



PSHE VOCABULARY PROGRESSION MAP

1decision | Connected to our world



PSHE AREA	KS1		LKS2		UKS2	
	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
 KEEPING / STAYING SAFE	safe • unsafe • help trusted adult • crossing	risk • warning • private stranger • emergency	hazard • consequence medicine • safe choice first aid	pressure • influence boundaries • drugs online safety	peer pressure • decision manipulation • assertiveness exploitation	coercion • consent exploitation • law responsibility • safety
 KEEPING / STAYING HEALTHY	healthy • exercise • sleep food • hygiene	clean • germs • routine healthy choices • teeth	balanced • nutrition hygiene • sun safety mental wellbeing	lifestyle • rest • choice substances • prevention physical activity	substances • alcohol tobacco • mental health balanced lifestyle	physical health • mental wellbeing • impact resilience • support
 RELATIONSHIPS / GROWING & CHANGING	friend • family • kindness sharing • caring	feelings • empathy caring • belonging cooperation	boundaries • trust privacy • respect personal space	healthy relationship unhealthy relationship conflict • consent	puberty • hormones menstruation • body image attraction • identity	conception • reproduction pregnancy • identity consent • responsibility
 BEING RESPONSIBLE	responsible • choice helpful • tidy sharing	rules • fair • honest permission • manners caring	consequence • duty community • rights independence	decision-making accountability • budget money management	influence • social media privacy • money enterprise	law • taxes • voting democracy • justice long-term impact
 FEELINGS & EMOTIONS	happy • sad • angry excited • worried	proud • nervous • calm jealous • disappointed	emotion • mood trigger • coping friendship	self-esteem • worry coping strategies seeking help	anxiety • resilience stress • motivation self-confidence	wellbeing • mental health resilience • strategies support • reflection
 COMPUTER / ONLINE SAFETY	online • screen • safe ask • trusted adult	password • private personal information report • block	internet • cyberbullying stranger • online rules digital citizen	digital footprint copyright • reliability privacy settings	misinformation • online reputation • social media influence	manipulation • grooming exploitation • reporting ethics • legislation
 OUR WORLD / WORKING WORLD	family • school • job community • help	money • needs • wants spending • saving	environment • recycling careers • teamwork enterprise	budget • income saving • charity world issues	career • skills • goals economy • global issues sustainability	financial choices • future apprenticeships • taxes enterprise • ambition
 A WORLD WITHOUT JUDGEMENT	kind • different • same fair • share • respect	diversity • treat others bullying • inclusion equality	stereotype • prejudice discrimination • rights acceptance	equality • identity prejudice • tolerance challenge	discrimination • racism inclusion • democracy British values	human rights • liberty justice • respect compassion • diversity
 FIRE SAFETY / FIRST AID	danger • fire • stop drop • roll • safe	exit • escape • 999 alarm • call • help	emergency • hazard safe place • first aid minor injuries	recovery position CPR • bleeding burns • choking	asthma • allergies epilepsy • anaphylaxis head injury	first aid • assessment risk • emergencies responsible actions



Vocabulary is explicitly taught, revisited and applied through discussion, scenarios, reflection and real-life decision-making.



Relationships & Friendships



Safety & Boundaries



Mental Health & Wellbeing



Online Safety & Media Literacy



Diversity, Respect & Values



Healthy Lifestyles & The Human Body

Our 1decision core values:

KEY

Vocabulary builds in breadth, depth and complexity as children move through school.



Working together to keep children safe, healthy, respectful and ready for the future.