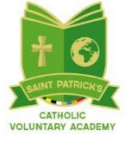
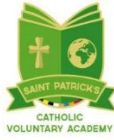


## St Patrick's Catholic Voluntary Academy

### PSHE Progression of Vocabulary Document



		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Vocabulary Progression</b>	<b>Relationships: Families and friendships</b>	special, important, care, kind, trust, love, happy, safe, family, need, help, healthy, trusted adult friend, good, kind, caring, listen, thoughtful, conflict, sort, solve, positive, choices, consequences, disagreement, making up, friendship, talk, cooperate, cooperation, team, group, skills, support, achieve love, time, people	kind, considerate, thoughtful, polite, fair, compliment, joking, teasing, bullying, kind, unkind, support, friend, good, caring, listen, share, thoughtful, happy, conflict, sort, solve, positive, choices, consequences, disagreement, making up, friendship, trust, talk, cooperate, cooperation, team, group, skills, help, achieve	VIP, kindness, kindly, important, care, thought, consideration, interests, friends, family, actions, friendship, interests, hobbies, loyal, self-preservation, respect, honest, anonymous, kind, complimenting, acquaintances, relatives, families, dares, support, unhealthy, healthy, reflect, relationship, falling out, arguments, resolution, differences, alternatives, views, opinions, decisions, choices, strategies, disputes, conflict, negotiation, compromise, resolving, bully, bullying, physical, teasing, cyber, behaviour, impact, support victim, prejudice, prejudiced, discrimination, anti-bullying, support network, help, techniques, equality, equity, diversity	VIPs, friends, friendship, interests, hobbies, loyal, self-preservation, honest, anonymous, kind, complimenting, emotion, facial expression, body language, responding, considerate, feelings, emotions, happy, sad, worried, scared, nervous, excited, cross, angry, mental health, emotional wellbeing, assertive, forceful, rude, pushy, resolve, resolution, pressure, resist, confident, dares, media, mind, acquaintances, relatives, families, support, unhealthy, healthy, reflect, relationship, falling out, arguments, resolution, online, Internet, social media, positive, negative, rules, restrictions, safe, unsafe, consequences, share, forward, personal information, private, privacy, respect, communication	autonomy, consent, contact, touch, appropriate, unwanted, choice, safe, boundaries, control, protect, support, tell, consequences, rights, behaviour, thoughts, positive, helpful, unhelpful, comfortable, uncomfortable, feelings, emotions, behaviour, coping, strategies, techniques, disagree, argue, conflict, resolution, fall out, friends, agree, honesty, respect, polite, pressure, influence, peer, negative, behaviour, resist, help, anxious, dangerous, unhealthy, wrong, healthy, risky, relationships, friendship, relatives, family, support, ending	reproduction, male, female, penis, vagina, breasts, testicles, testes, testosterone, hormones, sperm, shape, weight, voice change, periods, erections, wet dreams, discharge, acne, body odour, emotions, vulva, nocturnal emissions, puberty, feelings, sexual, sex, mood swings, anger, uncomfortable, difficult, lonely, confused, sad, nervous, stressed, crush, body image, self-esteem, beauty, media, advertising, ideal, appearance, stereotype, positive, negative, representative, heterosexual, homosexual, gay, lesbian, bisexual, sexual orientation, society, race, age, civil partnership, commitment, conceived, conception, contraception, birth, egg, uterus, womb, zygote, embryo, foetus, umbilical cord, placenta, amniotic sac, nutrients, labour, vaginal birth, caesarean section (C-section), amniotic fluid, fertilise
