



SCARF PSHE

Vocabulary

Progression

Nursery – Year 6

Updated Autumn 2026

Nursery vocabulary

Unit	Lesson plan	Key words
Me and My Relationships	Marvellous me!	penis, like, feel, choose, head, arms, legs, eyes, ears, nose, mouth, teeth, hands, fingers, feet, toes, knees, elbows, pants, vest, private, vulva
Me and My Relationships	I'm special	feel, special, look, friends
Me and My Relationships	People who are special to me	hug, special, big, small, colour, near, far, sad, love, adopt, special days, quiet, loud, help, similar, friend, family, safe, worried, trust, lonely
Valuing Difference	Me and my friends	friendship, different, similar, friend
Valuing Difference	Friends and family	different, special, similar, family
Valuing Difference	Including everyone	kind, sharing, helping, feelings
Keeping Safe	People who help me and keep me safe	safe, who can help?, grown up, tell, tummy feelings, unsafe
Keeping Safe	Safety Indoors and Outdoors	safe, safety signs, weather, clothing, playground, car-park, pavement, paint, scissors, glue
Keeping Safe	What's safe to go into my body	safe, careful, labels, medicines, cleaning products, water, food, fresh air, sleep
Rights and Respect	Looking after myself	healthy snacks, sugar, germs, wash hands, fruit, vegetables, clean teeth
Rights and Respect	Looking after others	different, friends, similar, family, helping, feelings
Rights and Respect	Looking after my environment	classroom, care, tidy, clean, look after
Being my Best	What does my body need?	water, food, sleep, exercise, energy, tooth decay
Being my Best	I can keep trying	challenge, encourage, keep trying, get better at
Being my Best	I can do it!	challenge, encourage, keep trying, practice
Growing and Changing	Growing and changing in nature	different, weather, change, grow, temperature, hear, smell, see, remember, warmer, seasons
Growing and Changing	When I was a baby	testicles, penis, adoption, breastfeeding, vulva, change, grow, bigger, taller, special needs, nipples
Growing and Changing	Girls, boys and families	testicles, penis, vulva, private parts, make a baby, dolls and cars are for everyone, nipples

Reception vocabulary

Unit	Lesson plan	Key words
Me and My Relationships	All about me	same, different, special, practice, effort
Me and My Relationships	What makes me special	same, different, special, favourite
Me and My Relationships	Me and my special people	same, different, help, family, special people
Me and My Relationships	Who can help me?	friends, help, family
Me and My Relationships	My feelings	sad, feelings, emojis, happy
Me and My Relationships	My feelings (2)	sad, kind, feelings, happy, helpful, worried, confused, frustrated
Valuing Difference	I'm special, you're special	special, favourite, dislikes, likes
Valuing Difference	Same and different	same, different, kind, unkind, compliment, affirmation
Valuing Difference	Same and different families	same, different, family
Valuing Difference	Same and different homes	same, different, home
Valuing Difference	I am caring	kind, kindness, trust, apologise, lonely
Valuing Difference	I am a friend	friendship, kindness, new friend, trust, caring, apologise, lonely
Keeping Safe	What's safe to go onto my body	keep clean, keep safe
Keeping Safe	Keeping Myself Safe - What's safe to go into my body (including medicines)	cuddle, doctor, grown up, water, food, fresh air, sleep, medicine, chemist
Keeping Safe	Safe indoors and outdoors	safe, unsafe, detective
Keeping Safe	Listening to my feelings	safe, tummy feelings, unsafe,

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

Keeping Safe	Keeping safe online	safe, tell, worried, adult, trust, screen usage
Keeping Safe	People who help to keep me safe	safe, tell, worried, adult, trust, address
Rights and Respect	Looking after my special people	family, look after, help each other, be alone
Rights and Respect	Looking after my friends	friends, help, safe, look after, trust, be alone, uncomfortable, lonely, stranger
Rights and Respect	Being helpful at home and caring for our classroom	responsibility, helpful, working together, caring
Rights and Respect	Caring for our world	environment, litter, electricity, pollution, recycling
Rights and Respect	Looking after money (1): recognising, spending, using	money, buy, shop, cost, pay, online gaming, digital money
Rights and Respect	Looking after money (2): saving money and keeping it safe	money, save, safe place, digital money
Being my Best	Bouncing back when things go wrong	encourage, bounce back, try again
Being my Best	Yes, I can!	friends, help, goals, positive, resilient, yet
Being my Best	Healthy eating	food, fruit, vegetables, energy, grow, healthy, dairy, tooth decay
Being my Best	My healthy mind	food, sleep, exercise, energy, grow, healthy, wash
Being my Best	Move your body	muscles, exercise, heart
Being my Best	A good night's sleep	sleep, routine, calm
Growing and Changing	Seasons	seasons, summer, spring, winter, autumn, cycle
Growing and Changing	Life stages - plants, animals, humans	egg, change, grow, growing, life cycles, seed, baby, old, young
Growing and Changing	Life Stages: Human life stage - who will I be?	adoption, adult, baby, child, teenager, old age, marriage, civil partnership, wedding, ceremony, celebration
Growing and Changing	Where do babies come from?	egg, sperm, womb, surrogacy, adoption, pregnancy, breastfeeding, love, family, care, baby, tummy, donated sperm/eggs, same-sex parents, one-parent families, breasts

