterprise Design Cooperation Resilience Positive attitude Review Disappointment Learning Strengths Success Celebrate Evaluate</p>	<p>Sponsorship Communication Support Rallying Sponsorship Team work Cooperation Difference Dream Goal Motivation Aspiration</p>	<p>Dream Hope Goal Achievement Money Sponsorship Suffering Hardship Empathy Motivation Admire Respect Achievement Praise Compliment Contribution Recognition</p>
<p>Term 4 – Healthy Me</p>		<p>Healthy Unhealthy Balanced Exercise Sleep Healthy Unhealthy Balanced Exercise Sleep Choices Healthy Clean Body parts Toiletry items, e.g. toothbrush, shampoo, soap Hygienic Safe Medicines Healthy Unhealthy Trust Safe</p>	<p>Healthy choices Lifestyle Motivation Relax Relaxation Tense Calm Healthy Unhealthy Dangerous Medicines Safe Body Healthy Unhealthy Balanced diet Portion Proportion Healthy Unhealthy Balanced diet Energy Fuel Nutritious Healthy Unhealthy Balanced diet Nutritious Energy</p>	<p>Oxygen Energy Calories/ Kilojoules Heartbeat Lungs Heart Fitness Energy Calories Kilojoules Labels Sugar Fat Saturated Fat Healthy Drugs Attitude Safe Anxious Scared Strategy Advice Safe Harmful Risk Feelings Complex Appreciate Body</p>	<p>Friendships Emotions Healthy Relationships Friendship groups Value Friendship groups Roles Leader Follower Assertive Agree / disagree Smoking Pressure Peers Guilt Advice Alcohol Liver Disease Pressure Peers Anxiety Fear Believe Assertive Opinion Right Wrong</p>	<p>Choices Healthy behaviour Unhealthy behaviour Informed decision Pressure Media Choices Healthy behaviour Unhealthy behaviour Informed decision Pressure Media Influence Emergency Procedure Recovery position Calm Level- headed Body image Media Social media Celebrity Altered</p>	<p>Responsibility Choice Immunisation Prevention Drugs Effects Motivation Prescribed Unrestricted Over-the- counter Restricted Illegal Volatile substances 'Legal highs' Exploited Vulnerable Drugs Criminal Illegal Gangs Gang Pressure Strategies Reputation Anti-social behaviour Crime Illegal Mental health Emotional health</p>

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		<p>Safe Safety Green Cross Code Eyes Ears Look Listen Wait</p> <p>Keeping clean Healthy</p>		<p>Healthy Safe Choice Risk</p>		<p>Self-respect Comparison</p> <p>Body image Eating problem Eating disorder Respect Pressure</p> <p>Debate Opinion Fact Choices Healthy lifestyle Motivation</p>	<p>Mental illness Symptoms</p> <p>Stress Triggers Strategies Managing stress Pressure</p>
Term 5 – Relationships		<p>Family Belong Different Same</p> <p>Friends Friendship Qualities Caring Sharing Kind</p> <p>Greeting Touch Feel Texture Like Dislike</p> <p>Help Helpful Community Feelings</p> <p>Confidence Praise Qualities Skills Self belief Incredible Proud</p>	<p>Family Different Similarities Special Relationship Important Cooperate</p> <p>Touch Physical contact Communication Hugs Like Dislike Acceptable Not acceptable</p> <p>Friends Likes/dislikes Conflict Point of view Positive problem solving</p> <p>Secret Surprise Good secret Worry secret Telling Adult</p>	<p>Men Women Male Female Unisex Role Job Responsibilities Differences Similarities Respect Stereotype</p> <p>Conflict Solution Problem solving Friendship Win-win</p> <p>Safe Unsafe Risky Internet Social media Private Messaging (PM) Gaming</p> <p>Global Communications Transport Interconnected Food journeys</p>	<p>Relationship Close Jealousy Problem- solve Emotions Positive Negative</p> <p>Loss Strategy Shock Disbelief Numb Denial Anger Guilt Sadness Pain Despair Hopelessness Relief Acceptance Depression</p> <p>Souvenir Memento Memorial Loss Memories Special Remember</p> <p>Friendships Negotiate Compromise Trust Loyalty Anger Betrayal Empathy</p>	<p>Characteristics Personal qualities Attributes Self- esteem</p> <p>Responsibility/Being responsible Age- limit</p> <p>Social network Community Online Off line Responsibility Rights Risky</p> <p>Age-limit Community Violence Appropriate Grooming Trolled Gambling/ betting Trustworthy</p>	<p>Mental health Ashamed Stigma Stress Anxiety Support</p> <p>Mental health Worried Signs Stress Anxiety Warning Support Self- harm</p> <p>Emotions Feelings Sadness Loss Grief Denial Despair Guilt Shock Hopelessness Anger Acceptance Bereavement Coping strategies</p> <p>Power Control Authority Bullying Script Assertive Strategies</p>

