



PSHE and RSE Progression of Vocabulary



Reception

Special	sleep	look after each other	try again	Spring	new friend
family	safe	help each other	energy	life cycles	Friendship
feelings	keep	be alone	grow	child	kindness
Practice	Safe water	working together	healthy Fruit	summer	vulva
favourite	Unsafe	Responsibility	vegetable	teenager	
help	food detective	caring	dairy	autumn	
friends	fresh air	Environment	exercise	adult	
happy	cuddle	electricity	sleep	winter	
Effort	Medicine	pollution litter	wash	old age	
same people	chemist	recycling money	exercise	cycle	
sad	Doctor	Shop	routine	love	
different	grown up	Buy	heart	care	
Emojis	tummy feelings	Cost	calm	private parts	
kind	uncomfortable	pay	muscles	Penis	
helpful	Worried	save	sleep	different	
special	tell	safe place	seasons	dislikes	
likes	Adult	bounce back	growing	unkind	
Keep clean	trust	encourage	baby	home	



Year 1

rules	family	respect	fruit	emotions	money	hazard
feelings safe	special	teasing	vegetables	loss	cost	kettle
body	people	bully	sugar	Lost	bills	Safe
language	making up	bullying	salt	medicine	spending	burn
responsibility	friendship	behaviour	cereal	private	afford	scald
emotions	listening	qualities	Meat	safe	Bank	accident
work	same	energy	sleep	trust	coin	emergency
together	unkind	food	rest	harmful	note	starchy
safe	rules	water	grow	privates	worth	healthy
Support	different	air	tired	responsibility	saving	germs
behaviour	unkindness	oxygen	worried	hygiene	safe	learning
help	safe	exercise	nervous	environment	first aid	praise
feelings	difference	sleep	scared	routine	risk	behaviour
heal	tease	healthy	support	responsibility	accident	
hurt	fair	dairy	unsafe	clean	danger	



Year 1

dairy	person	portion	Secret	bullying
fruit	fruit	salt	private	oxygen
disease	Dairy	cereal	Lungs	witness
practice	Spread	organ	Attention	Digested
support	Confidence	caring	tease	Experience
Consequence s	Encourage	change	Uncomforta ble penis	getting help
protein	promise	Unkind	Intestines	
vegetables	Vegetables	Surprise	teasing	
hygiene	meat	privates	vulva	
make mistakes	Achievement	heart	brain	
Feedback	Feelings	Love	bully	
special	vitamins	Growing	hygiene	
	sugar	Unkindness	stomach	



Year 2

happy	help	Feelings	safe	Unsafe	Injection	Challenge
rules	unique	problem	vulva	Spending	dental	germs
feelings	respect	sleep	worried	share	water	rest
bullying	behaviour	medicines	getting help	erupt	heart	small
safe	calm	safety	private	uniform	Goal	Intestine
showing	Aggressive	safe	tell	saving	healthy	large intestine
feelings	solve	touch	private parts	take turns	disease	food
teasing	help	surprise	consent	ask for help		water
caring	cooperate	Genitals	permission	practice	hygiene	
Help	kind	unsafe	secret	choose	food	
repeated	listening	feelings	someone you	Vaccination	lungs	
friendly	kindness	hurt	trust	teeth	achieve	
regular	being listened	secret	responsibility	oxygen	unhealthy	
don't do that	to	penis	Environment	brain	hygiene	
Repeated	Unkind	feelings	money	encourage	exercise	
Friendship	listen	uncomfortable	control	Choices	Stomach	



Year 2

help

supportive

private

kettle

change

Danger

permission

growing

feelings

frightened

unique

rest

safe

genitals

penis

care

burn

first aid

vulva

vulva

scald

support

accident

privacy

accident

loss

emotions

hazard

emergency

food

nervous

special

sleep

learning

penis

testicles

nipples

risk

consent



Year 3

rules	loss	prejudice	blended family	private	instructions
responsibility	making up	adoption	courtesy	drugs	internet safety
cooperate	feelings	belonging	colour	unsafe	volunteer
friendship	respectful	cooperation	manners	cigarettes	helper
conflict	calm	differences	sexuality	phishing	fact
dare	feelings	disability	trust	public	environment
continuum	compromise	fostering	danger (dangerous)	strategies	income
strategies	courteous	listening skills	risk	harmful	earning
safety	apologise	identity	internet safety	nicotine	wellbeing
care	challenging	name calling	decisions	search engine	responsible
collaborate	listen	gender	Medicines	profile	opinion
falling out	making up	same-sex couple	safe	Helpful	waste
point of view	family	politeness	risk (risky)	consequence	saving
persuade	Community	respect	safer	alcohol	income
opinions	Respect	bullying	drugs	fake news	spending
point of view	similarities	race	browsing	personal information	healthy



Year 3

balanced diet

relationships

healthy

ovary

excited

Infection

personal space

invade

respect

vagina

debate

secret

feelings

upset

scared

goals

egg

Puberty

fallopian tube

sanitary pad

Collaboration

Responsibility

trust

touch

talk

fruit & veg

positive body

uncomfortable

touch

Tampon

dose

space

period

jealous

menstruation

healthy

surprise

caring

uterus (womb)

cup

safety

sperm

stop

worried

Instructions

environment

angry

lining



Year 4

feelings positive, healthy relationship friendly collaborate feelings facial expressions unkind physical effects respect rude collaboration physical effects body language tease sad	responsibilities aggressive collaborative bully unhappy qualities consequences teamwork Pressure devastated excluded face-to-face independent miserable assertive distressed	aggressive compromise lonely negotiate respectful alone ignored Isolated abandoned apologetic regretful remorseful rueful repentant aching sore	excrutiating agonising painful happy delighted ecstatic joyful calm untroubled assured confident peaceful scaaed frightened petrified terrified	bothered negotiation body space sharing aggressive similarities stereotype compromise invade acquaintances apologise differences danger privacy dare medicine	choices persevere Influence dangerous privacy settings assertive drug social norm consequences risk security risky hazard hazardous
---	---	--	--	--	--



