



SWGS KS3 VOCABULARY LIST: PSHE

This list consolidates key vocabulary in the subject, making it easier for you to know, understand and use it accurately. This may be provided as a pre-filled glossary or a word list to complete. Your teachers will use this vocabulary frequently, and you will encounter it in reading. You will be expected to learn meanings and spellings.

Theme: Health and Wellbeing

Acne	A skin condition that develops in the pores of the skin around the hair follicles and glands that produce oil.
Addiction	Not having control over doing, taking or using something at the point where it could be harmful to you.
Anti-Vaxxer	Someone who argues against the use of vaccination.
Benign	Non-cancerous.
Body Image	A combination of the thoughts and feelings that someone might have about their body. It can range between positive and negative experiences, and one person may feel at different times positive or negative or a combination of both.
Cancer	A general term for lots of different diseases, all caused by cells not behaving 'normally'.
Consent	An agreement by choice made by someone with the freedom and capacity to consent.
Anxiety	Persistent, excessive worries that don't go away even in the absence of the stress.
Cosmetic Dentistry	A branch of dentistry which focuses on improving the appearance of your smile.

Dental Health	The practice of keeping your mouth clean and free from disease, decay and other problems by regularly brushing and cleaning your teeth and gums.
Depressants	A type of drug which reduces activity of the brain. They can make you feel sleepy and reduce anxiety but high doses can become addictive.
Depression	A mental health problem that involves having a low mood or losing interest and enjoyment in things It can also cause a range of other changes to how someone might feel or behave.
Dissociative	A type of drug causing a person to feel separated or detached from the body or physical environment.
Drug	A substance that has an effect on the body. They can be legal (e.g. medicines) or illegal (e.g. recreational drugs).
FGM	A practice that involves altering, changing, cutting or removing any part of the female external genitalia. The practice is done to natural and healthy genitalia and there is no medical reason for the practice.
Hallucinogen	A type of drug that causes you to see or hear things that are not real – can be exciting or terrifying.
Health	A state of wellbeing, in which an individual realises their own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to their community. (World Health Organisation)
Hormone	A chemical produced by your body that makes an organ of your body do something. Sex hormones are responsible for many of the changes in puberty, although we also have different types of hormones that control other processes, e.g. growth, sleep and hunger.
Immunity	The ability to resist infections and diseases.
Malignant	Cancerous.

Menstruation	Commonly referred to as a period. It is a stage in the menstrual cycle where the lining of the uterus is shed through the vagina.
Mental Health	A state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community (WHO definition)
Mindfulness	The idea that being more conscious of your surroundings and feeling that you are in the present (rather than worrying about the future) can help you feel calmer.
Nicotine	A stimulant found in tobacco and most vaping products. It is highly addictive.
Painkillers	A type of drug used to reduce pain and cause the feeling of numbness.
Personal Hygiene	Cleanliness of the body and proper maintenance of personal appearance. It generally includes all body areas and clothing.
Possession	An individual is caught with a controlled drug for personal use. The person does not have to be using it, just to have it in their possession.
Possession with intent to supply	A person is planning to give controlled drugs to someone else. This includes selling, sharing or giving for free.
Psychosis	When someone's perceptions, thought processes, beliefs and emotions appear to become disconnected from reality. These symptoms may come and go, and the person may seem 'normal' at times. It is a broad term covering symptoms commonly associated with more than one type of mental health illness, including schizophrenia and bi-polar disorder (type 1).
Puberty	Occurs during adolescence where individuals reach sexual maturity.
Self-Esteem	How someone might value and perceive themselves. It's based on opinions and beliefs about themselves which can be difficult to change.

Stimulants	A type of drug which increases activity of the brain. You feel more alert/awake but they can cause unpredictable changes in personality.
Supply	A person distributes or gives someone else controlled drugs. This can be selling, giving for a reward of some form, sharing or giving for free.
Tooth Decay	Describes damage to a tooth's surface, or enamel.
Unhealthy Coping Strategies	Behaviours people use to deal with difficult emotions which have long-term negative consequences
Vaccine	A substance created and given to people that will provide immunity from a specific infection or disease.
Vaccination	The means of giving a person a vaccine, most are commonly injected.

Theme: Relationships

Arranged Marriage	A marriage planned and agreed by the families or guardians of the couple concerns, to which both individuals consent.
Asexual	Someone who does not experience sexual attraction.
Assertiveness	A healthy way of communicating. It allows someone to speak up for themselves in a way that is honest and respectful.
Bereavement	Experience of losing someone importance, characterised by grief.
Bisexual	Someone who is sexually attracted to more than one gender.
Blended Family	A family consisting of a couple, the children they have had together and their relationships. Can also include other family members living together (e.g. cousin).

