#### PHSE and RSE

# Sticky Knowledge

	EYFS	Year 1	Year 2	Lower KS2	Upper KS2
Family and relationships	To know families are all different.	To understand some characteristics of a positive friendship. To know that it is called stereotyping when people think of things as being for boys or girls only.	To understand what good manners are and how to be respectful.	To know that I can talk to trusted adults or services if I experience family problems. To understand that everyone has the right to decide what happens to their body. To understand what bereavement means.	To understand why someone might bully and to know what action a bystander can take to support the victim. To understand that grief is the process we go through when someone dies.
Health and wellbeing	To know how and when to wash our hands.	To know the importance of hand and oral hygiene.	To understand that a balanced diet and exercise is important for our physical and mental wellbeing.	To know key facts about dental health. To know the different food groups that make up balanced diet.	To understand that factors such as diet, exercise, rest and relaxation contribute to mental health and to know the effects technology can have on mental health.
Safety and the changing body.		To know that some types of physical contact is never appropriate. To know some things are unsafe to put onto or into my body. To know that the emergency services are and how they can be contacted.	To know the PANTS rule. To know the rules for road safety. To know the names of my body parts, including private parts.	To know how to be a responsible digital citizen. To understand the risks associated with smoking tobacco and vaping. To understand the physical changes as people grow from children to adults.	To understand the risks associated with alcohol. To understand the menstrual cycle. To know the names of external sexual parts of the body and the internal reproductive organs. To know puberty happens at different ages for different people.

					To understand how a baby is conceived and developed.
Citizenship	To know school rules.	To understand that people are all different.	To know some of the different places where rules apply.	To know that local council is responsible for looking after the local area and that	To know that parliament is where MPs debate issues, propose laws, amend existing laws and
		To understand how democracy works in school through the	To know that some rules are made to be followed by everyone	elections are held so that adults can vote for who they	challenge the government's work.
		school council.	and are known as 'laws'.	want their councillor to be.	To know that education is an important human right.
Economic Well Being		To know that coins and notes have different values.	To know some of the ways in which adults get money.	To know the importance of budgeting and tracking money.	To know that when money is borrowed it needs to be paid back, usually with interest.

# Coverage - from long term plan - cycle etc

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6

# Knowledge progression:

Families and relationships	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family	To Know about similarities and differences between themselves and others, and among families	To understand that families look after us. To know some words to describe how people are related (eg. aunty, cousin). To know that some information about me	To know that families can be made up of different people. To know that families may be different to my family.	To know that I can talk to trusted adults or services such as Childline if I experience family problems.	To know that families are varied in the UK and across the world.	To know that marriage is a legal commitment and is a choice people can make. To know that if I have a problem, I can call ChildLine on 0800 1111.	

		and my family is personal.					
Friendships	To know that other children don't always enjoy the same things	To understand some characteristics of a positive friendship. To understand that friendships can have problems but that these can be overcome.	To know some problems which might happen in friendships. To understand that some problems in friendships might be more serious and need addressing.	To know that bullying can be physical or verbal. To know that bullying is repeated, not a one off event. To know that violence is never the right way to solve a friendship problem	To understand the different roles related to bullying including victim, bully and bystander. To understand that everyone has the right to decide what happens to their body.	To know what attributes and skills make a good friend. To understand what might lead to someone bullying others. To know what action a bystander can take when they see bullying.	To know that a conflict is a disagreement or argument and can occur in friendships. To understand the concepts of negotiation and compromise.
Respectful relationshi ps	To know we must take turns to play cooperatively.	To know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only.	To understand some ways people show their feelings. To understand what good manners are. To understand some stereotypes related to jobs	To know that trust is being able to rely on someone and it is an important part of relationships. To know the signs of a good listener. To understand that there are similarities and differences between people. To understand some stereotypes related to age.	To understand the courtesy and manners which are expected in different scenarios. To understand some stereotypes related to disability.	To understand that positive attributes are the good qualities that someone has. To know that stereotypes can be unfair, negative and destructive. To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.	To understand what respect is. To understand that everyone deserves respect but respect can be lost. To understand that stereotypes can lead to bullying and discrimination.
Change and loss			To know that there are ways we can remember people or events.		To know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.		To understand that loss and change can cause a range of emotions. To know that grief is the process people go through when someone close to them dies.

