PSHE Progression in Vocabulary

	EYFS	KS1	LKS2	UKS2
Key Safeguarding Vocabulary (used across all year groups):	safe, unsafe, worried, uncomfortable, trusted adult, tell, report, help, support, kind, respectful behaviour			
Me and My Feelings	happy, sad, angry, worried, scared, calm	frustrated, nervous, jealous, uncomfortable, safe, worried, change, loss	anxious, proud, embarrassed, grief, bereavement, resilience	mental health, coping, impact, responsibility, mindfulness
Me and My Actions	share, listen, play, behaviour, help	choices, consequences, kind, unkind, bullying, teasing	conflict, compromise, resolve, respectful	discrimination, prejudice, stereotype, responsibility
Me and My Relationships	family, friends, care, trust	friendship, trusted adult, respect, inclusion, safe, identity	boundaries, equality, diversity, teamwork, gender stereotypes	healthy relationships, consent, communication, peer pressure, gender stereotypes, influence, mutual, boundary
Me and My Well-being	healthy, sleep, clean, safe	body, privacy, consent, private parts, uncomfortable	lifestyle, balance, habits, wellbeing	mental wellbeing, substances, lifestyle choices
Me and My Safety	safe, danger, help, stranger	unsafe, online, secrets, private information, trusted adult	risk, online safety, pressure, report	digital footprint, grooming, consent, online risks, hazard,
Me and Living in the Wider World	care, environment, help	community, fairness, sharing, helping others	diversity, equality, rights, responsibilities	community, society, respect, equality, diversity, global responsibility, influence, justice