

## RHE Vocabulary List

Key Stage 1		
Lesson title	Vocabulary	Glossary
Relationships-Family		
Fa1) Who's in my family?	people, roles, change, loss	
Fa2) Do Families always stay the same?	change, moving, forever, feelings	
Fa3) How should families treat each other?	responsibility, kindness	
Fa4) When should I say no?	consent, private, permission	
Fa5) Who owns my body? I do!	trusted adult, secret, surprise, worried	
Fa6) Are all families the same?	normal, different, religion, culture, gender	Culture-culture is a term which encompasses the social behaviour and norms found in human societies, as well as the knowledge, beliefs, arts, laws, customs, capabilities, and habits of the individuals in these groups.
Relationships-Friends		
Fr1) Who is my friend?	friend, family, stranger, acquaintance, member of my community	
Fr2) What makes a good friend?	kind, sorry, apologise, difference, different, feelings, thoughts, opinions, perfect, team	
Fr3) Should friends tell us what to do?	include, exclude, leave out, respect, listening, polite	
Fr4) How do we stop bullying?	bullying, physical, emotional, group, disability, minority	
Living in the wider world-Community		
C1) How do we make a happy school?	rules, right, wrong	
C2) Who lives in my neighbourhood?	community, different	
C3) What makes a boy or a girl?	penis, vagina, boy, girl, non-binary	Non-binary- people who don't identify with any gender. Some

		people's gender changes over time. People whose gender is not male or female use many different terms to describe themselves, with non-binary being one of the most common.
<b>Online Safety</b>		
Os1) Screen Time [L1]	screen, connect, active, creative	
Os2) Personal information [S1]	personal, information, private	
Os3) Online strangers [P1]	truth, private, personal, information	
Os4) Fake News [N1]	internet, information, money, fake	
<b>Health and Wellbeing -Mental Wellbeing</b>		
M1) Where do feelings come from?	angry, happy, nervous, scared, sad, calm, surprised	
M2) Who am I?	pride, unique,	
M3) What helps me to be happy?	feelings, online, offline, activities, hobbies, sleep, physical exercise, indoors, outdoors	
<b>Health and Wellbeing -Physical Health</b>		
P1) How do I help my body stay healthy?	exercise, diet, sleep, brushing, teeth	
P2) How do I decide what to eat?	diet, healthy, unhealthy, fruit, vegetable, energy, Halal, Kosher	<b>Halal-</b> relates to animals being slaughtered by a Muslim, by hand and not by machine. A blessing is shared Once killed, the animal's blood must drain completely, since Muslims who eat Halal do not consume the fresh blood of animals. <b>Kosher-</b> is a term used to describe food that complies with the strict dietary standards of traditional Jewish law.
P3) How do we stop getting ill?	teeth, dentist, clean, wash, disease, germs	
P4) How can I stay safe?	chemical, medicine, needles, railway, emergency, police, fire brigade, ambulance	
<b>Growing Up-Growing</b>		

G1) How bodies change as we get older (link with science) Will I always be a child?	change, age, baby, child, teenager, adult, elderly,	
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Lower Key Stage 2		
Lesson title	Vocabulary	Glossary
<b>Relationships-Family</b>		
Fa1) Do Families always stay the same?	foster care, adoption, divorce, break-up, death, grief, illness, disability	
Fa2) Are all families like mine?	religion, skin colour, Islam, Muslim, mosque, prayers, represent, <b>discrimination</b> , <b>same sex</b>	<b>Same sex relationship-</b> refers to the relationship between two people of the same sex or gender. <b>Discrimination-</b> is the unjust or prejudicial treatment of different categories of people, especially on the grounds of race, age, sex, or disability.
Fa3) Are boys and girls the same?	gender, stereotype, sexism, bullying, disability, <b>diversity</b> , religion	<b>Diversity-</b> an understanding that each individual is unique and has individual differences. These can relate to race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious beliefs, political beliefs, or other ideologies.
<b>Relationships-Friends</b>		
Fr1) What makes a good friend?	happy, safe, trust, respect, honesty, kindness, generosity, interests, experiences, support, problems, welcome	
Fr2) Are all friends the same?	<b>Ramadan</b> , Islam, Muslim, biological sex (in terms of male and female), <b>same-sex</b> , <b>gay</b> , <b>straight</b> , bullying, <b>discrimination</b> , <b>non-binary</b> , gender	<b>Ramadan-</b> is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection and community. <b>Gay-</b> the sexual or romantic attraction to people of the same sex. <b>Straight-</b> describes a person who is attracted to the opposite gender. <b>Non-binary-</b> people who don't identify with any gender. Some people's gender changes over time. People whose gender is not male or female use many different terms to