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		<p>Celebrate Relationships Special Appreciate Feelings</p>	<p>Trust Surprised Happy Sad Frightened</p> <p>Trust Trustworthy Honesty Reliability</p> <p>Compliments Celebrate Positive Negative Appreciate</p>	<p>Climate Trade Inequality</p> <p>Needs Wants Rights Deprivation United Nations Equality Justice</p> <p>Happiness Celebrating Relationships Friendship Family Thank you Appreciation</p>	<p>Boyfriend Girlfriend Attraction Pressure Personal Comfortable</p> <p>Special Love Appreciation Symbol Care</p>	<p>Responsibility Rights Risky</p> <p>Devices Screen time Social Off line Mental health Physical health</p> <p>Personal information Safe Online Choices Vulnerable Risk Grooming Rights Responsibilities</p>	<p>Risks Pressure Influences Self-control Real/Fake True/untrue Assertiveness Judgement</p> <p>Communication Technology Power Control Cyberbullying Abuse Safety</p>
<p>Term 6 – Changing Me (Changes made to Jigsaw content to meet Lethbridge)</p>		<p>Changes Life cycle Baby Adulthood</p> <p>Change Life cycle Baby Adult Grown up</p> <p>Baby Growing up Adult Mature Change</p> <p>Male Female Vagina Penis Testicles Anus</p> <p>Learn New Grow Change</p>	<p>Change Grow Life cycle Control Baby Adult Fully grown</p> <p>Growing up Old Young Change Respect Appearance Physical</p> <p>Baby Toddler Child Teenager Adult Independent Timeline Freedom Responsibilities</p> <p>Male Female Vagina Penis Testicles Anus Public Private</p>	<p>Changes Birth Animals Babies Mother Growing up</p> <p>Baby Grow Uterus Womb Nutrients Survive Love Affection Care</p> <p>Change Puberty Control</p> <p>Stereotypes Task Roles Challenge</p> <p>Change Looking forward Excited Nervous Anxious Happy</p>	<p>Personal Unique Characteristics Parents</p> <p>Puberty Male Female Testicles Sperm Penis Ovaries Egg Ovum/Ova Womb/Uterus Vagina</p> <p>Circle Seasons Change Control</p> <p>Range of emotions - see emotions card resource Control Change Acceptance (Scared Empty Peaceful Happy Sad Nervous Proud</p>	<p>Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation</p> <p>Puberty Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary/ Ovaries Vagina Oestrogen Vulva Womb/Uterus</p> <p>Puberty Sperm Semen Testicles/Testes Erection Ejaculation</p>	<p>CHECK ORDER AFTER MEETING WITH SLT AND CHECK LIST FOR VOCABULARY</p> <p>Self-image Self-esteem Real self Celebrity</p> <p>Opportunities Freedoms Responsibilities Puberty vocabulary as represented on the flash cards (pubic hair, voice breaks, menstruation, semen, growing taller, hips widen, facial hair, erection, tampon, breasts, hormones, wet dream, ovulation, testicles, sperm, under</p>

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		<p>Change Feelings Anxious Worried Excited Coping</p>	<p>Touch Texture Cuddle Hug Squeeze Like Dislike Acceptable Unacceptable Comfortable Uncomfortable</p> <p>Change Looking forward Excited Nervous Anxious Happy</p>		<p>Excited Anxious Shy Grumpy Accepting Apprehensive Worried Frustrated Angry Disappointed Hurt Jealous Frightened Unsure Uncertain Confused Miserable)</p> <p>Change Looking forward Excited Nervous Anxious Happy (See emotions cards from Piece 5 – see above)</p>	<p>Wet dream Larynx Facial hair Growth spurt Hormones</p> <p>Sperm Egg/Ovum Penis Testicles Vagina Womb/Uterus Ovaries Sexual intercourse Fertilise Conception</p> <p>Teenager Milestone Perceptions Puberty Responsibilities</p> <p>Change Hope Manage Cope Opportunities Emotions Fear Excitement Anxious</p>	<p>arm hair, penis, feeling moody, vagina, womb, fallopian tube)</p> <p>Relationships Conception Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility Treatment (IVF)</p> <p>Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife</p> <p>Self-esteem Negative body-talk Choice Feelings/emotions Challenge Mental health</p> <p>Transition Secondary Looking forward Journey Worries Anxiety Hopes Excitement</p>
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