

Please note other vocabulary may come up naturally when doing P4C/Red Cross/Roar Rainbow (Use emotion cards given by Sarah Hindley)etc

| Year group | Being Me in My World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
|------------|---|--|---|---|---|--|
| Reception | Together Feelings Sharing Gentle hands Rights Responsibilities | Being 'good' at something. (Achievement) Special Different Same Special Kind Unkind | Challenge Never Give Up Setting a Goal Obstacles Future Footprint | Bodies- wrists, ankles, elbows (less familiar language) Food Dreams Clean Stranger | Me Family Friends Falling Out Bullying Best friends | My body Respect Growing up Fun Fears Celebration |
| Year 1 | Safe Special Calm Belonging Rights Responsibilities Learning Charter Rewards Proud Consequences Upset Disappointed Illustration | Similarity/similar Same as Different from Difference Bullying Bullying behaviour Deliberate On purpose Unfair Included Bully Bullied Friends Celebration Special Unique | Proud Success Achievement Goal Treasure Coins Learning Stepping stones Process Garden Dreams Working together Team work Achievement Celebrate Stretchy | Healthy Unhealthy Balanced Exercise Sleep Choices Clean Body parts Toiletry items, e.g. toothbrush, shampoo, soap Hygienic Safe Safe Safety Green Cross Code | Family Belong Different Same Friends Friendship Qualities Caring Sharing Kind Greeting Touch Feel Texture Like Dislike | Changes Life cycle Baby Adulthood Growing up Adult Mature Male Female Vagina Penis Testicles Vulva Anus Learn New |

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| | | | | | | |
|--------|--|--|--|---|--|---|
| | | | Challenge Feelings Obstacle Overcome Achieve Goal Stepping stones Success Internal treasure chest Feelings Dreams Garden | Eyes Ears Look Listen Wait Keeping clean | Help Helpful Community Feelings Confidence Praise Qualities Skills Self-belief Incredible Proud Celebrate Relationships Special Appreciate Feelings | Grow Change Feelings Anxious Worried Excited Coping |
| Year 2 | Worries Hopes Fears Belonging Rights Responsibilities Responsible Actions Praise Reward | Boys Girls Similarities Assumptions Shield Stereotypes Special Bully Purpose Difference | Realistic Proud Success Celebrate Achievement Goal Strengths Persevere Challenge Difficult | Healthy choices Lifestyle Motivation Relax Relaxation Tense Calm Healthy Unhealthy Dangerous | Family Different Similarities Special Relationship Important Cooperate Touch Physical contact Communication | Change Grow Life cycle Control Baby Adult Fully grown Growing up Old Young |

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| | | | | | | |
|--|---|--|--|---|---|--|
| | Consequence Positive Negative Choices Co-operate Learning Charter Consequences Problem-solving | Kind Unkind Feelings Sad Lonely Help Stand up for Male Female Difference Diversity Fairness Kindness Friends Special Unique Different Similarities Value | Easy Learning together Partner Team work Product Dream bird Group Team work Problem-solve Dream Garden | Medicines Safe Body Healthy Unhealthy Balanced diet Portion Proportion Energy Fuel Nutritious | Hugs Like Dislike Acceptable Not acceptable Friends Likes/dislikes Conflict Point of view Positive problem solving Secret Surprise Good secret Worry, secret Telling Adult Trust Surprised Happy Sad Frightened Trust Trustworthy Honesty Reliability Compliments | Change Respect Appearance Physical Baby Toddler Child Teenager Adult Independent Timeline Freedom Responsibilities Male Female Vagina Penis Testicles Vulva Anus Public Private Touch Texture Cuddle Hug Squeeze |
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| | | | | | | |
|--------|---|---|---|---|--|--|
| | | | | | Celebrate Positive Negative Appreciate | Like Dislike Acceptable Unacceptable Comfortable Uncomfortable Change Looking forward Excited Nervous Anxious Happy |
| Year 3 | Welcome Valued Achievements Proud Pleased Personal goal Praise Acknowledge Affirm Emotions Feelings Nightmare Fears Worries Solutions | Family Loving Caring Safe Connected Difference Special Conflict Solve it together Solutions Resolve Witness Bystander | Perseverance Challenges Success Obstacles Dreams Goals Ambitions Future Aspirations Garden Decoration Dream Goal Team work Enterprise | Oxygen Energy Calories/ Kilojoules Heartbeat Lungs Heart Fitness Labels Sugar Fat Saturated Fat Healthy Drugs Attitude Safe | Men Women Male Female Unisex Role Job Responsibilities Differences Similarities Respect Stereotype Conflict Solution Problem solving | Changes Birth Animals Babies Mother Growing up Baby Uterus Womb Nutrients Survive Love Affection Care Change |

