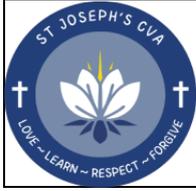


Personal Development &

RSHE

KS2

Word	Definition
RSHE	Relationships & Health Education
British Values	Values that underpin what it is to be a citizen in modern Britain
BRITISH VALUE 1: Democracy	Government of the people, by the people, for the people e.g. school councilors
BRITISH VALUE 2: Rule of Law	Laws are made to protect people. Anyone who breaks the law will be held to account
BRITISH VALUE 3: Individual Liberty	People have a right to choose how they live their lives
BRITISH VALUE 4: Mutual Respect	Listening to and valuing the views of one another
BRITISH VALUE 5: Tolerance – different faiths and beliefs	Respecting people’s right to practice any religion they like, or none
Protected Characteristics	Groups in society that are protected by law to ensure fairness. Some characteristics include Age, race, gender or disability
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 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.”



Personal Development & RSHE KS1

Word	Definition
RSHE	Relationships & Health Education
Relationships	How to be a good member of my family and friend
British Values	Building a good community in our country
Protected Characteristics	Groups that we protect in our country, such as race, gender or 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