



MBIMB

May 2024

EMPOWER + A CHILD PROTECT A FUTURE

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MBIMB TRAINING SESSION



**(Limited to 100 people
so book early!!)**

- What is The My Body Is My Body Programme
- Why You Should Present The MBIMB Programme
- How To Present The MBIMB Programme
- Introducing The MBIMB Programme Into Your Community

18th June 2024 6pm GMT



Are you passionate about child safety and eager to make a difference in your community? We invite you to join us for an engaging and informative Zoom training session on June 18th, where you'll learn all about the groundbreaking "My Body is My Body" (MBIMB) Programme.

What to Expect:

Discover the MBIMB Programme: Learn why this internationally acclaimed musical body safety programme is so effective in educating children on body safety through fun, age-appropriate music, activities, and animated videos.
Understand Its Importance: We'll delve into why it's crucial to incorporate the MBIMB Programme into your work with children, whether you're a social worker, teacher, daycare provider, parent, after-school programme provider, sports club organiser or community leader.

Get Hands-On Training: Our session will provide practical guidance on how to effectively teach the programme, open channels of communication about abuse, and empower children to speak up and seek help when needed.

Why Attend?

Empower Children: Help children develop an understanding of appropriate behaviour towards their bodies and identify potentially harmful situations.

Foster Open Communication: Learn how to create a safe environment where children feel comfortable discussing their concerns and seeking help.

Make a Real Impact: Join a global community of professionals dedicated to child safety and contribute to a programme that has already reached over 2 million children in over 60 countries.

Details:

Date: June 18th

Time: 6pm GMT

Platform: Zoom [Click Here to Book Your FREE Ticket](#)

This training session is open to anyone working with children who wants to make a positive impact. Don't miss this opportunity to be part of a movement that is changing lives worldwide. Let's come together to protect, educate, and empower our children!

We look forward to seeing you there!
Chrissy Sykes & Dee Russell – Thomas



ABOUT US

The My Body Is My Body (MBIMB) Programme is a groundbreaking, internationally acclaimed musical child abuse prevention initiative. Created over three decades ago by Chrissy Sykes, a renowned singer/songwriter and child advocate, MBIMB has been instrumental in educating children about body safety and abuse prevention through engaging music and animation. Available in 27 languages and reaching over 2 million children in more than 60 countries, MBIMB has made a significant impact in schools, community centers, and refugee camps worldwide.

Programme Overview MBIMB employs a unique approach to child abuse prevention by using music and animation to deliver crucial safety messages. The core of the programme consists of six animated musical videos, each about four minutes long, covering vital topics such as bodily autonomy, consent, recognizing private parts, peer pressure, reporting abuse, and identifying safe adults. The catchy songs and engaging animations help children retain and recall the information, making complex subjects accessible and relatable.





WHAT WE DO

To ensure global accessibility, MBIMB has been translated into 27 languages by dedicated volunteers. The programme is designed to be taught by various professionals and community leaders, including social workers, teachers, daycare providers, and parents. To support this, MBIMB offers free online courses and "train the trainer" sessions to ensure that all presenters are well-equipped with the necessary knowledge and skills.

Impact and Effectiveness Surveys have shown that over 95% of parents observed a noticeable improvement in their child's body safety awareness after participating in the MBIMB programme. Children actively engage with the material, singing the songs and discussing the lessons at home. Additionally, 90% of parents reported increased confidence in addressing topics like consent and abuse, with many expressing a desire to volunteer and extend the programme's reach.





WHY WE NEED YOUR SUPPORT

The Lifelong Impact of Child Abuse Child abuse has a profound and lasting impact on the lives of affected children, often resulting in severe and long-term consequences such as learning difficulties, mental health issues (including anxiety, depression, and PTSD), eating disorders, self-esteem issues, and increased risk of suicidal thoughts and behaviours. The pervasive effects of abuse extend well into adulthood, affecting relationships, job stability, and overall quality of life, highlighting the critical importance of early intervention and prevention programmes like MBIMB.





DONATE TODAY

Why We Need Your Support Despite our significant achievements, there is still much work to be done. To continue expanding the reach and impact of the MBIMB Programme, we rely on the generous support of individuals, organizations, and communities.

100% of your donation will directly contribute to:

- Training more educators, community leaders and volunteers to deliver our programme effectively.
- Organizing community awareness sessions and workshops to engage more families and children.
- Printing teacher lesson plans, classroom posters, and children's workbooks for schools and community groups.



HOW YOU CAN HELP

Your donation, no matter the size, will make a significant difference in the lives of children around the world. Here are some ways you can support us:

ONE-TIME DONATION:

A single contribution can help us develop and distribute new materials.

MONTHLY DONATION:

Regular contributions will ensure consistent support for our ongoing projects and initiatives.

FUNDRAISING:

Organize or participate in fundraising events to raise awareness and funds for our cause.

SPREAD THE WORD:

Share our mission with your network and encourage others to support our work.

WHAT CAN YOUR DONATION PROVIDE?

