

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

YEAR 5 – BLOCK 2

Theme	Learning Intentions	Outcomes	Resources
My Feelings	<p>Children learn to recognise their feelings.</p> <p>Children explain how positive relationships enhance emotional wellbeing.</p> <p>Children learn help-seeking behaviours.</p>	<p>I can communicate my feelings.</p> <p>I can talk about positive things about me.</p> <p>I recognise when I have positive emotions, and when I feel sad or worried.</p> <p>I can reflect on my relationships with others and how they impact on my emotional wellbeing.</p> <p>I know who or where I can go to for support or if I have a worry or a question.</p>	<p>RSHP: My Feelings (activity plan)</p> <p>RSHP: My Feelings (slides)</p> <p>RSHP: My Feelings (prop)</p>
My Body			<p>RSHP: My Body (activity plan)</p> <p>RSHP: My Body (slides)</p> <p>DESC Menstruation Video (in Teams)</p>
When I Feel Sad or Worried			<p>RSHP: When I Feel Sad or Worried (activity plan)</p> <p>RSHP: When I Feel Sad or Worried (slides)</p> <p>RSHP: When I Feel Sad or Worried (prop)</p>

<p>Surprises vs Secrets</p>	<p>Children differentiate between surprises and Secrets, and know how to approach a trusted adult with a secret they want to divulge.</p>	<p>I can differentiate between a surprise and a secret.</p> <p>I can identify trusted adults to whom I could reveal a secret I can demonstrate confidence when addressing an adult with a sensitive subject.</p>	<p>KidSmartz: Surprises vs Secrets</p>
<p>Families Can Change</p>	<p>Children will learn about different types of families and how they can change.</p>	<p>I can describe the different ways in which people can be a family.</p> <p>I can explain some of the ways that families show that they care for each other.</p> <p>I recognise the range of emotions that young people may feel when parents separate and what friends can do to support them at that time.</p>	<p>University of Exeter: Rosie's Story (Lesson 1)</p> <p>Teacher Guide</p>
<p>How to Manage Change in Families</p>	<p>Children learn about rights children have if parents separate and the type of support they might need.</p>	<p>I know that young people have rights to have their voice heard when parents separate.</p> <p>I can describe the range of emotions that young people may feel when parents separate.</p> <p>I can identify sources of support for these young people and explain how to access them.</p>	<p>University of Exeter: Rosie's Story (Lesson 2)</p> <p>Teacher Guide</p>