

October 2023



My Body is My Body



2023
Competition
Winners
and Finalists



Girls Empowerment in Africa
Breaking the Silence



I'm absolutely thrilled to share the overwhelming response we've received for the GGAF and MBIMB Competition. The level of commitment and effort from both the organizers and the participating children has been nothing short of extraordinary. It's heartwarming to witness.

I want to extend our deepest gratitude to all those who took part in this competition. Your involvement means the world to us.

Let me emphasize the significance of this competition: it's not just about the opportunity for organizations and schools to secure essential funding. It's about our core mission, which is to educate children on body safety. By participating in this competition, you've played a pivotal role in making that mission a reality. You've helped us reach and educate even more children on this critical topic, ensuring their safety and well-being. Your contributions go far beyond just the competition; they impact the lives of young ones, and for that, we are profoundly thankful.

Chrissy Sykes

Join Us



Join Us

This 90-minute virtual session will feature the creator of the My Body is My Body programme with the goal to reach as many organizations, community leaders, social workers, teachers and parents as possible.

Find out about the MBIMB Programme and the new Digital Discoverers Programme

[Click Here To Register](#)

My Body is My Body Webinar

November 1, 2023

**“Breaking Barriers with Song:
The Global Impact of MBIMB's Music
Programme”**



November 1, 2023

10:00 am EDT

2:00 pm GMT





Breaking the Silence- Barriers to Child Abuse Disclosure

Chrissy Sykes

Child abuse is a harsh reality that affects over 1 billion children worldwide. Despite efforts to raise awareness and empower children to speak up, many young victims remain silent. It's crucial to understand the barriers that prevent children and young people from disclosing abuse.

By addressing these barriers, we can work towards a safer environment for our children.

Developmental Factors

One significant barrier to disclosure is developmental factors. Younger children may lack the understanding or vocabulary to describe abuse, which can lead to confusion and silence. Additionally, disabilities can further impede recognition and disclosure. This is where programmes like My Body is My Body play a vital role, as they are designed to provide children with the necessary knowledge and communication skills to recognize and address abuse.



Breaking the
Silence



Self Blame

Children often internalize responsibility for the abuse they endure, thinking they somehow caused it. Societal victim-blaming reinforces this self-blame, making it even harder for children to come forward. We need to educate children to help them understand that abuse is **never** their fault, offering them the assurance and self-esteem needed to disclose.

Emotional Turmoil

The emotional turmoil that abuse brings, including feelings of shame, guilt, sadness, and fear of consequences, can create a barrier to disclosure. This emotional turmoil builds up over time, leading to what experts call the "pressure cooker effect." Educational programs can provide children with coping strategies, emotional support, and a safe space to express their feelings, helping them overcome this barrier.

Isolation

Children may feel they have no one to confide in due to adverse family circumstances or emotional isolation. Perpetrators often physically isolate their victims, making it challenging for children to seek help. Educational programmes like My Body is My Body can encourage children to reach out to trusted adults and build a network of support.

Lack Of Trust

Betrayal through abuse damages a child's ability to trust. They may see relationships with adults as distant or unreliable. Confidentiality concerns can also erode trust. It's essential to rebuild trust through supportive and empathetic relationships with children.

Adverse

Family

Dysfunctional, unstable, violent, or caregiver-lacking home environments make disclosure extremely difficult. In such cases, children fear the repercussions or believe that revealing the abuse would disrupt their already chaotic lives. Addressing family issues and providing safe alternatives for disclosure is essential.

Circumstances



Concerns About Impacts

Children worry about the potential consequences of disclosure, including not being believed, losing control, and facing court trauma. They may also fear the impact on their family and the punishment of the perpetrator. Educational programs can address these concerns with sensitivity and provide reassurance, helping children understand the importance of speaking up.

In summary, a web of complex psychological and relational barriers intersect to make disclosure extremely challenging for children who experience abuse. However, by using programmes like the My Body is My Body Programme, we can equip children with the necessary tools, knowledge, and support to overcome these barriers and break the silence. It is our responsibility as advocates for child safety to ensure that children have the resources they need to seek help and ultimately create a safer world for our children.