Your generous donation of \$100 can make a profound difference in the lives of children. With this amount, we can equip an entire classroom with the necessary resources to fully engage with the My Body Is My Body (MBIMB) Programme. Here's how your contribution will be utilised:

Workbooks for Every Child

Each child in the class will receive their own workbook, enabling them to follow along with the programme songs and participate in the interactive activities. These workbooks are designed to reinforce the lessons and ensure that children retain the important safety information.



Comprehensive Teacher Support

The teacher will be provided with six detailed lesson plans, ensuring they have a clear and structured guide to deliver the MBIMB lessons effectively. These plans are crafted to make the learning process engaging and impactful.

Classroom Poster

A large, vibrant poster will be placed on the classroom wall, serving as a constant reminder of the MBIMB lessons. This visual aid will help reinforce the safety messages and keep the information fresh in the children's minds.



Your support is crucial in helping us reach more children and provide them with the knowledge and tools they need to stay safe. By funding these resources, you are directly contributing to a safer and more informed future for our children.

WHAT DO PEOPLE SAY ABOUT THE MBIMB PROGRAMME?



“ Through its engaging and musical approach, the MBIMB Programme not only educates but also captivates young minds, making the critical message of body safety unforgettable. ”
Elementary School Teacher



“ The simplicity and accessibility of the MBIMB Programme have made it a cornerstone of our community outreach, reaching children across diverse backgrounds and languages with its powerful message. ”
Social Worker



“ Since introducing the MBIMB Programme to our schools, we’ve observed a remarkable increase in children’s confidence to speak up about uncomfortable situations, proving its effectiveness in fostering communication about personal safety. ”
School Principal



“ The ‘My Body is My Body’ Programme has transformed our approach to child safety education, empowering children with the knowledge and skills to protect themselves in a world that often overlooks their vulnerabilities. ”
Community Leader



“ The ‘My Body is My Body’ Programme is more than an educational tool—it’s a movement towards creating safer communities for our children. ”
Parent and Volunteer



DONATE HERE • DONATE HERE • DONATE HERE • DONATE HERE



www.mbimb.org/donate

BREAKING NEWS!

Our First MBIMB Video in British Sign Language!

We are absolutely thrilled to announce that our first “My Body Is My Body” video in British Sign Language (BSL) has been created by the wonderful Natalie Davies!

Since sharing this video, the feedback has been overwhelmingly positive. Everyone loves the way Natalie signs the messages with such enthusiasm and her bright, smiling face has been a hit with viewers. Her passion and dedication truly shine through, making the video not only educational but also engaging and fun.

This new addition to our programme ensures that even more children can learn about body safety in an inclusive and accessible way. We are committed to reaching as many children as possible, and this BSL video is a significant step towards that goal.

Thank you to Natalie for her incredible work, and to all of you for your continued support. Together, we are making a difference!



Global Indian International School

Our wonderful My Body is My Body
Ambassador Ms. Sangeeta
Gopalakrishnan from Singapore has
been implementing our programme in
her school with 1st - 3rd Grade
Students.

Global Schools Group is an initiative of the
Singapore-based Global Schools Foundation
which is dedicated to providing world-class
education to learners across the globe and
shaping their futures in a global landscape.

For over 20 years, Global Indian International
School has been considered the best
international school in Singapore. Our top-tier
teaching staff and award-winning skill-based
curriculum provide every child with an
immersive and engaging learning experience.

A vertical photograph on the left side of the page showing a traditional Chinese building with ornate architecture and a modern city skyline at night. The building is illuminated with warm lights, and the city lights are visible in the background.

Singapore

Setting the Stage for Lifelong Learning

Under the esteemed umbrella of the Global Schools Group (GSG), the Global Indian International School (GIIS) in Singapore is dedicated to fostering lifelong learning. GSG's educational philosophy emphasizes holistic development, ensuring that students are not only academically proficient but also well-rounded individuals ready to face global challenges.

We are proud that they have integrated the My Body is My Body Programme into this wonderful school.



Sangeeta Gopalakrishnan



**Global Indian
International School**



Singapore

Smart Learning

At GIS, education is seamlessly integrated with state-of-the-art technology to enhance the learning experience. This Smart Learning approach complements the rigorous academic curriculum, providing students with advanced tools and resources. Interactive digital classrooms, innovative learning management systems, and tech-enabled teaching methodologies are core components that help students grasp complex concepts with ease and efficiency.

Global Knowledge Exchange

A cornerstone of the GIS educational experience is the Global Knowledge Exchange program. This initiative connects students with peers from various countries and cultures, fostering a rich environment for exchanging knowledge and experiences. Such interactions broaden students' horizons, promote cultural awareness, and build a global perspective, preparing them to thrive in an interconnected world.



ZION GATES FOUNDATION

MY BODY IS MY BODY PROGRAMME:
MAKING A DIFFERENCE IN MOSHI,
KILIMANJARO

By: Cosmas John





ZION GATES FOUNDATION

MY BODY IS MY BODY PROGRAMME: MAKING A DIFFERENCE IN MOSHI, KILIMANJARO

By: Cosmas John



A Story of Empowerment and Protection

Zion Gates Foundation recently embarked on a significant initiative across three primary schools in Moshi urban, Kilimanjaro: Mawenzi Primary School, Kibo Primary School, and Rau Primary School. Each school presented unique challenges and opportunities in the realm of child protection and education, using the My body is My Body programme to address these specific needs effectively.

