

PDL Dictionary

Tier 3 Words

Words & Phonetics	Definitions	Examples
PSHE	Personal, social, health and economic education is a school curriculum subject in England that teaches young people, through all key stages, knowledge and skills for life during and after education.	In school we study PSHE once a fortnight.
Puberty /pyoo.buh.tee/	Puberty is when your body changes from being a child to a young adult. The changes happen because the body produces chemicals called sex hormones.	Young people often start puberty at age 13.
Menstruation /men.stroo.ay.shn/	The normal vaginal bleeding that occurs as part of a biological woman's monthly cycle. Every month, if no pregnancy occurs, the uterus, sheds its lining.	Biological females normally have their menstruation every month once puberty has started.
Hormones /haw.mownz/	A sex hormone is produced by the ovaries, testes, and affects the growth or function of the reproductive organs or the development of secondary sex characteristics.	In puberty, our hormones can trigger changes to our bodies or emotions.
Reproduction /ree.pruh.duhk.shn/	Sexual reproduction allows some genetic information from each parent to mix, producing offspring resembling their parents. New organisms are produced from the fusion of a male sex cell with a female sex cell. This is called fertilisation.	You must learn about reproduction to understand where babies come from.

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Healthy relationships /hel.thee ruh.lay. shuhn.shuhps/	Healthy relationships involve honesty, trust, respect and open communication between partners and take effort and compromise from both people. There is no imbalance of power. Partners respect each other's independence, can make their own decisions without fear of retribution or retaliation, and share decisions.	A healthy relationship is very important.
Peer pressure /peeuh preh.shuh/	The feeling that you must do the same things as other people of one's age and social group in order to be liked or respected by them.	Young people must try not to be influenced negatively by peer pressure.
Right /rite/	A claim, which everyone is entitled to irrespective of their status in society. These have legal limitations and corresponding obligations.	All students have a right to an education.
Equity /eh.kwuh.tee/	Whereas equality means providing the same to all, equity means recognising that we are not all the same and therefore require different help and support to reach the same place.	Equity is an important value on our Inclusion Charter.
Member of Parliament /mem.buh uhv paa.luh.muht/	A member of Parliament is an individual elected to serve in the House of Commons, the lower house of the Parliament of the United Kingdom.	Our Member of Parliament is the person voted to represent our community in government.
Othering /uh.thuh.uhng/	This refers to the process of perceiving or treating someone as fundamentally different from oneself, often leading to exclusion or discrimination.	The media often likes to 'other' groups of people to make us feel certain emotions.

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Prejudice /preh.juh.duhs/	An unjustified attitude or opinion, usually directed toward an individual or group for something the individual or group cannot control.	Lots of opinions we have may be based on prejudice.
Discrimination /duh.skri.muh.nay.shn/	Treating someone unfairly, because of their identity.	We must ensure no one is discriminated against.
Hate crime /hayt krime/	a crime, typically one involving violence, that is motivated by prejudice on the basis of ethnicity, religion, sexual orientation, or similar grounds.	They have been victim of a hate crime.
Redicalisation /ra.duh.kl.iyz.ay.shn/	the action or process of causing someone to adopt radical position on political or social issues.	It is important for young people to understand the consequences of radicalisation.
Charity /cha.ruh.tee/	An organisation set up to provide help and raise money for those in need. Or, the voluntary giving of help, typically in the form of money, or time to those in need.	Giving to charity is seen as a nice thing to do.
E-safety /ee.sayf.tee/	Refers to the safe & responsible use of technology also termed internet or online safety. It includes the internet and other ways of communication e.g. mobile phones.	Students must understand E-safety to ensure they are safe online.
Cyberbullying /sai.buh.buh.lee.uhng/	The use of technology to harass, threaten, embarrass, or target another person.	Cyberbullying can be as bad as bullying.
Digital footprint /di.juh.tl fut.print/	The information about a particular person that exists on the internet as a result of their online activity.	Their digital footprint was not very positive.
Emotions /uh.mow.shnz/	Emotions are conscious mental reactions (such as anger or fear) subjectively experienced as strong feelings usually directed toward a specific	We need ensure our emotions do not make us make rash decisions.

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Mental wellbeing /men.tl wel.bee.uhng/	Mental wellbeing doesn't have one set meaning. We might use it to talk about how we feel, how well we're coping with daily life or what feels possible at the moment.	Our mental wellbeing is just as important as our physical health.
Self care /self kair/	The act of taking care of your physical health, mental and emotional wellbeing – ensuring that you have time to rest and enjoy yourself within your life as well as looking after your own well-being.	Self care is an important part of keeping us healthy.
Emotional eating /uh.mow.shuh.nuhl ee.tuhng/	Emotional eating is when people use food as a way to deal with feelings instead of to satisfy hunger.	I think they might be emotional eating as a way of coping.
Confidence /kon.fuh.dns/	Confidence is a belief in oneself, the conviction that one has the ability to meet life's challenges and to succeed—and the willingness to act accordingly.	Having confidence is very important.
Sleep hygiene /sleep hai.jeen/	Sleep hygiene' is the term used to describe healthy habits that you can practice during the day to help you get a good night's sleep.	Having good sleep hygiene can help you to get a good night sleep.
Immunisation /im.yuh.nuh.zey.shuhn/	Immunisation is the process by which an individual's immune system becomes fortified against an infectious agent.	Immunisation is important to protect our health.
Risk /risk/	The uncertainty that something may happen as a result of an action.	You must know the risk of bungee jumping.
Bystander /bai.stan.duh/	Bystanders are people who do not act while someone else is being bullied.	Ensure you are not a bystander.

