

CARSHALTON BOYS SPORTS COLLEGE

Excellence • Character • Aspiration

PERSONAL DEVELOPMENT Vocabulary Booklet YEAR 8

Tier 2 & Tier 3 Vocabulary

Expected & Aspirational

Academic Year 2026 – 2027

For pupils, parents and carers

A Note for Parents and Carers

Welcome to your son's Year 8 Personal Development vocabulary booklet. Year 8 deepens the foundations laid in Year 7, moving into more complex territory: emotional resilience, body image, puberty, substance awareness, advanced relationship skills, online wellbeing, and the beginnings of citizenship. The vocabulary in this booklet reflects that greater sophistication, and the same principles apply: the more fluently your son can use these words, the more confidently he can engage with challenging topics in lessons, in tutor time, and beyond school.

How this booklet is organised

The Year 8 programme has six units, mapped to three PSHE Association themes:

- Unit 1 — Health & Wellbeing: Resilience and Mental Health
- Unit 2 — Health & Wellbeing: Body Image, Puberty and Substances
- Unit 3 — Relationships: Healthy and Unhealthy Relationships
- Unit 4 — Relationships: Online Safety, Digital Wellbeing and Equality
- Unit 5 — Living in the Wider World: Financial Education and Careers
- Unit 6 — Living in the Wider World: Digital Literacy, Citizenship and Social Action

For each unit, vocabulary is split into:

- Tier 2 vocabulary — the academic language used across many subjects (e.g. “distinguish”, “evaluate”, “consequence”).
- Tier 3 vocabulary — the subject-specific language of Personal Development (e.g. “resilience”, “coercive control”, “algorithmic bias”).

Words are marked E (Expected — every pupil must know these) or A (Aspirational — stretch words for top-level responses).

How you can help at home

Quizzing your son in the car, at dinner or before bed — just fifteen minutes, three times a week — will make a measurable difference. The metacognitive strategies on the next page give you everything you need to do this well. You do not need to be a PSHE expert.

How to Learn Vocabulary by Heart

“Learning by heart” doesn’t mean memorising blindly. It means committing words to long-term memory so they can be retrieved fluently when needed — in writing, in discussion, in answering a question. The five strategies below, used in this order, will get you there.

1. Look, Cover, Write, Check

Look at the word and its definition. Cover them. Write the word and definition from memory. Check. If wrong, repeat. Effortful retrieval — not copying — is what builds memory.

2. The Leitner System (Spaced Practice with Flashcards)

Make flashcards with the word on one side and the definition on the other. Sort into three boxes:

- Box 1 — review every day. Words you don’t yet know.
- Box 2 — review every three days. Words you got right once.
- Box 3 — review once a week. Words you got right twice in a row.

When you get a Box 2 or 3 word wrong, it returns to Box 1. Two weeks of this will surprise you.

3. Dual Coding — A Word, A Picture, A Sentence

For every Tier 3 word, draw a small sketch and write a sentence using it correctly. The brain remembers images and stories far better than abstract definitions.

4. Self-Quizzing Out Loud

Close the booklet. Say the definition aloud, in your own words, without looking. Check. Speaking out loud forces retrieval, not recognition.

5. Use the Word in Writing

A word you have used in a sentence is a word you own. After each unit, write a short paragraph (50–100 words) using as many words as possible in a correct personal development context.

A Weekly Routine That Works

- Monday — 15 mins. Look–Cover–Write–Check on this week’s new words.
- Wednesday — 15 mins. Leitner-system review of all current flashcards.
- Friday — 15 mins. Self-quiz out loud, then write one paragraph using five of the words.

Tier Markers — Expected and Aspirational

Throughout this booklet, every word is marked with one of two letters in the right-hand column:

E — Expected

Every Year 8 pupil should know, spell and use these words by the end of the unit.

A — Aspirational

Stretch words for High Prior Attainers and pupils aiming for top grades. Try to use these in extended writing.

Why these tiers?

All Year 8 pupils — every single one — are expected to learn the Expected words. There is no opt-out. Vocabulary is the foundation of everything we do in Personal Development, and Expected words are the minimum entitlement.