Mawenzi Primary School: A Hub for Support and Outreach

Located in a bustling urban area, Mawenzi Primary School faces prevalent issues of child abuse and exploitation. With 90 pupils in the Standard Seven class, the school serves as a critical hub for community outreach and support services. The MBIMB project aimed to equip these students with the knowledge and tools to protect themselves, fostering a safer and more aware student body.

Rau Primary School: Bridging the Gap in Rural Areas

Rau Primary School, home to 160 pupils in Standards Six and Seven, was situated in a more rural setting with limited access to resources and information on child protection. Zion Gates Foundation used the MBIMB programme to bridge this gap by providing valuable knowledge and skills to the students, empowering them to recognise and respond to potential threats to their safety.

Kibo Primary School: Tailored Interventions for Unique Challenges

With 190 pupils in Standards Six and Seven, Kibo Primary School faced its own unique challenges in ensuring student safety and well-being. Zion Gates Foundation recognised the importance of tailored interventions, offering customised support to create a safe and nurturing environment for all students.



ZION GATES FOUNDATION

MY BODY IS MY BODY PROGRAMME: MAKING A DIFFERENCE IN MOSHI, KILIMANJARO

By: Cosmas John



Addressing Alarming Rates of Child Abuse

The conditions that prompted this vital intervention were the alarming rates of child abuse and exploitation within the community. The MBIMB project was initiated to address these issues head-on, equipping students with the necessary tools to protect themselves. By raising awareness about their rights and empowering them to speak up and seek help, the project aimed to create a safer and more nurturing environment for learning and growth.

Activity Undertaken

The core activity was the "My Body is My Body" project, which involved a comprehensive set of educational and empowerment activities designed to raise awareness about child sexual abuse and equip children with the tools to protect themselves.

Details of Activities and Impact

The project involved workshops, training sessions, interactive sessions, and the distribution of educational materials to 440 pupils. The unique content included age-appropriate materials on body safety, safe and unsafe touch, personal boundaries, and how to seek help in case of abuse. These activities have significantly impacted the pupils by educating them on boundaries, body safety, and empowerment to protect themselves from sexual abuse.

People Involved

The 440 pupils engaged in various activities promoting body positivity and self-empowerment, participating in workshops, discussions, and events centred around understanding and respecting their own bodies.

Results

The result of these activities has been an increase in self-esteem, confidence, and a better understanding of the importance of self-care and self-acceptance among the pupils. This has helped create a more inclusive and supportive environment where everyone feels valued and respected.



With Special Thanks To Global Goodwill Ambassadors for funding the flyers





ZION GATES FOUNDATION

MY BODY IS MY BODY PROGRAMME: MAKING A DIFFERENCE IN MOSHI, KILIMANJARO

By: Cosmas John



Future Actions

The knowledge and skills gained through the programme are invaluable, but continued support and follow-up efforts are crucial to reinforce these lessons and ensure children feel empowered to speak up against any form of abuse.

SDGs Impacted

The MBIMB programme aligns with several Sustainable Development Goals (SDGs):

- SDG 16: Peace, Justice, and Strong Institutions - Advocating for children's rights and promoting a safe environment free from abuse.
- SDG 3: Good Health and Well-being - Prioritizing the mental and emotional well-being of children through education on abuse prevention.
- SDG 4: Quality Education - Providing children with essential knowledge and skills to protect themselves and seek help when needed.
-

Comments/Feedback

In conclusion, the "My Body is My Body" programme has made a meaningful impact on child protection and abuse prevention among primary school pupils in Moshi, Kilimanjaro, contributing to their safety and well-being. Continued efforts to support and reinforce these lessons will be vital in ensuring the long-term success of the programme.





YMCA BARNLSLEY

On the 21st of May, The My Body Is My Body Programme was introduced to many organisations in the Barnsley area.

We would like to thank the Co-Op for their funding of our printed materials of children's workbooks and flyers.

Special thanks to Andrea Battye and Mike Stead at the YMCA and to Sakura Singh Corke at BCVS for helping to promote our event.





With thanks to fellow Rotarians Derek Housley (L) and John Hirst (R)
for their kind support during this presentation



YMCA BARNLSLEY

Our presentation was attended by 30 people from Barnsley including YMCA, BMBC, Barnsley CVS and Family Hubs, Exodus Group, BAFC, Focus4Vision, Send Futures, Grimethorpe Activity Zone, Chilipep and Reds In The Community.

It was really important to us being a Barnsley Charity to introduce our programme to our community.

Here is some feedback fro the programme:

Thank you for the invitation to todays training.

It was incredible listening to your powerful stories, and the resources you shared with the group will help our community and groups across Barnsley Community Trust.

I think it is a wonderful thing that you have created, that is so clever that is obviously helping so many people and will continue to do so. Well done.