	<b>Relationships: Safe Relationships</b>	Internet, electronic, screen time, online, mental wellbeing, activity, safety, risks, social media, gaming, trusted adult, download, messaging, apps message, communicate, emoji, reaction, emotions, wellbeing, comfortable, good, uncomfortable, worried, upset, sad, happy, video call, text message, picture message, joking, teasing, bullying, kind, unkind, support, conflict, sort, solve, positive, choices, consequences, disagreement, making up, friendship, trust, help, talk, listen	Internet, electronic, screen time, online, mental wellbeing, activity, safety, risks, social media, gaming, trusted adult, download, messaging, apps message, communicate, emoji, reaction, emotions, wellbeing, comfortable, good, uncomfortable, worried, upset, sad, happy, video call, social media, text message, picture message, secret, surprise, private, safe, unsafe, share, respect, privacy, body, underwear, pants, pressure, permission, consent, little, deal, tricky, serious, problems, scared, choice, secret, surprise, permission, contact, touch, help, special, people, emergency services, support, rules, 999	friends, acquaintances, relatives, families, dares, unhealthy, healthy, reflect, relationship, friendship, falling out, arguments, resolution, bully, bullying, physical, teasing, cyber, behaviour, impact, support, victim, prejudice, prejudiced, discrimination, anti-bullying, support network, help, techniques, equality, equity, diversity, online, Internet, social media, communication, relationships, connection, pretending, fake, risks, harmful content, concerns, safely, safety, face-to-face, communicating, communicating online, report, online, safe, unsafe, consequences, share, forward, personal information, passwords, private, privacy, images, videos, permission, online, positive, negative, rules, restrictions, happy, respect, kind	online, Internet, social media, communication, relationships, kindness, respect, disrespect, bullying, cyberbullying, teasing, name-calling, trolling, harassment, report, concerns, discrimination, behaviour, connection, pretending, fake, risks, harmful content, safely, safety, support, face-to-face, communicating, communicating online, safe, unsafe, consequences, share, forward, personal information, passwords, private, privacy, images, videos, permission, friends, acquaintances, relatives, families, dares, unhealthy, healthy, reflect, relationship, friendship, falling out, arguments, resolution	love, relationships, family, friendship, self-love, care, commitment, committed, family life, living together, living apart, positive, caring, family structure, single parents, same-sex parents, step-parents, blended families, foster parents, security, stability, time together, pressure, influence, peer, negative, behaviour, resist, support, help, anxious, dangerous, unhealthy, uncomfortable, wrong, autonomy, consent, contact, touch, appropriate, unwanted, choice, safe, boundaries, control, respect, protect, tell, consequences, rights, alcohol, cigarettes, tobacco, e-cigarettes, vaping, vapes, vape pens, medicine, nicotine, addictive, drugs, harmful, dangerous, substances, habit, healthy, damage, pressure, media, legal, illegal, age restrictions, risk, danger, hazard, harm, action, responsible, decision, dare, peer pressure, media, social media, help, advice, smart, brave, mature, positive, negative, impact,, happy, safe, unsafe, consequences, share, forward, personal information, private, privacy, kind, communication, online, Internet, social media, communication, relationships, kindness, respect, disrespect, bullying, cyberbullying, teasing, name calling, trolling, harassment, report, concerns, discrimination, behaviour, social media, communication, relationships, connection, pretending, fake, risks, harmful content, concerns, safely, safety, face-to-face, communicating, communicating online	
	<b>Relationships: Respecting ourselves and others</b>	team, group, community, special, carer, friends, family, safe, secure, wanted, needed, support, good listening, active listening, conflict, discussion, kind, considerate, thoughtful, polite, fair, compliment, choices, behaviour, consequences, families	team, group, community, special, carer, family, safe, secure, wanted, needed, support, good listening, active listening, conflict, discussion, considerate, thoughtful, polite, fair, compliment, joking, teasing, bullying, kind, unkind, support, mindset, learner, positive,	pride, achievements, gloating, proud, positive, strengths, talents, support, help, teamwork, benefit, team, communication, helpful, unhelpful, behaviours, scenarios, group, achieve, consequences, impact, team mates, individuals, effect, communication, listening, reflect,	