Digital Discoverers: Young Explorers Navigating The Internet

A project to empower
children on internet safety

TEACHER & PARENT RESOURCE

COURSE OBJECTIVES

9 LESSONS



www.mbimb.org

NEW!
Course



Lesson 1

What Is The Internet?

Understand the basics of how the Internet works: The focus will be on teaching children the fundamental concept of how the Internet works. We'll simplify it by explaining how information travels from one device to another, much like sending a letter in the mail. We'll touch on aspects such as websites, links, and data, aiming to help children grasp that the Internet is a system for sharing and accessing information.

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Lesson 2

Navigating The Internet

In this lesson, students will learn about web browsers, search engines, and website addresses. They will understand how web browsers function as spaceships, taking them to different websites, while search engines act as magical compasses, guiding them to specific information. Through engaging activities, students will have hands-on experiences exploring websites, conducting searches, and identifying website addresses (URLs).

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Lesson 3

Understanding Websites

In this lesson, children will learn about web browsers as tools for accessing websites exploring popular browsers like Chrome and Firefox. They will also be introduced to search engines such as Google and Bing, discovering how to use keywords to find specific information on the internet. Emphasis will be placed on safe and responsible internet use, fostering digital citizenship skills and promoting respectful online behaviour.

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Lesson 4

Understanding Internet Safety And Privacy

In this module, students will learn about online privacy and the importance of keeping personal information safe while using the internet. They will understand the concept of personal information and the potential risks of sharing it online. Students will explore safe and unsafe online behaviours, comparing them to playground behaviours, and develop an understanding of actions to take when encountering uncomfortable situations online. Emphasizing the role of trusted adults, students will be encouraged to seek guidance and support when needed.

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Lesson 5

Exploring Email And Online Communication

In this module, students will embark on an engaging exploration of emails and online messaging. They will learn what emails are, how they are sent and received, and the fundamentals of online messaging





Lesson 6

Strong Passwords

In this lesson, children will learn about creating strong and secure passwords to protect their personal information online. They will understand the importance of longer passwords, mixing different types of characters, and avoiding personal information. Children will be encouraged to keep their passwords secret and develop strategies to remember them without compromising security, such as using password patterns or creating password stories. By mastering the art of strong passwords, students will gain the superpower of protecting themselves and their information from online threats.

Lesson 7

Sharing Photos And Videos Online

In this module, children will learn about the importance of being cautious when sharing photos or videos online. They will understand guidelines such as sharing happy moments, avoiding personal information, obtaining permission before posting pictures of others, refraining from sharing embarrassing photos, and respecting privacy boundaries. Children will develop a critical mindset and learn to think twice before posting, emphasizing the need to seek adult guidance when unsure. By promoting responsible online behaviour, children will learn to protect themselves and others while fostering a safe and positive digital environment.

Lesson 8

Cyberbullying

In this module, children will learn about cyberbullying, its impact, and how to respond to and prevent it. They will understand that cyberbullying involves using technology to harm or be unkind to others, such as through mean messages or sharing embarrassing pictures. Children will be empowered with strategies to address cyberbullying, including not responding to bullies, saving evidence, telling a trusted adult, blocking or unfriending bullies, reporting incidents, and becoming upstanders by supporting those who are targeted.

Lesson 9

The Importance Of Asking For Help

In this lesson, children will learn the importance of asking for help when encountering uncertain or uncomfortable situations online. They will understand that it's okay to seek guidance from trusted adults, such as parents, teachers, or counsellors, who can provide support and answer questions. Children will be encouraged to openly share their concerns and show specific examples to adults, enabling them to better understand and address the issues.



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INSPIRING AMBASSADOR EMPOWERS BAUCHI'S YOUTH WITH 'MY BODY IS MY BODY' PROGRAM



Meet Amb. Bala Bako, a dedicated volunteer and our Hope Ambassador, who's been tirelessly championing the cause of the 'My Body is My Body' program in Bauchi and its surrounding communities. His passion and energy are infectious, and this week, he left an indelible mark in two schools: Golden Pen Resources Academy and Rariya Primary School, both nestled in the heart of Bauchi.

