

# 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 **Lower Key Stage Two**.

The terms that are starred \* are **not** used in all sessions: only those where the teaching is specifically about genitalia and we're using the scientific names for parts of the body.

Term	What we mean by this
<b>A</b>	
<b>Abuse</b>	Any action by another person that causes a lot of harm to someone. Treating someone in a harmful way and not the way in which they should be treated. Some specifics covered: <ul style="list-style-type: none"><li>• Physical abuse – deliberately harming or injuring another person.</li><li>• Emotional abuse – deliberately trying to make another person feel scared, upset, humiliated, sad or keeping that person away from those that care for them.</li><li>• Abuse of private parts – when someone is made, asked or rewarded for doing something with their private parts that scares or worries them.</li></ul>
<b>Appropriate Behaviour</b>	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 place but inappropriate in another.



B	
<b>Balanced diet</b>	Eating healthy foods, including at least five portions of fruit and vegetables a day and not too many sweet or fatty things.
<b>Baptism</b>	The sacrament that makes us God's children. The way that we become part of the family of God and receivers of His love.
<b>Block</b>	To stop someone from contacting you online, usually in games/ chats/apps.
C	
<b>Community</b>	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.
<b>Compassion</b>	Caring for others and feeling loving towards them.
<b>Conception</b>	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.
<b>Consequences</b>	When we do something, our actions may affect other people or other things. These effects are called consequences.
<b>Created by God</b>	We believe that God made the world, including you and me. He is the source of all life.
<b>Creation</b>	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!
D	
<b>Delete</b>	To remove some information from the internet or a computer/ other electronic device.
<b>Dignity</b>	Because we are made by God, each of us has dignity and deserves to be treated with respect.

E	
<b>Embryo*</b>	A human life, growing in its mother's womb, that is less than eight weeks old. Life, less than eight weeks after conception.
<b>Emergency</b>	Something that happens which is serious, unexpected, and probably dangerous. Adults need to deal with it straightaway.
<b>Emergency Services</b>	Police, Firefighters and Paramedics (Ambulance service)
<b>Exercise</b>	Keeping our bodies active in ways that will keep them fit and healthy. This might be playing outdoors, walking or cycling to school, swimming or enjoying sports or active games. We need to exercise regularly throughout our lives to keep our bodies healthy.
F	
<b>Faith</b>	Faith is complete trust in someone or something. To have faith in God is to put all our confidence and hope in Him.
<b>Foetus*</b>	A human life, growing in its mother's womb, that is more than eight weeks old. Life, more than eight weeks after conception.
<b>Forgiveness</b>	Trying to forget about the bad thing/s that someone has done and not using it/them against them in the future. Trying not to keep thinking about it and not letting it get in the way of your friendship.
G	
<b>Genitalia*</b>	The private (sexual) parts of the body, which are different for boys and girls.
<b>Germ</b>	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 have to wash our hands carefully, especially before we eat.
<b>Gifts</b>	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.



<b>God the Father</b>	Created the world and everything in it, including us.
<b>God the Holy Spirit</b>	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.
<b>God the Son (Jesus)</b>	Jesus, the Son of God, came to Earth to do some very special jobs.
<b>Made in God's Image</b>	We're made by God to love Him and to love others, just like He loves all things.
<b>Gospel</b>	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.
<b>Gratitude</b>	Noticing when someone does something for us and saying 'thank you'. Noticing good things that happen in our lives and being glad.
<b>H</b>	
<b>Hormones</b>	Chemicals in our bodies that can change or affect the way we feel.
<b>I</b>	
<b>Inappropriate Behaviour</b>	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 place but inappropriate in another.
<b>L</b>	
<b>Life Cycles</b>	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.
<b>M</b>	
<b>Medicine</b>	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.

O	
<b>being Online / time Online</b>	Time that you spend playing or looking at things on the internet.
P	
<b>P.A.N.T.S.</b>	This stands for - <b>P</b> rivates are private. <b>A</b> lways remember your body belongs to you. <b>N</b> o means no. <b>T</b> alk about secrets that upset you. <b>S</b> peak up, someone can help (used with permission from the NSPCC).
<b>Passive smoking</b>	Not being able to avoid 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.
<b>Penis*</b>	The part of a boy or man's body that we sometimes call a 'willie'.
<b>Personal hygiene</b>	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.
<b>Prayer</b>	Talking 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 prayers or say ones that others have spoken for many years, like the 'Our Father'.
<b>Private parts</b>	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're with others. They are the parts of our body that would be covered by a swimming costume.
<b>Puberty</b>	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 changes 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	
<b>Reconciliation (Confession)</b>	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.
<b>Resilience</b>	Not letting bad or sad feelings make you behave badly or stop you from acting normally.
<b>Respect</b>	Treating other people kindly and fairly because you think they deserve it or because you think it's the right thing to do.
<b>Responsibilities</b>	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 other people who share spaces with us.
<b>Role model</b>	Someone who behaves in a way that is good for us to copy. Jesus is a great role model!
S	
<b>Sacrament</b>	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.
<b>Sin</b>	Doing something that we know is wrong. Sin pushes us away from God, but we never stop being part of God's family.
<b>Skills</b>	Skills are things that we learn and can get better and better at.
<b>Special people</b>	People – usually adults – whom we trust and with whom we'd feel comfortable talking to about anything, including things that upset us.
T	
<b>Testicles*</b>	The part of a man or boy's body that hangs behind his penis.



<b>Trinity (The Holy Trinity)</b>	God is one God, but He has three persons. God the Father, God the Son, whom we know as Jesus and God the Holy Spirit.
<b>U</b>	
<b>Umbilical Cord*</b>	The tube that feeds the baby when it's growing in its mother's womb.
<b>Unique</b>	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.
<b>Urethra*</b>	The part of the body where urine (wee) comes out. It's the same word for both boys and girls, men and women.
<b>V</b>	
<b>Vagina*</b>	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.
<b>Virtues</b>	Trying to do good and act kindly towards others all the time.
<b>Vocation</b>	God made us with the desire to love and to be loved and to make a difference. Each of us has a special purpose for our lives. This is our vocation.
<b>Vulva*</b>	The name for the private (sexual) parts of a woman or girl that are outside of her body.