pride, achievements, gloating, proud, positive, actions, strengths, talents, support, help, faith, ethnicity, respect, similar, different, consequence, right, equal, responsibility, diversity, diverse, difference, society, community, community spirit, impact, negative,	respectful, honesty, opinion, disagree, hurtful, kind, thoughts, listen, communicate, bullying, discrimination, teasing, upsetting, uncomfortable, unkind, harassment, excluding, trolling, social media, support, individual, unique, celebrate, acceptance, thoughts, feelings,	teamwork, team, attributes, admire, skills, successful, effective, collaboration, collage, contribute, respectful, honesty, opinion, disagree, hurtful, kind, thoughts, listen, communicate, anger, upset, frustrated, calming, calm, bullying, discrimination, teasing, upsetting,



# St Patrick's Catholic Voluntary Academy

## PSHE Progression of Vocabulary Document

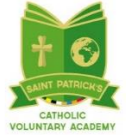


		negative, helpful, not-so-helpful, choices, behaviour, consequences, families, friends	emotion, dispute, resolve, resolution, conflict, negotiation, compromise, feelings, interpret, responsibility, collaboratively, goals, actions, ripple, effect	human rights, shared responsibility, protect, environment	comfortable, help, support, individuality, uniqueness, peer influence, peer approval, emotions, anger, upset, frustrated, calming, calm, actions, consequences, disagree, argue, conflict, resolution, fall out, friends, agree, honesty, polite	uncomfortable, unkind, harassment, excluding, trolling, social media, support, choices, decisions, positive, negative, feelings, emotions, behaviour, actions, consequences, impact, independent, responsible, safe, morals, pros, cons
<b>Living in the Wider World: Belonging to a Community</b>	home, similarity, difference, happy, safe, different, same, school, learn, important, similar, right, environment, people, affect, help, needs, resources, earth, problems, natural, harm, planet, world, protect, choice, environmental, problem	community, local area, neighbour, helpful, choice, choose, consequence, neighbourhood, environment, harm, responsibility, natural, built, Britain, United Kingdom, town, countryside, island, coast, mountain, lakes, river, celebrations, diverse, diversity, different, same, celebrate, kindness, similarity, similar, different, celebrate, respect, accepting, believe, beliefs, live, dress, right, happy, safe	multicultural, society, difference, richness, religious, ethnic, identity, culture, region, county, value, belief, tradition, democracy, equality, freedom, government, rules, law, enforce, help, safe, parliament, rights, responsibilities, human rights, protect, liberty, freedom, polite, stereotype, challenge, rights-respecting, similarity, tolerance, respect, religious, ethnic, national, regional, United Kingdom, diversity, discrimination, prejudice, celebrate, kindness, values, customs, discuss, debate, citizen, common rights, diverse, celebrate, care, concern	multicultural, society, difference, diverse, richness, religious, ethnic, identity, culture, region, county, value, respect, belief, tradition, resources, sugar, trade, farmer, fair trade, actions, choice, positive, negative, human right, shared responsibility, care, compassion, climate change, effects, reduce, impact, harmful, helpful, human right, shared care, compassion, organisation, charity, help, support, local, global, citizen, consequence	faith, ethnicity, respect, similar, different, consequence, right, equal, difference, community spirit, impact, consequence, positive, negative, diverse, diversity, shared responsibility, environment, laws, protect, parliament, enforce, police, consequence, society, democracy, discrimination, prejudice, human rights, democracy, national government, roles, responsibilities, prime minister, politicians, members of parliament, stereotypes, charity, voluntary, community, needs, support, compassion, care, concern, contribute	faith, ethnicity, respect, similar, different, consequence, right, equal, diversity, difference, community, community spirit, impact, positive, negative, shared responsibility, protect, environment, laws, parliament, enforce, police, consequence, society, democracy, prejudice, local government, discrimination, challenge, active citizenship, democracy, human rights, national government, roles, responsibilities, prime minister, politicians, members of parliament, stereotypes, charity, voluntary, needs, support, compassion, care, concern, contribute, diverse
