

Progression of Vocabulary in RHE

Below is a vocabulary list for Relationships Health Education (RHE) at Sir Henry Fermor CofE (SHF). RHE at SHF is made up of three strands; Relationships, Health, and Living in the Wider World. Below is the key vocabulary, used by teachers, that the children at SHF will become familiar with in KS1 which will broaden their understanding. All content taught at SHF is statutory and vocabulary comes from the resources used throughout the school: LoveWise and PSHE Association.

Health and Well-Being

Zones of Regulation
feelings
emotions
body
external genitalia
vulva
penis
mind
healthy
unhealthy
exercise
needs
safe
regular
disease
medicine
physical
mental
clean
unclean
hygiene
sleep
regular

Relationships

friends
family
blended family
respectful
respect
sharing
help
kind
gentle
trust
trusted
private
permission
similar
different
adults
PANTS
comfortable
uncomfortable
special
change
opinions

goals
challenge
likes
dislikes
choices
bullying
Power of Five
right
wrong
support
empathy
kind
unkind
conflict
safe
unsafe

Living in the Wider World

rules
choices
jobs
behaviour
consequences
communities
respect
environment
right
wrong
spend
save
local
dreams
goals
different
transition
changes

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Health and Well-Being

puberty
menstruation
changes
bacteria
virus
substance
drugs
alcohol
tobacco
gambling
legal
illegal
FGM (female genital
mutilation)
affects
risk
danger
hazard
online safety
nutrition

Relationships

fair
unfair
respect
diversity
sexuality
race
gender
religion
pressure
discrimination
appropriate
inappropriate
boundaries
bullying
abuse
dispute
conflict
negotiate
stereotypes

Living in the Wider World

laws
rights
democracy
diversity
diverse
equality
responsibility
ambitions
achievements
acceptance
national
regional
ethnicity
sustainability
judgement
perspective
inclusion
exclusion
transition