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| | | | | | | |
|--|--|--|--|---|---|--|
| | Rights Responsibilities Learning Charter Dream Behaviour Consequences Actions Fairness Choices Co-operate Rewards Challenge Group dynamics Team work View point Ideal school Belong | Bullying Gay Unkind Feelings Tell Consequences Hurtful Solve it together Compliment Special Unique Difference Similarity | Design Cooperation Challenge Product Team work Cooperation Strengths Motivated Enthusiastic Excited Efficient Responsible Obstacles Frustration 'Solve it together' technique Solution Review Learning Strengths Success Self-review Celebrate Evaluate | Harmful Risk Feelings Complex Appreciate Body Healthy Safe Choice | Friendship Win-win Safe Unsafe Risky Internet Social media Private Messaging (PM) Global Communications Transport Interconnected Food journeys Climate Trade Inequality Gaming Needs Wants Rights Deprivation United Nations Equality Justice Happiness Celebrating | Puberty Control Circle Seasons Change Control Stereotypes Task Roles Challenge Change Looking forward Excited Nervous Anxious Happy |
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| | | | | | | |
|--------|---|--|---|--|--|---|
| | | | | | Relationships Friendship Family Thank you Appreciation | |
| Year 4 | Included Excluded Welcome Valued Team Charter Role Job description School Community Responsibility Rights Democracy Reward Consequence Democratic Decisions Voting Authority Learning Charter Role Contribution Observer | Character Assumption Judgement Surprised Different Appearance Accept Attitude Bullying Friend Secret Deliberate On purpose Bystander Witness Problem solve Cyber bullying Text message Website Troll Special Unique | Dream Hope Goal Determination Perseverance Resilience Positive Attitudes Disappointment Fears Hurt Positive experiences Hopes Dreams Disappointment Plans Cope Help Self-belief Motivation Perseverance Determination Goal | Friendships Emotions Healthy Relationships Friendship groups Value Roles Leader Follower Assertive Agree / disagree Smoking Vaping Pressure Peers Guilt Advice Alcohol Disease Liver Pressure Peers | Relationship Close Jealousy Problem-solve Emotions Positive Negative Loss Strategy Shock Disbelief Numb Denial Anger Guilt Sadness Pain Despair Hopelessness Relief Acceptance Depression | Personal Unique Characteristics Parents Feelings Responsibilities Carers Characteristics Language Mannerisms Influence Puberty Male Female Testicles Sperm Penis Ovaries Egg Ovum/ Ova Womb/ Uterus Vagina |

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| | | | | | | |
|--|--|---|--|---|--|--|
| | <p>Decisions</p> <p>Choices</p> <p>Democracy</p> <p>UN Convention on Rights of Child</p> <p>Learning Charter</p> | <p>Different</p> <p>Characteristics</p> <p>Physical features</p> <p>Impression</p> <p>Changed</p> <p>Judgement</p> <p>Assumption</p> <p>Influence</p> <p>Special</p> <p>Different</p> <p>Accept</p> | <p>Commitment</p> <p>Teamwork</p> <p>Enterprise</p> <p>Design</p> <p>Cooperation</p> <p>Positive attitude</p> <p>Review</p> <p>Disappointment</p> <p>Learning</p> <p>Strengths</p> <p>Success</p> <p>Celebrate</p> <p>Evaluate</p> | <p>Anxiety</p> <p>Fear</p> <p>Believe</p> <p>Assertive</p> <p>Opinion</p> <p>Right</p> <p>Wrong</p> | <p>Souvenir</p> <p>Memento</p> <p>Memorial</p> <p>Loss</p> <p>Memories</p> <p>Special</p> <p>Remember</p> <p>Friendships</p> <p>Negotiate</p> <p>Compromise</p> <p>Trust</p> <p>Loyalty</p> <p>Anger</p> <p>Betrayal</p> <p>Empathy</p> <p>Boyfriend</p> <p>Girlfriend</p> <p>Attraction</p> <p>Pressure</p> <p>Personal</p> <p>Comfortable</p> <p>Special</p> <p>Love</p> <p>Appreciation</p> <p>Symbol</p> <p>Care</p> | <p>Puberty</p> <p>Menstruation</p> <p>Periods</p> <p>Control</p> <p>Change</p> <p>Acceptance</p> <p>Emotions: scared, happy, peaceful, empty, sad, nervous, proud, anxious, shy, grumpy, apprehensive, worried, disappointed, frustrated, hurt, jealous, frightened, unsure, uncertain, confused, miserable.</p> |
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| | | | | | | |
|--------|------------------|-----------------|---------------|--------------------|---------------------|------------------|
| Year 5 | Education | Culture | Dreams | Choices | Personal attributes | Self |
| | Appreciation | Conflict | Hope | Healthy behaviour | Qualities | Self-image |
| | Opportunities | Difference | Goal | Unhealthy | Characteristics | Body image |
| | Goals | Similarity | Feeling | behaviour | Self-esteem | Self-esteem |
| | Motivation | Belong | Achievement | Informed decision | Unique, Comparison | Perception |
| | Vision | Culture wheel | Money | Pressure | Negative self-talk | Characteristics |
| | Hopes | Racism | Grown Up | Media | Social media | Aspects |
| | Challenge | Colour | Adult | Influence | Online | Affirmation |
| | Rights | Race | Lifestyle | Emergency | Community | Puberty |
| | Responsibilities | Discrimination | Job | Procedure | Risky | Menstruation |
| | Citizen | Ribbon | Career | Recovery, position | Positive | Periods |
| | Denied | Bullying | Profession | Calm | Negative | Sanitary towels |
| | Empathise | Rumour | Money | Levelheaded | Safe | Sanitary pads |
| | Refugee | Name-calling | Salary | Body image | Unsafe | Tampons |
| | Persecution | Racist | Contribution | Media | Rights | Ovary/ Ovaries |
| | Conflict | Homophobic | Society | Social media | Responsibilities | Vagina |
| | Asylum | Cyber bullying | Determination | Celebrity | Social network | Oestrogen |
| | Migrant | Texting | Perseverance | Altered | Gaming | Vulva |
| | Wealth | Problem-solving | Motivation | Self-respect | Violence | Womb/Uterus |
| | Poverty | Bullying | Aspiration | Comparison | Grooming | Puberty |
| | Prejudice | Indirect | Culture | Eating problem | Troll | Sperm |
| | Privilege | Direct | Country | Eating disorder | Gambling | Semen |
| | Deprive | Cyber bullying | Sponsorship | Respect | Betting | Testicles/Testes |
| | Rewards | Texting | Communication | Debate | Trustworthy | Erection |
| | Consequences | Happiness | Support | Opinion | Appropriate | Ejaculation |
| | Choices | Difference | Rallying | Fact, Motivation | Screen time | Wet dream |
| | Learning Charter | Similarity | | | | Larynx |

