

Glossary of Terms

This Glossary will help you to understand the meaning of some of the terms you'll find in **Life to the Full** sessions. Words often have shades of meaning depending on their context and this document serves to share with you the meanings we've intended. As such, the definitions are written as if for children, with the meanings that should be evident to them through the sessions. You might like to refer back to this Glossary throughout the programme, to help you explain anything that children need reminding of.

The same word may be explained to children slightly differently depending on their age, so we've split this Glossary into Key Stages to show age-appropriate definitions. This is the Glossary for **Upper Key Stage Two**.

The terms that are starred * are **not** used in all sessions, only those where Key Decisions are required. At Upper Key Stage 2 Level, these optional sessions cover the topics of pornography (largely in the context of online safety) and also the role of sexual intercourse in making babies.

Term	What we mean by this
A	
Abuse <i>Including Physical, Emotional, Sexual and Neglect</i>	Any action, or failure to act, done deliberately, that causes significant harm to another person. Usually done by someone who has power over or responsibility for the person they are harming. More specifically: <ul style="list-style-type: none">• Physical Abuse – deliberately harming or injuring another person.• Emotional Abuse – deliberately trying to make another person feel scared, upset, humiliated, sad or keeping that person away from those that care for them.• Sexual Abuse – when someone is made, asked or rewarded for doing something with their private parts that scares or worries them or is inappropriate.• Neglect – failing to care for the physical needs of a person that someone is meant to be looking after, even though they have the money to do it properly.



Appropriate Behaviour	Things that you do that are right or OK in the time and place that you're doing them. The same behaviour may be appropriate in one situation but inappropriate in another.
B	
Balanced diet	Having protein, lots of vitamins and minerals and good carbohydrates every day, with not too many fatty or sweet foods.
Banter	The friendly exchange of playful and teasing remarks.
Baptism	The sacrament that makes us God's children. The way that we become part of the family of God and receivers of His love.
Block	To stop someone contacting you online, usually in games/ chats/apps.
C	
Community	A group or people with something in common, for example, belonging to the same family, going to the same school, living in the same area or liking the same activities.
Compassion	Caring for others and feeling loving towards them.
Conception	The very beginning of life. We were made lovingly by God, with our parents' help, and so every life is precious. Conception is the moment that the father's sperm meets the mother's egg.
Consent	Consent means giving permission for something to happen.
Consequences	When we do something, our actions may affect other people or other things. These effects are called consequences.
Created by God	We believe that God makes the world, including you and me. He is the source of all life.
Creation	All that there is: our world, space and everything in it. All that we can see and all that we can't see: God created everything!
Cyberbullying	Bullying through technology, e.g. using social media or online sites and services.



D	
Delete	To remove some information from the internet or a computer/ other electronic device.
Dignity	Each of us has a dignity and deserves to be treated with respect because we are made by God.
E	
Ejaculation*	This is the release of semen through the urethra and out of the hole at the tip of the penis.
Embryo*	A human life, growing in its mother's womb, that is less than eight weeks old. Life, less than eight weeks after conception.
Emergency	Something that happens which is serious, unexpected, and likely to be dangerous. Adults need to deal with it immediately.
Emergency services	Police, Firefighters and Paramedics (Ambulance service)
Erection*	An erection is the penis getting hard because blood fills the spongy tissue inside. Usually, it gets bigger and stands away from the body. They start to happen as a boy reaches puberty and might be caused by nothing at all. They are nothing to be worried about.
Exercise	Keeping our bodies active in ways that will keep them fit and healthy. This might be playing outdoors, cycling or walking to school, swimming or enjoying sports and active games. We need to exercise regularly throughout our lives to look after our bodies.
F	
Faith	Faith is complete trust or confidence in someone or something. To have faith in God is to put all our confidence and hope in Him.
Fallopian Tubes*	Inside a girl or woman's body there are two tubes that allow her eggs to travel from where they are stored into her womb.



Foetus* (or fetus)	A human life, growing in its mother's womb, that is more than eight weeks old. Life, more than eight weeks after conception.
Forgiveness	Trying to forget about the bad thing that someone has done and not using it against them in the future. Trying not to keep thinking about it and not letting it get in the way of your friendship.
G	
Genitalia*	The private, sexual parts of the body, which are different for boys and girls.
Germ	Tiny (too small to see) living things that live on our bodies and that can make us unwell if they get inside us. That's why we wash our hands carefully, especially before we eat.
Gifts	Gifts and talents are things that we can do well and that we enjoy doing. God, who made us, gives us each gifts that make us special and different from one another.
God the Father	Created the world and everything in it, including us.
God the Holy Spirit	A helper to teach us how to live lovingly and to remind us of God the Father and God the Son. When we ask, the Holy Spirit comes very close to us and helps us to live a good life.
God the Son (Jesus)	Jesus, the Son of God, came to Earth to do some very special jobs.
Made in God's Image	We're made by God to love Him and to love others, just like He loves all things.
Gospel	The books in the Bible that tell us about Jesus' life on Earth. There are four of them. They were written by Matthew, Mark, Luke and John.
Gratitude	Noticing when someone does something for us and saying 'thank you'. Noticing good things that happen in our lives and being glad.