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

Growing and Changing	Getting bigger	surrogacy, adoption, IVF, grow, adult, baby, child, teenager, messages (DNA/Genes), families of different beliefs
Growing and Changing	Me and my body - girls and boys	sperm, testicles, vagina, penis, breastfeeding, vulva, private parts, privacy, my body is mine (body autonomy), dolls and cars are for everyone (gender stereotyping), eggs, nipples, breasts, anus

Year 1 vocabulary

Unit	Lesson plan	Key words
Me and My Relationships	Why we have classroom rules	responsibility, rules, safe, work together
Me and My Relationships	How are you listening?	respect, safe, unsafe, listening, fair, apologise
Me and My Relationships	Thinking about feelings	feelings, safe, body language, emotions, support
Me and My Relationships	Our feelings	feelings, behaviour
Me and My Relationships	Feelings and bodies	help, feelings, hurt, heal
Me and My Relationships	Good friends	friendship, safe, making up, lonely, alone, include
Valuing Difference	Same or different?	same, different, difference, respect, talents, equal
Valuing Difference	Unkindness, teasing or bullying?	safe, unsafe, unkind, behaviour, unkindness, tease, teasing, bullying, aggressive, target, online bullying
Valuing Difference	Harold's school rules	rules, safe, fair
Valuing Difference	It's not fair!	kind, safe, unsafe, unkind, bullying, fair, unfair, include
Valuing Difference	Who are our special people?	feelings, special people, qualities
Valuing Difference	Our special people balloons	family, special people
Keeping Safe	Super sleep	sleep, grow, rest, tired, screen usage
Keeping Safe	Who can help? (1)	sad, feelings, safe, unsafe, worried, support, nervous, scared
Keeping Safe	Good or bad touches?	testicles, vagina, penis, private, vulva, trust, privates, nipples, buttocks, bottom, scrotum
Keeping Safe	Sharing pictures	consent, entertainment, donating, risks, harmful
Keeping Safe	What could Harold do?	responsibility, safe, medicine, harmful
Keeping Safe	Harold loses Geoffrey	feelings, emotions, loss, lost
Rights and Respect	Harold has a bad day	safe, unsafe, behaviour, consequences, promise, special promise, gratitude, grateful
Rights and Respect	Around and about the school	responsibility, environment
Rights and Respect	Taking care of something	needs, responsible, responsibility, rules, respect
Rights and Respect	Harold's money	money, cost, bills, spending, afford, online gaming, digital money

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

Rights and Respect	How should we look after our money?	safe, money, bank, coin, note, worth, saving, digital money, digital payments
Rights and Respect	Basic first aid	risk, safe, first aid, accident, danger, hazard, kettle, burn, scald, emergency
Being my Best	I can eat a rainbow	fruit, vegetables, dairy, starchy, protein, vitamins, portion
Being my Best	Eat well	sugar, fruit, vegetables, healthy, dairy, salt, cereal, meat
Being my Best	Harold's wash and brush up	clean, routine, hygiene
Being my Best	Catch it! Bin it! Kill it!	germs, hygiene, disease, spread
Being my Best	Harold learns to ride his bike	practice, learning, make mistakes, confidence, achievement
Being my Best	Pass on the praise!	encourage, feelings, safe, support, praise, feedback, respectful, teamwork, resilient, include, team
Being my Best	Inside my wonderful body! (optional)	sugar, fruit, vegetables, dairy, heart, salt, cereal, meat, organ, lungs, intestines, brain, stomach, oxygen, digested
Growing and Changing	Healthy me	water, food, sleep, exercise, energy, healthy, oxygen, air, screen usage
Growing and Changing	Then and now	needs, help, change, growing, size, height
Growing and Changing	Taking care of a baby	testicles, penis, needs, vulva, love, help, caring, nipples, attention, scrotum
Growing and Changing	Who can help? (2)	safe, unsafe, unkind, unkindness, tease, teasing, bullying, witness, experience, getting help, aggressive, online bullying
Growing and Changing	Surprises and secrets	surprise, secret
Growing and Changing	Keeping privates private	testicles, vagina, penis, doctor, breastfeeding, private, vulva, help, change, my body is mine (body autonomy), privates, nipples, hygiene, sore, private activity, scrotum, breasts, anus

