



PSHE and RHE Vocabulary Progression

Core Vocabulary	relationship friendship wellbeing health / healthy community zones of regulation mental health physical health empathy respect kindness responsibility perseverance			
<u>Term / Theme</u>	Year 1	Year 2	Year 3	Year 4
<u>Autumn 1</u> Relationships	emotion behaviour self-respect	family unit situation commitment	key people consent permission	peer influence role model assertiveness
<u>Autumn 2</u> Relationships	ally bullying safe	similarities differences connection	bystander disputes boundaries	diversity prejudice discrimination
<u>Spring 1</u> Keeping Safe	trust private emergency <i>Rail/metro safety vocabulary e.g. level crossing</i>	online/offline fire risk private parts <i>Correct vocabulary for male and female body parts.</i>	stereotype secret gut feeling <i>Water safety vocabulary e.g. floatation aid</i>	self-expression encounter hazard <i>First Aid vocabulary e.g. airway</i>
<u>Spring 2</u> Understanding the Law	rules responsible law	internet age limit self-confidence	citizen rights enforced	identity protected characteristics hate crime
<u>Summer 1</u> Health and Wellbeing	comfortable / uncomfortable unique protect	change dental health rest	bereavement grief vaccinations	hygiene puberty menstruation / period
<u>Summer 2</u> Economic Wellbeing	spend save afford	earn regret charity	common ground exchange donate	judgement priorities budget