Body Language	Expressions and or movements to show understanding or confusion.
British Values	Include democracy, the rule of law, individual liberty and mutual respect and tolerance of different faiths and beliefs.
Bullying	Unwanted, aggressive behaviour that makes the victim less powerful or feel less powerful than the bully. The behaviour is repeated, or has the potential to be repeated, over time.
Catfishing	Pretending to be someone else online, typically by using someone else's photos.
Cisgender	Someone whose gender identity matches their biological sex (as recorded at birth).
Civil Partnership	A relationship which can be registered by two people of the same or opposite sex.
Coercion	A continuing act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten the victim.
Cohabitation	Living together as a couple without being married or civil partners.
Contraception	Methods (hormonal and non-hormonal) used to prevent pregnancy.
Cyberbullying	The use of technologies by an individual or group of people to deliberately and repeatedly upset and cause harm to someone else.
Exploitation	Being groomed, forced or coerced into doing something that you don't want to do for someone else's gain.
Forced Marriage	A marriage where one or both people do not consent to the marriage and pressure, or abuse is used.

Gang	A group of people who are involved in organised crime activity.
Gay	A widely accepted term for anyone attracted to the same sex. Often refers to men.
Heterosexual	Someone who is sexually attracted to someone of a different sex to themselves.
Intersex	Someone whose sex cannot be clearly identified as male or female at birth due to different sex development, with variations affecting genitalia, reproductive organs or chromosomes.
Lesbian	A woman who is sexually attracted to other woman.
Listening	Not the same as hearing. It involves consciously processing and remembering whereas hearing can be background noise.
Manipulation	To control something or someone to your advantage, often unfairly or dishonestly.
Marriage	A legal union between two people, can be same-sex or opposite-sex.
Misogyny	The hatred of, contempt for, or prejudice against women or girls
Peer Influence	Where someone chooses to do something, they might not otherwise do, because they want to feel accepted and valued by friends/peers. It isn't just or always about doing something against their will.
Pornography	A video or picture that's been designed to make someone feel aroused.
Resilience	A skill that helps people to recover quickly from difficulties, change or misfortune; to adapt to and overcome risk and adversity; to persevere and 'bounce back'.

Sexting	To send sexual messages, photos or videos to someone else.
Sexual Orientation	An umbrella term covering sexual identity, attraction and behaviour.
STI	Sexually Transmitted Infection. Where a bacterial or viral infection is based on through unprotected sexual contact.
Transgender	Umbrella term for some people whose gender identity is different from their biological sex (as recorded at birth).
Verbal Communication	Use of voice, volume, language, speed, pauses and humour, as well as bring your own style to the delivery and how you relate to the audience.
Written Language	Use of basic grammar, paragraphs and key words to emphasise your meaning. It can vary in format. For example: letter, email or text.

Theme: Living in the Wider World

Anaphylactic Shock	A life-threatening allergic reaction that happens very quickly.
Apprenticeship	A paid job which offers hands-on work experience alongside off-the-job training.
Bank of England	The UK's central bank – it is responsible for keeping the economy healthy and the financial system safe.
Bank Rate	The interest rate at which the Bank of England lends money to high street banks. It influences the interest that high street banks charge, or pay, their customers
BTEC	A practical based, vocational qualification.

Citizen	A person who legally belongs to a country and has the rights and protection of that country.
Consumer	Someone who buys goods or services. We are all consumers in some way or form.
CPR	Cardiopulmonary resuscitation. An emergency lifesaving procedure performed when the heart stops beating.
Critical Thinking	The process of thinking carefully about a subject or idea, without allowing feelings or opinions to affect you
Culture	The combination of a group's traditions, beliefs, rules of behaviour, etc.
Cybercrime	Any criminal activity that can only be carried out using a computer or the internet, for example, hacking.
DDoSing	Overwhelming a website/server with too many users, making it temporarily unusable
Debt	Money that is owed – and that is expected to be paid back – by an individual , business or country.
Defibrillator	A piece of equipment that applies an electric charge or current to the heart to rest to a 'normal' heartbeat. Used in response to a cardiac arrest.
Delayed Gratification	Favouring long-term rewards over short-term rewards (instant gratification).
Democracy	A system of government in which citizens vote in regular, fair elections for representatives who then make laws and decisions on their behalf.
Diversity	A range of human differences, including but not limited to race, ethnicity, sexual orientation, and physics o mental ability.

