

NHCS - RSHE Vocabulary Progression

Year Group	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Nursery	Permission, consent, happy, sad, feelings, likes, dislikes, respect, mum, dad, brother, sister, Grandma, Grandad, family, stranger, kind, danger, dangerous, safe, fair, unfair, included, honest, iPad, safe, internet, apps, cards, coins, occupations, jobs, healthy, unhealthy, before, after, change, grow, worried, scared.								
EYFS	Consent, taking turns, sorry, smile, friend, friendly, making up, falling out, working together, getting on, belong, listen, listening, sharing, fair, stranger, kind, danger, dangerous, feelings, happy, scared, worried, angry, cross, excited, fair, unfair, disappointment, succeed, proud, future, now, today, tomorrow, goal target, comfortable, uncomfortable, calm, calm down, learn, finish, before, after, lonely, alive, dead, loss, missing, E-Safety, celebrate, relaxed, calm, still, thoughts, change,								
1	Parent, sibling, grandparent, relation, teacher, single sex parent, same sex parent.	Permission, consent, hurt, private, touch, hug, kiss, punch, uncomfortable, comfortable, safe, unsafe	Kind, respect, Unkind, role model, feelings, emotions	Community, rules, needs, environment, recycling,	Internet, benefit, digital, device, communication, online	Jobs, money, work	Healthy, hygiene, routines, unhealthy, physical, mental	Feelings, unique, special	Age restrictions, safe online, worried, scared
2	Kindness, honesty, arguments, resolve	Recognise, hurtful behaviour, bullying, secrets, pressure, help	Similarities, differences, cooperatively, cooperation	Groups of people – local communities, rights, responsibility, community, equal	Internet access, factual, entertainment, true, untrue	Needs, wants, choices, debit cards, spend, save	Bereavement, loss, change, habits, medicines, vaccinations, immunisations, dental health, mood, allergies	Life cycle, external genitalia – vulva, penis, (vagina), testicles.	Accident, water safety, road safety, rail safety, unsafe, electrical appliances, medicines, allergies, emergencies.
3	Step-parents, blended families, foster parents, adoptive parents, stability, love	Appropriate, private, privacy, personal boundaries, strategies to keep safe – trusted adult, consequences.	Responsible, respectful, behaviour, self-respect, polite, courteously, courteous	Law, human rights, responsibilities, democracy, rule of law	Report, leisure, altered, adapted, true, accurate, inaccurate, evaluate, suitable, assess	Goals, aspiration, sectors, stereotypes, myths, gender, team, decisions, achievement, plan	Wellbeing, choice, exercise, positive, negative, influence, habits, feelings, balanced diet	Community, identity, self worth, set backs, challenges, resilience	Hazards, predict, assess, manage risks, fire safety, local environment, unfamiliar, familiar places.
4	Mutual respect, positive friendships, lonely	Teasing, witness, dares, risk, pressures, harmful content,	Gender, faith, race, shared values,	Volunteering, compassion, community, empathy, refugee	Digital footprint, adverts, factual, popularity	Budget, payments, payment methods – card, money,	Physical illness, doctor, oral hygiene, substances	External genitalia – reproductive organs, puberty, hygiene, advice,	Drugs, cigarettes, vapes, vaping, alcohol,

	excluded, risks, communication	contact, phishing, secrets, cyber bullying	aspirations, inclusive			positive effects, negative effects, values, priorities		menstrual cycle, menstruation.	medicines, risk, advice
5	Healthy friendships, peer influence, assertive communication, exit strategies, disputes, reconcile	Physical touch, contact, acceptable, unacceptable, want, unwanted, permission, persuade, secret/s	Equal, equally, traditions, beliefs, lifestyles, discrimination, racism, sexism, homophobic, trolling, harassment	Responsibility, protecting the environment, compassion, communities.	Types of media – social, TV Reliable, unreliable, research, blogs, news, fact, opinions, biased, stereotypes, suspicious content, persuade, advertise, entertain, inform	Future, ambition, career, diversity, inclusion, university, collage, apprenticeship, options	Sleep, benefit, manage risk, exposure, skin damage, heat stroke, medical allergies, disease, vaccinations, bacteria, virus, viruses.	Change, Menstrual cycle, erections, wet dreams, sex, gender, faith, culture, hobbies, biological sex, individuality, mood, emotional wellbeing	Risk, risky, unsafe, emergency, risk taking, first aid techniques, emergency contacts, police, ambulance, fire and coast guard 999
6	Attract, attracted, loving relationship, gender, faith, ethnicity, gender identity, sexual orientation, marriage, civil partnership, forced marriage, legal, illegal	Health, unhealthy relationships, pressures, challenges, dares, advice, reporting concerns, consent, permissions, peer pressure.	Challenge, disagreement, respectfully challenge.	Prejudice, discrimination, acts of discrimination, stereotypes	Safe internet use, images, manipulate, altered, alter, fake, faked, age restrictions, regulations, manipulate, emotions, laws, inappropriate contact, content. Remove, Report App,	Influence, influences, value for money, critical consumer, debt, fraud, gambling, financial risks. (*CCE, CSE)	Mental ill health, mixed conflicting feelings, support in school, support outside of school - trusted adults, helplines, deaths, change, loss, balance, fostering positive habits	Change, transition, loving relationships, sexual intercourse, intimate relationships, consenting adults, pregnancy, sperm, egg, womb, Contraception, responsibility of parents.	FGM, police, Protect, personal information, images, sending texts/images, embarrass, embarrassment, misuse, age restriction, report, remove app, decisions, legal, illegal, nicotine, alcohol, drug use, vape, vaping.