H	
Hormones	Chemicals that our bodies make that can change or affect the way we feel.
I	
Inappropriate Behaviour	Things that you do that are not right or ok in the time and place that you're doing them. The same behaviour may be appropriate in one situation but inappropriate in another.
L	
Life Cycles	The stages of life that everyone goes through. We are born and start our lives as babies, grow into children, then teenagers, adults and, finally, elderly adults. The final stage of our life on Earth is our death.
M	
Medicine	Drugs that make us feel better when we're ill, but only if we take them in the way the doctor tells us to. Drugs are things that can change the way our body usually works.
Menstruation* (Periods)	Menstruation begins when a girl's body is mature enough to have a baby. Each month, if a girl or woman doesn't become pregnant, the lining of her womb breaks down and is released through the vagina. A woman will know this is happening because blood will flow from her vagina. She uses sanitary towels or pads to deal with the blood flow. We call this having a period.
O	
being Online / time Online	Time that you spend playing or looking at things on a computer.
Ovum* (Egg)	It joins with a sperm from a man inside a woman's body to form a new human life.

P	
P.A.N.T.S.	The NSPCC acronym that stands for - P rivates are private. A lways remember your body belongs to you. N o means no. T alk about secrets that upset you. S peak up, someone can help.
Passive smoking	Breathing in other people's smoke from their cigarettes. This might happen because you are in a car or a room with someone who is smoking.
Penis*	The part of a boy or man's body that we sometimes call a 'willy'.
Periods*	<i>(see Menstruation)</i>
Personal Hygiene	Keeping ourselves clean by brushing our teeth twice a day, flushing the toilet after using it, washing our hands regularly and always before eating and after using the toilet, washing our bodies and clothes regularly and brushing our hair.
Placenta*	A special tissue that grows inside a woman's womb when she is pregnant. It delivers oxygen and the nutrients that a baby needs during the nine months that it's growing in its mother's womb.
Pornography*	Pictures of videos of people showing the private parts of their body in a way that they are not meant to be seen by strangers. Often online, pornography affects the brain in a hidden way and can be addictive.
Prayer	Communicating with God. This might be telling Him about your day, asking Him to help you or just spending time quietly with Him. You can do it anywhere, with others or on your own. You can make up your own conversation with God or say prayers that others have spoken for many years, like the 'Our Father'.
Pressure (peer pressure)	Actions or words from others that make you feel that they are pushing you towards making a certain choice. Peer pressure is when the people putting you under pressure are around the same age as you.
Private parts	Parts of our body that are private. No one should ask to see or touch them apart from sometimes a doctor or a trusted adult. We keep these parts covered when we are with others. They are the parts of our body that would be covered by a swimming costume.



Puberty*	The stage of life that every child goes through on their way to becoming an adult. It's a time when your body grows and develops and you may have lots of changes in your feelings too. It happens over a few years, not all at once. It's part of God's plan for you.
R	
Reconciliation (Confession)	The Sacrament of Reconciliation is a special way in the Church of saying sorry to God and to others. When we say sorry for what we've done, the priest (who is speaking for Jesus) forgives us. Our sins are taken away.
Resilience	Not letting bad or sad feelings make you behave badly or stop you from acting normally. Gratitude can help to build resilience.
Respect	Treating other people kindly and fairly because you think they deserve it or because you think it's the right thing to do.
Responsibilities	A duty: a special job that you have to do. Responsibilities can also be the ways you're expected to behave when you're in a certain place. Being responsible means thinking of the welfare of other people who share spaces with us.
Role Model	Someone who behaves in a way that is good for us to copy. Jesus is a great role model!
S	
Sacrament	A way of 'meeting' God, almost like what's invisible is made visible. Through sacraments, God can give us His gifts and come very close to us. Receiving or taking part in a sacrament, like the sacrament of reconciliation for example, can bring us closer to God and help us form healthy relationships with others.
Skills	Skills are things that we learn and can get better and better at.
Special people	People – usually adults – whom we trust and with whom we'd feel comfortable talking to about anything, including things that upset us.

Sperm*	When a sperm from a man meets an egg from a woman, inside the woman's body, a new life is made. Sperm is in the semen that comes out of the tip of the penis during ejaculation.
Sin	Doing something that we know is wrong. Sin pushes us away from God, but we never stop being part of God's family.
T	
Testicles*	The part of a man or boy's body that hangs behind his penis.
Trinity (The Holy Trinity)	The belief in one God with three persons. God the Father, God the Son, whom we know as Jesus and God the Holy Spirit.
U	
Umbilical Cord*	The tube that passes food and oxygen from the placenta to the baby when it's growing in its mother's womb.
Unique	We are all different but all special. The most important thing that makes us special is that we are God's children, whom He loves. God made only one of us and that makes us special and unique.
Urethra*	The part of the body where urine (wee) comes out. It's the same word for both boys and girls, men and women.
Uterus* (Womb)	The part of a woman's body inside which a baby grows for nine months, until it's ready to be born.
V	
Vagina*	A private part of a girl or woman's body; an opening between her legs. When a baby is born, it passes through its mother's vagina on its way out of her body.
Virtues	Trying to do good and act kindly towards others all the time.
Vocation	God made us with the desire to love and be loved and to make a difference. Each of us has a special purpose for our lives, perhaps a special job to do. This is our vocation.



Vulva*	The name for the sexual parts of a woman or girl that are outside of her body.
W	
Wet Dreams* (Nocturnal Emissions)	This is the name we give to ejaculations that happen at night, while a boy is sleeping.
Womb	<i>(see Uterus)</i>