#### Skills progression:

Families and relationships	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family	Exploring similarities and differences in families.	Exploring how families are different to each other.	Understanding ways to show respect for different families. Understanding that families offer love, care and support.	Learning that problems can occur in families and that there is help available if needed.		Identifying ways families might make children feel unhappy or unsafe.	

Friendships	Exploring how friends can enjoy differnt things and being senstiive to this,	Exploring how friendship problems can be overcome. Exploring friendly behaviours.	Understanding difficulties in friendships and discussing action that can be taken.	Exploring ways to resolve friendship problems. Developing an understanding of the impact of bullying and what to do if bullying occurs.	Exploring physical and emotional boundaries in friendships.	Exploring the impact that bullying might have. Exploring issues which might be encountered in friendships and how these might impact the friendship.	Identifying ways to resolve conflict through negotiation and compromise.
Respectful relationshi ps	Play cooperatively and take turns with each other.	Recognising how other people show their feelings. Identifying ways we can care for others when they are sad. Exploring the ability to successfully work with different people.	Learning how other people show their feelings and how to respond to them. Exploring the conventions of manners in different situations.	Identifying who I can trust. Learning about the effects of non verbal communication. Exploring the negative impact of stereotyping.	Exploring how my actions and behaviour can affect other people.	Exploring and questioning the assumptions we make about people based on how they look. Exploring our positive attributes and being proud of these (self-respect).	Discussing how and why respect is an important part of relationships. Identifying ways to challenge stereotypes.
Change and loss			Exploring how loss and change can affect us.		Discussing how to help someone who has experienced a bereavement.		Exploring the process of grief and understanding that it is different for different people.

Kno	wledge progression						
Health and well-being	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and prevention	To know how to manage basic hygiene.	To understand we can limit the spread of germs by having good hand hygiene. To know the five S's for sun safety: slip, slop, slap, shade, sunglasses. To know that certain foods and other things can cause allergic reactions in some people.	To know that food and drinks with lots of sugar are bad for our teeth.	To understand ways to prevent tooth decay.	To know key facts about dental health.	To understand the risks of sun exposure.	To understand that vaccinations can give us protection against disease. To know that changes in the body could be possible signs of illness.

Physical health and wellbeing	To know some ways to keep healthy and safe.	To know that sleep helps my body to repair itself, to grow and restores my energy.	To understand the importance of exercise to stay healthy. To understand the balance of foods we need to keep healthy. To know that breathing techniques can be a useful strategy to relax.	To understand the positive impact relaxation can have on the body. To know the different food groups and how much of each of them we should have to have a balanced diet.	To know that visualisation means creating an image in our heads.	To know that relaxation stretches can help us to relax and de-stress. To know that calories are the unit that we use to measure the amount of energy certain foods give us. To know that what we do before bed can affect our sleep quality.	To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health). To know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits.
Mental wellbeing	To know how ourselves and others show feelings.	To know that strengths are things we are good at. To know that qualities describe what we are like. To know the words to describe some positive and negative emotions.	To know that we can feel more than one emotion at a time. To know that a growth mindset means being positive about challenges and finding ways to overcome them.	To understand the importance of belonging. To understand what being lonely means and that it is not the same as being alone. To understand what a problem or barrier is and that these can be overcome.	To know that different job roles need different skills and so some roles may suit me more than others. To know that it is normal to experience a range of emotions. To know that mental health refers to our emotional wellbeing, rather than physical. To understand that mistakes can help us to learn. To know who can help if we are worried about our own or other people's mental health.	To understand what can cause stress. To understand that failure is an important part of success.	To understand that a number of factors contribute to my mental health (Diet, exercise, rest/relaxation). To know the effects technology can have on mental health.