Aspirational words are how High Prior Attainers and ambitious pupils distinguish themselves. Using them in extended writing reliably moves a piece of work up a grade. Year 8 Aspirational words are deliberately more demanding than Year 7's, reflecting the greater sophistication of the programme.

How vocabulary connects to assessment

Every assessment task in Personal Development credits accurate use of subject vocabulary. Pupils who use Tier 3 words precisely score higher. Pupils who use Aspirational words appropriately score higher still.

Unit 1 — Health & Wellbeing: Resilience and Mental Health

The vocabulary of mindset, stress, anxiety, coping strategies and help-seeking.

Tier 2 — Health & Wellbeing: Resilience and Mental Health — Academic Vocabulary

Academic vocabulary — words used across many subjects

Word	Type	Definition	Example in Personal Development	Tier
identify	verb	To recognise something and name it, using evidence.	Identify the signs that stress is becoming harmful.	E
distinguish	verb	To recognise and explain the difference between two or more things.	Distinguish between a fixed mindset and a growth mindset.	E
explain	verb	To give a reasoned account of how or why something occurs.	Explain how neurological pathways change when we practise new skills.	E
apply	verb	To use knowledge or a skill in a practical situation.	Apply a resilience strategy to a personal setback.	E
consequence	noun	A result or effect of an action or situation.	A consequence of unchecked anxiety is difficulty concentrating.	E
cause	noun/verb	A reason something happens; to make something happen.	Identify the main causes of stress in Year 8 pupils.	E
reflect	verb	To think carefully about your own thoughts, feelings or experiences.	Reflect on what coping strategies work best for you.	E
evaluate	verb	To judge the value or success of something, weighing evidence.	Evaluate the effectiveness of two different relaxation techniques.	A
analyse	verb	To break something down carefully and examine its parts.	Analyse how a fixed mindset can prevent someone from seeking help.	A

Tier 3 — Health & Wellbeing: Resilience and Mental Health — Subject-Specific Vocabulary

Subject-specific vocabulary — the language of Personal Development

Word	Type	Definition	Example in Personal Development	Tier
resilience	noun	The ability to recover from difficulties and adapt positively to change or adversity.	Resilience is not about never struggling; it is about bouncing back.	E
growth mindset	noun	The belief that abilities and intelligence can be developed through effort and learning.	A growth mindset means seeing failure as a chance to improve.	E
fixed mindset	noun	The belief that abilities and intelligence are fixed and cannot be changed.	A fixed mindset leads people to avoid challenges for fear of failure.	E
stress	noun	The body's physical and psychological response to pressure or perceived threat.	Low-level stress can be helpful; chronic stress is damaging.	E
anxiety	noun	A persistent feeling of worry, nervousness or unease, often about an uncertain outcome.	Anxiety becomes a problem when it stops you doing everyday activities.	E
coping mechanism	noun	A behaviour or thought pattern used to manage emotional distress.	Exercise and journaling are healthy coping mechanisms.	E
mental health	noun	A person's emotional, psychological and social wellbeing.	Mental health exists on a spectrum; everyone has mental health.	E
emotional wellbeing	noun	A state in which a person is able to manage their feelings and cope with everyday challenges.	Emotional wellbeing is supported by strong relationships and routine.	E
help-seeking	noun	The act of reaching out to others for support with a problem.	Help-seeking is a sign of strength, not weakness.	E
stigma	noun	Negative attitudes or discrimination associated with a condition or characteristic.	Stigma around mental health can prevent people from getting the help they need.	E
neuroplasticity	noun	The brain's ability to reorganise itself by forming new neural connections throughout life.	Neuroplasticity means our brains can change and grow with practice.	A
cognitive reframing	noun	A technique in which a person changes the way they interpret a situation to alter its emotional impact.	Cognitive reframing turns "I failed" into "I learned what not to do."	A
self-compassion	noun	Treating yourself with the same kindness and understanding you would offer a friend.	Self-compassion helps us recover from setbacks without harsh self-criticism.	A

Unit 2 — Health & Wellbeing: Body Image, Puberty and Substances

The vocabulary of physical development, body image, drugs, alcohol and harm reduction.