		<p>describe themselves, with non-binary being one of the most common.</p> <p><b>Same sex-</b> refers to the relationship between two people of the same sex or gender.</p> <p><b>Diversity-</b>an understanding that each individual is unique and has individual differences. These can relate to race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious beliefs, political beliefs, or other ideologies.</p>
Fr3) Are friendships always fun?	disagreement, positive and negative emotions, perfect, compromise	
<b>Living in the wider world-Community</b>		
C1) How do we make the world fair?	rules, laws, government, vote, rights, police, fair, equal, equality	
C2) Where do you feel like you belong?	community, citizen, support, belong, adoption, <b>same-sex, gay, straight</b>	<p><b>Gay-</b>the sexual or romantic attraction to people of the same sex.</p> <p><b>Straight-</b> describes a person who is attracted to the opposite gender.</p> <p><b>Same sex relationship-</b> refers to the relationship between two people of the same sex or gender.</p>
C3) How can we help the people around us?	community, responsibility, acts of kindness	
<b>Online Safety</b>		
Os1) Online strangers [P1]	strangers, online, deception, social media	
Os2) Sharing Online [P2]	personal, information, privacy, stranger, trust	
Os3) Friendship Online [S1]	social media, kindness, cyberbullying, friendship, pressure, behaviour	
Os4) Personal Information [C2]	personal, information, identities	
Os5) Digital Media [N1]	<b>digital literacy</b> , analyse, content, media, headlines, features, tabloid, broadsheet	<b>Digital literacy-</b> refers to an individual's ability to find, evaluate, and compose clear information through writing and other media on various digital platforms.
Os6) Verifying content and echo chambers [N3]	content, media, advertising, fake news, theories	

Health and Wellbeing -Mental Wellbeing		
M1) How do I manage my feelings?	responsibility, anger, happiness, nervousness, fear, surprise, sadness, grief, blame, guilt, ashamed, regret, apologise, stress	
M2) Are we happy all the time?	feelings, emotions, sadness, depression, anger, happiness, love, self-esteem	
Health and Wellbeing -Physical Health		
P1) How do I keep my body healthy?	active, healthy, exercise, food, nutrition, diet, sugar, fat, protein, vitamins, balance	
P2) How do I get a healthy diet?		
P3) How do I stop getting ill?	germs, bacteria, virus, hygiene, infection	
Growing Up-Growing		
G1) What is a period?	<b>menstruation</b> , periods, vagina	<b>Menstruation-</b> known commonly as a period, is normal vaginal bleeding that occurs as part of a woman's monthly cycle.

Upper Key Stage 2		
Lesson title	Vocabulary	Glossary
Relationships-Family		
Fa1) Why do some people get married?	marriage, wedding, ceremony, <b>gay</b>	<b>Gay-</b> the sexual or romantic attraction to people of the same sex.
Fa2) Are families ever perfect?	consent, secrets, surprises, unwanted, fault	
Fa3) Is there such a thing as a 'normal' family?	difference, <b>conventional</b>	<b>Conventional-</b> describes things that are seen as normal, ordinary, and following the accepted way.
Relationships-Friends		
Fr1) What makes a close friend?	kindness, friendship, inclusion, <b>transition</b>	<b>Transition-</b> the process or a period of changing from one state or condition to another.
Fr2) Can we be different and still be friends?	jealousy, betrayal, different, excluding, including,	