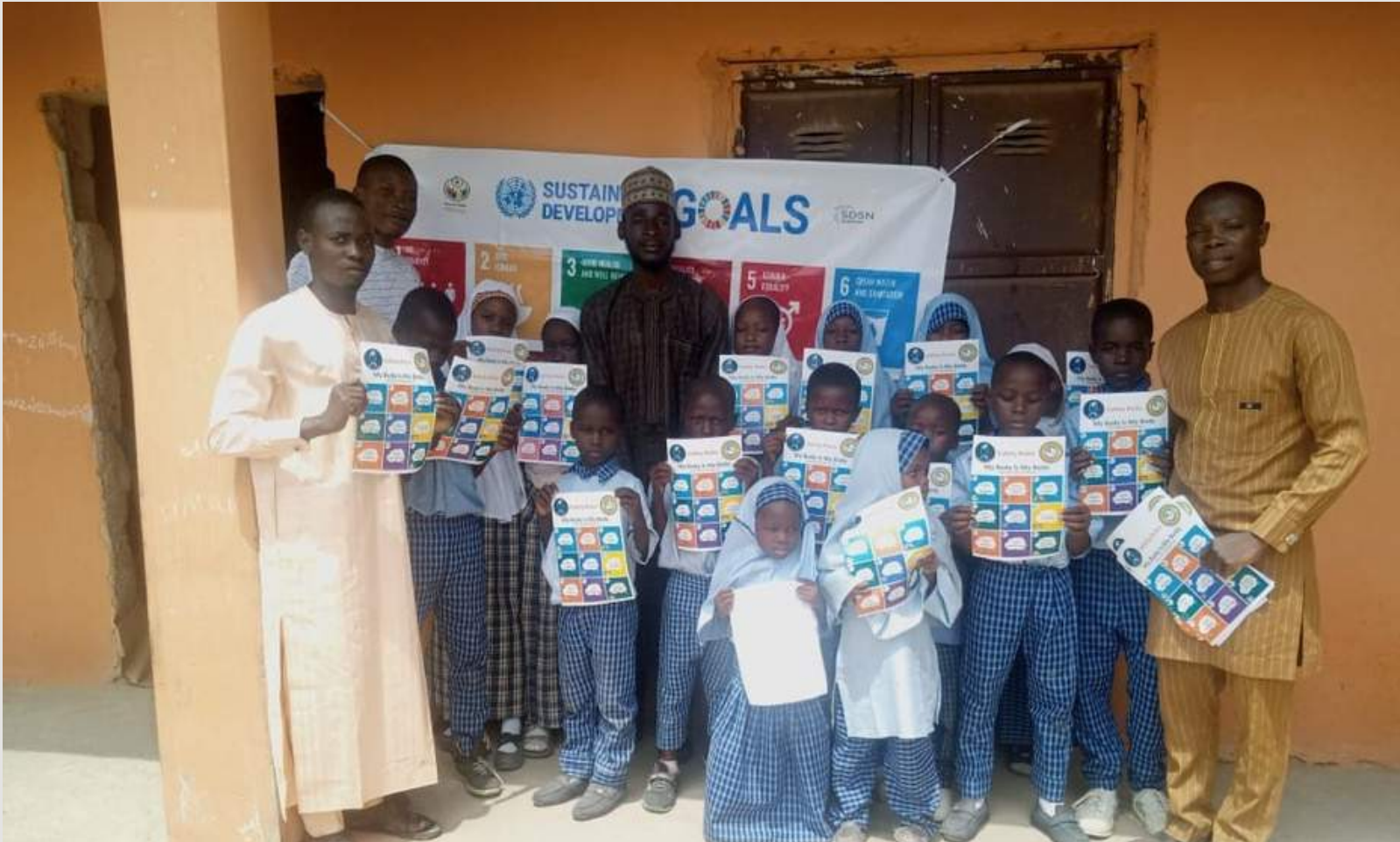
In just one day, Amb. Bala reached out to a fantastic 1,200 students, igniting their curiosity and equipping them with essential knowledge about the program. The air was filled with catchy songs and vital safety tips, all aimed at empowering these young minds to protect themselves from potential abuse and assaults.