Tier 2 — Health & Wellbeing: Body Image, Puberty and Substances — Academic Vocabulary

Academic vocabulary — words used across many subjects

Word	Type	Definition	Example in Personal Development	Tier
classify	verb	To group things according to shared characteristics.	Classify substances as legal or illegal, stimulant or depressant.	E
assess	verb	To judge the importance or quality of something.	Assess the short-term and long-term risks of alcohol use.	E
challenge	verb	To question the validity or fairness of something.	Challenge unrealistic body image standards promoted in media.	E
compare	verb	To examine two or more things to find similarities and differences.	Compare how the media portrays male and female bodies.	E
consequence	noun	A result of an action, often longer-term or unintended.	A consequence of binge drinking is serious damage to developing brains.	E
influence	verb/noun	To have an effect on something; the power to affect.	Social media influencers can shape body image perceptions.	E
justify	verb	To give reasons in support of a decision or viewpoint.	Justify why harm-reduction information is important.	E
evaluate	verb	To weigh up the strengths and weaknesses of different approaches.	Evaluate the harm-reduction approach compared to abstinence-only education.	A
critique	verb	To analyse something and identify its strengths and weaknesses.	Critique the messages sent by fitness advertising to young men.	A

Tier 3 — Health & Wellbeing: Body Image, Puberty and Substances — Subject-Specific Vocabulary

Subject-specific vocabulary — the language of Personal Development

Word	Type	Definition	Example in Personal Development	Tier
puberty	noun	The process of physical and hormonal changes through which a child's body develops into an adult body.	Puberty involves physical, emotional and social changes.	E
body image	noun	How a person sees, thinks and feels about their own body.	Positive body image is linked to better mental health outcomes.	E
hormones	noun	Chemical messengers produced by glands that regulate bodily processes.	Hormones cause many of the physical and emotional changes of puberty.	E
drug	noun	A substance that changes the way the body or mind functions.	Drugs can be legal (alcohol, caffeine) or illegal (cannabis, cocaine).	E
alcohol	noun	A legal depressant drug found in beer, wine and spirits.	Alcohol affects judgement, coordination and decision-making.	E
depressant	noun	A drug that slows down the central nervous system.	Alcohol is a depressant, despite sometimes making people feel more confident.	E
stimulant	noun	A drug that speeds up the central nervous system.	Caffeine is a mild stimulant; cocaine is a dangerous illegal stimulant.	E
harm reduction	noun	Strategies designed to reduce the negative consequences of drug or alcohol use.	Harm reduction includes advice on safer drinking and where to get help.	E
dependency	noun	A state in which a person relies on a substance and finds it hard to stop.	Dependency can be physical, psychological or both.	E
menstrual health	noun	The physical and emotional aspects of the menstrual cycle and period health.	Menstrual health education helps all pupils understand bodily changes.	E
diet culture	noun	A social system that values thinness and specific body shapes, often promoting unhealthy behaviours.	Diet culture can lead to disordered eating and poor mental health.	A
addiction	noun	A compulsive need to use a substance or engage in a behaviour despite harmful consequences.	Addiction is a health condition, not a moral failing.	A

Word	Type	Definition	Example in Personal Development	Tier
self-medication	noun	Using alcohol or drugs to cope with emotional pain or mental health difficulties.	Self-medication with alcohol is linked to worsening mental health over time.	A

Unit 3 — Relationships: Healthy and Unhealthy Relationships

The vocabulary of relationship quality, communication, coercive control and conflict resolution.

Tier 2 — Relationships: Healthy and Unhealthy Relationships — Academic Vocabulary

Academic vocabulary — words used across many subjects

Word	Type	Definition	Example in Personal Development	Tier
define	verb	To state the exact meaning of something.	Define what is meant by coercive control.	E
distinguish	verb	To recognise and explain the difference between two things.	Distinguish between healthy assertiveness and aggression.	E
apply	verb	To use knowledge in a practical situation.	Apply non-violent communication skills to a conflict scenario.	E
explain	verb	To give a reasoned account of why something is the case.	Explain why power imbalances can make relationships harmful.	E
recognise	verb	To identify something from prior knowledge or experience.	Recognise the early warning signs of an unhealthy relationship.	E
rights	noun	Things a person is legally or morally entitled to.	Everyone has the right to feel safe and respected in all relationships.	E
responsibility	noun	A duty or obligation to act in a certain way.	We have a responsibility to communicate boundaries clearly.	E
consequence	noun	A result of an action, often negative or unintended.	A consequence of ignoring coercive control is escalation of harm.	E
analyse	verb	To examine something carefully and in detail.	Analyse the power dynamics in a relationship scenario.	A
challenge	verb	To question or test something.	Challenge narratives that normalise controlling behaviour.	A