#### Skills progression

Health and well-being	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and prevention	Learning how to wash my hands properly	Learning how to deal with an allergic reaction.	Exploring the effect that food and drink can have on my teeth.	Discussing why it is important to look after my teeth.	Developing independence in looking after my teeth.	Developing independence for protecting myself in the sun.	Considering ways to prevent illness. Identifying some actions to take if I am worried about my health or my friends' health.

Physical health and wellbeing	Explore basic ways to keep healthy and safe.	Exploring positive sleep habits. Exploring two different methods of relaxation: progressive muscle relaxation and laughter. Exploring health-related jobs and people who help look after our health.	Exploring some of the benefits of exercise on body and mind. Exploring some of the benefits of a healthy balanced diet. Suggesting how to improve an unbalanced meal. Learning breathing exercises to aid relaxation.	Learning stretches which can be used for relaxation. Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.	Identifying what makes me feel calm and relaxed. Learning visualisation as a tool to aid relaxation.	Understanding the relationship between stress and relaxation. Considering calories and food groups to plan healthy meals. Developing greater responsibility for ensuring good quality sleep.	Identifying a range of relaxation strategies and situations in which they would be useful. Exploring ways to maintain good habits. Setting achievable goals for a healthy lifestyle.
Mental wellbeing	Acknowledge our own and others feelings.	Identifying personal strengths and qualities. Identifying different ways to manage feelings.	Exploring strategies to manage different emotions. Developing empathy. Identifying personal goals and how to work towards them. Exploring the need for perseverance and developing a growth mindset. Developing an understanding of self respect.	Exploring my own identity through the groups I belong to. Identifying my strengths and exploring how I use them to help others. Being able to breakdown a problem into smaller parts to overcome it.	Exploring how my skills can be used to undertake certain jobs. Explore ways we can make ourselves feel happy or happier. Developing the ability to appreciate the emotions of others in different situations. Learning to take responsibility for my emotions by knowing that I can control some things but not others. Developing a growth mindset.	Taking responsibility for my own feelings.	Exploring my personal qualities and how to build on them. Developing strategies for being resilient in challenging situations.

# Knowledge progression:

Safety and the changing body	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being safe (including online)		To know that some types of physical contact are never appropriate. To know what to do if I get lost. To know that a hazard is something which could cause an accident or injury.	To know the PANTS rule. To know that I should tell an adult if I see something which makes me uncomfortable online. To understand the difference between secrets and surprises.	To understand that cyberbullying is bullying which takes place online. To know the signs that an email might be fake. To know the rules for being safe near roads.	To understand that there are risks to sharing things online. To know the difference between private and public.	To know the steps to take before sending a message online (using the THINK mnemonic). To know some of the possible risks online.	To understand that online relationships should be treated in the same way as face to face relationships. To know where to get help with online problems.

Drugs, alcohol and tobacco		To know that some hings are unsafe to put onto or into my body and to ask an adult if I am not sure.	To know the rules for crossing the road safely. To know that medicine can help us when we are ill. To understand that we should only take medicines when a trusted adult says we can.	To understand that other people can influence our choices.	To understand the risks associated with smoking tobacco.	To know some strategies I can use to overcome pressure from others and make my own decisions.	To understand the risks associated with drinking alcohol.
The changing adolescent body				To know the names of parts of my body including private parts.	To understand the physical changes to both male and female bodies as people grow from children to adults.	To understand the process of the menstrual cycle. To know the names of the external sexual parts of the body and the internal reproductive organs. To know that puberty happens at different ages for different people.	To understand how a baby is conceived and develops.
Basic first aid	w hu au	To know that an mergency is a situation where someone is badly urt, very ill or a serious iccident has happened. To know that the emergency services are the police, fire service and the ambulance service.		To know that bites or stings can sometimes cause an allergic reaction. To know that it is important to maintain the safety of myself and others, before giving first aid.	To know that asthma is a condition which causes the airways to narrow.	To know how to assess a casualty's condition.	To know how to conduct a primary survey (using DRSABC).