<b>Living in the Wider World: Media literacy and digital resilience</b>	Internet, efficient, electronic, connected, network, communicate, research, device, access, helpful, screen time, online, offline, sleep, mental wellbeing, activity, physical, fitness, healthy, hobbies, interests, safety, risks, social media, gaming, download, messaging, apps, message, emoji, reaction, emotions, comfortable, good, uncomfortable, worried, upset, sad, happy, trusted adult, video call, social media, text message, picture message	Internet, electronic, screen time, online, offline, sleep, mental wellbeing, activity, physical, fitness, healthy, hobbies, interests, personal information, private, name, surname, address, school, birthday, password, message, communicate, emoji, reaction, emotions, wellbeing, comfortable, good, uncomfortable, worried, upset, sad, happy, trusted adult, video call, social media, text message, picture message, fact, truth, lie, false, fake, news, pretend, information, joke, picture, change, edit	online, social media, positive, negative, impact, healthy, balance, happy, safe, unsafe, consequences, share, forward, personal information, private, privacy, kind, communication communication, relationships, kindness, respect, disrespect, bullying, cyberbullying, teasing, name calling, trolling, harassment, concerns, discrimination, behaviour, connection, pretending, fake, risks, harmful content, concerns, safely, safety, support, face-to-face, communicating, communicating online, report, reliability, information, reliable, reliable choices, search results, ranking, targeted information, connected devices, information sharing, shared information, text, images, manipulated, invented, created, strategies, misinformation passwords, private, images, videos, permission	online, Internet, social media, positive, negative, impact, healthy, balance, happy, safe, unsafe, consequences, share, forward, personal information, private, privacy, respect, kind, communication, relationships, reliability, information, reliable, reliable choices, search results, ranking, targeted information, connected devices, information sharing, shared information, text, images, manipulated, invented, created, strategies, misinformation, passwords, private, images, videos, permission, rules, restrictions	online, digital wellbeing, digital health, digital, Internet, time management, positive, negative, mental health, emotional wellbeing, regulations, restrictions, personal safety, wellbeing, social media, tv programmes, films, online games, private, privacy, personal, information, , images, worry, concern, frightened, help, report, appropriate, inappropriate, content, contact, reliable, safe, choices, storage, sharing, private, boundaries, respect, online safety, appropriate, inappropriate, relationship, healthy, friendship, behaviour, risks, harmful, content, contact, concern, comfortable, uncomfortable, pressure, online identity, deceive, impersonate, bullying, false profiles, kindness, trust, digital citizenship, feelings, assess, control, right, consent, online strangers, social media, data, information ranking, selection, targeting, connected devices, appropriate, inappropriate, share, rules, image distribution, right, shared responsibility, digital footprint, settings, benefit, risk, information, sources, reliability, text, image, manipulation, evaluate, assess, misinformation, misleading, intention, reputable, secure sites, echo chambers, Internet cookies	safe, risk, danger, hazard, harm, responsible, independent, informed, decision, choice, consequence, online, digital wellbeing, digital health, digital, Internet, time management, positive, negative, mental health, emotional wellbeing, regulations, restrictions, personal safety, emotional wellbeing, social media, tv programmes, films, online games, private, privacy, personal, information, images, worry, concern, frightened, help , appropriate, inappropriate, content, contact, reliable, choices, storage, sharing, private, boundaries, online