The impact of such education cannot be overstated. It's like a secret weapon that we're providing to our future leaders, arming them against harm and giving them the tools to recognize and respond to dangerous situations.

As a testament to his unwavering dedication, Amb. Bala's journey took an unexpected turn when he was involved in an auto accident on his way back. However, we're relieved to share that he's a fighter and has already been discharged from the hospital. Now, he's recovering at home, and we're sending our warmest wishes for a swift and complete recovery. 🙏

Amb. Bala, your work is truly changing lives, and your resilience in the face of adversity is an inspiration to us all. We're excited to see the positive ripple effect of your efforts throughout Bauchi and beyond. Get well soon! 🌟💪

INSPIRING AMBASSADOR EMPOWERS BAUCHI'S YOUTH WITH 'MY BODY IS MY BODY' PROGRAM



INSPIRING AMBASSADOR EMPOWERS BAUCHI'S YOUTH WITH 'MY BODY IS MY BODY' PROGRAM





GIRLS EMPOWERMENT

GIRLS EMPOWERMENT



Globally, 118 million girls are out of school, and women account for almost two-thirds of all adults who are unable to read. These statistics highlight a pressing issue that not only hinders economic growth but also puts the safety and well-being of children at risk.

Gender inequality is a global challenge, but it takes on unique dimensions in the African context.

Education as the Key

Access to quality education is fundamental in the fight against gender inequality. When girls are not given equal opportunities to learn, it perpetuates a cycle of disadvantage. Education empowers girls to make informed decisions about their bodies and their lives. The lack of education can leave them vulnerable to exploitation and abuse.

The "My Body Is My Body" Programme, which focuses on child safety, is a strong advocate for education as a means to address gender inequality. By educating girls about body safety and their rights, it equips them with the knowledge and confidence to stand up against abusive situations. Education is not just a matter of academic achievement; it's a pathway to independence and safety.

Challenging Cultural Norms

In many African communities, deeply ingrained cultural norms perpetuate gender inequality. These norms often limit the potential of girls and put their safety at risk. Girls may be married off at an early age, subjected to harmful practices, or denied access to opportunities simply because of their gender.



GIRLS EMPOWERMENT

HOW CAN COMMUNITIES MAKE A DIFFERENCE

Economic empowerment is another crucial aspect of combating gender inequality in Africa. When women and girls have access to economic opportunities, they gain greater control over their lives. This financial independence contributes to their overall safety and well-being.

The Role of Community Leaders

Eradicating gender inequality is a collective effort that involves individuals, communities, and organizations working together. Here are some practical steps that people in their communities can take to help combat gender inequality:

Promote Gender-Equitable Education:

- Encourage girls' education by supporting scholarships, mentorship programs, and initiatives that provide equal access to quality education.

Raise Awareness:

- Organize community workshops, seminars, and awareness campaigns on the importance of gender equality and the consequences of gender-based discrimination.

Use platforms like social media and local events to promote messages of gender equity.

Support Economic Empowerment:

- Create or support initiatives that provide training and resources to women and girls to develop their economic independence.

Advocate for equal pay and job opportunities for women in the workplace.

Address Violence and Abuse:

Establish support systems for survivors of gender-based violence and abuse.

Promote safe spaces and hotlines where individuals can report abuse or seek help confidentially.

Encourage Equal Participation:

- Encourage women's participation in decision-making processes at the community level, such as local government and community organizations.

Advocate for gender balance in leadership positions.



Engage Men and Boys:

Gender equality is a shared responsibility, so involve men and boys in the conversation and actions.
Encourage men and boys to become allies in promoting gender equity.

Legal Advocacy:

Advocate for the implementation and enforcement of laws and policies that protect women's and girls' rights.
Support organizations working on legal reform to address gender inequality.

Support Gender Equality Initiatives:

- Contribute to or volunteer with organizations and programs that work toward gender equality, like the "My Body Is My Body" Programme, which focuses on child safety but indirectly supports gender equality by educating children about their rights.

Foster Open Communication:

Create an environment where children and adults can openly discuss gender issues, body safety, and consent.
Encourage dialogues within families, schools, and communities.