Year 2 vocabulary

Unit	Lesson plan	Key words
Me and My Relationships	Our ideal classroom (1)	friendly, safe, happy, caring
Me and My Relationships	Our ideal classroom (2) (OPTIONAL)	rules
Me and My Relationships	How are you feeling today?	help, feelings, showing feelings
Me and My Relationships	Let's all be happy!	help, feelings
Me and My Relationships	Being a good friend	friendly, friendship, kind, safe, unsafe, unkind, include
Me and My Relationships	Types of bullying	respect, bullying, repeated, online bullying, loneliness
Me and My Relationships	Don't do that!	help, bullying, don't do that, aggressor, target, online bullying
Me and My Relationships	Bullying or teasing? (OPTIONAL)	teasing, bullying, repeated, regular, aggressive, online bullying
Valuing Difference	What makes us who we are?	respect, unique
Valuing Difference	My special people	help, special people
Valuing Difference	How do we make others feel?	feelings, calm, behaviour, aggressive, solve
Valuing Difference	When someone is feeling left out	feelings, cooperate
Valuing Difference	An act of kindness	kind, feelings, unkind, kindness
Valuing Difference	Solve the problem	listening, being listened to, problem, listen
Keeping Safe	Harold's picnic	medicines, sleep, safety
Keeping Safe	How safe would you feel?	feelings, safe, unsafe, worried
Keeping Safe	What should Harold say?	feelings, safe, unsafe, getting help
Keeping Safe	I don't like that!	feelings, touch
Keeping Safe	Fun or not?	hurt, touch
Keeping Safe	Should I tell?	safe, tell, unsafe, surprise, secret
Rights and Respect	Getting on with others	responsibility, help, listen, share, take turns
Rights and Respect	When I feel like erupting	feelings, control, erupt

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

Rights and Respect	Feeling safe	safe, unsafe, uniform, ask for help
Rights and Respect	Playing games	risk, gamer, personal information, internet
Rights and Respect	Harold saves for something special	money, spending, saving, digital payments
Rights and Respect	Harold goes camping (OPTIONAL)	money, spending, saving, online gaming
Rights and Respect	How can we look after our environment?	responsibility, environment
Being my Best	You can do it!	challenge, encourage, practice, goal, achieve
Being my Best	My day	choose, healthy, choices, unhealthy
Being my Best	Harold's postcard - helping us to keep clean and healthy	germs, hygiene, disease, vaccination, injection
Being my Best	Harold's bathroom	teeth, hygiene, dental
Being my Best	What does my body do?	water, food, heart, lungs, brain, stomach, small intestine, large intestine
Being my Best	My body needs... (OPTIONAL)	water, food, exercise, rest, oxygen, screen usage
Being my Best	Basic first aid	risk, safe, first aid, accident, danger, hazard, kettle, burn, scald, emergency
Growing and Changing	A helping hand	help, support, supportive
Growing and Changing	Sam moves away	feelings, change, emotions, nervous, loss, frightened
Growing and Changing	Haven't you grown!	food, sleep, care, change, growing, rest, learning, forward looking, making choices, asking permission
Growing and Changing	My body, your body	ovaries, sperm, testicles, vagina, penis, womb, pregnancy, breastfeeding, vulva, special, private parts, my body is mine (body autonomy), eggs, nipples, bottom, unique, scrotum, breasts, anus
Growing and Changing	Respecting privacy	penis, private, vulva, privacy, consent, genitals, permission
Growing and Changing	Some secrets should never be kept	penis, private, vulva, tell, unsafe, private parts, consent, secret, uncomfortable, someone you trust, genitals, permission