# Skills progression:

Safety and the changing body	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being safe (including online)		Practising what to do if I get lost. Identifying hazards that may be found at home. Understanding people's roles within the local community that help keep us safe.	Discussing the concept of privacy. Exploring ways to stay safe online. Learning how to behave safely near the road and when crossing the road.	Exploring ways to respond to cyberbullying or unkind behaviour online. Developing skills as a responsible digital citizen. Identifying things people might do near roads which are unsafe.	Discussing how to seek help if I need to. Exploring what to do if an adult makes me feel uncomfortable. Learning about the benefits and risks of	Developing an understanding of how to ensure relationships online are safe.	Developing an understanding about the reliability of online information. Exploring online relationships including dealing with problems.

			Beginning to recognise unsafe digital content.	sharing information online.		
Drugs, alcohol and tobacco	Learning what is and is not safe to put in or on our bodies.	Exploring what people can do to feel better when they are ill. Learning how to be safe around medicines.	Exploring that people and things can influence me and that I need to make the right decision for me. Exploring choices and decisions that I can make.	Discussing the benefits of being a non-smoker.	Learning to make 'for' and 'against' arguments to help with decision making.	Discussing the reasons why adults may or may not drink alcohol.
The changing adolescent body				Discussing some physical and emotional changes during puberty.	Learning about the emotional changes during puberty. Identifying reliable sources of help with puberty.	Discussing problems which might be encountered during puberty and using knowledge to help
Basic first aid	Practising making an emergency phone call.		Learning what to do in a medical emergency, including calling the emergency services.	Learning how to help someone who is having an asthma attack.	Learning about how to help someone who is bleeding.	Learning how to help someone who is choking. Placing an unresponsive patient into the recovery position.

#### Citizenship - knowledge and skills

Citizenship	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge	To know the rules in school.		To know some of the	To understand the UN	To know that human	To know what happens when	To know that education is
		pets have different	different places where	Convention on the Rights of	rights are specific rights	someone breaks the law.	an important human right.
		needs.	rules apply.	the Child.	that apply to all people.	To understand the waste	To know that our food
		To understand the needs	To know that some rules	To understand how recycling	To know some of the	hierarchy.	choices can affect the
		of younger children and	are made to be followed by	can have a positive impact on	people who protect our	To know that parliament is made	environment.
		that these change over	everyone and are known as	the environment.	human rights such as	up of the House of Commons, the	To know that the prime
		time.	'laws'.		police, judges and	House of Lords and the Monarch.	minister appoints
					politicians.	To know that parliament is where	'ministers' who have

		To know that voting is a	To know some of the jobs	To know that the local	To know that reusing	MPs debate issues, propose laws,	responsibility for different
		fair way to make a	people do to look after the	council is responsible for	items is of benefit to the	amend existing laws and	areas, such as healthcare
		decision.	environment in school and	looking after the local area.	environment.	challenge the government's work.	and education.
		To understand that	the local community.	To know that elections are	To understand that	To know that a pressure group is a	To know that prejudice is
		people are all different.	To understand how	held where adults can vote	councillors have to	group of people who feel very	making assumptions about
			democracy works in school	for local councillors.	balance looking after	strongly about an issue and want	someone based on certain
			through the school council.	To understand some of the	local residents and the	to see something change.	information.
			To understand that	consequences of breaking	needs of the council.		To know that discrimination
			everyone has similarities	rules.	To know that there are a		is treating someone
			and differences.	To understand the role of	number of groups which		differently because of
				charities in the community.	make up the local		certain factors.
					community.		
Skills	To explain why we have	Recognising why rules	Explaining why rules are in	Exploring how children's	Discussing how we can	Explaining why reducing the use	Learning about
••••••	school rules.	are necessary.	place.	rights help them and other	help to protect human	of materials is positive for the	environmental issues
		Discussing how to meet	Identifying positives and	children.	rights.	environment.	relating to food.
		the needs of different	negatives about the school	Considering the	Identifying ways items	Discussing how rights and	Discussing how education
		pets.	environment.	responsibilities that adults	can be reused.	responsibilities link.	and other human rights
		Exploring the differences	Learning how to discuss	and children have to	Explaining why reusing	Exploring the right to a freedom	protect us.
		between people.	issues of concern to me.	maintain children's rights.	items is of benefit to the	of expression.	Identifying causes which
		Recognising the groups	Recognising the	Discussing ways we can make	environment.	Identifying the contribution	are important to us.
		that we belong to.	importance of looking after	a difference to recycling rates	Identifying the benefits	people make to the community	Discussing how people can
			the school environment.	at home/school.	different groups bring to	and how this is recognised.	influence what happens in
			Identifying ways to help	Identifying local community	the local community.	Developing an understanding of	parliament.
			look after the school	groups and discussing how	Discussing the positives	how parliament and Government	Discussing ways to
			environment.	these support the	diversity brings to a	work.	challenge prejudice and
			Recognising the	community.	community.	Identifying ways people can bring	discrimination.
			contribution people make			about change in society.	Identifying appropriate
			to the local community.				ways to share views and
							ideas with others.