Tier 3 — Relationships: Healthy and Unhealthy Relationships — Subject-Specific Vocabulary

Subject-specific vocabulary — the language of Personal Development

Word	Type	Definition	Example in Personal Development	Tier
healthy relationship	noun	A relationship based on mutual respect, trust, equality and open communication.	A healthy relationship makes both people feel safe and valued.	E
unhealthy relationship	noun	A relationship involving harmful behaviours such as control, manipulation or abuse.	Unhealthy relationships can be difficult to recognise when you are in them.	E
coercive control	noun	A pattern of behaviour that seeks to take away a person's liberty or freedom and strip away their sense of self.	Coercive control is a criminal offence in England and Wales.	E
power dynamics	noun	The ways in which power is distributed and exercised between people in a relationship.	Age differences and financial dependency can affect power dynamics.	E
non-violent communication	noun	A method of communicating based on expressing feelings and needs without blame or judgment.	Non-violent communication helps resolve conflict respectfully.	E
active listening	noun	Giving full attention to a speaker, showing you understand and value what they say.	Active listening includes eye contact, nodding and reflecting back.	E
consent	noun	Freely given, reversible, informed and enthusiastic agreement to something.	Consent must be given freely; it cannot be given under pressure.	E
boundary	noun	A limit a person sets about what behaviour they will and will not accept.	Communicating your boundaries helps others know how to treat you.	E
abuse	noun	Behaviour that causes physical, emotional, sexual or financial harm to another person.	Abuse can be physical, emotional, sexual or financial.	E
relationship spectrum	noun	A continuum of relationships from healthy to unhealthy to abusive.	The relationship spectrum helps people identify where their relationship sits.	E
gaslighting	noun	A form of manipulation in which a person is made to question their own memory or perception.	Gaslighting is a common tactic in coercively controlling relationships.	A
de-escalation	noun	The process of reducing tension or conflict in a situation.	De-escalation strategies include speaking calmly and taking a pause.	A

Unit 4 — Relationships: Online Safety, Digital Wellbeing and Equality

The vocabulary of digital consent, grooming, social media wellbeing, hate crime and equality law.

Tier 2 — Relationships: Online Safety, Digital Wellbeing and Equality — Academic Vocabulary

Academic vocabulary — words used across many subjects

Word	Type	Definition	Example in Personal Development	Tier
evaluate	verb	To weigh up the value or quality of something.	Evaluate the impact of social media use on mental wellbeing.	E
identify	verb	To recognise and name something.	Identify the signs of online grooming.	E
critically	adverb	In a way that involves careful analysis rather than simply accepting.	Engage critically with content that promotes unrealistic lifestyles.	E
consequence	noun	A result of an action, often unintended.	A consequence of sharing intimate images online is permanent loss of control.	E
challenge	verb	To question the validity of something.	Challenge discriminatory language and behaviour online.	E
rights	noun	Legal or moral entitlements.	Data rights include the right to know what information is held about you.	E
analyse	verb	To examine something carefully and in detail.	Analyse how social media platforms use algorithmic bias to increase engagement.	E
justify	verb	To give reasons supporting a decision.	Justify the importance of data privacy laws for young people.	A
 synthesise	verb	To combine information from different sources to form a conclusion.	Synthesise evidence about social media and body image from multiple studies.	A

Tier 3 — Relationships: Online Safety, Digital Wellbeing and Equality — Subject-Specific Vocabulary

