

Puzzle Piece – Year 5	Key vocabulary
Being Me in my World	<p>Goals: A result or end that a person wants and works for; aim or purpose.</p> <p>Worries: To feel anxious, troubled, or uneasy.</p> <p>Fears: A strong feeling one gets when one expects danger or pain</p> <p>Value: The worth, importance, or usefulness of something.</p> <p>Education: The act or work of learning or training.</p> <p>Wants: To wish or have a need for.</p> <p>Needs: Something that one wants or must have.</p> <p>Maslow: Abraham Maslow's hierarchy of needs is a motivational theory in psychology comprising a five-tier model of human needs, often depicted as hierarchical levels within a pyramid.</p> <p>Empathy: Identification with or sharing of another's feelings, situation, or attitudes.</p> <p>Comparison: To compare things with others.</p> <p>Opportunities: A chance for a better situation.</p> <p>Education: The act or work of learning or training.</p> <p>Legal: Of or having to do with law.</p> <p>Illegal: Actions that are against the law or rules; not lawful.</p> <p>Lawful: Actions that follow the law.</p> <p>Laws: Rules to have to be followed otherwise can be persecuted by policeman.</p> <p>Participation: The action of taking part in something.</p>
Celebrating Differences	<p>Culture: The language, customs, ideas, and art of a particular group of people.</p> <p>Conflict: To disagree strongly.</p> <p>Belong: To be accepted as part of a group.</p> <p>Racism: Unfair treatment of people based on the opinion that one race, typically the race with more wealth and power, is better than another race or races. Racism exists all over the world and takes different forms.</p> <p>Prejudice: Some people get treated unfairly based on their skin colour, culture or religion.</p> <p>Race: A human population sharing certain common physical characteristics that have been passed down from one generation to the next.</p> <p>Discrimination: The act of treating some people unfairly because of prejudice.</p> <p>Rumour: A piece of information or a story passed from one person to another without any proof that it is true.</p> <p>Racist: The opinion or belief that a particular race of people is better than another race or races.</p> <p>Homophobic: An extreme fear or hatred of homosexuals or homosexuality.</p> <p>Indirect: Caused by something, but not directly.</p> <p>Direct: To aim what one says or writes towards a particular person or group.</p> <p>Happiness: The fact or condition of being happy or glad.</p> <p>Developing World: A developing country is a country with a less developed industrial base.</p>
Healthy Me	<p>Informed decision: A decision based on facts or information voters making informed decisions.</p> <p>Pressure: An attempt to persuade or coerce (someone) into doing something.</p> <p>Media: The main means of mass communication (broadcasting, publishing, and the internet) regarded collectively.</p> <p>Influence: The capacity to have an effect on the character, development, or behaviour of someone or something, or the effect itself.</p> <p>Emergency: A serious, unexpected, and often dangerous situation requiring immediate action.</p> <p>Procedure: An established or official way of doing something.</p> <p>Recovery position: In first aid, the recovery position is one of a series of variations on a lateral recumbent or three-quarters prone position of the body, often used for unconscious but breathing casualties.</p> <p>Body image: What you believe about your own appearance (including your memories, assumptions, and generalisations).</p> <p>Social media: Websites and applications that enable users to create and share content or to participate in social networking.</p> <p>Celebrity: A famous person.</p> <p>Altered: Changed in character or composition, typically in a comparatively small but significant way.</p>

	<p>Self-respect: The proper regard for oneself and one's worth as a person.</p> <p>Comparison: A consideration or estimate of the similarities or dissimilarities between two things or people.</p> <p>Eating problem: Any relationship with food that you find difficult. Not all problems manifest in disorders.</p> <p>Eating disorder: Is a medical diagnosis based on your eating patterns. It involves medical tests on your weight, blood and body mass index (BMI).</p> <p>Respect: A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.</p> <p>Debate: A formal discussion on a particular topic in a public meeting or legislative assembly, in which opposing arguments are put forward.</p> <p>Fact: A thing that is known or proved to be true.</p>
Dreams and Goals	<p>Money: A current medium of exchange in the form of coins and banknotes; coins and banknotes collectively.</p> <p>Lifestyle: The way in which a person or group lives.</p> <p>Job: A particular task or piece of work, A regular position for which a person is paid to do particular duties.</p> <p>Career: An occupation undertaken for a significant period of a person's life and with opportunities for progress.</p> <p>Profession: A paid occupation, especially one that involves prolonged training and a formal qualification.</p> <p>Salary: A fixed regular payment, typically paid on a monthly or biweekly basis but often expressed as an annual sum, made by an employer to an employee.</p> <p>Contribution: A gift or payment to a common fund or collection.</p> <p>Society: People living together in a more or less ordered community.</p> <p>Determination: The quality of having a firm goal or being determined.</p> <p>Perseverance: To not give up.</p> <p>Motivation: Is the process that initiates, guides, and maintains goal-oriented behaviours. It is what causes you to act, whether it is getting a glass of water to reduce thirst or reading a book to gain knowledge.</p> <p>Aspiration: A hope or ambition of achieving something.</p> <p>Sponsorship: Money that is given, usually by a company, to support a person, organization or activity.</p> <p>Communication: The imparting or exchanging of information or news.</p> <p>Support: The verbal and nonverbal processes by which one communicates care and concern for another, offering reassurance, empathy, comfort, and acceptance.</p>
Relationships	<p>Characteristics: Something that you may inherit from your parents or a trait that you can identify with.</p> <p>Personal qualities: Your personal qualities are the characteristics that make you who you are.</p> <p>Responsibility/Being responsible: the state or fact of having a duty to deal with something or of having control over someone.</p> <p>Attributes: A quality or feature of your personality.</p> <p>Self-esteem: confidence in one's own worth.</p> <p>Age limit: an age under or over which something can or cannot be done.</p> <p>Social network: A network of social interactions and personal relationships. This can be online or in person, offline.</p> <p>Violence: Behaviour involving physical force intended to hurt, damage, or kill someone or something.</p> <p>Appropriate: Suitable or proper in the circumstances.</p> <p>Grooming: Grooming is when a person engages in predatory conduct to prepare a child or young person for sexual activity at a later time. Grooming can include communicating and/or attempting to befriend or establish a relationship or other emotional connection with the child or their parent/carer.</p> <p>Trolled: To be targeted by online bullies. These are known as trolls.</p> <p>Gambling/ betting: To wager a specific amount of money on a predicted outcome.</p> <p>Trustworthy: To be able to be relied on as honest or truthful.</p>