The background provided of how this programme found Chrissy was such a nice way to begin the presentation. You can see just how passionate Chrissy is at making change for children worldwide. I love how simple and fun the progamme is despite the heavy subject that is raises awareness about.

This is crucial training in order to make change and break the cycle of silence/secrets

Spotlight on His Grace Junior School

by Pastor Ssengoba Stephen

Nestled in the serene Samaliya Village of Masaka City, Uganda, just a three-minute drive from the main road, lies His Grace Junior School. This Christian Community School, located on the picturesque shores of Lake Victoria, serves as a guiding light of transformation for many children in the region.

Our Mission

At His Grace Junior School, our mission is clear and heartfelt: we strive to improve the quality of life for orphans and vulnerable children through education. We are dedicated to providing not just quality education but also ensuring child protection and sustenance for those who need it the most. Our commitment extends to offering education support and spiritual guidance to all impoverished children in our community, helping them navigate their lives with hope and faith.

Our Vision

We envision a society where children and young people are empowered through education. Our goal is to create an environment where every child, regardless of their background, can access the education and support they need to thrive. We believe in the transformative power of education and aim to instill in our students the confidence and skills necessary to build a brighter future.

Our Aims

Our primary aim is to provide free education to needy children in our community and the outlying regions of Uganda. By offering a safe and nurturing environment, we ensure that these children can focus on their studies and personal growth without the burden of financial constraints. We believe every child deserves the opportunity to learn, grow, and succeed, and we are dedicated to making this a reality.



Flyers funded by MBIMB Website Donations

His Grace Junior School is more than just a school; it is a community dedicated to the upliftment of the most vulnerable among us. Through our combined efforts, we can make a significant difference in the lives of these children. We invite you to join us on this incredible journey of transformation and empowerment. Together, we can build a society where every child has the chance to reach their full potential.

Let's make a lasting impact, one child at a time.

ACTIVE BYSTANDER CONFERENCE

10TH JULY 2024



Active Bystander

We hear from leading industry and academic experts on how Active Bystander training can bring about empowerment and positive transformation in the community. How we can foster a culture of intervention and support, equipping individuals from all walks of life with the tools to stand up against harassment, abuse, and violence.



**Hartpury University
and College**

Hartpury, Gloucester GL19 3BE



Time

9:00am - 4:00pm

Speakers include:

Rachel Fenton

Associate Professor Exeter University

Dr Nathan Eisenstadt

Kindling Interventions

Dawn Burke

Principal Newent Community School

Lesley Worsfold

Deputy Principal Hartpury College & University

Rupert Walters

Chair of Race & Equality Commission
Gloucestershire

The Rt Revd Rachel Treweek

Bishop of Gloucester

Paul Street

Colmore BID

Office of the Police & Crime

Commissioner Gloucestershire

**Tickets only £50 per Delegate
includes lunch (Limited to 100)**

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Newent
Community School
and Sixth Form Centre

WHY CHILDREN DO NOT TELL AND WHAT WE CAN DO TO BREAK THE SILENCE

By dee russell-thomas



WHY CHILDREN DO NOT TELL AND WHAT WE CAN DO TO BREAK THE SILENCE



By dee russell-thomas

Over many years I have worked with children and young adults who have been vulnerable, neglected and abused. Whilst each situation has been different, there have been commonalities in their explanations of why they didn't share their stories. My own research on, "Breaking the Silence" was based on trying to secure a safe environment within schools to create opportunities to speak out. Before establishing that I needed to explore the reasons for the silence

Why I didn't tell....

- I was too scared. I was told that my life wouldn't be worth living if I mentioned this to anyone at all... and I believed I would be beaten or worse.
- I was so ashamed of what I had ALLOWED to happen. I felt it was all my fault.
- I actually thought it was normal and that all families experienced this.
- I didn't think I would be believed... and i was also told I wouldn't be believed so this was reinforced.
- I was scared I would be taken away and put in a home.
- He told me my mother and sisters would hate me and call me a liar.
- I was told it was all my fault because of the way I dressed and looked at him and he knew I wanted it.
- He told me not to be so silly that it was nothing.
- He said he loved me and that if a cared for him I would do this.
- He was kind to me and gave me the attention I was longing for.
- It started so slowly and then gradually it became more and more that I almost didn't realise what was happening.
- To be honest I had lost my trust and faith in everything and everyone and I had no self-worth.
- How could I confide in anyone when I was the one who had started it?
- I am still ashamed to say this but... I enjoyed it and so I didn't think it was wrong even though I was a young girl and he was an older man.
- I believed he did it to show how much he loved me.
- I didn't dare tell my mum and dad because it would have upset them so much.
- How can you tell someone when the person who is doing this is someone who everyone respects so much [a policeman, a priest, a teacher, a social worker, a politician, a doctor, a diplomat, a lawyer..... all of these have been mentioned]
- It was my word against his and I was only a child so who would ever believe me?
- I thought if I don't let him do this to me then he will turn on my little sister so I had to protect her.
- How could I tell my parents what my big brother was doing... imagine the chaos it would have caused?
- He was giving my parents gifts and money and helping them with their debts so I couldn't let them down.
- He was my mum/dad's boss
- At first, I didn't know what was going on and I didn't have the words to express myself. Later I knew it was wrong because we were taught that at school but everyone was acting like it was dirty and disgusting so how could I admit that I was one of them?

