




















Key Vocabulary from RSE solution

bold – key vocab

italic – other useful vocab from unit which will be used in context of learning

	 My feelings	 My body	 My relationships	 My beliefs	 My rights and responsibilities	 Asking for help
	feelings comfortable uncomfortable emotions e.g. <i>excited, angry</i>	hygiene <i>clean</i> <i>germs</i> <i>illness</i>	same similar different <i>unique</i> <i>gender</i>	like dislike difficult <i>decision</i> <i>responsible</i> <i>choice</i> <i>scenario</i>	private <i>public</i> <i>activities</i> <i>trusted</i> <i>privacy</i>	special <i>caring</i> <i>positive emotion</i>
	emotions feelings <i>react</i> <i>comfortable</i> <i>uncomfortable</i> <i>manage</i> <i>response</i> <i>behavioural response</i>	penis vulva <i>private</i> <i>natural</i> <i>genitals /</i> <i>genitalia</i>	communication <i>listen</i> <i>disagreement</i> <i>conflict</i> <i>negotiate</i> <i>resolve</i> <i>fair</i> <i>calm down</i>	similarities differences <i>unique</i> <i>special</i> <i>celebrate</i> <i>diverse</i> <i>disability</i> <i>belief</i> <i>talent</i>	disease bacteria <i>illness</i> <i>prevention</i> <i>immunisation</i> <i>bodily fluids</i>	problem help <i>emergency services</i>
	self-esteem <i>compliment</i> <i>strength</i> <i>goals</i>	vagina <i>growing</i> <i>physical</i> <i>mental</i> <i>emotional</i> <i>foetus</i> <i>development</i>	bullying <i>physical</i> <i>verbal</i> <i>emotional</i> <i>sexual</i> <i>impact</i>	unique <i>different</i> <i>special</i> <i>family tree</i> <i>fit in</i> <i>negative</i> <i>positive</i> <i>celebrate</i> <i>confidence</i>	personal space privacy <i>touch</i> <i>comfortable</i> <i>uncomfortable</i> <i>no</i> <i>assertive</i> <i>safe</i> <i>unsafe</i> <i>naked</i>	secret surprise <i>worry</i> <i>trust</i> <i>comfortable</i> <i>uncomfortable</i> <i>positive</i> <i>help</i> <i>share</i>
	aspiration confident <i>self-esteem</i> <i>achievement</i> <i>self-talk</i> <i>positive</i> <i>strengths</i> <i>feelings</i> <i>behaviour</i> <i>internal</i>	penis vulva hygiene <i>unique</i> <i>similarities</i> <i>differences</i> <i>changes</i> <i>natural body</i> <i>celebrate</i> <i>bacteria</i> <i>spread</i>	relationship <i>connection</i> <i>blood</i> <i>civil partnership</i> <i>marriage</i> <i>friendship</i> <i>respectful</i> <i>love</i> <i>caring</i>	Gender Stereotype <i>Media</i> <i>Values spectrum</i> <i>Strength</i> <i>Healthy</i> <i>Equal</i> <i>positive</i>	penis testicles vulva vagina <i>rights</i> <i>responsibilities</i> <i>safe touches</i> <i>private</i> <i>comfortable</i> <i>uncomfortable</i> <i>permission</i> <i>stop</i> <i>trust</i> <i>consent</i> <i>communicate</i>	secret surprise <i>break confidence</i> <i>share</i> <i>positive</i> <i>hidden</i>
	emotions empathy <i>strategies</i> <i>manage</i> <i>recognise</i> <i>respond</i> <i>angry</i> <i>scared</i> <i>breathing</i> <i>calm</i>	foetus puberty <i>changes</i> <i>physical</i> <i>emotional</i> <i>teenager</i> <i>adult</i> <i>grow</i> <i>develop</i>	public private <i>touch</i> <i>relationship</i> <i>respond</i> <i>uncomfortable</i> <i>touch</i> <i>comfortable touch</i> <i>unhealthy relationship</i> <i>behaviours</i>	similar different identity <i>connected</i> <i>blood relative</i> <i>step family</i> <i>friend</i> <i>foster family</i> <i>chosen family</i> <i>gender</i> <i>internal identity</i> <i>external identity</i> <i>unique</i>	marriage arranged marriage forced marriage <i>wedding</i> <i>commitment</i> <i>faith</i> <i>tradition</i> <i>custom</i> <i>Christian</i> <i>marriage vow</i> <i>legal</i> <i>permission</i> <i>happiness</i> <i>respect</i> <i>love</i> <i>choose</i> <i>force</i> <i>relationship choice</i>	peer pressure <i>help</i> <i>strategies</i> <i>trust</i>

	 My feelings	 My body	 My relationships	 My beliefs	 My rights and responsibilities	 Asking for help
	puberty emotions overwhelming rollercoaster hormones natural mood swing self-esteem aggression depression trigger fatigue stress anxiety managing impact healthy comfortable uncomfortable	puberty penis erection wet dream male female testicles scrotum pubic hair breasts sweat sperm ejaculation voice break facial hair spots blackheads pustules cope unwanted discharge period menstruation ovary fallopian tube womb vagina sanitary towel natural	relationships healthy unhealthy close connected enjoyable unsafe external behaviour reaction	gender sex intersex transgender gay lesbian homophobic gender identity sexual orientation transphobic bullying penis testicles vulva vagina sexuality love	personal information social media share permission always shared share aware responsibility	online internet manage situation strategy upsetting help
	body image realistic unrealistic proportions physical natural perfect positive negative compliment self-esteem media manipulate positive self-talk	sexual intercourse conception puberty nipples penis vagina testicles breasts ovaries menstruation ejaculation wet dream clitoris wet hard fallopian tube reproductive urethra sperm duct epididymis scrotum vulva uterus	homophobic biphobic transphobic gender sexuality cisgender pangender sex intersex gay lesbian bisexual same-sex heteronormativity natural attraction romantically disclosure legal judging choose	vulva clitoris circumcision FGM (Female genital mutilation) pleasure harm surgical labia urinate complications vagina urethra	infection STI (sexually transmitted infection) condom germs bodily fluids semen penis pregnancy pleasure sexual activity awkward embarrassed prevention	problems help support trust puberty relationships FGM gender questioning body image self-esteem advice safe empathy