Equality	Having equal opportunities and rights. It is being treated fairly and means being able and supported to reach your potential.
Extremism	The promotion or advancement of an ideology based on violence, hatred or intolerance.
First Past the Post	A voting system used in local election in England. The winner is the candidate who gets the most number of votes. (Also called a 'plurality' or 'winner takes all' voting system)
Fraud	Wrongful or criminal deception intended to result in financial or personal gain.
Free Speech	The right to seek, receive and share information and ideas with others. But this freedom must be used responsibly, and can be restricted when considered 'grossly offensive' or seen as threatening or encouraging hateful activity.
Hacking	Gaining unauthorised access to a data system or network.
Gambling	Typically, an activity where someone risks money or belongs. There is an element of randomness or chance involved and the purpose it to win.
GCSE	General Certificate of Secondary Education. An academic qualification generally taken in the UK at the end of Yr11 schooling.
Government	The people or systems that manage or control a country or region.
Hate Crime	A hate crime is any crime committed against someone because of their race, religion, sexuality, gender, disability, appearance, or because they are thought o be something, even if they are not. It can include threats, verbal abuse, physical attacks, bullying, etc.
Hate Speech	Often describes those targeted as being 'the other', in opposition to the author's group, and even dehumanises them. Hate speech

	perpetrators often see ‘the other’ as enemies and the sole cause of problems in society.
Hidden Agenda	A secret reason for doing something.
High Street Bank	A bank that is run as a business. It looks after money, lends money and helps people pay for things (by issuing debit and credit cards).
House of Commons	Democratically elected house of the UK Parliament, responsible for making laws and checking the work of Government.
House of Lords	The second chamber of UK Parliament. It is independent from, and complements the work of, the elected House of Commons.
Human Rights	“The basic rights and freedoms to which all humans are entitled. They ensure people can live freely and that they are able to flourish, reach their potential and participate in society. They ensure that people are treated fairly and with dignity and respect. You have human rights simply because you are human and they cannot be taken away.” (Amnesty International)
Identity	How a person sees themselves. It is a combination of their preferences, culture, ethnicity, race etc.
Identity Theft	When personal details are stolen. Identity fraud is when those details are used to commit fraud
Impulsivity	Acting without thinking about the consequences.
Income	Money we earn or receive from working for a wage or salary or from investing in assets e.g. money in a bank, in stocks and shares, in property.
Inequality	When people aren’t given equal opportunities and rights. They are treated unfairly and experience discrimination.

Inflation	When prices for goods and services in general are rising. Usually expressed as an annual percentage rate.
Interest	The cost of borrowing and the money earned on savings.
Interest Rate	The proportion of a loan that is charged as interest to the borrower, typically expressed as an annual percentage of the loan outstanding.
LMI	Labour Market Information. It consists of two aspects. 1 – Information about the number and type of companies and employment opportunities in your area or further afield; 2 – Information about specific careers.
Loan	Money borrowed, usually from a bank or building society.
Manifesto	A written statement of the beliefs, aims, and policies of an organisation, especially a political party.
Prejudice	Judging someone without knowing them, based on what they look like or what group they belong to.
Proportional Representation	A type of voting system dependent on number of votes. Each party will get the same percentage of seats as they received of the vote.
Recovery Position	A safe lying position in which people should be put when they are unconscious so that they can continue to breathe.
Parliament	Made up of people we have elected and people who have been appointed. They sit in two separate Houses: The House of Commons and The House of Lords.
Pension	Income received by retired people either from the Government as benefit or from their former employer, to which they will have contributed during their working lives by paying tax or by making payments into a pension fund

Phishing	Where criminals use scam emails, text messages or phone calls to trick victims.
Political Party	An organisation or group where members of the same party will hold similar ideas about politics.
Propaganda	Information presented, usually of a biased or misleading nature, to promote a cause or point of view.
Radicalisation	The process by which a person comes to support terrorism and extremist ideologies
Stereotypes	A generalisation made about a group of people – can be positive or negative.
Tax	Contributions from individuals, consumers and businesses to fund Government policies and services such as schools, hospitals, defence, the Civil Service and other Government spending
Terrorism	The use or threat of one or more of the actions listed below, and where they are designed to influence the government, or an international governmental organisation or to intimidate the public. The use or threat must also be for the purpose of advancing a political, religious, racial or ideological cause.
T-Level	A two-year qualification for 16-19 year olds designed in collaboration with employer to support and help the individual develop skills, knowledge and to thrive in the workplace.
Tolerance	Respect for others and their opinions and beliefs, which may differ from one's own. It is appreciation of varying backgrounds of others without any hostilities or prejudices.
Trust	To believe something is good and honest and will not harm you, or that something is safe and reliable". As a noun, it is defined as "the belief that you can trust someone or something.