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Gambling /gam.buh.luhng/	Making or accepting a bet on: The outcome of a race, competition or other event or process; The likelihood of anything occurring or not occurring; or Whether anything is or is not true.	Gambling can be seen as a waste of money.
Addiction /uh.dik.shn/	Addiction is a condition where a person feels a strong, often uncontrollable desire to engage in a particular behavior or consume a substance, despite negative consequences.	They may be suffering with addiction.
CPR	CPR stands for Cardiopulmonary Resuscitation, a lifesaving technique used in emergencies when someone's breathing or heartbeat has stopped.	CPR is a vital skill.
Gang /gang/	A group of young people who spend time together. This may or may not be to engage in anti- social behavior.	They may be involved in a gang.
Identity /ai.den.tuh.tee/	Identity refers to the characteristics, beliefs, values, and experiences that make a person unique. It encompasses aspects like cultural background, gender, interests, and personal values.	Our identity is an important part of who we are.
Family /fa.muh.lee/	A group of people going through the world together often adults and the children they care for.	My family is important to me.
Stereotype /steh.ree.ow.tipe/	Thinking all people who belong to a certain group are the same and labelling them.	We must ensure we do not believe in stereotypes.

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Values /va.lyooz/	The beliefs and principles that guide a person's behavior and decision-making. They shape what individuals see as important in life, such as honesty, respect, kindness, and responsibility.	Our values are important to us.
Responsibilities /ruh.spon.suh.bi.luh.teez/	The duties or tasks that a person is expected to manage or take care of. This can include obligations at home, school, or in relationships.	We have the responsibility to allow others to learn in school.
Inflation /uhn.flay.shn/	The increase in prices of goods and services over time, which reduces the purchasing power of money.	Inflation rates have risen rapidly.
Budget /buh.juht/	A plan that outlines how to allocate money for various expenses and savings.	It is important to always stick to a budget.
Debt /det/	Debt is the amount of money that is borrowed and must be repaid, often with interest.	You have to be careful not to get into too much debt.
Exploitation /ek.sploy.tay.shn/	the act of using someone unfairly for your own advantage or gains.	Gangs are known for their exploitation of young people.
Age of Criminal Responsibility /ayj uhv kri.muh.nuhl ruh.spon.suh.bi.luh.tee/	The minimum age at which a child can be punished for a crime or offence.	The age of criminal responsibility in England is ten years old.
Reprimand /reh.pruh.maand/	A reprimand is a formal expression of disapproval or criticism, often given to someone who has done something wrong or inappropriate.	He was issued with a reprimand.
Racial profiling /ray.shl prow.fai.luhng/	The use of race or ethnicity as grounds for suspecting someone of having committed an offence.	We must be aware of the risks of racial profiling.

Words & Phonetics	Definitions	Examples
Drugs /druhgz/	Drugs are substances that can alter the way the body or mind functions. They can be used for medical purposes, like treating illness, or recreationally, which can sometimes lead to misuse or addiction.	Drugs can be very dangerous.
Possession /puh.zeh.shn/	Means an individual is caught with a controlled substance for personal use. The person doesn't have to be using it, just to have it.	The sentence for possession is up to two years in prison.
Possession with intent to supply /puh.zeh.shn wuth uhn.tent to suh.ply/	Means a person is planning to give controlled drugs to someone else. This includes selling, sharing or giving for free.	The sentence for possession with intent to supply can be up to six years in prison.
Influence /in.floo.uhns/	Influence refers to the ability to affect someone's thoughts, feelings, or actions. It can come from friends, family, media, or social situations.	You need to ensure you are a positive influence.
Balanced diet /ba.luhnst dai.uht/	A balanced diet means eating a variety of foods in the right proportions to provide the necessary nutrients for good health.	You must have a balanced diet to be healthy.
Change /chaynj/	Change refers to the process of something becoming different or undergoing transformation. This can refer to the change of developing new skills, adopting new habits, or adapting to new situations.	Change can sometimes be scary.
Mindset /mined.set/	Mindset is the way someone thinks about their abilities and potential. A growth mindset believes that skills can be developed through effort and learning, while a fixed mindset sees abilities as static.	Students must have a positive mindset.

Words & Phonetics	Definitions	Examples
Relationship abuse /ruh.lay.shuhn.shuhp uh.byooz/	Relationship abuse is any form of controlling, harmful, or violent behavior in a relationship. It can be physical, emotional, verbal, or sexual.	Relationship abuse can be a big issue if not recognised.
Consent /kuhn.sent/	When someone 'agrees by choice' and has the freedom and capacity to make that choice.	You must ask for consent.
Intimacy /in.tuh.muh.see/	An intimate relationship is a relationship that involves emotional or physical closeness between people and may include sexual intimacy and feelings of romance or love.	Intimacy is an important part of a romantic relationship.
Safe sex /sayf.seks/	Safe sex refers to practices that reduce the risk of sexually transmitted infections (STIs) and unintended pregnancies. It includes using protection, such as condoms, and having open discussions about consent and boundaries.	Anyone thinking of engaging in a sexual relationship should ensure they practice safe sex.
Contraception /kon.truh.sep.shn/	The use of methods or devices to prevent pregnancy during sexual activity.	It is important to use contraception.
Pornography /paw.no.gruh.fee/	Pornography is the portrayal of sexual subject matter for the purpose of sexual arousal.	The consequences of pornography are highlighted in PDL.
Aspiration /a.spuh.ray.shn/	Aspiration refers to a strong desire or ambition to achieve something, such as personal goals or career dreams.	We must ensure we know how to achieve our aspirations.
Perseverance /puh.suh.veeuh.ruhns/	Perseverance is the ability to keep going and stay determined in the face of challenges or difficulties.	At Fareham Academy perseverance is very important.
Success /suhk.ses/	Success can mean achieving personal goals or reaching desired outcomes, which may differ for each individual.	The students achieved great success.