

# 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 **Key Stage One**.

The terms that are starred \* are only mentioned during an optional part of Session 1.2.2, which discusses physical differences between boys and girls.

Term	What we mean by this
<b>A</b>	
<b>Appropriate Behaviour</b>	Things that you do that are right or OK in the time and place that you're doing them.
<b>B</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 way that we become part of God's family and part of the family of the Church.
<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>Consequences</b>	When we do something, our actions may affect other people or other things. These effects are called consequences.
<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!
<b>Created by God</b>	We believe that God made the world, including you and me. He is the source of all life.
D	
<b>Delete</b>	To remove something from a computer/the internet and stop seeing it.
<b>Dignity</b>	Each one of us has dignity and deserves to be treated with respect because we are made by God.
E	
<b>Emergency</b>	Something that happens which is serious, unexpected, and probably dangerous. Grown-ups need to deal with it straightaway.
<b>Exercise</b>	Moving about a lot to keep our bodies fit and healthy.
F	
<b>Forgiveness</b>	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	
<b>Genitalia*</b>	The private parts of the body, which are different for boys and girls. Specifics mentioned are penis, testicles, vagina, vulva and urethra. (Find definitions for these terms in this Glossary).
<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 us. When we ask, the Holy Spirit comes very close to us and helps us to live a good life.
<b>God the Son</b>	We know Him as Jesus. He 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 are 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.
I	
<b>Inappropriate Behaviour</b>	Things that you do that are not right or OK in the time and place that you're doing them.
L	
<b>Life Cycles</b>	Everyone goes through the same stages of life. 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	
<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 change the way our body works for a time.
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>	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 to God. Sometimes with others, or in church and sometimes just 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'.
<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 are with others. They are the parts of our body that are covered by a swimming costume.

R	
<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 around 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. Through sacraments, God can give us His gifts and come very close to us.
<b>Skills</b>	Skills are things that we can learn and 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>Tablet</b>	An electronic device connected to the internet, such as an iPad.
<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.
V	
<b>Vagina*</b>	A private part of a girl or woman's body; an opening between her legs.
<b>Virtues</b>	Trying to do good and act kindly towards others all the time.
<b>Vulva*</b>	The name for the private parts of a woman or girl that are outside of her body.