

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

**YEAR 6 – BLOCK 3**

Theme	Learning Intentions	Outcomes	Resources
<b>Self Care</b>	Children learn a range of self-care strategies, including connecting with others, being physically active and learning something new.	<p>I can explain what self-care means.</p> <p>I can identify and try out a range of self-care Strategies.</p>	<p><a href="#">Public Health England: Self-Care (lesson plans)</a></p>
<b>Building Connections</b>	Children learn that it's normal to feel lonely, but there are strategies they can use to safely build connections with family, friends and their community.	<p>I can explain what loneliness means.</p> <p>I can explain what connection means.</p> <p>I can look out for others who might be feeling lonely.</p>	<p><a href="#">Public Health England: Building Connections (lesson plans)</a></p>
<b>Transition</b>	Children explore the theme of changing friendships, online and offline, as young people move from primary to secondary school.	<p>I can describe how friendships may change online and offline when moving schools.</p> <p>I can explore how changing friendships can make us feel.</p> <p>I am being to understand how to resolve issues that these changing friendships may bring.</p>	<p><a href="#">Childnet: Moving On Up!</a></p>

<p><b>It's Just a Joke – Part 1</b></p>	<p>Children discuss how they can be good friends online and gain the confidence to report unacceptable online behaviour.</p>	<p>I can recognise online behaviour that uses gender stereotypes or body shaming to upset and hurt people.</p>	<p><a href="#">Childnet: Just a Joke? (lesson plans and activities)</a></p>
<p><b>It's Just a Joke – Part 2</b></p>		<p>I know how to seek help for myself or others experiencing cyberbullying.</p>	
<p><b>It's Just a Joke – Part 3</b></p>		<p>I can recognise online content that can cause upset, hurt or shock.</p> <p>I know that sharing this content for a joke is not kind or respectful.</p> <p>I know how to seek help about online content that I am confused or curious about.</p>	