



P.S.H.E. Vocabulary	
EYFS	
Family	Families can be mums, dads, grandparents and wider family like aunt, uncle, cousins
Care	People who look after us and/or our families look after us
Kind	Using friendly words and being helpful
Safe	Looking after ourselves and others by our actions and words
First Aid	Where to go to get looked after if you hurt yourself
Friends	Taking turns, being nice and sharing with others
Year 1	
Truthfulness	Being honest with yourself and others
Self-Care	Looking after yourself. Keeping clean and hygiene.
Calming	Methods of relaxing ourselves such as slow deep breaths or yoga
Dental Health	Cleaning our teeth twice a day accordingly
Anti-Bullying	How we treat others. Acceptable and unacceptable behaviour
Respect	Treating others with manners and being fair
Fairness	Giving others a choice or a say in what happens around them. Taking it in turns. Sharing.
Year 2	
Healthy	Being free of illness and disease and being fit and able
Trustworthy	Being someone who is honest and doesn't lie – a good friend or family member
Healthy Eating	Having a balance of fruit, vegetables, some protein and fats but not too much sugar or cakes and biscuits
Sleep	When the body and the brain rest, repair and organise learning and memories
Democracy	Being able to have a vote or a say in what happening or who is in charge
Parliament	Where politicians have discussion and vote on new laws
Politician	Someone who is voted in to being a member of parliament
Law	Rules that we have to follow
Year 3	
Diversity	How people are the same but also different in their backgrounds, gender and ethnicity



Race	Ancestral background and social identity. People that share a set of visible characteristics, such as skin colour
Online	The virtual gaming arena or electronic world wide web
Emergency services	Ambulance, Police, Fire service and coastguard
Personal finance	How people use money and save
Personal space	Acceptable and unacceptable touch and respecting area around others
Ways to Wellbeing	Be active, connect, learn, give and take notice
Mindfulness	Focusing the mind on one thing or nothing to help calm and restore
Year 4	
Mental health	Reducing anxiety, anxiousness and worrying and promoting positive thinking and healthy lifestyle choices
Emotions	Angry, happy, sad, worried, anxious, excited etc.
NSPCC	National Society for the Prevention of Cruelty to Children
Relationships	When we share our time, energy and emotions with others
Stereotype	A fixed and oversimplified image or idea of a particular type of person or thing
Citizen	A member of society
Online safety	Keeping yourself and others safe when gaming or on the web. Limiting personal information.
Permission seeking	Respecting others and their rights
Year 5	
Adolescence	The period following the onset of puberty during which a young person develops from a child into an adult.
Harmful substances	Smoking and excess alcohol
Debt	When an adult borrows money from a bank or somebody
Interest	The amount of money you pay the person or the bank in addition to what you borrowed. The amount of money the bank pays you if you have savings.
Data	Information about you that can be kept or collected by other people or online
Hygiene	Maintaining health and preventing disease, especially through cleanliness



Advice	Seeking expert opinion from trusted adults
Risk	Being able to assess dangers online and in real life
Love	Love as an emotion when we care for someone and have intense feeling of deep affection
Year 6	
Puberty	The period during which adolescents reach sexual maturity and become capable of reproduction.
Reproduction	The production of offspring or babies by a sexual process
Harmful substances	Smoking and excess alcohol AND drugs
Transition	When you move from one school to another or move from a child to a teenager
Maintenance	How to make good choice to keep healthy lifestyle and choices
Obesity	Describes a person who is very overweight with a lot of body fat. It's a common problem in the UK and is linked to poor health and disease
Abuse	Emotional, physical, mental, sexual and neglect. The Law and rights.
Neglect	Ongoing repeated failure to meet a child's basic needs
Triune Brain	The thinking (cortex), emotional (limbic) and instinctive (brain stem)