WHY CHILDREN DO NOT TELL AND WHAT WE CAN DO TO BREAK THE SILENCE



By dee russell-thomas

How can we make it easier to break the silence?

Much will depend upon who the perpetrator might be. We can encourage parents to create an open environment. We can show parents different strategies on how to build a warm, open relationship, how to help their children discuss their concerns BUT... what if THEY are the abusers. So... there may need to be different approaches and different safety environments to cover all possibilities.

Creating a safe environment at home (with caring parents)

- Talk about all parts of the body without embarrassment or shame.
- Ensure children understand which parts are private and not to be touched unless for an agreed reason (e.g., medical)
- Talk about good and bad secrets (birthday gifts versus touching inappropriately)
- Talk about being believed, trusted, loved and protected.
- Talk about blame and shame and how these can be used to depower children.
- Explore the importance of unconditional love, non-judgemental support and always being there whatever the problem.
- Without excessive fear make sure they understand there may be times when they need to stand up for their rights to privacy and safety but also that if something they are not comfortable with has happened then they should always tell... even if the person they are talking about is well respected, a relative or a friend.
- Make yourselves familiar with tell-tale signs that might suggest your child is hiding something from you (e.g., self-harm, suddenly introverted, bed-wetting, depressed, angry, fearful, change of behaviour or eating habits or sleeping patterns, lack of confidence etc)
- Introduce discussions at an age-appropriate level using the range of materials available including MBIMB resources, songs and guidance.



WHY CHILDREN DO NOT TELL AND WHAT WE CAN DO TO BREAK THE SILENCE



By dee russell-thomas



Creating a safe environment in a nursery, a school, a youth club etc (particularly pertinent for those who are being abused at home)

- Be aware of possible signs of abuse (e.g., self-harm, introverted, bed-wetting, depressed, angry, fearful, change of behaviour or eating habits or sleeping patterns, low confidence etc Staff should be regularly trained in child protection and safeguarding)
- When discussing the issue of abuse be aware that in the class there are likely to be victims so don't make them feel uncomfortable, different, dirty, to blame or ashamed.
- Do not normalise the issue of abuse but neither make children/teenagers feel that it is so rare that they are alone in their situation and weird, odd or to be avoided.
- Provide an environment that encourages openness, honesty, acceptance and support.
- Ensure every lesson, every class, every activity in each subject uses opportunities to explore this important area e.g.: - in drama present a "don't tell" scenario; in English provide an opportunity to write creatively or produce a poem on breaking the silence, being made to do something they didn't want to etc.; in art allow them freedom of expression and provide some key words for them to explore - then discuss sensitively. In Music use the MBIMB songs... can they write a rap? In dance allow them to express their fears, empowerment, support. There are many other possibilities that could be explored here and in other subjects that lend themselves to open discussion e.g., Humanities, PSHE, Citizenship, Religious Education and Form period time.
- Make sure there is a "Safe place" in the building where students can go, talk or be quiet, read or write. Also, offer a place where a trained counsellor/nurse can assist.
- Make sure the library has a section on safeguarding and child protection information and books that children can relate to with stories, factual and fictional novels on child abuse, biographies, poems, letters.
- Have posters, sign-posting, contact numbers and names for students to turn to should they need to do so.
- Break down the taboo, the stigma the shame and the silence.



Welcome to the home of the Safeguarding Quality Mark.



The *Safeguarding Fundamentals Quality Mark* is a pioneering standard dedicated to transforming the safety and well-being of children across all organisations. The Safeguarding Fundamentals Quality Mark is the brainchild of a senior barrister with a global reputation in safeguarding, and inspirational England international footballer Paul Stewart. Paul's personal journey from survivor of childhood abuse in the sport to advocate, imbues Safeguarding Fundamentals' mission with profound authenticity and first-hand experience.

The *Safeguarding Fundamentals Quality Mark* is not just a certification; it is a commitment to great practice in safeguarding. It provides organisations with the tools, knowledge, and support needed to create environments where children are safe, respected, and nurtured.

Safeguarding Fundamentals works across the spectrum of organisations involved with children, from dance and arts, cubs and brownies to sports clubs.

The *Safeguarding Fundamentals* system has been designed to work alongside and support all governing body safeguarding requirements.

safeguardingfundamentals.com

Join us in our mission to set a new standard in child protection and welfare. Together, we can make a lasting difference in the lives of children, ensuring they thrive in environments that are safe, supportive, and empowering.

Take a look at the videos or audio version for an overview of the SGF Silver Quality Mark and then simply click on the button to get your organisation the SGF Silver Quality Mark accreditation



MBIMB NEW COURSE FOR CHILDREN

QUIZ!



FUN!





MBIMB NEW COURSE FOR CHILDREN

We are thrilled to introduce our new addition to our My Body is My Body Programme – an engaging, interactive course designed specifically for children. This innovative course offers a unique blend of education and fun, aimed at empowering kids with knowledge about body safety in a manner that's both entertaining and memorable.