safety, report, appropriate, inappropriate, relationship, healthy, friendship, behaviour, risks, harmful, content, contact, concern, comfortable, uncomfortable, pressure, online identity, deceive, impersonate, bullying, false profiles, kindness, trust, digital citizenship, feelings, assess, control, right, consent, online strangers, data, information ranking, selection, targeting, connected devices, appropriate, inappropriate, share, rules, image distribution, right, respect, shared responsibility, wellbeing, digital footprint, privacy settings, benefit, risk, information, sources, reliability, text, image, manipulation, evaluate, assess, misinformation, misleading, intention, reputable, secure sites, echo chambers, Internet cookies

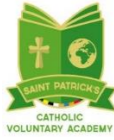


# St Patrick's Catholic Voluntary Academy

## PSHE Progression of Vocabulary Document



	<p><b>Living in the Wider World: Money and Work</b></p>	<p>star qualities, strength, skill, happy, value, job, ambition, future, learn, determined, achieve, goal, training, gender, men, women, attributes, communication, determined, hard-working, creative, goals, future, aims, success, happiness, family, partnership, qualifications, house, achievements</p>	<p>money, employment, work, job, payment, wages, spending, saving, credit card, online banking, online transfer, electronic, contactless, coins, notes, bank account, income, salary, role, community, safe, save, piggy bank, wallet, purse, bank, spend, record, receipt, keep track, save, choice, amounts, payment, list, want, need, important, possessions, necessity, necessary, budget, buy, shopping, spending, offer, value, shops, items, goods, advertising</p>	<p>achievements, aims, success, goal, behaviour, action, accomplish, determined, effort, resilience, behaviour, goal, aim, achievement, accomplish, success, strive, target, improve, job, role, skill, attribute, strength, CV, Curriculum Vitae, information, employer, qualifications, experience, responsibilities, success, ambition, goal, achievement, challenge, stereotype, gender, skills, effort, equal, fair, opportunities, background, race, ambition, achieve, future, effort, growth mindset, challenges, obstacles, set-backs, strengths, determination, skills, learn, succeed, success</p>	<p>money, employment, work, job, payment, wages, spending, saving, gift, benefits, cash, coins, notes, credit, debit, contactless, bank account, bank, debt, owe, save, interest, borrow, interest, tax, loan, bank account, debt, owe, gambling, borrow, repay, credit card, repayments, unmanageable, savings, want, need, priority, budget, spending, saving, ethical, environment, impact, influence, spending, advertising, advertisement, profit, financial gain, consumer, receipt, record, keep track, change, balance, budget</p>	<p>achievements, aims, success, goal, learn, behaviour, action, accomplish, skills, strengths, interests, attributes, attitudes, mind-set, feedback, improve, perseverance, determination, practise, effort, resilience, self-worth, challenges, barriers, obstacles, strategies, mind-set, positive, helpful, unhelpful, attitudes, behaviours, success, failure, mistakes, learning, feedback, privilege, power opportunities, future, goals, success, fortunate, achievements, skills, jobs, benefit, stereotypes, equal, fair, gender, challenge, criteria, opportunities, rights, future, goals, success, ambition, achievements, skills, discrimination, law, race, prejudice, social class, innovation, enterprise, business, employer, employee, skills, ideas, original, inventions, creativity, positivity, products, decisions, teamwork, collaborate, problem solving, listening, presenting, advertisement, college, further education, careers, routes, apprenticeship, university, ambition, targets, aims, achievements, focus, practise, personal, individual, strengths, skills, responsible,</p>	<p>investment, gain, interest, risk, bankrupt, inflation, value, scam, steal, gamble, profit, save, future, money, manufacturer, retailer, advertise, influence, critical consumer, value, cost, amount, retail, availability, price, ethical spending, environment, impact, fair trade, producer, manufacturer, labour, minimum wage, want, need, luxury, necessity, wages, income, outgoings, spending, prioritise, budget, borrow, lend, loan, risk, consequences, interest, bankruptcy, tax, payment, income tax, council tax, contribute, society, spending, ethical spending, fair trade, plastic pollution, single-use, charity</p>
