PSHE Definitions

Year 5	Word	Definition
Being me in my world	comparison	The fact of considering qualities that are comparable
	citizen	A person who lives in a particular place, member of the community
	rights	Things that one is morally entitled to do or have
	responsibilities	To act independently and take decisions on your own
	rewards	An advantage someone receives if they are successful, work hard
	consequences	Th outcome of an event especially in relation to an individual
	behaviour	The way in which a person conducts themselves
	democracy	The belief in freedom and equality between people
	participating	Taking part in an event or activity
	community	A sense of fellowship in a particular area
	empathy	The ability to identify with anothers feelings
Celebrating differences	culture	The way of life, general customs and beliefs
	similarities	The fact that people or things look or are th same
	differences	A distinguishing character, quality features
	understanding	The condition of somebody who knows and comprehends
	racism	Discriminative or abusive behaviour towards members of another race
	rumours	A mixture of truth and untruth passed around by word of mouth
	bullying	The act of intimidating a weaker person to do something
	wealth	A large amount of something
	happiness	The feelings of being happy emotions of contentment and joy
	respectful	Showing admiration for someone or something

	discrimination	Treating a person and particular group of people differently
Dreams and goals	hopes	Feeling that some desire will be fulfilled, be optimistic
	dreams	A cherished desire
	goals	The aim and objective to achieve and obtain
	money	The value of what a person owns or earns, amount they have
	careers	General progression of your working or professional life
	reflection	A calm, lengthy intent consideration given serious and careful thought
	supporting	The act of furnishing support and encouragement
	motivating	Enthusiasm and willingness for doing something
Healthy me	smoking	The act of smoking tobacco or other substances
	vaping	The activity of using electronical cigarettes
	alcohol	Drinks such as beer, wine etc that can make people drunk
	anti-social behaviour	Harmful or annoying to other people or to society in general
	emergency aid	Rapid assistance given to a people in immediate distress by individuals, organizations, or governments to relieve suffering
	body image	A person's mental picture of how good or bad their physical appearance is
	food	Anything you can eat and digest and a has nutritional value for health and survival
	healthy choices	Exercising or showing good judgement when making choices about lifestyle
	disorders	A physical condition that causes the body to stop functioning correctly
	misuse	The act of using something in a dishonest way or for the wrong purposes
	respect	Regard highly and think much of
Relationships	self-recognition	Knowledge and understanding of one's own nature and character
	self-worth	A feeling of confidence in yourself, you are a good and useful person
	self-esteem	A feeling of being happy with your own character and abilities

	community	The feeling of sharing things and belonging to a group in a place where you live
	online	Connected to a computer network or accessible by computer
	gaming	Playing computer games online, console or mobile
	gambling	The act of playing games of chance for money, betting on horses etc
	screen time	Time spent using a device such as a computer, television or tablet
	grooming	Process in which an adult develops a friendship with a child through the internet with illegal intentions
	safety	The condition of being protected from harm, injury, hurt, danger or loss.
	rules	An instruction that states the way things should be done
	SMART	Intelligent, or able to think quickly or intelligently in difficult situations.
	negotiate	To have formal discussions with someone in order to reach an agreement
	pressures	The influence or effect of someone or something; Persuading or intimidating to make someone do something.
	harm	Physical or mental damage or other injury or damage.
	friendships	A state of enduring affection, esteem, intimacy and trust between two people.
	communication	The process of exchanging information by speaking, writing or using some other medium.
Changing me	puberty	The time in life when a child's body begins to develop and change as they become an adult.
	conception	The process of becoming pregnant or the origin of anything.
	IVF	A type of fertility treatment for helping a woman to have a baby.
	change	To make or become different.
	transition	The process or a period of changing from one state or condition to another.
	influence	The power to make other people agree with your opinions or do what you want.

	online	The condition of being connected to a network or other devices.
	media	The way of communication, as radio and television, newspapers, magazines, and the internet, that reach or influence people widely.
	emotions	The strong feelings such as love, anger, happiness, fear or hatred which can be caused by the situation that you are in or the people you are with.