Fr3) Should friends tell us what to do?	friendship, boundaries, <b>manipulation</b> tactics, relationship, controlling, consent, dares, peer-pressure	<b>Manipulation-</b> the action of manipulating someone in a clever or unscrupulous way.
Fr4) Why are some people unkind?	bullying, <b>cyber-bulling</b> , discrimination, insecurities, fear, anger	<b>Cyber-bullying-</b> a form of bullying or harassment using electronic means.
Fr5) What are stereotypes?	<b>gender stereotypes</b> , male, female, man, woman, sexism	<b>Gender stereotypes-</b> gender role is a social role encompassing a range of behaviours and attitudes that are generally considered acceptable, appropriate, or desirable for a person based on that person's biological or perceived sex.
Fr6) How do I accept my friends for who they are?	Gender, male, female, <b>intersex</b> , <b>non-binary</b> , <b>lesbian</b> , <b>gay</b> , <b>bisexual</b> , <b>transgender</b> , <b>sexual orientation</b>	<p><b>Inter-sex-</b>is a term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of female or male. For example, a person might be born appearing to be female on the outside, but having mostly male-typical anatomy on the inside.</p> <p><b>Gay-</b>the sexual or romantic attraction to people of the same sex.</p> <p><b>Straight-</b> describes a person who is attracted to the opposite gender.</p> <p><b>Non-binary-</b> people who don't identify with any gender. Some people's gender changes over time. People whose gender is not male or female use many different terms to describe themselves, with non-binary being one of the most common.</p> <p><b>Same sex relationship-</b> refers to the relationship between two people of the same sex or gender.</p> <p><b>Lesbian-</b>relating to gay women or to homosexuality in women.</p> <p><b>Transgender-</b> people have a gender identity or gender expression that differs from the sex that they were assigned at birth. Some transgender people who desire medical assistance</p>

		<p>to transition from one sex to another identify as transsexual.</p> <p><b>Sexual orientation-</b> is an enduring pattern of romantic or sexual attraction to persons of the opposite sex or gender, the same sex or gender, or to both sexes and more than one gender.</p>
Living in the wider world-Community		
C1) What is prejudice? prejudice?	<p>race, racism, segregation, discrimination, prejudice, equality act, gender, sexual orientation, homophobic</p>	<p><b>Sexual orientation-</b> is an enduring pattern of romantic or sexual attraction to persons of the opposite sex or gender, the same sex or gender, or to both sexes and more than one gender.</p> <p><b>Discrimination-</b> is the unjust or prejudicial treatment of different categories of people, especially on the grounds of race, age, sex, or disability.</p> <p><b>Equality act-</b> The Equality Act 2010 legally protects people from discrimination in the workplace and in wider society.</p> <p><b>Segregation-</b> the action or state of setting someone or something apart from others.</p> <p><b>Homophobic-</b> having or showing a dislike of or prejudice against gay people.</p> <p><b>Race-</b> is a grouping of humans based on shared physical or social qualities into categories generally viewed as distinct by society.</p> <p><b>Prejudice-</b> is an unjustified or incorrect attitude (usually negative) towards an individual based solely on the individual's membership of a social group. For <b>example</b>, a person may hold <b>prejudiced</b> views towards a certain race or gender etc</p>
C2) What is the history of prejudice?	<p>Race, racism, segregation, discrimination, prejudice, equality act, gender, sexual orientation, homophobic</p>	<p><b>Segregation-</b> the action or state of setting someone or something apart from others.</p> <p><b>Race-</b> is a grouping of humans based on shared physical or social qualities into categories generally viewed as distinct by society.</p>

		<p><b>Discrimination-</b> is the unjust or prejudicial treatment of different categories of people, especially on the grounds of race, age, sex, or disability.</p> <p><b>Prejudice-</b> is an unjustified or incorrect attitude (usually negative) towards an individual based solely on the individual's membership of a social group. For <b>example</b>, a person may hold <b>prejudiced</b> views towards a certain race or gender etc.</p> <p><b>Sexual orientation-</b> is an enduring pattern of romantic or sexual attraction to persons of the opposite sex or gender, the same sex or gender, or to both sexes and more than one gender.</p> <p><b>Equality act-</b> The Equality Act 2010 legally protects people from discrimination in the workplace and in wider society.</p> <p><b>Homophobic-</b> having or showing a dislike of or prejudice against gay people.</p>
C3) What should I do if I encounter	<p>race, racism, discrimination, prejudice, equality act, gender, sexual orientation, homophobic</p>	<p><b>Race-</b> is a grouping of humans based on shared physical or social qualities into categories generally viewed as distinct by society.</p> <p><b>Discrimination-</b> is the unjust or prejudicial treatment of different categories of people, especially on the grounds of race, age, sex, or disability.</p> <p><b>Prejudice-</b> is an unjustified or incorrect attitude (usually negative) towards an individual based solely on the individual's membership of a social group. For <b>example</b>, a person may hold prejudiced views towards a certain race or gender etc.</p> <p><b>Sexual orientation-</b> is an enduring pattern of romantic or sexual attraction to persons of the opposite sex or gender, the same sex or gender, or to both sexes and more than one gender.</p> <p><b>Equality act-</b> The Equality Act 2010 legally protects people from</p>