Subject-specific vocabulary — the language of Personal Development

Word	Type	Definition	Example in Personal Development	Tier
digital consent	noun	Freely given agreement to share, use or receive digital content involving another person.	Sending someone's photo without consent is a breach of digital consent.	E
sexting	noun	Sending or receiving sexually explicit images or messages via digital devices.	Sexting carries serious risks and can constitute a criminal offence.	E
grooming	noun	The process by which someone builds trust with a child in order to manipulate or abuse them.	Grooming often involves secrecy, gifts and isolation from trusted adults.	E
CEOP	noun (acronym)	Child Exploitation and Online Protection: the UK agency for reporting online abuse.	Report concerns about online contact to CEOP via its website.	E
social media algorithm	noun	A set of rules used by a platform to decide what content to show each user.	Social media algorithms prioritise content that provokes strong emotional reactions.	E
FOMO	noun (acronym)	Fear Of Missing Out: anxiety caused by the feeling that others are having more rewarding experiences.	FOMO is linked to increased social media checking and lower wellbeing.	E
digital wellbeing	noun	The impact of digital technology on a person's health, relationships and happiness.	Good digital wellbeing involves managing screen time and online relationships.	E
Equality Act	noun	UK law (2010) that protects people from discrimination based on nine protected characteristics.	The Equality Act protects against discrimination in school and work.	E
hate crime	noun	A criminal offence motivated by hostility based on a protected characteristic.	Sending racist messages online can constitute a hate crime.	E
protected characteristic	noun	One of nine features protected by law: age, disability, gender reassignment, marriage, pregnancy, race, religion, sex, sexual orientation.	Discrimination based on any protected characteristic is illegal.	E
echo chamber	noun	An environment in which a person only encounters views and information that reinforce their own.	Social media echo chambers can reinforce extreme views.	A

Word	Type	Definition	Example in Personal Development	Tier
algorithmic bias	noun	When a platform's algorithm produces unfair outcomes due to flawed design or biased data.	Algorithmic bias can reinforce stereotypes in content recommendations.	A
deepfake	noun	A digitally manipulated image or video in which a person's face or voice is replaced with someone else's.	Deepfakes can be used to spread misinformation or to harass individuals.	A

Unit 5 — Living in the Wider World: Financial Education and Careers

The vocabulary of banking, credit, interest, payslips, ethical consumerism and career pathways.

Tier 2 — Living in the Wider World: Financial Education and Careers — Academic Vocabulary

Academic vocabulary — words used across many subjects

Word	Type	Definition	Example in Personal Development	Tier
distinguish	verb	To identify the differences between two or more things.	Distinguish between a debit card and a credit card.	E
analyse	verb	To examine something in detail.	Analyse a payslip to identify income, tax and national insurance.	E
evaluate	verb	To weigh up the strengths and weaknesses of options.	Evaluate the risks of payday loans compared to other borrowing.	E
justify	verb	To give reasons for a decision.	Justify why building a savings habit is important in your teens.	E
apply	verb	To use knowledge in a practical context.	Apply budgeting skills to a realistic monthly income scenario.	E
compare	verb	To look at similarities and differences.	Compare two career pathways in terms of qualifications and earning potential.	E
consequence	noun	A result of an action, often financial.	A consequence of borrowing on credit is paying back more than you borrowed.	E
ethical	adjective	Morally right or acceptable.	Ethical consumerism means choosing products that cause less harm.	A
perspective	noun	A particular point of view, shaped by experience.	Consider the employer's perspective when preparing for an interview.	A

Tier 3 — Living in the Wider World: Financial Education and Careers — Subject-Specific Vocabulary

Subject-specific vocabulary — the language of Personal Development

Word	Type	Definition	Example in Personal Development	Tier
bank account	noun	A financial account held with a bank for storing and managing money.	A current account is used for everyday spending; a savings account earns interest.	E
debit card	noun	A card that takes money directly from a bank account when used.	A debit card lets you spend money you already have.	E
credit card	noun	A card that lets you borrow money to spend, which must be repaid later.	Credit cards charge interest if the balance is not cleared each month.	E
credit score	noun	A numerical rating of a person's creditworthiness, based on their financial history.	A good credit score makes it easier to borrow money at lower interest rates.	E
interest	noun	A charge paid for borrowing money, or money earned on savings.	High interest rates make loans expensive to repay.	E
debt	noun	Money owed to another person or institution.	Debt becomes a problem when repayments exceed a person's income.	E
payslip	noun	A document showing an employee's earnings and deductions for a pay period.	A payslip shows gross pay, tax, national insurance and net pay.	E
income tax	noun	A tax deducted from earnings by the government.	Income tax funds public services such as the NHS and schools.	E
national insurance	noun	A tax on earnings that funds the state pension and other benefits.	National insurance contributions are deducted from wages before take-home pay.	E
ethical consumerism	noun	Choosing to buy products and services that are produced responsibly.	Ethical consumerism includes checking whether workers are paid fairly.	E
career pathway	noun	A planned route through education and training towards a particular career.	Understanding different career pathways helps you make informed GCSE choices.	E
payday loan	noun	A high-interest short-term loan typically repaid on the borrower's next payday.	Payday loans often trap people in cycles of debt due to very high interest rates.	A