	<p><b>Health and Wellbeing: Physical Health and Mental Wellbeing</b></p>	<p>little, deal, tricky, serious, problems, scared, help, choice, secret, surprise, permission, consent, contact, touch, safe, unsafe, uncomfortable, muscles, breathing, exercise, brain, routine, sleep, rest, heart, healthy, chemicals, strength, body, mind, treat, , unhealthy, occasional, sugar, brushing, dentist, diet, clean, wash, brush, germs, disease, hygiene, bacteria, virus, infection, spread, vomiting, diarrhoea, coughs, colds, illness, antibacterial, protect, dentist, doctor, chemist, pharmacist, positive, negative, bad, happy, sad, grumpy, complain, best, better, bright, attitude, thinking, thoughts, consequences, experiences, choice, decision, like, dislike, prefer, impact, affect, feelings, respond, good, safe, emotions, cross, worried, angry, confused, frightened, nervous, anxious, anxiety, upset, embarrassed, lonely, bored, fed up, frustrated, shocked, grumpy, annoyed</p>	<p>muscles, breathing, exercise, brain, routine, sleep, rest, heart, chemicals, strength, body, mind, treat, healthy, unhealthy, occasional, sugar, brushing, dentist, diet, clean, wash, brush, germs, disease, hygiene, bacteria, virus, infection, spread, vomiting, diarrhoea, coughs, colds, illness, antibacterial, protect, dentist, doctor, chemist, pharmacist, positive, negative, bad, happy, sad, grumpy, complain, best, better, bright, attitude, thinking, thoughts, consequences, experiences, choice, decision, like, dislike, prefer, impact, affect, feelings, respond, good, safe, emotions, cross, worried, angry, confused, frightened, nervous, anxious, anxiety, upset, embarrassed, lonely, bored, fed up, frustrated, shocked, grumpy, annoyed</p>	<p>healthy, exercise, heart, head, muscles, balanced, diet, heart rate, saturated, protein, hydrated, vitamins, minerals, sleep, eat, drink, sleep, sleep deprivation, sleep hygiene, disorientated, routine, bedtime, hallucinating, paranoid, relax, body, mind, healthy, consent, choice, habit, resilience, structure, planning, balance, pros, cons, consequences, puberty, female, male, emotions, feelings, crush, anger, confusion, tearful, worried, anxious, lonely, isolated, attracted, excited, testosterone, oestrogen, parents, grandparents, offspring, siblings, brother, sister, relatives, aunt, uncle, cousin, gay, lesbian, same sex, single-parent, fostered, adopted, orphaned, married, civil partnership, step, half, bisexual, blended family, commitment, gender, identity, biological sex, asexual</p>	<p>healthy, exercise, heart, head, muscles, balanced, diet, heart rate, saturated, protein, hydrated, hormones, vitamins, minerals, sleep, eat, drink, sleep, sleep deprivation, sleep hygiene, disorientated, routine, bedtime, hallucinating, paranoid, relax, body, mind, disease, germ, contagious, spread, wash, immunisation, vaccinations, infection, allergies, routine, illness, drugs, legal, illegal, tobacco, nicotine, alcohol, caffeine, restricted, addiction, habit, cigarettes, e-cigarettes, vaping, medicines, prescription, healing, harmful, health, risk, antibiotics, immune, emergency, syringe, pills, tablets, consent, choice, resilience, structure, planning, balance, pros, cons, consequences</p>	<p>autonomy, consent, contact, touch, appropriate, unwanted, choice, safe, boundaries, control, respect, protect, help, support, tell, consequences, rights, choices, sleep, deprivation, impact, effects, negative, physical, health, wellbeing, mindfulness, meditation, habit, routine, care, habits, healthy eating, diet, exercise, physical, mental, teeth, oral, dental, body, sun exposure, illness, bacteria, virus, germs, infection, hygiene, medicines, allergies, responsibility, alcohol, cigarettes, tobacco, e-cigarettes, vaping, vapes, vape pens, medicine, nicotine, addictive, drugs, harmful, dangerous, substances, healthy, unhealthy, damage, pressure, media, legal, illegal, age restrictions, body