	<p>Devices: A thing made or adapted for a particular purpose, especially a piece of mechanical or electronic equipment.</p> <p>Screen time: The amount of time spent watching a screen.</p> <p>Mental health: A person's condition with regard to their psychological and emotional well-being.</p> <p>Physical health: Physical wellbeing is the ability to maintain a healthy quality of life that allows us to get the most out of our daily activities without undue fatigue or physical stress.</p> <p>Personal information: Personal data is information that relates to an identified or identifiable individual. What identifies an individual could be as simple as a name or a number.</p> <p>Safe: Protected from or not exposed to danger or risk; not likely to be harmed or lost.</p> <p>Online: Controlled by or connected to another computer or to a network.</p> <p>Choices: An act of selecting or making a decision when faced with two or more possibilities.</p> <p>Vulnerable: A person who is susceptible to physical or emotional attack or harm.</p> <p>Risk: A situation involving exposure to danger.</p>
<p>Changing Me</p>	<p>Self-image: What you perceive as yourself including behaviours and attitudes.</p> <p>Body image: How you perceive your body. This may be positive or negative.</p> <p>Self-esteem: The confidence and pride in yourself.</p> <p>Perception: The ability to see, hear, or become aware of something through the senses.</p> <p>Characteristics: A feature or quality belonging typically to a person, place, or thing and serving to identify it.</p> <p>Aspects: A particular part or feature of something.</p> <p>Affirmation: Active encouragement and recognition of hard work.</p> <p>Puberty: The period during which adolescents reach sexual maturity and become capable of reproduction.</p> <p>Menstruation: the process in a woman of discharging blood and other materials from the lining of the uterus at intervals of about one lunar month from puberty until menopause, except during pregnancy.</p> <p>Periods: The release of the lining of the womb.</p> <p>Sanitary towels/pads: A sanitary napkin, sanitary towel, sanitary pad, menstrual pad, or pad is an absorbent item worn by menstruators in the underwear when menstruating</p> <p>Tampons: A plug of soft material inserted into the vagina to absorb menstrual blood.</p> <p>Ovary/ Ovaries: The ovary is an organ found in the female reproductive system that produces an ovum.</p> <p>Oestrogen: Any of a group of steroid hormones which promote the development and maintenance of female characteristics of the body.</p> <p>Womb/Uterus: The organ in the lower body of a woman or female mammal where offspring are conceived and in which they gestate before birth</p> <p>Sperm: Sperm is the male reproductive cell.</p> <p>Semen: The white liquid that sperm travels in.</p> <p>Testicles/Testes: Testicle or testis is the male reproductive gland in all animals,</p> <p>Erection: An erection is a physiological phenomenon in which the penis becomes firm and enlarged.</p> <p>Ejaculation: Ejaculation is the discharge of semen from the penis.</p> <p>Wet dream: A normal part of growing up for both males and females. An erotic dream that causes involuntary ejaculation.</p> <p>Larynx: The hollow muscular organ forming an air passage to the lungs and holding the vocal cords in humans and other mammals; the voice box.</p> <p>Facial hair: Hair that grows on the face. This begins in humans during puberty.</p> <p>Hormones: A regulatory substance produced in an organism and transported in tissue fluids such as blood or sap to stimulate specific cells or tissues into action.</p> <p>Conception: The action of conceiving a child or of a child being conceived.</p> <p>Making love: An adult activity which can produce children.</p> <p>Sexual intercourse: Sexual intercourse is sexual activity involving the insertion of the penis into the vagina</p> <p>Fallopian tube: In a female mammal either of a pair of tubes along which eggs travel from the ovaries to the uterus.</p> <p>Fertilisation: The action or process of fertilizing an egg.</p>

Pregnancy: The process of growing a baby in mammals.

Embryo: An unborn or unhatched offspring in the process of development.

Umbilical cord: A flexible cordlike structure containing blood vessels and attaching a human or other mammalian foetus to the placenta during gestation.

Contraception: The deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse.

Fertility treatment (IVF): Any treatment or medical procedure intended to increase the likelihood of a person successfully conceiving a child.

Teenager: A person aged between 13 and 19 years.

Puberty: The period during which adolescents reach sexual maturity and become capable of reproduction.

Responsibilities: The state or fact of having a duty to deal with something or of having control over someone.

Cope: How to deal effectively with something difficult.

Opportunities: A set of circumstances that makes it possible to do something.