# Economic well-being - knowledge and skills

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knowledge		To know that coins and notes have different values. To know some of the ways children may receive money.	To know some of the ways in which adults get money. To know the difference between a 'want' and 'need'.	To understand that there are different ways to pay for things. To know that budgeting money is important. To understand that there are a range of jobs available.	To know that money can be lost in a variety of ways. To understand the importance of tracking money.	To know that when money is borrowed it needs to be paid back, usually with interest. To know that it is important to prioritise spending. To know that income is the amount of money received and	To understand that there are certain rules to follow to keep money safe in bank accounts. To know that gambling is a risk where money, or something else, is swapped

	To know that it is wro to steal money. To know that banks a places where we ca store our money. To know some jobs school. To know that differe jobs need different sk	features to look at when re selecting a bank account.	To understand that some stereotypes can exist around jobs but these should not affect people's choices.	To know that many people will have more than one job or career in their lifetimes. Exploring ways to overcome stereotypes in the workplace.	expenditure is the amount of money spent. To know some ways that people lose money.	in the hope of winning something better or more money. To understand that different jobs have different routes into them. To understand that people change jobs for a number of reasons. To know that banks and organisations such as Citizens' Advice can help with money-related problems.
Skills	Discussing how to ke money safe. Discussing what to du we find money. Exploring choices peo make about money. Developing an understanding of ho banks work.	something is a want or if need. Recognising that people make choices about how to spend money. Exploring the reasons why	Discussing the range of feelings which money can cause. Discussing the different attitudes people have to money. Exploring the impact our spending can have on other people. Considering the advantages and disadvantages of different payment methods.	Exploring the factors which affect whether something is value for money. Discuss some impacts of losing money. Identifying negative and positive influences that can affect our career choices.	Discussing risks associated with money. Making a budget based on priorities. Discussing the role of money in selecting a job. Discussing how income can change and the feelings associated with this	Recognising differences in how people deal with money and the role of emotions in this. Discussing some risks associated with gambling. Identifying jobs which might be suitable for them.

# Identity - knowledge and skills

Identity	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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Knowledge				To know that identity is is the way we see ourselves and also how other people see us. To understand that gender and sexual orientation form part of a person's identity.
Skills				Discussing the factors that make our 'identity'. Recognising the difference between how we see ourselves and how others see us. Exploring how the media might influence our identity.

# Transition - knowledge and skills

Transition	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6					
Knowledge		To understand that changes can be both positive and negative.	To understand that change is part of life.	To understand that change often brings about more opportunities and responsibilities.	To know that setting goals can help us to achieve what we want.	To understand the skills needed for roles in school.	To know that a big change can bring opportunities but also worries.					
Skills		Recognising our own strengths.	Identifying people who can help us when we are worried about changes.	Learning strategies to deal with change.	Recognising our own achievements. Being able to set goals.	Recognising own skills and how these can be developed.	Exploring a greater range of strategies to deal with feelings associated with change.					
Year 7 curriculum	-	-		-		ncepts such as Democracy, Law and eq ns' from the Derbyshire framework wo						
information	prior learning.		ia nave coverea în Frinary sche		equired 5 overview question							
from HGSA		Topics covered: What does it mean to be British? What communities do I belong 2? What does it mean to be British? What makes up the UK? What are prejudice and discrimination? Multiculturalism What are British values? Citizenship SOW How does the law affect me? What is covered? How does the law affect young people? Why do we need to police? What powers do the police have? What causes crime? Drugs and the law Citizenship										