Year 3 vocabulary

Unit	Lesson plan	Key words
Me and My Relationships	As a rule	rules, safety, misinformation, disinformation
Me and My Relationships	Looking after our special people	friendship, safe, making up, falling out, compromise
Me and My Relationships	How can we solve this problem?	needs, respect, compromise, conflict, point of view, preferences
Me and My Relationships	Tangram team challenge (OPTIONAL)	cooperate, collaborate
Me and My Relationships	Friends are special	safe, unsafe, trust, calm, making up, listen, point of view, strategies, apologise
Me and My Relationships	Thunks	continuum, opinions, respectful, courteous, challenging, preferences
Me and My Relationships	Dan's dare	feelings, dare, persuade
Me and My Relationships	My special pet (OPTIONAL)	responsibility, feelings, care, loss
Valuing Difference	Respect and challenge	respect, cooperation, listening skills, politeness, courtesy, manners
Valuing Difference	Family and friends	adoption, blended family, family, fostering, same-sex couple, stereotype
Valuing Difference	My community	belonging, community
Valuing Difference	Our friends and neighbours	needs, respect, similarities, differences, identity
Valuing Difference	Let's celebrate our differences	needs, respect, bullying, similarities, differences, name calling, bystander, online bullying, upstander
Valuing Difference	Zeb	colour, prejudice, disability, gender, race, sexuality, stereotype, discrimination, cyberbullying, bystander, trolling, online bullying, upstander, abuse
Keeping Safe	Safe or unsafe?	safe, unsafe, trust
Keeping Safe	Danger or risk?	feelings, strategies, danger (dangerous), risk (risky), consequence
Keeping Safe	The Risk robot	risk, safer

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

Keeping Safe	Super Searcher	risk, browsing, phishing, search engine, fake news, internet safety, misinformation, disinformation
Keeping Safe	Help or harm?	medicines, helpful, harmful, instructions, drugs
Keeping Safe	Alcohol and cigarettes: the facts	risk, drugs, cigarettes, nicotine, alcohol
Keeping Safe	Raisin challenge (1) (OPTIONAL)	risks, strategies, decisions
Rights and Respect	Helping each other to stay safe	responsible, safe, healthy, helper
Rights and Respect	Recount task	fake news, fact, opinion, misinformation, disinformation
Rights and Respect	Our helpful volunteers	wellbeing, volunteer
Rights and Respect	Can Harold afford it?	spending, saving, income
Rights and Respect	Earning money	income, earning
Rights and Respect	Harold's environment project	environment, waste
Rights and Respect	Let's have a tidy up! (OPTIONAL)	responsibility, environment
Being my Best	Derek cooks dinner! (healthy eating)	balanced diet, muscles, teeth, energy, healthy, dairy, proteins, bones, starchy carbohydrates, fruit & veg
Being my Best	Poorly Harold	water, sleep, medicine, rest, hygiene, safety, instructions, infection, cleanliness, dose, drug
Being my Best	Body team work	lungs, intestine, vessels, arteries, liver
Being my Best	For or against?	continuum, respectful, courteous, debate, discussion, justify
Being my Best	I am fantastic!	achieve, ambitions, improve, goals, gender identity
Being my Best	Top talents	goal-setting, talents, skills, intelligence
Being my Best	Getting on with your nerves! (OPTIONAL)	cooperation, teamwork, collaboration

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

Growing and Changing	Relationship tree	trust, caring, healthy, positive, relationships, online relationships, misinterpretation
Growing and Changing	Body space	testicles, vagina, penis, respect, vulva, nipples, uncomfortable, touch, scrotum, personal space, body space, invade, stop, anus
Growing and Changing	None of your business!	internet safety, private, personal information, public, profile, digital tattoo
Growing and Changing	Secret or surprise?	excited, feelings, worried, scared, surprise, secret, uncomfortable, angry, upset, jealous, talk
Growing and Changing	My changing body	egg, ovaries, sperm, testicles, puberty, vagina, penis, womb, erection, birth, cervix, wet dreams, menstrual cycle, fallopian tube, period, vulva, nipples, genitals, scrotum, lining, period/menstruation pad, tampon, menstruation cup, breasts, mammals, hips, fertilise, spots, sweat, pubic hair, If using the film clips, the following words are also used: fertilised egg, ovary, uterus (womb), periods, menstruation, pregnant, anus, involuntary erections
Growing and Changing	Basic first aid	risk, safe, first aid, accident, danger, hazard, kettle, burn, scald, emergency

