PHRSE: Progression of Vocabulary/Terminology

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|  | **Being Me in My World** | **Celebrating Difference** | **Dreams and Goals** | **Healthy Me** | **Relationships** | **Changing Me** |
| **EYFS** | MyselfFeelingsBeing gentleRightsResponsibilities | TalentsFamiliesHomeFriendsStanding up for myself | ChallengesPerseveranceJobsHelp | ExerciseHealthy foodPhysical activitySleepClean | Family lifeFriendshipFalling out | BodiesRespecting my bodyFunFearsGrowth |
| **Y1** | SpecialSafeCommunityConsequencesRewards | Similarities DifferencesBullyingCelebrating | SuccessAchievementLearning stylesOvercoming obstacles | MedicineMedicationRoad safety | BelongingPhysical contactPreferencesCelebrations | Life cycles (animal/human)MaleFemaleChanges |
| **Y2** | HopeFearFairValuing ContributionsChoices | AssumptionsStereotypesGenderGender diversity | RealisticStrengthscooperationContributing | RelaxationNutritionLifestyle | BoundariesSecretsTrustAppreciation | Life cycles (plants)YoungOldIndependence |
| **Y3** | Goalsself-worthPositivityChallengesPerspectives | Diverse familiesFamily conflictChild-centredComplimentsWitnessSolutions | AmbitionsEnthusiasmManaging feelingsBudgeting  | Food labellingHealthy choicesOnline safetyOffline safety | RolesNegotiationDiverse livesImpact | InternalExternalNeeds |
| **Y4** | DemocracyMotivationClass CitizenVoicePeer pressure | JudgmentAppearanceAcceptanceInfluencesImpressions | DisappointmentOvercomingResiliencePositive attitude | Healthy friendshipsSmokingAlcoholInner strengthAssertiveness | JealousyLove/lossMemoriesGirlfriendsBoyfriends | Being uniqueBody changesTransitionAccepting changeHaving a baby |
| **Y5** | AspirationsNational citizenshipConflictVoteParticipation | Cultural diversityRacismRumoursMaterial wealthRespecting culture | Financial successLong-termCharity | VapingEmergency aidBody imageRelationships with foodHealthy choices | Self-recognitionSelf-esteemOnline communitiesGamingGamblingGrooming | Self-imageMedia influencePubertyConceptionIVF |
| **Y6** | Global citizenshipChildren’s Universal RightsGroup dynamicsRole-modellingAnti-social behaviour | Perceptions of normalityDisabilityEmpathyInclusionExclusion | Success criteriaRecognitionEvaluating | Personal responsibilitySubstancesExploitationCounty Lines/GangsManaging stress | Mental healthSources of supportControlPower | Body imagePhysical attractionConsentSexting |