image, beauty, self-confidence, looks, media, appearance, stereotype, advertising, pressure, perfect, physical, drugs, positive, decision, influence, balanced lifestyle, emotional, pressure, media, rest, consent, diet, exercise, cleanliness</p>	<p>safe, danger, hazard, harm, action, emergency, accident, injury, sensible, first aid, emergency services, decision, choice, help, thoughts, behaviour, cognitive, influence, affect, link, reaction, positive, negative, comfortable, uncomfortable, anxiety, guilt, blame, worry, fear, anger, panic, stress, avoidance, thoughts, helpful, unhelpful, coping, strategies, techniques, choices, decisions, feelings, emotions, behaviour, actions, consequences, impact, independent, responsible, morals, pros, cons, mindful, mindfulness, present, focus, relaxed, calm, still, thoughts, experience, techniques</p>
	<p><b>Health and Wellbeing: Growing and Changing</b></p>	<p>feelings, emotions, body language, facial expressions, happy, sad, angry, calm, worried, nervous, like, enjoy, happiness, excited, content, safe, secure, loved, angry, unhappy, cross, uncomfortable, help, talk, share, loss, change, memories, precious, confidence, disagree, speak, strategies, opinions, thoughts, voice, discussions, kind</p>	<p>Male, female, private parts, genitals, penis, testicles, vulva, vagina. respect, consent, trusted adult, safe, advice, no, stop, rules, touch, comfortable, uncomfortable, hurt, OK, bodies, feelings, scenario, family, same, different, similarities, differences, special, unique, love, caring, traditions, special times, parents, grandparents, carers, siblings, children, home, school, teachers, trusted adult, worried, unhappy, sad, scared,</p>	<p>negative, helpful, unhelpful, mental health, mind, unpleasant, changes, difficult, sudden, exciting, small, experience, different, feelings, emotions, uncomfortable, deal, cope, manage, strategies, prepare, mindful, mindfulness, calm, peace, relax, techniques, strategies, present, aware, breathing, focus, occupy, distract, healthy, positive, control, weather, symbol, represent, emotion, feeling, unpleasant, control, joy,</p>	<p>male, penis, testes, testicles, sperm, erection, reproduction, species, Adam's apple, testosterone, puberty, female, genitals, breasts, uterus, womb, egg, period, genital, menstruation, reproduction, species, hormones, oestrogen, sex hormones, vulva, vagina, teenager, acne, ovaries, emotions, feelings, crush, anger, confusion, tearful, worried, anxious, lonely, isolated, attracted, excited, parents, grandparents,</p>	<p>thoughts, behaviour, cognitive, influence, impact, affect, link, reaction, positive, comfortable, uncomfortable, anxiety, guilt, blame, worry, fear, anger, panic, stress, avoidance, helpful, unhelpful, feelings, behaviour, body image, self-esteem, beauty, media, advertising, ideal, appearance, representative, society, self-confidence, looks, media, appearance, stereotype, advertising, pressure, perfect</p>	<p>reproduction, male, female, penis, vagina, breasts, testicles, testes, testosterone, sperm, shape, weight, voice change, periods, erections, wet dreams, discharge, acne, body odour, emotions, vulva, nocturnal emissions, puberty, feelings, hormones, sexual, sex, mood swings, anger, uncomfortable, difficult, lonely, confused, sad, nervous, stressed, crush, body image, self-esteem, beauty, media, advertising, ideal, appearance,</p>



# St Patrick's Catholic Voluntary Academy

## PSHE Progression of Vocabulary Document



			<p>sorrow, needs, young, old, children, adults, childhood, adulthood, opportunities, learn, develop, responsibility, independence, loss, change, emotions, memories, precious</p>	<p>happiness, sadness, anger, jealousy, worry, nervous, anxious, guilt, shame, embarrassment, grief, manage, attitude, challenge, resilience, perseverance, success, failure, mistakes, determination, practise, goals, effort, achievements, strengths, weaknesses, brave, flexible, curious, problem</p>	<p>offspring, siblings, brother, sister, relatives, aunt, uncle, cousin, gay, lesbian, same sex, single-parent, fostered, adopted, orphaned, married, civil partnership, step, half, bisexual, blended family, commitment, gender, identity, biological sex, asexual</p>		<p>stereotype, positive, negative, representative, society, heterosexual, homosexual, gay, lesbian, bisexual, sexual orientation, society, race, age, civil partnership, commitment, conceived, conception, reproduction, sexual intercourse, contraception, birth, sperm, egg, uterus, womb, zygote, embryo, foetus, umbilical cord, placenta, amniotic sac, nutrients, labour, vaginal birth, caesarean section (C-section), amniotic fluid, fertilise</p>
