

PSHE Vocabulary List, Year 7

Students are explicitly taught vocabulary as part of their lessons using our 'say it, write it, test it' approach.

Autumn		Spring		Summer	
Keyword	Definition	Keyword	Definition	Keyword	Definition
Assumption	Something you think is true without having proof. It's like guessing about something before you know all the facts.	Ambitions	Personal goals and dreams about what one wants to achieve in the future.	Cyber Safety	Practices and precautions to protect personal information and stay safe online.
Judgement	An opinion or decision you make about something or someone after thinking about it.	Skills	Abilities and talents that can be developed and used in various careers.	Online Bullying	Harassment or bullying that occurs over the internet through social media, gaming, and other online platforms.
Identity	Who you are, including your name, personality, and the things that make you unique.	Interests	Subjects or activities that one enjoys and might want to pursue as a career.	Rail Safety	Guidelines and rules to stay safe around trains and railway tracks.
Characteristic	A special quality or feature that makes a person, thing, or group different from others. For example, being kind or having curly hair.	Education	The learning and training required to prepare for a future career.	Road Safety	Practices for staying safe as pedestrians, cyclists, or passengers in vehicles.
Values	Important beliefs or ideas about what is good and bad, which help you decide how to behave. For example, honesty, kindness, and respect.	Opportunities	Different career options and paths that one can explore for their future.	Water Safety	Precautions and behaviors to prevent accidents and injuries around bodies of water like rivers, lakes, and swimming pools.
Puberty	The process of physical changes through which a child's body matures into an adult body capable of sexual reproduction.	Equality	Ensuring everyone has the same opportunities and is treated fairly, regardless of their differences.	Stranger Danger	Awareness and strategies to stay safe from strangers both online and offline.
Hormones	Chemical substances in the body that regulate puberty and other processes.	Discrimination	Unfair treatment of people based on characteristics like race, gender, or disability.	Emergency Procedures	Steps to follow in case of an emergency, such as calling for help or knowing first aid basics.
Growth Spurt	A rapid increase in height and weight during puberty.	Diversity	The presence of a wide range of different types of people in a group or society.	Parliament	The supreme legislative body in the UK, consisting of the House of Commons and the House of Lords.
Menstruation	The monthly process in which the uterus lining is shed, common in girls during puberty.	Inclusion	Making sure all individuals feel valued and included, regardless of their differences.	Members of Parliament (MPs)	Elected representatives who serve in the House of Commons and represent the interests of their constituents.
Body Odor	Increased sweating and the development of stronger body odor during puberty.	Respect	Showing consideration and appreciation for the differences and rights of others.	Prime Minister	The head of the UK government, responsible for running the country and making policy decisions.
Emotional Changes	Increased sensitivity and emotional fluctuations common during puberty.	Stereotypes	Oversimplified and fixed ideas about a particular group of people.	General Election	A nationwide vote held to elect MPs to the House of Commons, determining the composition of the government.
Acne	Skin condition characterized by pimples, common during puberty due to hormonal changes.	Prejudice	Preconceived opinions or feelings, often negative, about a person or group without knowledge, reason, or experience.	Constituency	A geographical area represented by an MP in the House of Commons.
Voice Changes	The deepening of the voice that occurs in boys during puberty.	Tolerance	The ability or willingness to accept the existence of opinions or behavior that one dislikes or disagrees with.	Voting	The process by which citizens of the UK elect their representatives in government.

PSHE Vocabulary List, Year 8

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Keyword	Definition	Keyword	Definition	Keyword	Definition
Law	A set of rules established by the government to regulate behavior and maintain order.	Caffeine	A stimulant found in coffee, tea, and some soft drinks that can increase alertness but may cause restlessness or insomnia.	Budgeting	The process of planning and allocating money for different expenses, such as saving, spending, and bills.
Courts	Institutions where legal cases are heard and decided by judges or magistrates.	Alcohol	A legal depressant found in beverages like beer, wine, and spirits, which can impair judgment and coordination.	Saving	Setting aside money for future needs or goals, such as buying something special or emergencies.
Judge	A legal official who presides over court proceedings and makes decisions on legal matters.	Addiction	A condition where a person becomes dependent on a substance, leading to cravings and difficulty stopping its use.	Income	Money earned from various sources, such as allowances, pocket money, or gifts.
Jury	A group of citizens selected to hear evidence in a trial and give a verdict on a case.	Health Effects	The impact of substances like caffeine and alcohol on the body, including increased heart rate, liver damage, and sleep disturbances.	Expenses	Costs incurred for goods or services, including items like food, clothing, entertainment, and bills.
Solicitor	A legal professional who provides advice, prepares legal documents, and may represent clients in lower courts.	Social Impact	The way substance use affects relationships and behavior, potentially leading to issues like peer pressure and social conflicts.	Loans	Money borrowed from a lender that must be repaid with interest over time, often used for larger purchases like a car or education.
Crown Prosecution Service (CPS)	The government agency responsible for prosecuting criminal cases investigated by the police in England and Wales.	Moderation	The practice of consuming substances like caffeine and alcohol in controlled, limited amounts to minimize negative effects.	Interest	The additional fee charged by a lender for borrowing money, expressed as a percentage of the loan amount.
Police	Law enforcement officers responsible for maintaining public order, preventing and investigating crimes, and protecting citizens.	Awareness	Understanding the potential risks and effects of non-illegal drugs to make informed choices about their use.	Credit Score	A numerical representation of an individual's creditworthiness, based on their credit history and financial behavior.
County Lines	Criminal networks involved in trafficking drugs from urban areas to smaller towns and rural areas, often exploiting young people.	CPR	Cardiopulmonary resuscitation - emergency procedure to manually maintain circulation and breathing in a person who is experiencing cardiac arrest.	Equality	Ensuring everyone has the same opportunities and is treated fairly, regardless of their differences.
Gangs	Organized groups involved in criminal activities, which can include violence and drug dealing.	Recovery Position	A position used to help keep an unconscious but breathing person safe and stable, preventing choking on vomit or tongue blockage.	Discrimination	Unfair treatment of people based on characteristics like race, gender, or disability.
Grooming	The process by which someone builds a relationship, trust, and emotional connection with a young person to manipulate, exploit, and abuse them.	Bandages	Strips of cloth or other material used to wrap around wounds to protect them and control bleeding.	Diversity	The presence of a wide range of different types of people in a group or society.
Exploitation	Taking advantage of someone for personal gain, often seen in the context of gangs and grooming.	Burns	Injuries caused by heat, chemicals, electricity, or radiation, which require appropriate first aid treatment based on their severity.	Inclusion	Making sure all individuals feel valued and included, regardless of their differences.

