

Le Cateau's
A-Z of
PSHE & SRE



Le Cateau's A-Z of PSHE & SRE



A

Adolescence – The time between childhood and adulthood.

Anti-social - Behaviour that's not community-friendly

Argument – A angry disagreement

B

Bacteria – A type of germ

Boundaries - rules that you create in which you think other people should behave towards you

Bullying - Deliberate unkind behaviour that is on purpose more than once online

Behaviour - The choices you make about what you do and how you treat others

Body Image - How you feel about how you look

Le Cateau's A-Z of PSHE & SRE



C

Challenge- To question if something is right

Civil Partnership - The same as a marriage, but some people consider it to be a more modern version without the same traditions and religious elements usually associated with marriage. A legal contract is signed.

Community - a group of people living in the same place/share same values. Children to understand that they are part of different communities.

Commitment — A promise to do or give something.

Confidential - Private or restricted information

Conflict - Disagreements. Can be verbal or can become physical.

Consequences - The result of a choice someone has made

Co-operate - work together

Culture - A group of people who share a way of life - e.g.: greetings, language, food, beliefs, traditions and values

Cyber-bullying - Bullying that happens online

Le Cateau's
A-Z of PSHE
& SRE



D

Different – not the same

Digital Devices - Tv, ipads, phones, laptops etc.

Disability - A physical or mental condition that limits a person's movements, senses or activities

Diversity - Difference/ variety

Le Cateau's A-Z of PSHE & SRE



E

Environment - Natural world as a whole or a particular area

Emotions - How you feel

Empathise - Understanding and sharing the feelings of someone else

Ethnicity - Belonging to a large group of people with a shared nationality and therefore often culture

F

Family - People that care for you.

Family - People that care for you.

Faith - Religion or beliefs

Feelings - Different emotions we feel eg, happy, sad, angry etc.

Friendship - Being kind, having fun and sharing

Le Cateau's
A-Z of PSHE
& SRE



G, H, I, J

G

Gender - male (boy/man) or female (girl/woman)

H

Healthy - keeping your body working at it's best.

Healthy Relationship — A relationship with someone that is based on respect.

Hygiene - the practice of keeping clean and to prevent disease.

I

Immunisation - Having an injection to protect you from getting certain infections and diseases — to make you immune.

Individual Liberty - having the freedom to do what you want as long as it's within the law and you're safe

Independence - Doing things for yourself

Independence - Doing things for yourself

Le Cateau's A-Z of PSHE & SRE



K, L

K

Kind - wanting or liking to do good and to bring happiness to others

L

Legal - Allowed by law

M

Marriage — A commitment to another person that you will spend the rest of your life with them. A marriage should be freely entered and stable. A legal contract is signed.

Maturity - something that children acquire over time as they learn skills and develop the capacity to deal with the complexities of life.

Media - Methods of communication that enable people to share information, including newspapers, television, radio, internet information, advertising and social media (E.g.: Facebook and Instagram)

Menstruation — Another word for 'period'

Mutual Respect - Understanding we don't all share same values and beliefs

Le Cateau's A-Z of PSHE & SRE



N,O

Nationality - which 'nation' you were born in usually gives your nationality.
E.g.: A person born in Germany has German nationality. Sometimes, if someone moves to live in another country permanently, they can choose to become a citizen of that country, meaning their nationality would change.

Le Cateau's A-Z of PSHE & SRE



P

Peers - The people who are roughly your age

Peer Pressure - Pressure from your peers to do something you know is wrong or risky, or that you don't want to do

Penis - A male organ

Period - the 2 to 7 days that a girl or woman has her menstrual flow, which is when blood and tissue leave her body through her vagina.

Permission - How to ask and give permission for to be touched/touch others.

Personal Boundaries - Limits we set ourselves within relationships.

Personal Hygiene - Keeping our bodies and clothes clean

Prejudice - Pre-judging someone: making a decision about what you think they are like before you know them

Private - Not to be shared

Puberty - The process of physical changes through which a child's body matures into an adult body

Physical - What you look like

Le Cateau's A-Z of PSHE & SRE



Q

Queer - People use this word as a way to identify with and celebrate people of all gender identities and all the ways people love each other

R

Race - Groups people according to certain physical characteristics such as skin, hair and eye colour

Racism - Being prejudiced against someone/ a community because of their race

Respectful - to recognize and appreciate the rights, beliefs, practices, and differences of other people

Responsible - Being responsible is doing the things you are meant to do and understanding that there are consequences if you don't.

Responsibilities - Having responsibilities is about having things that you need to do and making sure you do them as you are meant to.

Responsibilities - Having responsibilities is about having things that you need to do and making sure you do them as you are meant to.

Le Cateau's A-Z of PSHE & SRE



Rights - Belong to every person

Risks - A situation where you are exposed to danger

Routines - Actions regularly followed

Rules - Example of different rules in class, home, outside in the community (they keep us safe)

S

Secrets - Secrets are things that people tell you that you can never ever tell



Children should not keep secrets which make them feel worried or uncomfortable

Self-confidence - The belief that you are capable

Self-esteem - How good you feel about yourself

Sexuality - Whether you are attracted to males, females, both or neither

Sharing - The joint use of object or space (taking turns)



Le Cateau's A-Z of PSHE & SRE



Similar – The same

Stable - Constant – not changing. Safe.

Stereotype - A group that we put people into without knowing them

Strategies - Ways to help yourself cope with things you find difficult

Sweat - to give off salty moisture through the pores of the skin

T


Testicles – male glands

Trans (short for transgender) - When someone does not feel that they were meant to be the gender they were born into. E.g.: A girl/woman feels that they should have been a boy/man. They may choose to change their appearance and name.

Trust – Feeling safe with someone. Knowing you can believe them.

Being honest

Trusted Adult - Grown-ups who you can tell about your worries and they will help you



Le Cateau's A-Z of PSHE & SRE



U

Unhealthy - Not good for someone's health.

Uncomfortable - causing or feeling unease or awkwardness

Unkind - What does unkind behaviour look like in and out of school.

V

Value - Know that something or someone is important

Vagina - A female body part

Viewpoints - Feeling differently about something to how someone else feels about it

Vulva - The external part of female reproductive body part.

W, X, Y, Z

Witness - Someone who sees something happen