The activities are tailored to keep children engaged while they learn crucial life skills. Featuring a series of fun quizzes that test their understanding, interactive drag-and-drop exercises that enhance their learning, and a "What Face Is This?" activity to help them express and identify emotions, this course is packed with creative ways to engage young minds.


My Body is My Body - Drag and Drop Body Parts

- HAIR
- EYES
- EARS
- NOSE
- MOUTH
- ARMS
- HANDS
- PRIVATE PARTS
- LEGS
- FEET



- HAIR
- EYES
- EARS
- NOSE
- MOUTH
- ARMS
- HANDS
- PRIVATE PARTS
- LEGS
- FEET

Check



Is this a shocked face or an embarrassed face

Your answer

A highlight of our course is the inclusion of our six fun animated songs, each crafted to reinforce important messages about body safety and self-awareness. Through these catchy tunes and vibrant animations, children will learn to recognize their value and the importance of consent and personal boundaries.

Furthermore, the course encompasses the entire My Body is My Body Programme, ensuring a comprehensive learning experience. Children will explore various sections, each designed to address key aspects of body safety and emotional intelligence, with plenty of interactive elements to keep them involved and excited about learning.



MBIMB NEW COURSE FOR CHILDREN

This course is an invaluable resource for parents and teachers alike, offering a platform to discuss sensitive topics in a way that's accessible and appropriate for children. It's a tool to open up conversations, encourage questions, and foster a safe environment for learning and growth.

We invite you to explore this new course with your children or students.

Together, we can make a significant impact on their understanding of body safety, empowering them with knowledge and confidence.

Who Is A Safe Adult You Can Talk to?



- Mommy
- Daddy
- Aunty
- Uncle
- Granny
- Grandpa
- School Head
- Teacher
- Police Officer

Check

Highlight the words from the grid

W	N	F	H	M	O	M	M	Y
T	E	A	C	H	E	R	I	F
T	I	G	R	A	N	D	P	A
O	G	D	G	R	A	N	N	Y
T	H	A	D	A	N	P	M	U
U	B	D	N	U	R	S	E	U
P	O	D	U	N	C	L	E	A
M	U	Y	G	T	E	I	G	K
J	R	P	Y	Y	C	Q	B	B

Find the words

- Mommy
- Daddy
- Aunty
- Uncle
- Granny
- Grandpa
- Teacher
- Neighbour
- Nurse

Time Spent : 0:00

0 of 9 found

Check

We invite you to explore this new course with your children or students. Together, we can make a significant impact on their understanding of body safety, empowering them with knowledge and confidence.

[Click Here To Access This Course](#)

My Body is My Body

QR Codes for the 6 MBIMB Songs



Song 1
My Body Is My Body



Song 2
If It Don't feel Right



Song 3
The What If Game



Song 4
If You've Got A Problem



Song 5
Love Is Gentle



Song 6
Say No To Secrets

**In Next Month's
MBIMB Issue**



Bully Aware: Empowering Communities to Reduce Bullying

In today's world, bullying remains a sensitive issue that affects countless children, families, and communities. Bully Aware, an educational platform, is making significant strides in preventing this problem. Through a inclusive range of digital content and videos, Bully Aware is dedicated to educating children, parents, teachers, and caregivers on how to effectively prevent and handle bullying situations.

This initiative not only provides practical tools but also fosters a culture of respect, kindness, and resilience.



By: Titia Niehorster

Hope
Ambassadors



"MY BODY IS MY BODY" A LASTING IMPACT

Whenever I revisit schools or meet children who have been part of our programme, they warmly greet me with smiles and exclamations of "My Body is My Body!" This heartfelt recognition fills me with joy and pride, knowing that the important lessons we've shared have made a lasting impression.

Recently, I had the pleasure of visiting Harmony High School in Bauchi. This vibrant institution is home to 27 classes, catering to junior, senior, primary, and nursery students. The school has a diverse mix of younger and older children, all benefiting from a nurturing and inclusive environment. With a total of 700 students, Harmony High School is a bustling hub of activity and learning.

By: Ambassador Bala Bako





During my visit, it was wonderful to see the students engaging with the principles of our programme. Their enthusiasm and understanding of body safety and personal empowerment were evident in every interaction. It's moments like these that remind us of the profound impact education and awareness can have on young lives.

The positive response from the students at Harmony High School and other institutions reaffirms our mission and motivates us to continue our work with renewed passion and dedication. Together, we are building a safer, more informed future for all children.

By: Ambassador Bala Bako





Flyers funded by MBIMB Website Donations

Ambassador Bala Bako



Here is a story from Nane-Vivian Harlalka

Grade-III

School -Don Bosco School,
Guwahati Assam, India



The Boy and His Sister By: Nane-Vivian Harlalka (aged 7years)

Long ago, there lived a boy who was 7 years old and poor. His mother and father passed away when he was just 3 months old. He lived with his elder sister. They had no money for their daily needs, and he often ate food from dustbins. One day, he saw a rich man who had a lot of money. He told his sister, "Sister, he is so rich." His sister replied, "Yes, we are not rich; we are poor."