PSHE Vocabulary List, Year 9

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Keyword	Definition	Keyword	Definition	Keyword	Definition
Drugs	Substances that can alter mental or physical functions, often used recreationally but can have harmful effects.	Consent	Agreement or permission for something to happen, especially in the context of sexual activity, which should always be mutual and voluntary.	Careers	Various occupations or professions that individuals pursue as their livelihoods, typically chosen based on interests, skills, and values.
Steroids	Synthetic substances similar to the male sex hormone testosterone, sometimes used illegally to enhance athletic performance or build muscle.	Communication	Open and honest dialogue between individuals, essential for building and maintaining healthy relationships, including discussions about sexual health and boundaries.	Skills	Abilities or competencies developed through education, training, and experience that are valuable in the workplace.
Addiction	A condition where a person becomes dependent on a substance, leading to cravings and difficulty stopping its use.	Respect	Showing consideration, admiration, and regard for oneself and others, including honoring boundaries and autonomy in relationships.	Education	Formal learning and training obtained through schools, colleges, universities, apprenticeships, and vocational courses, which can enhance career opportunities.
Health Risks	The potential dangers associated with using illegal drugs and steroids, including physical and mental health effects such as organ damage, addiction, and mood swings.	STIs	Sexually transmitted infections, diseases spread through sexual activity, which can have serious health consequences if untreated.	Apprenticeships	Work-based training programs that combine on-the-job learning with classroom instruction, leading to recognized qualifications and valuable skills.
Legal Consequences	Penalties and punishments for possessing, selling, or using illegal drugs and steroids, which can include fines, imprisonment, and a criminal record.	Condoms	Barrier contraceptives worn during sexual activity to reduce the risk of STIs and unplanned pregnancy by preventing the exchange of bodily fluids.	Further Education	Educational opportunities beyond compulsory schooling, such as college courses, A-levels, vocational qualifications, and technical training.
Peer Pressure	Influence from friends or peers to try drugs or engage in risky behaviors, which can contribute to substance abuse and addiction.	Safe Sex	Practicing sexual activity in a way that reduces the risk of STIs and unintended pregnancy, often involving the use of condoms and other protective measures.	Vocational Courses	Training programs designed to prepare individuals for specific careers or industries, offering practical skills and hands-on experience.
Support Systems	Resources and services available for individuals struggling with drug addiction, including counseling, rehabilitation programs, and helplines.	Equality	Ensuring everyone has the same opportunities and is treated fairly, regardless of their differences.	Media Literacy	The ability to access, analyze, evaluate, and create media in various forms, including print, digital, and social media, with critical thinking skills.

Government	The system or group of people governing a country, responsible for making and enforcing laws and policies.	Discrimination	Unfair treatment of people based on characteristics like race, gender, or disability.	Misinformation	False or misleading information spread unintentionally, often due to errors or lack of verification.
Democracy	A system of government in which power is vested in the people, who exercise it directly or through elected representatives.	Diversity	The presence of a wide range of different types of people in a group or society.	Disinformation	False information deliberately spread to deceive or manipulate people, often with malicious intent.
Monarchy	A form of government where a monarch, such as a king or queen, holds supreme authority and often inherits the position.	Inclusion	Making sure all individuals feel valued and included, regardless of their differences.	Fact-Checking	The process of verifying information to determine its accuracy and reliability, using credible sources and evidence.
Dictatorship	A form of government where power is concentrated in the hands of a single leader or a small group, often ruling by force and without regard for individual rights.	Respect	Showing consideration and appreciation for the differences and rights of others.	Critical Thinking	The ability to objectively evaluate information, question assumptions, and consider multiple perspectives before forming opinions or making decisions.
Republic	A form of government where power is held by elected representatives and an elected president, rather than a monarch.	Stereotypes	Oversimplified and fixed ideas about a particular group of people.	Bias	Prejudice or favoritism towards a particular viewpoint, group, or idea, which can influence how information is presented and perceived.
Autocracy	A system of government where a single person holds unlimited political power, often with little to no input from citizens.	Prejudice	Preconceived opinions or feelings, often negative, about a person or group without knowledge, reason, or experience.	Source Evaluation	Assessing the credibility and reliability of information sources, including considering their expertise, reputation, and potential biases.
		Rights	The basic freedoms and protections that all people are entitled to, such as freedom of speech and equality before the law.		
		Tolerance	The ability or willingness to accept the existence of opinions or behavior that one dislikes or disagrees with.		