		discrimination in the workplace and in wider society. <b>Homophobic</b> - having or showing a dislike of or prejudice against gay people.
C4) How can I be a great citizen?	citizen, disabled people, disability, community, society, built environment	
C5a) Why is money important?	poverty, <b>inequality</b> , <b>privilege</b>	<b>Privilege</b> - a special right, advantage, or immunity granted or available only to a particular person or group. <b>Inequality</b> - difference in size, degree, circumstances.
C5b) How should I spend my money?	debt, earn, salary, tax	
C6) What makes us feel like we belong?	rights, <b>refugees</b> , <b>asylum seekers</b> , migration, immigrant	<b>Refugees</b> - a person who has been forced to leave their country in order to escape war, persecution, or natural disaster. <b>Asylum seekers</b> -someone whose request for sanctuary has yet to be processed <b>Migration</b> - Human migration involves the movement of people from one place to another with intentions of settling, permanently or temporarily, at a new location. <b>Immigrant</b> - A person who comes to live permanently in a foreign country.
C7) What does it mean to be British?	culture, religion, language	
<b>Online Safety</b>		
Os1) Control and consent [S1]	control, <b>consent</b> , social media, <b>manipulation</b> , public, private, pressure	<b>Consent</b> - permission for something to happen or agreement to do something <b>Manipulation</b> - the action of manipulating someone in a clever or unscrupulous way
Os2) Protecting our identity [P1]	personal, information, identity, protect, privacy, valuable, sensitive	
Os3) Meeting strangers online [P4]	Strangers, social media, passwords, manipulation, <b>catfish</b> , deception,	<b>Catfishing</b> is a deceptive activity where a person creates a fictional persona or fake identity on a social networking service, usually targeting a specific victim.

	vulnerable	
Os4) Personal Information, terms and conditions [C2]	personal, information, terms and conditions, social media, advertisement	
Os5) Analysing Digital Media [N1]	analyse, digital, media, literacy, headline, broadsheet, tabloid, links, <b>clickbait</b> , compare	<b>Clickbait</b> - is a text or a thumbnail link that is designed to attract attention and to entice users to follow that link and read, view, or listen to the linked piece of online content, with a defining characteristic of being deceptive, typically sensationalised or misleading.
Os6) Bias [N2]		
Os7) Echo Chambers [N5]	<b>Echo chamber</b> , bias, groups, viewpoints, <b>propaganda</b>	<b>Echo chamber</b> refers to situations in which beliefs are amplified or reinforced by communication and repetition inside a closed system. By participating in an echo chamber, people are able to seek out information that reinforces their existing views without encountering opposing views, potentially resulting in an unintended exercise in confirmation bias. <b>Bias</b> - inclination or prejudice for or against one person or group, especially in a way considered to be unfair. <b>Propaganda</b> - information, especially of a biased or misleading nature, used to promote a political cause or point of view.
Os8) Does the internet make us happy? [L1]	social media, anxiety, jealous, insecure, vulnerable, analyse	
<b>Health and Wellbeing -Mental Wellbeing</b>		
M1) Does everybody have the same feelings?	angry, anxious, worried, frustrated, confused, emotional reaction	
M2) Should we be happy all the time?	loss, separation, divorce, bereavement, managing <b>impulsivity</b> , <b>restraint</b> ,	<b>Impulsive</b> behaviours may occur repeatedly, quickly and without consideration of the consequences of the actions.

	self-control	<b>Restraint</b> - a measure or condition that keeps someone or something under control.
M3) Why do we argue?	listen, respond, impulsivity, conflict, resolve, resolution, <b>triggers</b> , restraint, self-control	<b>Trigger</b> - A behaviour may be caused, or triggered, by something in the child's environment or in the situation.
M4) Who am I?	identity, emotions	
<b>Health and Wellbeing -Physical Health</b>		
P1) Is there such a thing as the perfect body?	body image, self-esteem, unrealistic, expectations, insecurity	
P2) How can I stay fit and healthy?		
P3) Can I avoid getting ill?	oral hygiene, flossing, tooth decay, plaque	
P4) Why do some people take drugs?	drugs, illegal, alcohol, tobacco, cigarettes, addictive, addiction	
P5) Where should I get my health information?	Verify, <b>misinformation</b> , fake news, genuine, accurate,	<b>Misinformation</b> - false or inaccurate information, especially that which is deliberately intended to deceive
P6) How do I save a life?	danger, hazard, environment	
<b>Growing Up-Growing</b>		
G1) How will my body change as I get older?	<b>puberty</b> , <b>testicles</b> , <b>penis</b> , Adam's apple, <b>erection</b> , <b>ejaculation</b> , <b>vagina</b> , <b>vulva</b> , <b>clitoris</b> , discharge, menstruation, period, <b>wet dream</b>	<b>Puberty</b> is when a child's body begins to develop and change as they become an adult. <b>Testicle</b> - is the male reproductive gland or gonad in all animals, including humans. <b>Penis</b> - the male genital organ of higher vertebrates, carrying the duct for the transfer of sperm. <b>Erection</b> - an enlarged and rigid state of the penis, typically in sexual excitement. <b>Ejaculation</b> - the action of ejecting semen from the body. <b>Vagina</b> - the muscular tube leading from the external genitals to the