Mentorship and Role Modeling:

Encourage women and girls to become mentors and role models for others.
Mentorship can help empower the next generation to challenge and overcome gender-based barriers.

Celebrate Achievements:

Celebrate and acknowledge the achievements of women and girls in various fields to inspire others.
Showcase stories of empowerment and success.

Engage with Local Authorities:

Collaborate with local authorities and institutions to promote policies and practices that foster gender equality.
Participate in community development and advocacy.

Remember that change takes time, but every effort counts. Communities play a vital role in creating a more equitable world. By taking these steps and working together, we can make progress in eradicating gender inequality and promoting child safety.



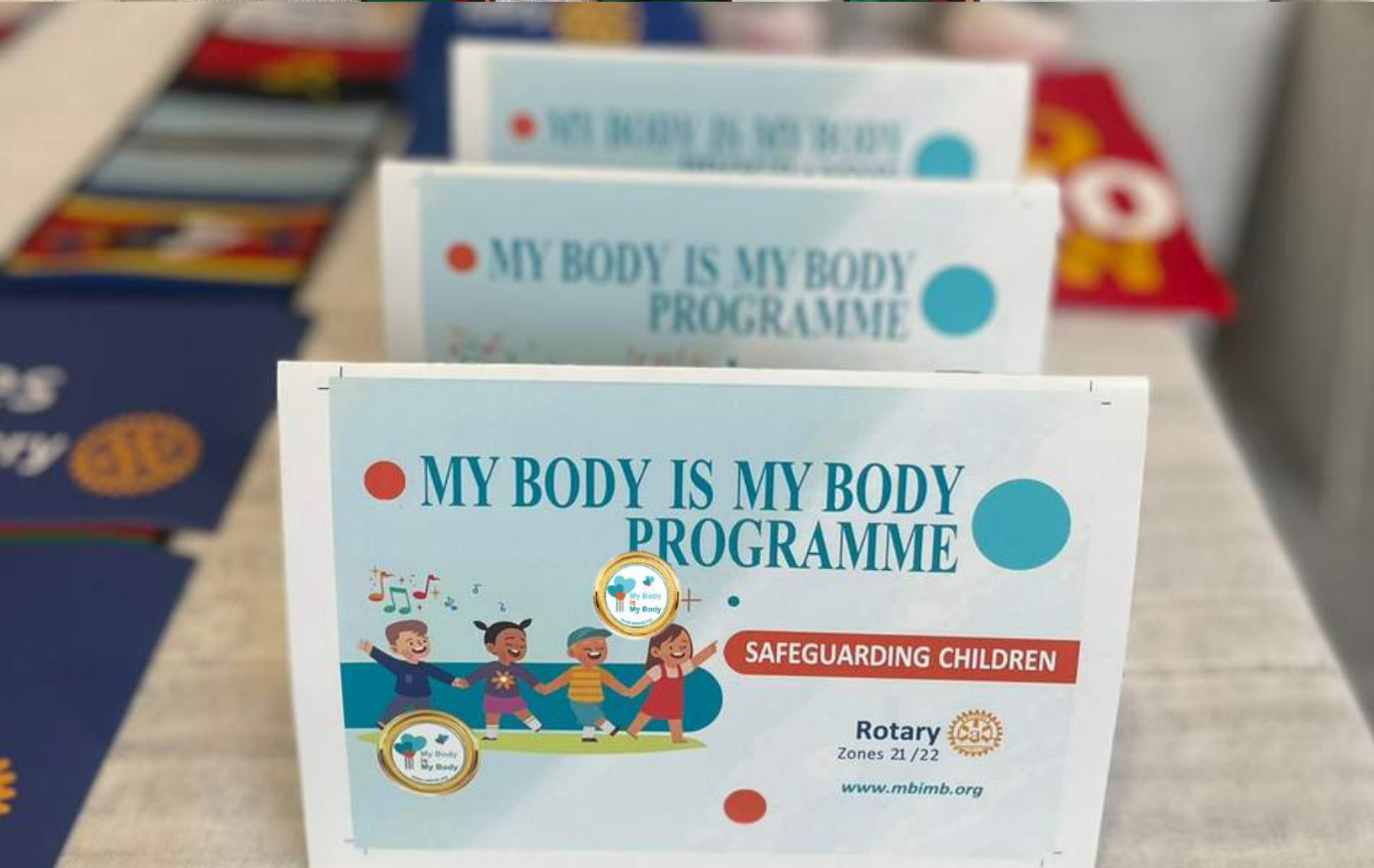
NEW AMBASSADOR



Annemarie Mostert MBIMB Worldwide Ambassador

PDG Rotary International, D9400 &
Girls' Empowerment Ambassador,
A member of WPO - Women Presidents Organisation.
CEO and founding member of Sesego Foundation. Disrupting Poverty.