Year 4 vocabulary

Unit	Lesson plan	Key words
Me and My Relationships	Human machines	collaborate, teamwork, collaboration, collaborative
Me and My Relationships	Ok or not ok? (part 1)	respect, safe, unsafe, qualities, aggressive, positive, healthy relationship, responsibilities, excluded, assertive, negotiate
Me and My Relationships	Ok or not ok? (part 2)	friendly, aggressive, compromise, respectful, assertive, rude, face-to-face, controlling
Me and My Relationships	An email from Harold!	sad, feelings, happy, calm, scared, sore, frightened, physical effects, unhappy, devastated, miserable, distressed, lonely, alone, ignored, isolated, abandoned, apologetic, regretful, rueful, remorseful, repentant, aching, agonising, painful, delighted, ecstatic, joyful, untroubled, assured, confident, peaceful, petrified, terrified, bothered
Me and My Relationships	Different feelings	feelings, physical effects
Me and My Relationships	When feelings change (OPTIONAL)	body language, facial expressions
Me and My Relationships	Under pressure	unkind, tease, bullying, prejudice, pressure, independent, discrimination, aggressor, online bullying, upstander
Valuing Difference	Can you sort it?	respect, safe, unsafe, compromise, conflict, negotiation, disrespect, agree, disagree
Valuing Difference	What would I do?	respect, fair, aggressive, apologise, prejudice, discrimination, bystander, aggressor, target, upstander, equal
Valuing Difference	The people we share our world with	respect, similarities, responsibilities, belief
Valuing Difference	That is such a stereotype!	challenge, stereotype, upstander, disagree
Valuing Difference	Friend or acquaintance?	friendly, friend, sharing, relationships, acquaintances, self-confidence
Valuing Difference	Islands	body space, invade

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

Keeping Safe	Danger, risk or hazard?	risk, danger, hazard, hazardous, dangerous, risky, sunburn
Keeping Safe	How dare you!	risks, aggressive, dare, assertive, online challenge, critical thinking, controlling
Keeping Safe	Keeping ourselves safe	assertive, persevere, controlling
Keeping Safe	Raisin challenge (2)	consequences, influence, influencer, aggressor, target, online bullying
Keeping Safe	Picture wise	privacy, privacy settings, security, AI – Artificial Intelligence
Keeping Safe	Medicines: check the label	medicine, drug
Keeping Safe	Know the norms (OPTIONAL)	choices, social norm
Keeping Safe	Traffic lights (OPTIONAL)	privacy, personal information, privacy settings, online safety, location settings
Rights and Respect	Who helps us stay healthy and safe?	being responsible, reliable, trustworthy
Rights and Respect	It's your right	responsibility, rules, safe, healthy, laws, rights, United Nations
Rights and Respect	How do we make a difference?	phishing, rules, democracy, trolling, scams, griefers
Rights and Respect	In the news!	respectful, courteous, opinion, influence, influencer, misinformation, disinformation
Rights and Respect	Safety in numbers	witness, anti-social behaviour, aggressor, upstander
Rights and Respect	Harold's expenses (OPTIONAL)	income, expenditure, essential
Rights and Respect	Why pay taxes?	income tax, VAT, national insurance, deductions, public services
Rights and Respect	Logo quiz (OPTIONAL)	environment, conservation
Being my Best	What makes me ME!	unique, individual

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

Being my Best	Making choices	wellbeing, respect, encourage, support, choices, respectful, decisions, health, agree, disagree
Being my Best	SCARF hotel	balanced diet, wellbeing, mental health, screen usage
Being my Best	Harold's Seven Rs	refuse, reduce, re-use, recycle, rot, repair, re-think
Being my Best	My school community (1)	community
Being my Best	Basic first aid	first aid, accident, burn, scald, emergency, injury, minor, blood, nose bleed, choking, breathing, airway, unresponsive, casualty, wound, recovery
Being my Best	Volunteering is cool (OPTIONAL)	wellbeing, voluntary group, connect, be active, be mindful, get creative, give to others
Growing and Changing	Moving house	practice, learning line
Growing and Changing	My feelings are all over the place!	puberty, hormones, feelings, compromise, conflict, independence
Growing and Changing	All change!	ovaries, sperm, testicles, puberty, vagina, penis, womb, wet dreams, semen, vulva, privacy, eggs, nipples, scrotum, breasts, spots, sweat, pubic hair, If using the film clips, the following words are also used:, clitoris, labia, legal age of consent, marriage, Puberty for boys:, facial hair, underarm hair, body odour, ejaculation, spontaneous erections, pleasure, masturbation, growth spurt, deeper voice, acne, breast growth, reproduction, testosterone, mood swings, sexual feelings/horny, romantic/sexual interest, Puberty for girls:, hair removal, wider hips, All about getting your period:, endometrium (uterus lining), foetus, stomach ache, headache, cramps, anus
Growing and Changing	Preparing for changes at puberty	ovaries, sperm, testicles, puberty, vagina, penis, cervix, wet dreams, semen, ejaculate, menstrual cycle, ovulation, fallopian tube, vulva, eggs, genitals, scrotum, period/menstruation pad, tampon, menstruation cup, breasts, hips, spots, sweat, pubic hair, If using the film clips, the following words are also used:, fertilised egg, periods, menstruation, pregnant, spontaneous erections, What is a wet dream?, nocturnal emission, whitish fluid, wet, lubricated, slippery, sexual nature, felt good, pee, sheets, laundry, guilty, embarrassed, normal, natural, voice deepens, lining of the uterus, pads, menstrual cup, Menstruation Film Clip, anus, vaginal discharge, involuntary erections

