

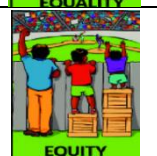
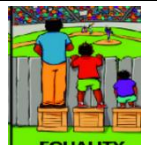
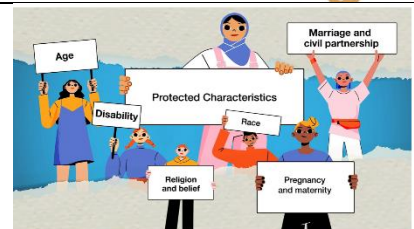


Personal Development & RSHE

UKS2



Word	Definition
RSHE	Relationships & Health Education
British Values	Values that underpin what it is to be a citizen in modern Britain
BV1: Democracy	Government of the people, by the people, for the people e.g. school councillors
BV2: Rule of Law	Laws are made to protect people. Anyone who breaks the law will be held to account
BV3: Individual Liberty	People have a right to choose how they live their lives
BV4: Mutual Respect	Listening to and valuing the views of one another
BV5: Tolerance (different faiths & beliefs)	Respecting people's right to practice any religion they like, or none at all
Protected Characteristics	Groups in society that are protected by law to ensure fairness. Some characteristics include: Age Race Disability
Diversity	Embracing differences and including people from all walks of life
Equality	Treating people fairly
Equity	Giving people what they need to succeed to the same level as others
Racism	When a person is treated unfairly because of the colour of their skin, their hair type, their accent or background
Bullying	When a person is intentionally unkind 'several times on purpose'
Extremism	Vocal or active opposition to British Values
Puberty	Stage of development when your body begins to change as it prepares for adulthood
Health & Wellbeing	How we are doing and how we feel about our lives. This involves physical wellness and mental wellness
Personal Safety	How to keep yourself safe, recognising risks both online and in everyday life
Online Safety	Knowing how to stay safe online, including identity protection and being aware of the risk of inappropriate or harmful content
Catholic Virtues	"Virtues are good habits." PJFT = FHC
Gospel Values	Outward signs of our faith; help us form our character with good morals




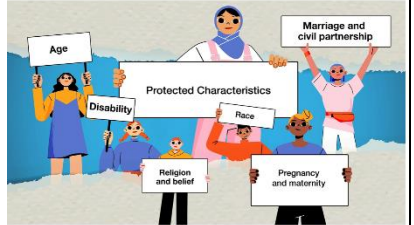
"Reach out, speak out, tell a trusted adult!"



Personal Development & RSHE

LKS2



Word	Definition
RSHE	Relationships & Health Education
British Values	<p>Values that help us to be a good citizen in modern Britain.</p> <p>Democracy Rule of Law Individual Liberty Mutual Respect Tolerance (of different faiths & beliefs)</p> 
Protected Characteristics	<p>Groups in society that are protected by law so that they are treated the same as others. Some characteristics include:</p> <p>Age Race Disability</p> 
Diversity	Embracing differences and including people from all walks of life
Equality	Treating people fairly
Racism	When a person is treated unfairly because of the colour of their skin, their hair type, their accent or background
Bullying	When a person is unkind 'several times on purpose'
Bodily Autonomy	The right to decide what happens to your own body and how you want to use it
Consent	Agreeing to something. No one should be forced to give their consent
Health & Wellbeing	How we are doing and how we feel about our lives. This involves keeping our bodies and minds healthy.
Personal Safety	Knowing how to keep yourself safe, spotting risks both online and in everyday life
Online Safety	Knowing how to stay safe online, including keeping passwords private
Catholic Virtues	<p>"Virtues are good habits."</p> <p>Praying Just Feels Terrific</p>
Gospel Values	Teachings from the Gospel that help us to learn how to live a good Christian Life


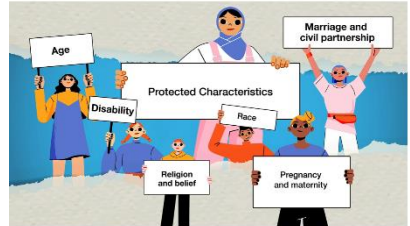
"Reach out, speak out, tell a trusted adult!"



Personal Development & RSHE

KS1



Word	Definition
RSHE	Relationships & Health Education
Relationships	How to be a good child in my family, how to be a good friend
British Values	Building a good community in our country. Democracy Rule of Law Individual Liberty Mutual Respect Tolerance (of different faiths & beliefs) 
Protected Characteristics	Groups with extra protection in our country. Age Race Disability 
Racism	When a person is treated unfairly because of the colour of their skin or background
Bullying	When a person is unkind 'several times on purpose'
Physical health	Keeping our bodies healthy with exercise and a balanced diet
Wellbeing	Keeping our minds healthy by using positive thinking
Personal safety	Knowing how to keep yourself safe, such as crossing the road
Online Safety	Knowing how to stay safe online, such as not talking to strangers
Virtues	"Virtues are good habits."
Gospel Values	The Bible teaches us how to live a good Christian Life

"Reach out, speak out, tell a trusted adult!"