Word	Type	Definition	Example in Personal Development	Tier
interest rate	noun	The proportion of a loan charged as interest over a given period, usually expressed as an annual percentage.	Comparing interest rates helps you choose the cheapest way to borrow.	A

Unit 6 — Living in the Wider World: Digital Literacy, Citizenship and Social Action

The vocabulary of AI, data rights, misinformation, democracy, citizenship and social action.

Tier 2 — Living in the Wider World: Digital Literacy, Citizenship and Social Action — Academic Vocabulary

Academic vocabulary — words used across many subjects

Word	Type	Definition	Example in Personal Development	Tier
explain	verb	To give a clear account of how or why something is the case.	Explain how AI generates content and why deepfakes are dangerous.	E
evaluate	verb	To weigh up the significance of something.	Evaluate the risks of AI-generated misinformation for democracy.	E
argue	verb	To give reasons in support of a position.	Argue the case for stronger regulation of social media platforms.	E
critically	adverb	In a way that involves careful, evidence-based analysis.	Engage critically with political messaging online.	E
responsibility	noun	A duty to act in a certain way, often as part of a community.	As a citizen, you have a responsibility to participate in democracy.	E
perspective	noun	A point of view shaped by background and experience.	Consider multiple perspectives before forming a view on a political issue.	E
consequence	noun	A result of an action, often broader in scope.	A consequence of low voter turnout is that fewer voices shape government.	E
synthesise	verb	To combine information from different sources to form a conclusion.	Synthesise evidence from different news sources to reach a balanced view.	A
implicit	adjective	Suggested or understood without being directly stated.	Political propaganda often carries implicit messages about identity.	A

Tier 3 — Living in the Wider World: Digital Literacy, Citizenship and Social Action — Subject-Specific Vocabulary

Subject-specific vocabulary — the language of Personal Development

Word	Type	Definition	Example in Personal Development	Tier
artificial intelligence (AI)	noun	Computer systems that perform tasks that typically require human intelligence.	AI is used in content moderation, search engines and social media feeds.	E
data privacy	noun	The right of individuals to control how their personal data is collected and used.	Data privacy laws such as GDPR give people rights over their personal data.	E
GDPR	noun (acronym)	General Data Protection Regulation: EU law controlling how personal data is handled.	Under GDPR, organisations must explain how they use your personal data.	E
misinformation	noun	False or inaccurate information, spread regardless of intent.	Misinformation spreads because people share without checking sources.	E
propaganda	noun	Information, often biased or misleading, used to promote a political cause or point of view.	Political propaganda often uses emotional language to bypass critical thinking.	E
democracy	noun	A system of government in which power lies with citizens, typically exercised through voting.	In a democracy, every adult citizen has an equal vote.	E
citizenship	noun	The status of belonging to a community, with associated rights and responsibilities.	Active citizenship means participating in and contributing to your community.	E
volunteering	noun	Giving time freely to help others or support a cause.	Volunteering builds skills and strengthens communities.	E
social action	noun	Steps taken by individuals or groups to create positive change in their community.	A school fundraising campaign is an example of social action.	E
critical thinking	noun	The ability to analyse information objectively and evaluate it before forming a conclusion.	Critical thinking involves asking who made a piece of content and why.	E
digital citizenship	noun	Using technology responsibly, ethically and safely.	Digital citizenship includes respecting others online and protecting your data.	E
algorithmic manipulation	noun	The use of algorithms to influence what people think, feel or do online.	Algorithmic manipulation is used by social media platforms to increase engagement.	A

Word	Type	Definition	Example in Personal Development	Tier
online radicalisation	noun	The process by which a person is introduced to extremist ideologies through online content.	Online radicalisation often begins with content that seems ordinary.	A