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

Growing and Changing	Secret or surprise?	surprise, secret, uncomfortable feelings
Growing and Changing	Together	safe, unsafe, relationships, marriage, live together, civil partnership, forced marriage, wedding, ceremony

Year 5 vocabulary

Unit	Lesson plan	Key words
Me and My Relationships	Collaboration Challenge!	collaborate
Me and My Relationships	Give and take	safe, unsafe, compromise, conflict, negotiation, resolution, self-esteem, loneliness
Me and My Relationships	Communication (OPTIONAL)	body language, face-to-face, non-verbal, tone of voice, digital footprint, digital tattoo
Me and My Relationships	How good a friend are you?	lonely, insensitive, sensitive, self-esteem, insecure
Me and My Relationships	Relationship cake recipe	respect, unsafe, aggressive, assertive, unhealthy relationship, verbal abuse, physical abuse, sexual abuse, uncomfortable touching, passive, self-esteem, include, controlling, abuse, neglect
Me and My Relationships	Our emotional needs	emotions, emotional needs
Me and My Relationships	Being assertive	safe, unsafe, bullying, aggressive, assertive, lonely, passive, bystander, self-esteem, loneliness, rejection
Valuing Difference	Qualities of friendship	friendship, listening, compromise, assertive, negotiate, talking, self-esteem, loneliness, controlling
Valuing Difference	Kind conversations	respect, compromise, listening skills, assertive, negotiate, controlling, neglect
Valuing Difference	Happy being me	prejudice, excluded, stereotype,
Valuing Difference	The land of the Red People	metaphor, diverse, multi-cultural society, prejudice, discrimination, equity, equality, neglect
Valuing Difference	Is it true?	fake news, fact, assertive, biased, self esteem, online bullying, misinformation, disinformation, critical thinking, disagree, algorithms
Valuing Difference	Stop, start, stereotypes	prejudice, assertive, verbal abuse, physical abuse, sexual orientation, gender identity, gender expression, biological sex, online bullying, gender reassignment (protected characteristic), transgender, disagree
Valuing Difference	It could happen to anyone (OPTIONAL)	friendly, friend, consequences, embarrassed, reactions
Keeping Safe	Spot bullying	bullying, cyberbullying, bystander, aggressor, target, online bullying, upstander

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

Keeping Safe	Play, like, share 1	personal information, privacy settings
Keeping Safe	Play, like, share 2	bystander, target, online bullying, upstander, digital footprint, digital tattoo,
Keeping Safe	Decision dilemmas	pressure, influence, assessing risk, risk taking
Keeping Safe	Vaping: healthy or unhealthy?	substance, stimulant
Keeping Safe	Would you risk it?	assertive, risk taking
Keeping Safe	Ella's diary dilemma (OPTIONAL)	dare, assertive, pressure, resist pressure, digital footprint, digital tattoo, controlling, equality, fairness
Keeping Safe	'Thinking' about habits (OPTIONAL)	healthy, choices, habit, addiction
Keeping Safe	Drugs: true or false? (OPTIONAL)	aggressive, drugs, cigarettes, alcohol, assertive, self-esteem, controlling, neglect
Keeping Safe	Smoking: what is normal? (OPTIONAL)	norms, perception
Rights and Respect	What's the story?	responsibility, misinformation, disinformation, AI – Artificial Intelligence
Rights and Respect	Fact or opinion?	fake news, fact, opinion, biased, unbiased, misinformation, disinformation
Rights and Respect	Mo makes a difference	voluntary group, community group, pressure (action) group
Rights and Respect	Rights, respect and duties	responsibility, rights, duties
Rights and Respect	Spending wisely	costs, wages, salaries, rent, Fairtrade
Rights and Respect	Lend us a fiver!	borrow, loan, credit, debit, interest
Rights and Respect	Local councils (OPTIONAL)	public services, council, vote, elections, councillors
Being My Best	It all adds up!	energy, organs, body systems