	<p><b>Health and Wellbeing: Keeping Safe</b></p>	<p>rules, hurt, protect, help, trusted adult, safe, unsafe, danger, hazard, medicines, pills, tablets, liquids, chemicals, sharp, hot, poisonous, trip, fall, choke, burn, emergency, road, traffic, fire, water, rail, stranger, risk, danger, harm, unfamiliar, uniform, badge, e-Safety, online, internet, trusted grown-up, secret, surprise, private, safe, unsafe, comfortable, uncomfortable, share, private, respect, privacy, body, underwear, pants, touch, pressure, permission, consent, special, people, emergency services, support, 999</p>	<p>rules, hurt, protect, help, trusted adult, safe, unsafe, hazard, medicines, pills, tablets, liquids, chemicals, sharp, hot, poisonous, trip, fall, choke, burn, emergency, road, traffic, fire, water, rail, stranger, risk, danger, harm, unfamiliar, uniform, badge, e-Safety, online, internet, trusted grown-up, secret, surprise, private, safe, unsafe, comfortable, uncomfortable, share, private, respect, privacy, body, underwear, pants, touch, pressure, permission, consent, special, people, emergency services, support, 999</p>	<p>independent, decisions, choices, safe, healthy, instructions, rules, advice, help, risk, danger, hazard, safe, responsible, consequences, outcome, dangerous, local environment, unfamiliar place, road safety, pedestrian crossing, zebra crossing, traffic, cycling, water safety, swim, dive, depth, railway, train, electricity, cables, responsibility, independence</p>	<p>choice, consent, guidelines, Childline, consequences, independence, decide, decision, problem, disease, germ, contagious, spread, hygiene, wash, immunisation, vaccinations, infection, allergies, routine, illness, drugs, legal, illegal, tobacco, nicotine, alcohol, caffeine, restricted, addiction, habit, cigarettes, e-cigarettes, vaping, medicines, prescription, healing, harmful, risk, antibiotics, immune, emergency, syringe, pills, tablets, safe, dangerous, local environment, unfamiliar place, road safety, pedestrian crossing, zebra crossing, traffic, cycling, water safety, swim, dive, depth, railway, train, danger, electricity, cables, responsibility, independence, drugs, medication, medicine, pill, vaccine, inhaler, insulin, injection, alcohol, cigarettes, e-cigarettes, lungs, body, physical, health, wellbeing, impact, affect</p>	<p>autonomy, consent, contact, touch, appropriate, unwanted, safe, boundaries, control, respect, protect, support, tell, consequences, rights, independent, informed, decision, consequence, hazard, harm, action, emergency, accident, responsible, sensible, first aid, emergency services, choice, help, unsafe, hazard, risk, independent, responsibility, fire, harm, injury, medicines, pills, tablets, liquids, chemicals, sharp, hot, poisonous, trip, fall, choke, burn, rules, hurt, trusted adult, hazard, risk, danger, environment, unfamiliar, road safety, pedestrian crossing, zebra crossing, traffic, cycling, pedestrian, driver, passenger, cyclist, railway, train, platform, electricity, cables, water safety, swim, dive, depth, fireworks, sparklers, burn, responsibility, independence</p>	<p>safe, risk, danger, hazard, harm, responsible, independent, informed, decision, consequence, health, wellbeing, care, habits, healthy eating, diet, exercise, physical, teeth, oral, dental, body, sun exposure, illness, bacteria, virus, germs, infection, hygiene, medicines, allergies, responsibility, alcohol, cigarettes, tobacco, e-cigarettes, vaping, vapes, vape pens, medicine, nicotine, addictive, drugs, harmful, dangerous, substances, habit, healthy, unhealthy, damage, pressure, media, legal, illegal, age restrictions, physical, mental, drugs, positive, choice, influence, balanced lifestyle, emotional, body image, pressure, media, rest, consent, diet, exercise, cleanliness</p>