Families - types, trust and Should we have a Royal Family? What is covered: Personal finance and media literacy .How can I manage financial risk? Internet safety and harms - gambling Physical health and fitness - stem Internet safety and harms - body image Physical health and fitness - British Values - Democracy, The Rule of Law, Liberty, Mutual Respect and Tolerance worries (1) Respectful relationships - changes in friendships and support, stereotypes, bullying and identity rights (2) Online and media - help, age restrictions, data and access to trustworthy information (1) Being safe - grooming (1) Intimate and sexual relationships - reproduction and laws around sex, contraception and pregnancy choices (2) Mental wellbeing - looking after mental health (1) Internet safety and harms - harmful behaviours online (1) Physical health and fitness - healthy eating and exercise (1) Healthy eating - Eatwell guide, food choices and impact on the body including oral hygiene (1) Drugs, alcohol and tobacco - smoking and the risks of drugs, medication (2) Health and prevention - N/A First aid - treating common injured, CPR and defibrillators (1) Adolescent body - periods, emotions and hygiene

How does politics affect me? What is covered: Why is politics important? What is an MP? What is the difference between the lords and the commons? How are governments formed? What is an election?

What is special about our RSHE Physical health and fitness - physical activity and impact on the body (1) Healthy eating - influence of food choices (1) Drugs, alcohol and tobacco - law and drug classification and addiction (1) Health and prevention - immunisation 00 SOW Intimate and sexual relationships - pregnancy choices, HIV Intimate and sexual relationships - peer pressure and sex RS- Tutor activity- Humanist beliefs (basics). Families - relationship difficulties and support, budgeting for families Respectful relationships - Laws and support for sexual violence, gangs Online and media - pornography and unrealistic representation of sex Online and media - apps for revision LGBTQ+ awareness Parliament / Voter Registration Anti-racism Week Sexual Consent and Healthy Relationships Autism Awareness

Human rights- What are my rights What can I do to help protect human rights? (inc case studies) What freedoms do I have in a democracy? Year 7 Mental health? What should I do if I am stressed? How can I relax? Where can I go for advice?

#### Progessive Vocabularly:

Tier	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
1	care, family, friend, fair, accident, pet	problem, emotions, polite,medicine, Respect, emergency,rule	Diet, exercise, healthy, friendship, love, manners, need, rule, school council, coins	Bullying, charity, community, recycling, reuse, belonging, communication,	Asthma, bank balance, bank statement, debit card, mental health,puberty, breasts, career	Bladder, egg/ova, erection, ejaculation, nipples, ovaries, period,pubic hair,vagina, womb, Attraction, decision, cyber bullying, government, income, judge, jury, MP,	Alcohol, vaccination, conception, fertilisation, pregnant, sexual intercourse, sperm, gambling, grief, internet trolling, habit,
2	friendly, behaviour, different	Physical contact, allergy, drug, hazards, spend,save, skill, similar, role, responsibility,	Environment, goal, job, relaxation, strengths	Budget, council, councillor, balance, Human Rights, Identity, Law,	Age restriction, authority, bereavement, boundaries, genitals, local government, council officer	Cervix, clitoris, scrotum, menstruation, uterus, fallopian tube, wet dreams, attributes, defendent, discrimination, House of Commons, influence,	Conflict, discrimination, earn,PIN, concern, expectation, grieving,

3	feelings, germs, poorly	Stereotype, democracy,	Election, growth	Resilience, sympathy, United	Bystander, cabinet,	Sperm duct, urethra,	Prejudice, protected
		earn, cash, building	mindset, identity,	Nations, Qualification,	diversity, fluoride	labia, expenditure,	characteristics,
		society and banks,	volunteer, priority,	expense, empathy		freedom of expression,	resolve,
		unique, value, vote,	opinion			pressure group,	
		trust, qualities, relax				repayment	