In November 2016 Annemarie received the Responsible Business Owner award at Rotary International United Nations open day in New York, awarded to 6 Rotarians in the world.
She is the chairperson of the African Centennial Celebrations to be held in Johannesburg in April 2021, working closely with her team and classmates in Southern Africa.



Annemarie Mostert

A Dynamic Start to Her MBIMB Ambassadorship

Annemarie Mostert has hit the ground running in her role as an Ambassador for the 'My Body is My Body' (MBIMB) initiative. A significant milestone was achieved when she signed a Memorandum of Understanding (MOU) between MBIMB and Rotary International for Zones 20 and 21 along with Rotary International Director Patrick D. Chisanga. This collaboration encompasses the entire African continent as well as the Mediterranean region.

Adding to her accomplishments, Annemarie marked the International Day of the Girl Child on October 11th in Johannesburg. At this significant event, she showcased the 'My Body is My Body' Programme, underscoring its importance in child safety. Alongside this, she highlighted some of her pivotal Rotary projects, notably the 'End Polio' campaign.



Annemarie Mostert

Shines at the Rotary International Congress in Bucharest

On the 19th of October, the Rotary International Congress in Bucharest witnessed a heartwarming presentation by Annemarie Mostert. She brought the 'My Body is My Body' (MBIMB) Programme to the forefront, and we couldn't be prouder that she chose to share our initiative on such a grand stage. Annemarie recounted that the presentation resonated deeply with many attendees, evoking strong emotions. The compelling message of creating a safer world for children tugged at the heartstrings of many in the audience. The impact was evident as members from several countries expressed keen interest in introducing the MBIMB Programme within their own communities.

It's clear that Annemarie's passion and the programme's mission are inspiring change on a global scale.





Rotary
Zone 21



Rotary Institute Bucharest 2023
16th - 22nd of October



MY BODY IS MY BODY PROGRAMME
Safeguarding Children
Rotary
www.rotary.org

my Body is Life Skills!
This programme is aimed at young people aged 11-18. It is designed to help them understand their own feelings and the feelings of others. It also helps them to understand the rights of children and young people.

1. My Body is My Body - Objective
To teach children that their body is their own and no-one has the right to hurt them or touch their private parts.

2. I don't feel right - Don't do it - Objective
To teach children to listen to their own feelings. To be about peer pressure. To be children with body empowerment.

3. The "No" Game - Objective
To teach children to say NO with authority in unsafe situations.

4. If You've Got A Problem - Objective
To reinforce the learning of telling someone if there is a problem and if that person doesn't listen, keep telling all someone does listen.

5. If You've Got A Problem - Objective
To reinforce the learning of telling someone if there is a problem and if that person doesn't listen, keep telling all someone does listen.

6. If You've Got A Problem - Objective
To reinforce the learning of telling someone if there is a problem and if that person doesn't listen, keep telling all someone does listen.

7. If You've Got A Problem - Objective
To reinforce the learning of telling someone if there is a problem and if that person doesn't listen, keep telling all someone does listen.

8. If You've Got A Problem - Objective
To reinforce the learning of telling someone if there is a problem and if that person doesn't listen, keep telling all someone does listen.

9. If You've Got A Problem - Objective
To reinforce the learning of telling someone if there is a problem and if that person doesn't listen, keep telling all someone does listen.

