

Cooper Perry PSHE/RSE Vocabulary Progression

Topic Area	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Self-identity & Emotions	happy, sad, angry, scared, safe, friend	feelings, calm, proud, worried, safe/unsafe, special	happy, sad, angry, scared, confident, calm, resilience	confident, respectful, responsible, anxious, nervous, resilience	self-esteem, confidence, self-respect, perseverance, empathy	self-esteem, resilience, empathy, stress management, self-regulation	self-esteem, resilience, self-respect, stress, empathy, self-regulation
Healthy Relationships & Friendships	share, take turns, kind, help, friend	trust, team, co-operate, respect, bully, tease	share, respect, kindness, compromise, trust, teamwork	consent, boundaries, cooperation, compromise, loyalty	respect, trust, friendship, collaboration, peer pressure	consent, conflict resolution, negotiation, diversity, loyalty	consent, boundaries, empathy, conflict resolution, negotiation
Families & People Who Care for Me	family, mum, dad, brother, sister, teacher	family, carers, community, support, home	family roles, carers, home, support network	support network, extended family, diverse families, responsibility	roles, responsibilities, caring relationships, diversity	family roles, support networks, responsibility, rights	diversity of family structures, roles, rights, obligations
Mental Health & Well-being	feelings, happy, sad, safe, calm	emotions, stress, self-care, coping, safe	emotions, strategies, self-care, coping skills, safe	mental health, strategies, emotions, self-regulation, relaxation	mental health, stress, coping strategies, emotional awareness	wellbeing strategies, mindfulness, growth mindset, coping skills	mental health strategies, mindfulness, stress management, emotional regulation
Keeping Safe	safe, danger, help, adult, accident	risk, safe/unsafe, rules, stranger, emergency	boundaries, hazards, rules, online safety	boundaries, privacy, online safety, first aid, hazards	personal safety, boundaries, online risks, emergency services	consent, boundaries, personal safety, online risks, protective behaviours	personal safety, consent, online risks, protective behaviours, emergency procedures
Healthy Lifestyles	food, drink, exercise, sleep, clean	balanced diet, hygiene, physical activity, routine	nutrition, exercise, hygiene, routines	nutrition, lifestyle choices, health, wellbeing, habits	balanced lifestyle, diet, exercise, mental & physical health	substance awareness, informed choices, healthy lifestyle impact	informed decisions, lifestyle impact, physical & mental wellbeing
Economic Well-being & Money	toy, save, spend, shop	money, save, spend, needs, wants	needs vs wants, saving, spending, choices	budgeting, needs vs wants, financial choices, saving	financial choices, budgeting, saving, risk & reward	budgeting, financial responsibility,	financial planning, budgeting, income,

						planning, money management	risk & reward, responsibility
Citizenship & British Values	rules, help, fair, share	rules, fairness, community, democracy	fairness, law, community, voting	law, rights & responsibilities, diversity, justice	democracy, individual liberty, mutual respect, tolerance	democracy, individual liberty, mutual respect, civic duty	democracy, individual liberty, mutual respect, civic responsibility
Growing & Changing	baby, child, adult, family	body parts, growth, feelings about change	changes, growing up, privacy	puberty, personal hygiene, emotional changes, private parts	puberty, personal hygiene, emotional changes, identity	adolescence, puberty, healthy relationships, decision-making	adolescence, puberty, relationships, personal identity, decision-making
Online & Media Safety	computer, phone, safe, help	password, personal info, safe websites, friend	safe websites, personal info, online rules	online safety, privacy, personal info, social media, cyberbullying	online identity, cyberbullying, digital footprint, responsible use	online identity, digital footprint, privacy, responsible online behaviour	digital footprint, online identity, cyber risks, consent, responsible online behaviour