

Me & My Relationships

Reception

special	same	family	helpful	feelings	emojis
practice	favourite	help	friends	happy	kind
effort	different	special people	sad		

Year 1

rules	listening	support	work together	hurt	friendship
safe	body language	heal	behaviour	responsibility	making up
emotions					

Year 2

caring	regular	showing feelings	bullying	don't do that	friendly
teasing	repeated				

Year 3

safety	compromise	conflict	cooperate	strategies	continuum
care	falling out	point of view	collaborate	listen	opinions
loss	persuade	dare	challenging	calm	respectful
apologise	courteous				

Year 4

collaboration	positive, healthy relationship	rude	physical effects	facial expressions	unkind
collaborative	respect	consequences	rueful		tease
teamwork	responsibilities	face-to-face	unhappy	delighted	bully
agonising	qualities	ignored	devastated	ecstatic	pressure
untroubled	excluded	painful	miserable	joyful	apologetic
assured	assertive	petrified	distressed	repentant	regretful
confident	aggressive	bothered	lonely	aching	isolated
peaceful	negotiate	scared	alone	remorseful	abandoned
frightened	sore	terrified			

Year 5

passive	negotiation	non-verbal	insensitive	unhealthy relationship	emotional needs
resolution	tone of voice	physical abuse	sensitive	verbal abuse	unsafe
uncomfortable touching	sexual abuse				

Year 6

illegal	marriage	balanced friendship	thoughtful	assertiveness	forced marriage
appropriate	civil partnership	peer pressure	response	inappropriate	

Valuing Difference

Reception

likes	home	new friend	kindness	dislikes	
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Year 1

differences	unkindness	fair	unfair		
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Year 2

unique	being listened to	problem	solve		
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Year 3

cooperation	adoption	community	similarities	colour	prejudice
politeness	fostering	belonging	sexuality	blended family	disability
courtesy	same-sex couple	manners	identity	name calling	gender
race					

Year 4

invade	acquaintances	body space	stereotype	sharing	
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Year 5

embarrassed	listening skills	gender expression	metaphor	sex	multicultural society
talking	reactions	discrimination	diverse	sexual orientation	biological sex
gender identify					

Year 6

witness	diversity	disrespect	tolerance	relationships	empathy
bystander	positive feedback	cultural norms	assumption	friend	gender stereotype
self-esteem	confidence	media influence	acquaintance		

Keeping Safe

Reception

keep clean	sleep	detective	tummy feelings	worried	address
keep safe	water	grown up	doctor	tell	food
cuddle	food	fresh air	adult	chemist	

Year 1

rest	nervous	private	consent	harmful	lost
grow	risks	privates	entertainment	donating	tired

Year 2

medicines	getting help	uncomfortable	touch	secret	surprise
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Year 3

trust	danger (dangerous)	instructions	fake news	search engine	drugs
internet safety	risk (risky)	safer	browsing	consequence	cigarettes
nicotine	alcohol	decisions	phishing		

Year 4

risk	privacy	persevere	influence	privacy settings	privacy settings
social norm	choices	hazardous	hazard	security	security
online safety	personal information				

Year 5

cyberbullying	norms	assessing risk	addiction	substance	risk taking
habit	perception	stimulant	resist pressure		

Year 6

social media	identity theft	right to privacy	short-term effects	legal	drug laws
parental consent	secure	sharing online	long-term effects	medical	age restrictions
trolling	independence	permission	produce	non-medical	possess
physical needs	conflicting emotions	sexual images	supply	penalties	

Rights and Respect

Reception

be alone	recycling	working together	environment	money	save
look after	cost	pollution	litter	shop	safe place
help each other	pay	buy	electricity		

Year 1

kettle	afford	needs	bills	saving	first aid
worth	scald	responsible	spending	bank	accident
promise	burn	emergency	note	coin	

Year 2

share	control	uniform	gamer	ask for help	erupt
take turns	internet				

Year 3

helper	fact	volunteer	income	earning	waste
healthy	wellbeing				

Year 4

being	conservation	united	nations	anti-social behaviour	expenditure
reliable	laws	democracy	VAT	national insurance	essential
trustworthy	rights	deductions	public services	income tax	

Year 5

council	biased	voluntary group	duties	costs	borrow
vote	unbiased	community group	Fair Trade	wages	loan
elections	interest	pressure (action) group	councillors	salaries	credit
rent	debit				

Year 6

policies	profile	bank (building society) account	tax	environmentally sustainable	mission statement
voting booth	image	Junior ISA	income tax (PAYE)	composting	values
ballot slip	proposal	value	reuse	energy	beneficiary
voting	debate	debit card	majority	materials	manifesto
ballot box	amendments	cash	House of Commons	transport	candidate
MP	election	pitch	campaign bid	shop local	Royal Assent
constituencies	grant	House of Lords	enforcement		

