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|  | **Key Concept** | **Explanation** |
| **Key Stage**  **One** | Belonging | Having a secure relationship with or a connection with a particular group of people. Feeling a sense of belonging and pride in our families, communities and with peers, helps us to be emotionally strong, self-assured, and able to deal with challenges and difficulties. |
| Differences | When two or more things which you are [comparing](https://dictionary.cambridge.org/dictionary/english/compare), are not the same. |
| Choices | Choices are the right, power, or opportunity to [choose](https://www.dictionary.com/browse/choose). |
| **Lower Key Stage Two** | Respect | Admiring or looking up to someone because that person has done something extraordinary or possesses impressive abilities. An act of giving attention or showing care. |
| Responsibilities | Doing the things you are supposed to do and accepting the results of your actions. A responsibility: something you are expected to do. Being responsible: doing the things you are supposed to do. |
| Community | A group of people living in a particular area. A community can be made up of a large or small group of people. The land area of a community can also be large or small. The word community can also mean a group of people with common interests that may or may not live together. |
| **Upper Key Stage Two** | Influence | The power to have an important effect on someone or something. If someone influences someone else, they are changing a person, sometimes this can be indirectly. |
| Identity | The qualities, beliefs, personality, looks and/or expressions that make a person or group. Identity relates to self-image (one's mental model of oneself), self-esteem, and individuality. |
| Transition | A movement, passage, or change from one position, state, stage, subject, concept, etc., to another. For example, the transition from adolescence to adulthood. |

Below is an overview of the key concepts and vocabulary taught in RSHE throughout the school. These are revisited and built upon throughout children’s time at Mayespark.

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|  | **Unit of Work** | **Key Vocabulary** |
| **Key Stage**  **One** | Being me  in my world | safe, special, calm, rights, responsibilities, rewards, proud, consequences |
| Celebrating  difference | similar, different, gender -stereotype, bullying, friend |
| Dreams and Goals | goal, achieve, success, proud, strengths, persevere, difficult, challenge, problem-solve |
| Healthy me | motivation, lifestyle, choice, relax, tense, medicine, dangerous, unhealthy, healthy, balanced-diet, energy, nutritious |
| Relationships | family, trust, relationship, conflict, compliments, celebrate, positive, negative, appreciate |
| Changing me | life-cycle, male, female, public, private, acceptable, unacceptable, comfortable, uncomfortable, change, excited, nervous, anxious |
| **Lower Key**  **Stage Two** | Being me  in my world | Included, excluded, valued, democracy, decision, authority, contribution, observer |
| Celebrating difference | assumption, influence, appearance, opinion, attitude, judgement, secret, deliberate, bystander, witness, cyber- bullying, troll, unique, characteristics |
| Dreams and Goals | hope, determination, resilience, positive -attitude, disappointment, fears, cope, self -belief, motivation, commitment, enterprise, cooperation, evaluate |
| Healthy me | friendships, emotions, relationships, value, leader, follower, assertive, smoking, pressure, guilt, advice, alcohol, disease, believe, opinion |
| Relationships | Jealousy, problem-solve, emotions, loss, strategy, shock, disbelief, numb, denial, despair, relief, acceptance, depression, souvenir, memento, memorial, memories, compromise, empathy |
| Changing me | personal, unique, characteristics, change, control, acceptance, stereotype, challenge, private, penis, vulva, testicles, nipples |
| **Upper Key**  **Stage Two** | Being me  in my world | community education, Maslow, empathy, comparison, opportunities, obstacles, cooperation, collaboration, legal, Illegal, lawful |
| Celebrating  difference | ability, disability, visual impairment, empathy, perception, medication, diversity, courage, fairness, struggle, imbalance, control, harassment, argument, recipient, perseverance, admiration, stamina |
| Dreams  and Goals | Global Issue, suffering, concern, hardship, sponsorship, suffering, compliment, contribution, recognition |
| Healthy me | Immunisation, prevention, prescribed, unrestricted restricted, Illegal, volatile, substances, ‘legal highs’, exploited, vulnerable, criminal, reputation, anti -social behaviour |
| Relationships | ashamed, grief, hopelessness, acceptance, bereavement, coping -strategies, communication technology, cyberbullying |
| Changing me | self -image, self -esteem, real -self, opportunities, freedoms, puberty, grooming, affirmation, self-esteem, transition, secondary, journey, penis, scrotum, testicles, sperm, vulva, vagina, ovary, egg, menstruation, periods |