One day, he saw a small boy. The small boy looked at him and said, "I think you are poor." The boy replied, "Yes, I am." The small boy gave him some money. The boy and his sister said, "No! We cannot take your money." The small boy said, "Take it, nothing will happen. Think of this as a blessing from God." The boy and his sister said, "Okay, if you are saying so, we will take it."

With that money, they started a food stall where they sold food at a lower price. People came to buy food, and slowly they started earning money. As they earned more, they began helping poor children by serving them food for free. In this way, they helped their community.

Moral: We should always help poor children.

NEW AMBASSADOR KUWAIT



Children Advocate KW

SHAIMA NAMAVAR



Shaima Namavar Children Advocate



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR SIERRA LEONE



Moses Musa Jayah

Youth Emergency Auxiliary Service Sierra Leone



My Body is My Body Foundation
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MBIMB Board Of Directors

CHRISSEY SYKES

CEO AND FOUNDER

CHRISSEY CURRENTLY WORKS WITH NGO'S AND SCHOOL VOLUNTEERS IN OVER 60 COUNTRIES WHO HAVE REACHED AT LEAST 2 MILLION CHILDREN WITH THE PROGRAMME. ANOTHER 1.7 MILLION PEOPLE HAVE BEEN REACHED ON YOUTUBE. CHRISSEY SPENDS HER TIME TEACHING VOLUNTEERS, SCHOOL TEACHERS AND COMMUNITY LEADERS HOW TO INTRODUCE THE SUBJECT OF CHILD ABUSE PREVENTION INTO THEIR COMMUNITIES USING THE MBIMB PROGRAMME.



DEE RUSSELL - THOMAS

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WITH OVER 30 YEARS OF EDUCATION EXPERIENCE IN THE UK AND OVERSEAS, IN STATE AND PRIVATE SECTOR AND FROM INFANT THROUGH TO UNIVERSITY LEVEL, DEE IS ABLE TO SUPPORT, ADVISE AND PROVIDE TRAINING IN AREAS OF SCHOOL IMPROVEMENT, PLANNING FOR INSPECTIONS, LESSON OBSERVATIONS AND PERFORMANCE MANAGEMENT.



ANTONIA NOBLE

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DURING HER 25 YEARS AS A BARRISTER, ANTONIA NOT ONLY DEVELOPED A DEEP UNDERSTANDING OF THE LAW BUT THE ABILITY TO PROCESS AND PRESENT INFORMATION LOGICALLY AND CLEARLY. WHAT'S MORE, IT'S WHAT SHE IS PASSIONATE ABOUT. SHE CARES DEEPLY ABOUT JUSTICE, FAIRNESS AND LIBERTY AND LOVES NOTHING MORE THAN HELPING INDIVIDUALS AND ORGANISATIONS FIND THEIR VOICE AND REACH BETTER OUTCOMES.



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CEO + FOUNDER OF SPACE AUTO, A RETAIL AND MARKETING SOFTWARE AND DATA TECHNOLOGY COMPANY IN DALLAS, TEXAS. ALSO, FOUNDER OF LUMINARY 2, A DEVELOPMENT AND TECHNOLOGY AGENCY DELIVERING CUTTING-EDGE BUSINESS TECHNOLOGY SOLUTIONS, SPECIALIZING AND INVESTING IN STRATEGIC SAAS PRODUCTS THAT REVOLUTIONIZE INDUSTRIES.



CAROLINE FLYNN

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CAROLINE IS THE VICE CHAIR FOR THE BASW ENGLAND LONDON BRANCH BRITISH ASSOCIATION OF SOCIAL WORKERS. SINCE 2006 CAROLINE HAS WORKED AS A LOCUM SOCIAL WORKER, CONSULTANT SOCIAL WORKER, MANAGER AND CHILD PROTECTION CHAIR THROUGHOUT THE UK.





DR. TUFAIL MUHAMMAD

ADVISORY BOARD

DR. TUFAIL MUHAMMAD (MD, MCPS, DCH, DCPATH) IS A PAEDIATRICIAN BY PROFESSION. CURRENTLY, HE IS THE CHAIRMAN OF THE CHILD RIGHTS & ABUSE COMMITTEE, PAKISTAN PEDIATRIC ASSOCIATION AND DIRECTOR OF THE REGIONAL TRAINING INSTITUTE PESHAWAR. HE HAS POSTGRADUATE QUALIFICATIONS AND TRAINING IN PEDIATRICS, CLINICAL PATHOLOGY, PUBLIC HEALTH AND REPRODUCTIVE HEALTH.

DAVID ELLIS

ADVISORY BOARD

DAVID HAS WORKED IN THE VOLUNTARY SECTOR FOR OVER 35 YEARS, BOTH OVERSEAS AND IN THE UK. THIS HAS INVOLVED DIRECTOR LEVEL AND CHIEF EXECUTIVE APPOINTMENTS WITH A NUMBER OF NATIONAL DISABILITY CHARITIES. DAVID HAS RECENTLY RETIRED AS THE CHIEF EXECUTIVE AT NATIONAL STAR, A NATIONAL CHARITY WORKING WITH AND FOR YOUNG PEOPLE WITH COMPLEX DISABILITIES.