Being My Best

Reception

bounce back	try	try again	exercise	heart	routine
encourage	dairy	wash	vegetable	muscles	fruit

Year 1

starchy	meat	hygiene	germs	learning	praise
vitamins	cereal	clean	disease	lungs	stomach
protein	sugar	oxygen	spread	make mistakes	feedback
intestines	portion	digested	brain	achievement	organs
salt					

Year 2

goals	choose	vaccination	teeth	small intestine	challenge
achieve	unhealthy	injection	dental	large intestine	

Year 3

balanced diet	infection	intestine	discussion	dose	talents
bones	cleanliness	vessels	justify	ambitions	skills
starchy carbohydrates	liver	veins	fruit & veg	improve	intelligence
arteries					

Year 4

individual	wound	choking	refuse	get creative	blood
be active	casualty	breathing	reduce	give to others	injury
airway	recovery	mental health	re-use	be mindful	minor
re-think	repair	recycle	rot	nosebleed	

Year 5

body systems	perseverance	resilience	determination	personal qualities	life skill
interpersonal skills	commitment	school community	patience	celebrities	sepsis

Year 6

keep learning (get creative)	aspirations	responsive	scenario	give	Red Cross
valued	goal setting	script	weigh up	role	ambulance
take notice (mindful)	unresponsive	accurate	dilemma	information	operator
connect	panic	sources	serious	999	

Growing and changing

Reception

seasons	growing	baby	pregnancy	my body is mine (body autonomy)	private parts
spring	life cycles	child	sperm	donated sperm/eggs	penis
summer	egg	teenager	love	same-sex parents	vulva
autumn	seed			change	testicles
winter	young	old age	tummy	surrogacy	vagina
cycle	one-parent families	dolls and cars are for everyone (gender stereotyping)	womb	messages (DNA/Genes)	families of different beliefs

Year 1

air	private activity	size	attention	experience	private places
height					

Year 2

supportive	someone you trust	forward looking	nipples	genitals	ovaries
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Year 3

lining	personal space	spots	talk	puberty	period/menstruation pad
positive	sweat	mammals	breasts	period	tampon
fertilise	pubic hair	public	angry	ovary	menstruation cup
menstruation	cervix	birth	upset	fallopian tube	hips
fertilised egg	stop	excited	jealous	uterus (womb)	wet dream

Year 4

learning line	slippery	endometrium (uterus lining)	deeper voice	laundry	ejaculate
acne	hormones	foetus	menstrual cycle	guilty	live together
hair removal	spontaneous erections	headache	clitoris	uncomfortable feelings	pregnant
growth spurt	pleasure	stomach ache	labia	sexual nature	nocturnal emission
wider hips	masturbation	cramps	semen	felt good	whitish fluid
breast growth	lining of the uterus	normal	legal age of consent	reproduction	wet
underarm hair	pads	facial hair	pee	testosterone	lubricated
ejaculation	body odour	romantic/sexual interest	sheets	mood swings	natural
sexual feelings/horny					

Year 5

deodorant	shampoo	in confidence	erection	involuntary erections	hips widen
shower gel	clean underwear	break a confidence	stretch marks	genitalia	height gain
separation	unwanted attention	confidential	crush	period products	weight gain
fostered	unwanted touch	showers	pimples	foreskin	scrotum
chemicals	zits	soap	urinary opening	anus	emotional changes
oil glands	acne cream	medication	hair growth	managing feelings	Wearing a bra
body autonomy	washing	under arm	period protection	hydration	Body anxiety
vaginal discharge	body confidence	tissues	FGM/cuts to the vulva	breast development	wash facial
spot cream	washing powder				

Year 6

body image	media manipulation	skull bones	midwife	physical changes	miscarriage
self esteem	immune system	umbilical cord	cervical opening	birth canal	conception
manipulation	virus	placenta	conversation	delivery	condom
Human immunodeficiency virus	HIV	breastfeeding	discuss	active labour	consensual relationship
illness	transmission	All the different ways couples can create babies	pelvis	contracts	hug
sexual activity	sharing needles	queer couple	efface	crowning fetal head	kiss
cells	sexual contact	LGBTQ+	dilate	episiotomy	vaginal childbirth
vaginal fluids	condom	fertilisation	contractions	antibodies	orgasm
	stepchildren	uterine lining	mucous plug	voice deepening	embryo
lifelong condition	foster parents	ripen	water break	manage emotions	
life threatening	artificial insemination	lining of womb	start to have questions about sex	feeling funny sexually	sexual intercourse
	IVF	mature egg	sexual intercourse	sperm bank	consensual
blood transfusions	co maternity	ovulation	loving relationship	derogatory	condom
Human papilloma virus	donate sperm	labour	implant	homophobic	caesarean
cancer	cut	pleasurable feeling	vaginal wetness		