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

Being My Best	Different skills	commitment, resilience, determination, patience, interpersonal skills, perseverance
Being My Best	My school community (2)	community, school community
Being My Best	Independence and responsibility	responsibility, independence
Being My Best	Star qualities?	personal qualities, celebrities
Being My Best	Basic first aid, including Sepsis Awareness	life skill, sepsis
Growing and Changing	How are they feeling?	wellbeing, resilience
Growing and Changing	Taking notice of our feelings	trust, resilience, unwanted attention, unwanted touch
Growing and Changing	Dear Ash	in confidence, break a confidence, confidential
Growing and Changing	Growing up and changing bodies	testicles, puberty, vagina, penis, semen, period, vulva, nipples, scrotum, period/menstruation pad, tampon, menstruation, clitoris, labia, vaginal discharge, genitalia, managing feelings, oral health
Growing and Changing	Changing bodies and feelings	testicles, vagina, penis, hips widen, wet dreams, hormones, doctor, vulva, sleep, exercise, emotions, nipples, scrotum, menstruation cup, spots, sweat, pubic hair, periods, menstruation, clitoris, body odour, acne, hair removal, height gain, FGM/cuts to the vulva, lips (labia), vaginal opening, urinary opening, period protection, washing, body confidence, body autonomy, vaginal discharge, involuntary erections, hydration, breast development, genitalia, deodorant, shower gel, tissues, washing powder, spot cream, facial wash, period products, circumcised, Taking care of your body, chemicals, oil glands, good hygiene, showers, soap, shampoo, clean underwear, pimples, zits, acne cream, hair growth, under arm, chest hair, healthy food, medication
Growing and Changing	Help! I'm a teenager - get me out of here!	puberty, hormones, respect, compromise, conflict, negotiate, mood swings, emotional changes, neglect

Vocabulary Progression for PSHE (Personal, Social, Health and Economic Education), RSHE (Relationships, Sex and Health Education) and Wellbeing Curriculum

Growing and Changing	Dear Hetty (OPTIONAL)	separation, fostered
Growing and Changing	Making babies (OPTIONAL)	egg, ovaries, sperm, testicles, puberty, vagina, penis, orgasm, embryo, womb, sexual intercourse, consensual, condom, surrogacy, adoption, IVF, age of consent, miscarriage, conception, consensual relationship, hug, cuddle, kiss, erection, vaginal wetness, excited, pleasurable feeling, implant, pregnancy, birth, caesarean, cut, labour, muscles, cervix, vulva, nipples, scrotum

Year 6 vocabulary

Unit	Lesson plan	Key words
Me and My Relationships	Working together	teamwork, collaboration
Me and My Relationships	Let's negotiate (OPTIONAL)	compromise, negotiation
Me and My Relationships	Solve the friendship problem	respectful, assertive, balanced friendship
Me and My Relationships	Dan's day (OPTIONAL)	excluded, sensitive, thoughtful, response, disrespect
Me and My Relationships	Behave yourself	resolution, assertiveness, rejected
Me and My Relationships	Assertiveness skills	assertiveness, peer pressure, controlling, abuse, neglect
Me and My Relationships	Don't force me	marriage, civil partnership, forced marriage, illegal, preferences, abuse
Me and My Relationships	Acting appropriately	assertive, illegal, appropriate, inappropriate, bystander, upstander
Valuing Difference	OK to be different	confidence, witness, unique, problem, compromise, conflict, negotiate, isolated, bystander, positive feedback, self-esteem, self-worth, insecure, self-worth, solution
Valuing Difference	We have more in common than not	unique, prejudice, assertive, stereotype, discrimination, sexual orientation, gender identity, gender expression, biological sex, diversity
Valuing Difference	Respecting differences	respect, body language, point of view, empathy, cultural norms, disrespect
Valuing Difference	Tolerance and respect for others	respect, unique, identity, prejudice, discrimination, diversity, tolerance
Valuing Difference	Advertising friendships!	friend, relationships, acquaintance
Valuing Difference	Boys will be boys? - challenging gender stereotypes	prejudice, assertive, stereotype, discrimination, gender stereotype, media influence, assumption, upstander, digital platforms
Keeping Safe	Think before you click!	sharing, online safety, social media, parental consent, trolling, misinformation, disinformation, digital footprint, bot, troll, digital tattoo
Keeping Safe	It's a puzzle (OPTIONAL)	privacy settings, identity theft, secure, digital footprint, digital tattoo, online sharing

