

**Isle of Man
Relationships and Sex Education (RSE) Framework**

YEAR 4 – BLOCK 1

Theme	Learning Intentions	Outcomes	Resources
Names of the Parts of my Body	<p>Children learn the correct names for parts of their body, including male and female genitalia, and their functions.</p> <p>Children recognise that body changes with puberty impact on feelings and behaviour.</p>	<p>I recognise that how my body changes can affect how I feel about myself and how I may behave.</p> <p>I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene.</p>	<p>RSHP: Names of the Parts of My Body (activity plan)</p> <p>RSHP: Names of the Parts of My Body (slides)</p> <p>RSHP: Names of the Parts of My Body (prop 1)</p> <p>RSHP: Names of the Parts of My Body (prop 2)</p>
My Body Is Changing	<p>Children learn the physical and emotional changes that take place during puberty.</p>	<p>I can name parts of my body.</p> <p>I can talk about the different parts of my body and what they do.</p> <p>I can describe the changes that take place with puberty.</p> <p>I understand how to maintain personal hygiene.</p>	<p>RSHP: My Body Is Changing (activity plan)</p> <p>RSHP: My Body Is Changing (slides)</p>

<p>Feelings and Puberty</p>	<p>Children recognise that body changes with puberty impact on feelings and behaviour.</p> <p>Children learn strategies to manage emotions</p>	<p>I recognise that how my body changes can affect how I feel about myself and how I may behave.</p> <p>I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene.</p>	<p>RSHP: Feelings and Puberty (activity plan)</p> <p>RSHP: Feelings and Puberty (slides)</p> <p>RSHP: Feelings and Puberty (prop 1)</p>
<p>Personal Hygiene</p>	<p>Children understand the importance of personal hygiene.</p>	<p>I recognise that how my body changes can affect how I feel about myself and how I may behave.</p> <p>I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene.</p>	<p>RSHP: Personal Hygiene (activity plan)</p> <p>RSHP: Personal Hygiene (slides)</p>
<p>What Is Consent?</p>	<p>Children understand the concept of consent.</p> <p>Children understand the concept of bodily autonomy.</p> <p>Children acknowledge personal space and boundaries.</p>	<p>I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.</p>	<p>RSHP: What Is Consent? (activity plan)</p> <p>RSHP: What Is Consent? (slides)</p>
<p>My Body Is Mine</p>	<p>Children know that all forms of abuse are wrong.</p> <p>Children learn help-seeking behaviours.</p>	<p>I know that all forms of abuse are wrong, and I am developing the skills to keep myself safe and get help if I need it.</p>	<p>RSHP: My Body Is Mine (activity plan)</p> <p>RSHP: My Body Is Mine (slides)</p>