

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

**YEAR 1 – BLOCK 1**

Theme	Learning Intentions	Outcomes	Resources
<b>My Body</b>	<p>Children learn the correct names for parts of their body, including male and female genitalia, and their functions.</p> <p>Key vocab: nipples, penis, scrotum, testicles, vulva</p>	<p>I am aware of my growing body and I am learning the correct names for its different parts and how they work.</p>	<p><a href="#">RSHP: Names of Parts of My Body Activity Plan</a></p> <p><a href="#">RSHP: Names of Parts of My Body Slides</a></p> <p><a href="#">RSHP: Names of Parts of My Body Activity Prop</a></p>
<b>My Body Belongs To Me</b>	<p>Children learn the concept of bodily autonomy – that their body is their body.</p> <p>Children learn that parts of their body are private.</p> <p>Children learn that other children/people also have the right to privacy.</p> <p>Children learn help-seeking behaviours.</p>	<p>I am learning what I can do to look after my body and who can help me.</p> <p>I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this.</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><a href="#">RSHP: My Body Belongs To Me Activity Plan</a></p> <p><a href="#">RSHP: My Body Belongs To Me Slides</a></p> <p><a href="#">RSHP: My Body Belongs To Me Activity Prop</a></p>

<p><b>Privacy</b></p>	<p>Children learn that other children/people also have the right to privacy.</p> <p>Children learn help-seeking behaviours.</p>	<p>I am learning what I can do to look after my body and who can help me.</p> <p>I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this.</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><a href="#">RSHP: Privacy and PANTS Rule Activity Plan</a></p> <p><a href="#">RSHP: Privacy and PANTS Rule Slides</a></p>
<p><b>Friendship</b></p>	<p>Children learn how friendships are formed and nurtured.</p> <p>Children identify who to go to if they are worried or concerned about peer relationships.</p> <p>Children consider the feelings associated with friendship.</p>	<p>I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships.</p> <p>I understand positive things about friendships and relationships but when something worries or upsets me, I know who I should talk to.</p>	<p><a href="#">RSHP: My Friends/Being a Friend Activity Plan</a></p> <p><a href="#">RSHP: My Friends/Being a Friend Slides</a></p> <p><a href="#">RSHP: My Friends/Being a Friend Activity Prop</a></p>
<p><b>People Who Are Special To Me</b></p>	<p>Children know that there are adults in their lives who care for them and look after them; this includes professional people.</p> <p>Children understand that who these adults are can be different for children.</p> <p>Children understand that care can be physical and emotional.</p>	<p>I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults.</p>	<p><a href="#">RSHP: People Who Are Special To Me Activity Plan</a></p> <p><a href="#">RSHP: People Who Are Special To Me Slides</a></p>

<b>When I Have a Worry</b>	<p>Children know that there are adults in their lives who care for them and look after them; this includes professional people.</p> <p>Children understand that who these adults are can be different for children.</p> <p>Children understand that care can be physical and emotional.</p>	<p>I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults.</p>	<p><a href="#">RSHP: When I Have a Worry Activity Plan</a></p> <p><a href="#">RSHP: When I Have a Worry Slides</a></p>
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