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Keeping Safe	To share or not to share?	permission, illegal, trolling, right to privacy, sharing online, sexual images, sexting, nudes, digital footprint, digital tattoo
Keeping Safe	Rat Park	emotional needs, habit, addiction
Keeping Safe	What sort of drug is...?	drug, illegal, legal, medical, non-medical
Keeping Safe	Drugs: it's the law!	illegal, drug laws, age restrictions, possess, supply, produce, penalties
Keeping Safe	Alcohol: what is normal?	risks, alcohol, norms, short-term effects, long-term effects
Keeping Safe	Joe's story (part 1) (OPTIONAL)	aggressive, assertive, emotional needs, passive, self-esteem, physical needs, controlling, neglect
Rights and Respect	Two sides to every story	fact, opinion, assertive, stereotype, biased, unbiased
Rights and Respect	Fakebook friends	sharing, profile, online safety, social media, image
Rights and Respect	What's it worth?	saving, interest, bank (building society) account, Junior ISA, debit card, cash, value, online gaming, digital resilience
Rights and Respect	Jobs and taxes (OPTIONAL)	VAT, public services, income tax (PAYE), tax
Rights and Respect	Happy shoppers - caring for the environment	energy, recycling, waste, re-use, Fairtrade, environmentally sustainable, composting, materials, transport, shop local, food miles
Rights and Respect	Action stations! (OPTIONAL)	voluntary group, community group, pressure (action) group, mission statement, values, beneficiary
Rights and Respect	Project Pitch (parts 1 & 2) (OPTIONAL)	mission statement, beneficiary, campaign bid, pitch, grant
Rights and Respect	Democracy in Britain 1 - Elections	democracy, elections, manifesto, voting booth, voting, candidate, policies, ballot slip, ballot box, constituencies, House of Commons, MP
Rights and Respect	Democracy in Britain 2 - How (most) laws are made	debate, penalties, House of Commons, proposal, amendments, enforcement, majority, House of Lords, Royal Assent
Rights and Respect	Community art (OPTIONAL)	community, valued
Being my Best	This will be your life!	perseverance, aspirations, goal setting

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Being my Best	Our recommendations	wellbeing, reliable, accurate, sources, health, misinformation, disinformation
Being my Best	What's the risk? (1)	assessing risk, self-esteem, weigh up, dilemma, controlling, neglect, self-worth
Being my Best	What's the risk? (2)	choices, influence, assessing risk, weigh up, misinformation, online behaviours
Being my Best	Basic first aid, including Sepsis Awareness	feelings, adult, calm, first aid, emergency, unresponsive, life skill, sepsis, Red Cross, ambulance, operator, information, serious, scenario, script, role, panic, responsive
Being my Best	Five Ways to Wellbeing project	wellbeing, connect, be active, take notice (mindful), give, keep learning (get creative)
Growing and Changing	I look great!	body image, manipulation, self esteem, deepfake, digital media, self-worth
Growing and Changing	Media manipulation	assertive, stereotype, gender stereotype, media manipulation, gender reassignment (protected characteristic)
Growing and Changing	Pressure online	online safety, peer pressure, right to privacy, sharing online
Growing and Changing	Helpful or unhelpful? Managing change	change, support, conversation, discuss
Growing and Changing	Is this normal?	testicles, puberty, vagina, penis, hormones, vulva, friends, nipples, scrotum, identity, spots, If using the film clips, the following words are also used:, periods, rights, mood swings, FGM/cuts to the vulva, period products, emotional changes, physical changes, FGM, voice deepening, Puberty and finding out who you are:, manage emotions, feeling funny sexually, start to have questions about sex, sexual reaction, more independence, increased weight
Growing and Changing	Making babies	egg, ovaries, sperm, testicles, puberty, vagina, penis, orgasm, embryo, womb, sexual intercourse, consensual, condom, surrogacy, adoption, IVF, age of consent, miscarriage, conception, consensual relationship, hug, cuddle, kiss, erection, vaginal wetness, excited, pleasurable feeling, implant, pregnancy, birth, caesarean, cut, labour, muscles, cervix, hips widen, wet dreams, loving relationship
Growing and Changing	What is HIV? (OPTIONAL)	vagina, womb, condom, cervix, semen, vaccination, prejudice, infection, medication, HIV, immune system, virus, transmission, sharing needles, sexual contact, Human immunodeficiency virus, illness, sexual activity, vaginal fluids, lifelong condition, life threatening, sharing of needles, blood

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		transfusions, Human papilloma virus, cancer, antibodies
Growing and Changing	Online Sexual Content (OPTIONAL)	vagina, penis, orgasm, sexual intercourse, consensual, condom, conception, consensual relationship, hug, cuddle, kiss, erection, vaginal wetness, excited, pleasurable feeling, loving relationship, respectful, online sexual content