

PSHE/RSHE: 2026 Updated Progression of Vocabulary/Terminology

	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
EYFS	Different, Feelings, Nervous, Responsibilities, Taking turns, Choice, Gentle, Friend, Kind, Rights, Excited, Similar	Friend, Kind, Gentle, Similar, Different, Rights, Excited, Respect, Caring, Inclusion	Goal, Challenge, Try, Achieve, Proud, Celebrate, Success, Persevere, Dream, Teamwork	Healthy, Exercise, Clean, Safe, Sleep, Food, Body, Choice, Hygiene, Wellbeing	Friend, Family, Sharing, Help, Kindness, Feelings, Caring, Listening, Belong, Respect	Baby, Child, Grow, Change, Body, Girl, Boy, Family, Growing Up, Respect
Y1	Achievement, Belonging, Feelings, Learning Charter, Proud, Responsibilities, Rewards, Rights, Safe, Valued	Difference, Include, Unique, Similarity, Kindness, Bullying, Support, Courage, Safe, Fair	Achieve, Challenge, Dreams, Goal, Overcome, Success, Teamwork, Confidence, Proud, Self-respect	Balanced, Healthy, Hygiene, Medicines, Choices, Exercise, Safe, Germs, Sleep, Unhealthy	Friendship, Community, Appreciate, Celebrate, Help, Kind, Feelings, Family, Relationships, Belong	Change, Growth, Life Cycle, Adult, Baby, Growing Up, Male, Female, Penis, Vulva
Y2	Consequences, Boundaries, Contribution, Fairness, Hopes, Choices, Assertive, Problem-solving, Positive, Negative	Assumptions, Bystander, Culture, Disability, Identity, Inclusive, Respect, Stereotypes, Teasing, Valued	Achievement, Community, Motivation, Healthy Choice, Lifestyle, Self-care, Self-esteem, Success, Teamwork, Wellbeing	Assess, Hazard, Risk, Nutritious, Energy, Medicines, Safe, Dangerous, Healthy, Unhealthy	Communication, Conflict, Honesty, Reliability, Trust, Relationship, Physical Contact, Point of View, Diversity, Problem-solving	Independence, Life Cycle, Physical, Private, Public, Respect, Responsibilities, Teenager, Testicles, Vagina
Y3	Acknowledge, Emotions, Self-respect, Solutions, Teamwork, Achievement, Choices, Behaviour, Rights, Wellbeing	Banter, Bullying, Discrimination, Gay, Include, Isolate, Kindness, Stereotypes, Support, Self-regulation	Ambition, Goal, Motivation, Obstacles, Evaluate, Self-esteem, Strengths, Success, Wellbeing, Responsible	Calories, Drugs, Emergency Services, Fitness, Harmful, Healthy, Oxygen, Responsibility, Safety, Strategy	Age Restriction, Apps, Gaming, Internet, Privacy, Media, Messaging, Social Media, Trusted Adult, Personal Information	Puberty, Genitals, Ovaries, Ovum, Personal Hygiene, Breasts, Penis, Scrotum, Testicles, Uterus
Y4	Democracy, Voting, Authority, Community, Inclusion, Exclusion, Responsibility, Observer, Trusted Adult, UNCRC	Assumption, Bystander, Empathy, Influence, Judgement, Protected Characteristics, Respect, Unique, Witness, Kindness	Determination, Resilience, Self-belief, Setback, Goal, Inspired, Leader, Motivated, Review, Success	Alcohol, Anxiety, Assertive, Disease, Emotions, Friendship, Peer Pressure, Puberty, Smoking, Vaping	Attraction, Conflict, Critical Thinking, Empathy, Jealousy, Love, Loyalty, Negotiate, Trust, Vulnerable	Hormone, Identity, Menstruation, Menstrual Cycle, Period Products, Puberty, Trusted Adult, Unique, Vagina, Vulva
Y5	Refugee, Asylum, Citizen, Persecution, Privilege, Prejudice, Empathise, Participation, Wealth, Responsibilities	Culture, Disability, Discrimination, Homophobic, Race, Racism, Respect, Stereotype, Cyberbullying, Equality	Aspiration, Career, Financial Harm, Identity, Influence, Lifestyle, Opportunity, Rights, Self-care, Values	Addiction, Body Image, Informed Decision, Nicotine, Obesity, Pressure, Recovery Position, Social Media, Tobacco, Vaping	Data Protection, Grooming, Gambling, Mental Health, Online Safety, Privacy, Reporting, Responsibilities, Self-esteem, Trustworthy	Consent, Contraception, Hormone, Menstruation, Pregnancy, Puberty, Self-image, Sexual Intercourse, Sperm, Testosterone
Y6	Maslow, Lawful, Legal, Illegal, Discernment, Resilience, Motivation, Report, Rights, Responsibilities	Equality Act, Protected Characteristics, Discrimination, Harassment, Perception, Power, Prejudice, Racism, Respect, Stereotype	Aspirations, Collaboration, Global Issues, Leadership Skills, Motivation, Prevention, Strategy, Support, Unrealistic Expectations, Awareness	Crime, Exploitation, Gangs, Mental Health, Mental Illness, Pressure, Reputation, Stress, Triggers, Vulnerable	AI (Artificial Intelligence), Consent, Digital Rights, Personal Data, Privacy, Self-care, Stigma, Technology, Warning Signs, Communication	Adolescent, Consent, Embryo, Foetus, Identity, Independence, Labour, Pregnancy, Self-esteem, Transition