10. If You've Got A Problem - Objective
To reinforce the learning of telling someone if there is a problem and if that person doesn't listen, keep telling all someone does listen.

www.rotary.org



WANDA HOLDING

The Path To My Profession

Before I went to college to study Psychology to become a counselor, I had worked office jobs which I enjoyed; but in my late 20's, I felt strongly that there was something that, as a Christian, I was intended to do. I knew it involved helping those who needed it and the study of Psychology. It was an exciting thought and finally, I took the necessary steps to make my new profession a reality: I sold my home, I quit my job and I took my three sons and moved into a small rented house.

Having no way to pay for or finance my way through college, I began my challenge of getting my college education. At that time, in Tulsa, Oklahoma, where we lived, there was a Junior College, Tulsa Junior College. I learned from the officials there that if a student kept a "B" average, they only had to pay 20% of the tuition. Now I believed I had the first two years of my education figured out. I took a part-time job to cover my 20% of the tuition and my other expenses. The two years were some of the best of my life and my children were my best cheerleaders. We still rode our bicycles on weekends, had fun together and during the two years, I made all "A's" except one "B."

In 1983, I completed my Associates Degree at Tulsa Junior College. Thank you TJC for your generosity! I was on my way.

Now I had to find a way to get my Bachelor's Degree. During one of my last days at TJC, I nearly walked into a wall because I was reading. I looked up and in front of me on the wall was a letter written by The Bovaird Foundation. They had offices at The University of Tulsa and they were offering a full-ride scholarship for a graduate of Tulsa Junior College. The criteria did not include hardship qualifications; instead, it required candidates to write a paper on the solidity of their future professional plans and how they rated their determination to complete the degree with success and integrity. I received my acceptance within three weeks and my children, my sisters and I celebrated that weekend. I had so many answers to prayer that they cannot be counted. God was beside me all the way and I am grateful beyond words.

In 1985, I graduated Magna Cum Laud from The University of Tulsa with a Bachelor's Degree in Clinical Psychology! During my work on my Bachelor's Degree, I found out that I must have a Master's Degree in order to be a Licensed Professional Counselor. My education was not finished and I started praying about how to get my Master's Degree.

I wrote a letter to The Bovaird Foundation and told them my situation. I asked them if they would review my professional plans and if they found me worthy, please consider another scholarship that would complete my education to get my license. I thought this request might be a "long shot," but within two weeks, I found out there are no long shots when God is leading the way. I received the scholarship, a research

assistantship and a monthly check to help with expenses.

I am so blessed.

In 1988, I graduated Cum Laud from The University of Tulsa with a Master's Degree in Clinical Psychology and a Minor in Special Education. I was now 40 years old and ready to work!

WANDA HOLDING

The Path To My Profession



Because my twins were born deaf, I knew sign language and I worked with deaf, hard of hearing; and I also worked with a blind lady. I worked there for about 6 years and I then worked at Tulsa Cares in Tulsa, OK, that treated persons with HIV and AIDS. It was during the time when HIV and AIDS was still a death sentence. I met wonderful and caring people; those who were ill and those who worked as I did - with the patients. After a few years, I was offered a job at the Department of Corrections, where I worked as the Medical Director. I stayed two years but soon realized I needed to be counseling - it was my calling. Therefore, I accepted a position as Clinical Supervisor in a Counseling Clinic in Southern Oklahoma working with children who were abused or were living in poverty. I knew something special was happening when I wanted nothing more than to save those children. But. Nothing I was doing was slowing down the attacks of perpetrators. Through a miraculous series of events, I interviewed for a position back at the Department of Corrections to work with sex offenders. It was like a puzzle piece fell right where it belonged. Yes, it was a scary situation at first, but I had been born in a fearful home. I instinctively knew what to do and what to say. Of course, I had numerous classes of special training. After two years, I was talking to our State Supervisor and he started talking to me about a position of Director of a sex offender program. I knew that it was my next move...

My supervisor had hinted that I was going to receive the promotion. I felt no doubt about my decision to apply for the position, although I felt a stirring of angst - an unfocused feeling about the human condition. I had already been a licensed counselor for almost 20 years, so I had experience on my side; however, I would be working with a new population of clients. Another incarcerated population ... but not just any population. This was a position in which there were not a large number of applicants for the job. These men had committed aggravated sexual offenses. There were a few who had adult rape victims; however, most of these men had abused children.