DR. JOHN HARRISON

ADVISORY BOARD

DR. JOHN HARRISON IS AN EDUCATOR PAR EXCELLENCE, AN ALUMNI OF THE SO CALLED OXFORD OF INDIA - THE PRESTIGIOUS ST. STEPHEN'S COLLEGE, DELHI UNIVERSITY, WHO IN HIS 30 YEARS ILLUSTRIOUS CAREER HAS SERVED IN DIRECTOR LEVEL POSITIONS HEADING SEVERAL TOP INTERNATIONAL CBSE AND IB SCHOOLS IN INDIA, G D GOENKA WORLD SCHOOL - GURGAON, THE VENKATESHWAR SCHOOL - GURGAON, INDUS INTERNATIONAL SCHOOL - HYDERABAD TO NAME A FEW.



NANCY ABDELHADI

ADVISORY BOARD

NANCY HAS EXTENSIVE BUSINESS DEVELOPMENT, MARKETING, COMMUNICATIONS, PUBLIC RELATIONS, EVENT PLANNING AND RESEARCH EXPERTISE AS WELL AS A RICH ACADEMIC AND PROFESSIONAL BACKGROUND ON REGIONAL AND INTERNATIONAL LEVELS. SHE ALSO HAS COMPREHENSIVE ORGANIZATIONAL, PUBLIC RELATIONS AND MANAGEMENT COMPETENCIES.



ANNEMARIE MOSTERT

ADVISORY BOARD

ANNEMARIE IS ROTARY INTERNATIONAL DISTRICT GOVERNOR OF DISTRICT 9400 FOR 2020 - 2021 COVERING BOTSWANA, ESWATINI, PARTS OF MOZAMBIQUE AND PARTS OF SOUTH AFRICA. MEMBER OF THE ORGANISING COMMITTEE FOR RI CONVENTION, 2025 CALGARY. COORDINATOR OF STRATEGIC PLANNING COMMITTEE, ZONE 22, AFRICA. AMBASSADOR GIRLS' EMPOWERMENT ZONE 22. AMBASSADOR, IEP (INSTITUTE FOR ECONOMIC AND PEACE). LEAD TRAINER FOR ROTARY INTERNATIONAL ASSEMBLY ORLANDO 2023. CEO AND FOUNDING MEMBER OF SESEGO FOUNDATION. DISRUPTING POVERTY.



DR. DARWIN MOSES

ADVISORY BOARD DIRECTOR OF INCLUSION AND ACCESSABILITY SERVICES

DISABILITY AND INCLUSIVE DEVELOPMENT PROFESSIONAL WORKED FOR THE EMPOWERMENT OF PEOPLE WITH DISABILITIES FOR MORE THAN 19 YEARS IN THE THEMATIC AREAS OF SPECIAL EDUCATION, INCLUSIVE EDUCATION, LIVELIHOOD, ADVOCACY AND NETWORKING. WORKED PAN INDIA AND INTERNATIONALLY. WORKED WILL ALL TYPES OF DISABILITIES.



Resources at Your Fingertips

In today's digital age there are some fantastic resources available. But wouldn't it be great if they were easier to find? The LinkIndex Keyring makes targeted resources more accessible by giving you instant access to them (via QR codes) on the go.



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About the LinkIndex Keyring

Here are some things you might want to know about the QR Code LinkIndex Keyring:

DESIGNED FOR PROFESSIONALS

The MAAPP LinkIndex Keyring was designed by professionals for professionals to give you instant access to over four hundred targeted resources.

EDUCATIONAL AND INFORMATIVE

Each category has multiple resources from partner agencies and they are both educational and informative.

EASILY ACCESS RESOURCES

Use of the LinkIndex Keyring gives you easy access to targeted resources and will help you promote better outcomes for children, adults and families.

ENHANCE YOUR KNOWLEDGE

The MAAPP keyring will enhance your knowledge of partner agency resources enabling you and families to make direct access to resources.



Sweden 2024

August 18-21st

We bring together the brightest minds in child protection from every sector to innovate and share best practices. Join us to keep pushing the boundaries of research and practice to ensure that all children have the chance to thrive no matter what their experience.

Working together to protect children in times of crisis

The international congress provides keynotes, panels, breakouts, workshops, speaker Q&A sessions, wellness, social programs and an expo hall. Sessions will be led by leaders who are pioneering research and practices in various countries and complex situations across a wide range of sectors. The keynotes will feature industry luminaries as well as speakers from various sectors who will share the learnings from their initiatives. Typically over 65 countries delegates attend.

The goal is to give regional and global leaders the tools and practices they need to develop and deploy improvements to child protection and improve outcomes for children and families.

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EACH PURCHASE HELPS US CONTINUE OUR #MBIMB WORK TO EDUCATE AND PROTECT CHILDREN
WORLDWIDE. MAKING A REAL DIFFERENCE ONE SHIRT AT A TIME.



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