		<p>cervix of the uterus in women and most female mammals.</p> <p><b>Vulva</b> - the female external genitals.</p> <p><b>Clitoris</b> - a small, sensitive, erectile part of the female genitals at the anterior end of the vulva.</p> <p><b>Wet dream</b> - an erotic dream that causes involuntary ejaculation of semen.</p>
G2) How will my feelings change as I get older?	hormones, moods, anxiety, insecurity, self-conscious, risk	
G3) How will I stay clean during puberty?	hygiene, sweat glands, smegma, genitals, bacteria, essential, luxury, poverty	<p><b>Smegma</b> - a sebaceous secretion in the folds of the skin, especially under a man's foreskin.</p> <p><b>Genitals</b> - a person's or animal's external organs of reproduction.</p>
G4) What is Menstruation?	menstruation, menstruator, periods, vagina, vulva, ovaries, ovum, hormones, uterus	<p><b>Menstruation</b> - the process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.</p> <p><b>Vagina</b> - the muscular tube leading from the external genitals to the cervix of the uterus in women and most female mammals.</p> <p><b>Vulva</b> - the female external genitals.</p> <p><b>Ovaries</b> - a female reproductive organ in which ova or eggs are produced, present in humans and other vertebrates as a pair.</p> <p><b>Ovum</b> - a mature female reproductive cell, especially of a human or other animal, which can divide to give rise to an embryo usually only after fertilization by a male cell.</p> <p><b>Uterus</b> - the organ in the lower body of a woman or female mammal where offspring are conceived and in which they gestate before birth; the womb.</p>

<p>Sexual reproduction  Sx1) How do plants and animals reproduce?  (Taught through science)  (N.B. does not include sexual intercourse)</p>		
<p>Sx2) How are babies made?  Optional unit on sexual reproduction</p>	<p>Penis, pubic hair, foreskin, scrotum, testicles, erection, ejaculate, sperm, urethra, clitoris, anus, vagina, labia, cervix, uterus, ovary, fallopian tube, ovum, reproduction, pregnancy, discharge, fertilisation</p>	<p><b>Penis</b> - the male genital organ of higher vertebrates, carrying the duct for the transfer of sperm during copulation.  <b>Foreskin</b> - the retractable roll of skin covering the end of the penis.  <b>Scrotum</b> - a pouch of skin containing the testicles.  <b>Erection</b> - an enlarged and rigid state of the penis, typically in sexual excitement.  <b>Ejaculation</b> - the action of ejecting semen from the body.  <b>Sperm</b> - semen  <b>Clitoris</b> - a small, sensitive, erectile part of the female genitals at the anterior end of the vulva.  <b>Anus</b> - the opening at the end of the alimentary canal through which solid waste matter leaves the body.  <b>Vagina</b> - the muscular tube leading from the external genitals to the cervix of the uterus in women and most female mammals.  <b>Labia</b> - the inner and outer folds of the vulva, at either side of the vagina.  <b>Cervix</b> - the narrow passage forming the lower end of the uterus.  <b>Uterus</b> - the organ in the lower body of a woman or female mammal where offspring are conceived and in which they gestate before birth; the womb.  <b>Ovaries</b> - a female reproductive organ in which ova or eggs are produced, present in humans and other vertebrates as a pair.</p>

		<p><b>Fallopian Tube</b> - Eggs pass from the ovaries, through the fallopian tubes, to the uterus.</p> <p><b>Discharge</b> - Vaginal discharge is fluid secreted from tiny glands in the vagina and cervix.</p> <p><b>Fertilisation</b> - is the fusion of the nucleus of a male gamete with the nucleus of a female gamete.</p>
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