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|--------|---|---|--|---|--|--|
| | Collaboration Participation Motivation Rewards | Continuum Developing world Racism Discrimination Direct and indirect bullying Celebration Artefacts Display Presentation | Teamwork, Cooperation, Difference. | | Physical health, Mental health, Off-line, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile, SMARTT rules. | Facial hair Growth spurt Hormones Teenager Milestone Perceptions Puberty Responsibilities Change Hope Manage Cope Opportunities Emotions Fear Excitement Anxious |
| Year 6 | Goals Worries Fears Value Welcome Choice Ghana West Africa Cocoa plantation Cocoa pods | Normal Ability Disability Visual impairment Empathy Perception Medication Vision Blind Male | Dream, Hope, Goal, Learning, Strengths, Stretch, Achievement, Personal, Realistic, Unrealistic, | Responsibility, Choice, Immunisation, Prevention, Drugs, Effects, Motivation, Prescribed, Unrestricted, | Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-harm, | Self-image Self-esteem Real self Celebrity Relationships Opportunities Freedoms Responsibilities Puberty vocabulary |

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| | | | | | |
|------------------|--------------------|-----------------|----------------------|--------------------|---------------------|
| Machete | Female | Feeling, | Over-the-counter, | Emotions, | Conception |
| Community | Diversity | Success, | Restricted, | Feelings, | Making love |
| Education | Transgender | Criteria, | Illegal, | Sadness, | Sexual intercourse |
| Wants | Gender diversity | Learning steps, | Volatile substances, | Loss, | Fallopian tube |
| Needs | Courage | Money, | 'Legal highs', | Grief, | Fertilisation |
| Maslow | Fairness | Global issue, | Exploited, | Denial, | Pregnancy |
| Empathy | Rights | Suffering, | Vulnerable, | Despair, | Embryo |
| Comparison | Responsibilities | Concern, | Criminal, | Guilt, | Umbilical cord |
| Opportunities | Power | Hardship, | Gangs, | Shock, | Contraception |
| Choices | Struggle | Sponsorship, | Pressure, | Hopelessness, | Fertility treatment |
| Behaviour | Imbalance | Empathy, | Strategies, | Anger, | (IVF) |
| Responsibilities | Control | Motivation, | Reputation, | Acceptance, | Independence |
| Rewards | Harassment | Admire, | Anti-social | Bereavement, | Identity |
| Consequences | Bullying | Respect, | behaviour, | Coping strategies, | Relationships |
| Empathise | Bullying behaviour | Praise, | Crime, | Power, | Pressure |
| Learning Charter | Direct | Compliment, | Mental health, | Control, | Values |
| Obstacles | Indirect | Contribution, | Emotional health, | Authority, | Adolescent |
| Rewards | Argument | Recognition | Mental illness, | Bullying, | Transition |
| Cooperation | Recipient | | Symptoms, | Script, | Secondary |
| Collaboration | Para Olympian | | Stress, | Assertive, | Looking forward |
| Legal | Achievement | | Triggers, | Risks, | Journey |
| Illegal | Accolade | | Strategies, | Pressure, | Worries |
| Lawful | Disability | | Managing stress, | Influences, | Anxiety |
| Laws | Sport | | Pressure | Self-control, | Hopes |
| Collaboration | Perseverance | | | Real / fake, | Excitement |
| Participation | Admiration | | | True / untrue, | |
| Motivation | Stamina | | | Assertiveness, | |

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|--|--|---------------------------------------|--|--|--|--|
| | Consequences Democracy Decision Proud | Celebration Difference Conflict | | | Judgement, Communication, Technology, Power, Cyber-bullying, Abuse, Safety | |
|--|--|---------------------------------------|--|--|--|--|