PSHE Definitions

Year 6	Word	Definition
Being me in my world	goals	Something that you hope to achieve in the future with efforts and commitments.
	global citizen	An individual who is aware of the world and has a sense of their role in it. They respect and value diversity and are knowledgeable of and work against social injustices.
	universal rights	The rights and freedoms that belong to every person in the world, from birth until death, regardless of race, sex, nationality, ethnicity, language, religion or any other states.
	welcomes	Greetings in a polite or friendly way.
	valued	Considered to be important, useful, good or beneficial.
	choices	Having an option, an opportunity for making decisions or to choose or select something.
	consequences	The effects, results or outcomes of something occurring earlier.
	rewards	The things given in recognition of service, effort or achievement.
	group dynamics	A system of behaviours and psychological processes occurring within a social group, or between social groups. The group members share positive values and work together to achieve common goals.
	democracy	A method of group decision making considering all the members equally; control of an organisation or group by the majority of its members.
	anti-social behaviour	Acting in a way that causes harm, distress to one or more people persistently; shouting, swearing, fighting, harassment or verbal abuse.
	role-models	The people who someone admires and whose behaviour they try to copy.

	community	All the people living in an area who are considered to have common interests such as religion, values, customs or identity.
	empathy	The ability to understand and share, to be sensitive to, the feelings of others.
	influence	The power to make other people agree with your opinions or do what you want.
Celebrating differences	perceptions	The ability to see, hear, or become aware of something trough the senses.
	normality	The state of being normal, usual, typical or expected.
	disability	A physical or mental condition that has a long-term negative effect on your ability to do normal daily activities.
	power struggle	A situation where two or more people or organizations fight for power or the control.
	bullying	Repeated behaviour which is intended to hurt someone emotionally or physically and is often aimed at certain people because of their race, religion, gender and disabilities.
	inclusion	The act of making someone or something as a part of group, list or collection.
	exclusion	Leaving someone out, deliberately not using, allowing or considering, or being left out.
	conflict	Serious disagreement and argument about something important between people, groups, countries etc.
	celebration	A special enjoyable event that people organise because something pleasant has happened or because it is someone's birthday or anniversary.
	differences	Two or more things which you are comparing are not the same.
Dreams and goals	success criteria	A list of features of outcomes which are expected to achieve at the end of a lesson or a project.
	emotions	Strong feelings such as happiness, love, anger, sadness or hatred which can be caused by the situation that you are in or the people you are with.
	motivation	A strong reason to do something willingly or an act of stimulating someone to achieve their goals.
	achievements	Something which someone has succeeded in doing with great effort, courage or special skills.

	compliments	Expressions of praise, commendation, admiration, respect, affection, greetings, regards or good wishes.
	teamwork	Cooperative effort of a group to achieve a common goal or to complete a task in the most effective and efficient way.
Healthy me	responsibility	Doing the things that you are expected to do and accept the results of your action; perform or complete a task.
	substances	Any material that possesses physical properties.
	exploitation	The act of using resources or the act of treating people unfairly in order to benefit from their efforts or labour.
	county lines	An organised crime gangs and networks who use the children to sell drugs by making them to travel across countries, and they use dedicated mobile phone lines to supply drugs.
	gang culture	A group of persons, usually youths, sharing a common identity, interests and engaging in criminal behaviours.
	emotions	Strong feelings such as happiness, love, anger, sadness or hatred which can be caused by the situation that you are in or the people you are with.
	mental health	A state of emotional well-being, the ability to live a full and creative life, and ability to cope with the normal stresses of life.
	stress	Great worry caused by a difficult situation, or the feelings we get when we have demands placed on us that we find difficult to cope with.
	alcohol	A liquid which contain drug ethanol and can make you drunk.
	impact	The striking of one thing against another; forceful contact or having an effect on another.
	pressure	The burden of physical or mental distress.
Relationships	support	To give comfort, encouragement, help, confidence or financial assistance to someone to prevent from failing.
	love	A feeling of warm, strong personal attachment or deep affection for a person.
	loss	The fact of no longer having something or someone or having less of it than before.
	feelings	Strong mental agitation or excitement involving the emotions such as love, anger, pain, hunger.

	power	Physical, mental or spiritual ability to do something, act or control something or someone.
	control	The power or ability to influence or direct people's behaviour or the course of events.
	assertiveness	Being able to stand up for your own or other people's rights in a calm, honest, and positive way, without being aggressive.
	safety	Freedom from danger, risk, or threat of harm, injury, or loss to personal property.
	understanding	An individual's judgement of a situation or being able to sense of other people's feelings.
Changing me	self-image	The way a person feels about his or her personality, achievements and value to society.
	body-image	How we think and feel about ourselves physically, and how we believe others see it.
	puberty	The time in life when your body begins to develop and change as you move from kid to adult.
	conception	The process of becoming pregnant.
	birth	The emergence of a baby or other young from the body of its mother; the start of life as a physically separate being.
	change	To make or become different, to replace with something new or different
	physical attraction	How you look or how you can make someone attracted to you, how a person's physical features are beautiful and please others.
	respect	A feeling of deep admiration shown for someone or something considering their abilities, qualities or achievements.
	consent	To agree, approve, comply or give permission to do something or to allow someone to do something.
	boyfriends	A frequent or regular male companion in a romantic relationship.
	girlfriends	Frequent or regular female companions in a romantic relationship.
	sexting	The sending of sexual images, videos, messages or emails by cell phones.
	transition	The process or period of changing from one state or condition to another.

	pregnancy	Having a child developing in the body of a female.
	teenage development	The physical, mental, social changes and the process of becoming sexually mature.