Year 4

being responsible	Trustworthy	first aid	choking	menstrual cycle	menstruation cup
safe	rules	unique	Breathing	surprise	womb
rules	respectful	wellbeing	airway	live together	vagina
influence	essential	reduce	Unresponsive	eggs	vulva
anti-social behaviour	VAT	injury	casualty	uncomfortable feelings	clitoris
environment	laws	mental health	burn	civil partnership	labia
income	courteous	re-use	scald	sperm	volunteer
income tax	Deductions	minor	wound	periods	wellbeing
reliable	rights public services	rot	recovery	forced marriage	connect
healthy	responsibility	accident	learning line	penis	be active
democracy	United Nations	recycle	compromise	menstruation	be mindful
opinion	individual	emergency	puberty secret	testicles	get creative
witness	choices	repair	marriage	sanitary pads	give to others
conservation	balanced diet	blood	practice	breasts	
expenditure	refuse	re-think	hormones	tampons	
national insurance	community	nose bleed	pubic hair	ovaries	



Year 5

collaborate

aggressive

discrimination

dare

resist pressure

biased

negotiation

tone of voice

diverse

assessing risk

influence

duties

insensitive

resolution

sexual orientation

personal

alcohol

pressure (action)

Unhealthy
relationship

sexual abuse

reactions

information

responsibility

group

assertive

face-to-face

listening

drugs

fact

salaries

emotions

uncomfortable

prejudice

norms

rights

credit

non-verbal

touching

multicultural

risk taking

voluntary group

vote

compromise

unsafe

society

addiction

costs

unbiased

sensitive

friendship

gender

co

borrow

rent

verbal abuse

listening skills

identify

cyberbullying

public services

debit

passive

excluded

consequences

pressure

opinion

Elections

emotional needs

metaphor

gender expression

privacy settings

responsibility

Fair Trade

body language

sex

habit

cigarettes

community group

Interest

conflict

embarrassed

pros

perception

wages

councillors

physical abuse

talking

bullying

assertive

loan

weigh up risk

Council



Year 5

healthy choices	determination	clitoris	confidential	penis
organs	patience	genitalia	sexual orientation	tampon
perseverance	interpersonal skills	Reactions	unwanted touch	physical abuse
community	wellbeing	compromise	vaginal opening	scrotum
independence	trust	break a confidence	Menstruation	menstruation cup
personal qualities	separation	biological sex	mood swings	testicles
body systems	pubic hair	unwanted attention	gender identity	sanitary protection
commitment	puberty	vulva	urinary opening	foreskin
school	Embarrassed	semen	period gender expression	anus
community	Hormones	consequences	lips (labia)	wet dream
responsibility	in confidence	respect	sanitary towel	erection
Celebrities	prejudice		verbal abuse	stretch marks
resilience	fostered			crush



Year 6

collaboration	identity theft	unique	tolerance	composting	grant
Negotiation	assertive response	biological sex	biased	election	energy
balanced	forced marriage	respect	social media	debate	candidate
friendship	illegal	prejudice	saving	fact	penalties
assertive	secure	acquaintance	tax	image	stereotype
assertiveness	witness	media influence	voluntary group	Junior ISA	sharing
sensitive	point of view	positive feedback	campaign bid	VAT	debit card
marriage	unique	sexual orientation	environmentally sustainable	pressure (action) group	values
appropriate	relationships	disrespect	democracy	pitch	beneficiary
privacy settings	stereotype	respect	proposal	recycling	materials voting
teamwork	bystander	assumption	unbiased	manifesto	enforcement
compromise	diversity	Confidence	profile	amendments	cash
respectful	cultural norms	gender identity	bank (building society)	opinion	beneficiary
peer pressure	identity	body language	account	online safety	waste
resolution	friend	Diversity	income tax (PAYE)	interest	policies
thoughtful	Gender	self-esteem	community group	public services	majority
civil partnership	stereotype	gender expression	mission statement	mission statement	
inappropriate		empathy			



Year 6

value	wellbeing	take notice (mindful)	role	conversation	testicles
transport	aspirations	reliable	Feelings	manipulation	puberty
voting booth	health	Influence	panic	gender stereotype	vagina
House of Commons	assessing risk	999	calm	sharing online	penis
shop local	Red Cross	keep learning (get creative)	responsive	emotional changes	orgasm
ballot slip	connect	sources	unresponsive	discuss	embryo
House of Lords	goal setting	ambulance	change	online safety	womb
food	wellbeing	give	body image	rights	sexual intercourse
miles	weigh up	Operator	media manipulation	FGM	consensual
ballot box	first aid	information	peer pressure	in confidence	Condom
Royal Assent	be active	serious	puberty	break a confidence	surrogacy
Fair Trade	Perseverance	adult	support	confidential	adoption
constituencies	accurate	scenario	self esteem	egg	IVF
reuse	dilemma	script	stereotype	Ovaries	age of consent
House of Commons	choices		right to privacy	sperm	
MP	emergency		physical changes		



HIV

rights

community

Foundling Hospital

Coram

infection

Valued

responsibilities

fundraising

Thomas Coram

foundling

charity

immune system

Governor

foster

virus

transmission

sharing needles

sexual contact

condom

prejudice

Year 6