I was offered the position and I accepted it. Within a few weeks my children and I moved and very soon, I found myself sitting in a very large room with at least 40 men facing me. They were barely polite; it was obviously not a welcome party. The few smiles I saw were, without doubt, the same smiles that the men had used as young boys to suck up to their teachers. My stomach made a noise and my heart started the race - the same race that freaked me out throughout my many childhood experiences with fear. "Enough!" I said to myself. "You are the Director of this program, act like it." These inmates would not be pleased that I was changing the Program; but, change was coming!

I had a basic understanding of incarcerated men: any new staff or any change put those men on edge. For men who were in prison, routine represents safety - they remain more calm if they know what to expect. I had decided to make my introduction of the changes a brief outline of only the highlights and then ask for feedback from the men.

Finally I was introduced and I felt fairly pleased with my presentation and I expressed my desire to hear their thoughts. I received very little except their mumbling about the good old program. I didn't back down; I told them, with a somewhat false bravado, that I believed they would be pleased with many of the changes; in fact, I said I am 100% sure!



WANDA HOLDING

The Path To My Profession

You see, I knew what was changing and it was going to reverse a great deal of the older Program language that was detrimental to these men's sense of self, as well of their confidence and I was no longer going to use language that would not aid these men to make the changes that were necessary to live peacefully in society. The first change on my agenda would help to turn this program around. I think anyone reading this will understand the importance of the wording. I do not want to get ahead of myself, so I will wait to add it in where it is appropriate.

Introductory meeting was finished; mumbling feedback was finished and as the men filed out, I heard profanity buzzing through the men. I now knew which new rule would be introduced first. Although I was not an instant favorite; I held tight to my resolve to bring new waves of light and understanding into those men with the new SOT (Sex Offender Treatment) Program.

I wanted to present one of the new rules in our first SOT meeting, and I decided to use a somewhat startling method which I knew would surely /finally generate some discussion.

Twenty-five men came in and sat down. I had written this on our very large white board:

"PROFANITY IS THE LANGUAGE OF COWARDS." Now we have started!

Immediately one man stood up, He made quite a scene as he made a bit of a show by cursing as he angrily walked out. As everyone was settling down, I could spot who the "leaders" were and I calmly began treatment: Scanning their faces, I said, "I believe that each one of you can express himself without profanity. This will be necessary outside of the prison when you will need a job." I paused for reflection and to see who was listening. I began again, "Why do you think you curse so much?" The "leaders" actually communicated for a few minutes, mostly about "prisonspeak" and anger and I LISTENED and my own personal education of the sex offender mind began. I wrapped up with my explanation, "You are afraid your buddies will think you've gone soft if you do not curse... Before you leave this group, you will be able to have conversations without profanity. You are in this group because you will be released in a couple of years and you have the opportunity to learn to speak more intelligently and with understanding. That's one of our goals. This is your first and possibly your easiest change! Welcome to the New SOT Program!"

I was walking across the prison yard and was confronted by two inmates; one tall and one wide; both had the posture and stride of anger. I was a bit nervous but I bit down on my fear and did not show it. The wide man did the talking, "Why wasn't I chosen to be in the first group?" he blurted out. Before I could talk, he continued, talking slowly and fairly quiet so as not to attract the attention of any officers who walked the yard. He practically spit these words out, "I know exactly what I want to do, right now! I want to smash your head on that brick wall " I had held eye contact and even through my fear and shock of his verbal attack, I felt a discernment I had developed when I had worked in another prison. I took about ½ step closer to him, kept eye contact and I knew what to do. Softly I said, "You have a truckload of pain on your back, don't you?" Then I gently, barely touched his arm. His eyes got wide and slowly filled with tears; even the tall guy joined in. Wide guy spilled his guts and I listened and heard part of his story. From that day, he "had my back" until he was transferred to another yard and once more, I knew I was where I belonged at this time.

COMPETITION

WINNERS & FINALISTS



2023



This year's GGAF and MBIMB Competition has truly surpassed our expectations, making it even bigger and better than last year. The entries from all around the world have reached an astonishing level of excellence, and it's evident that children from diverse backgrounds have poured their hearts into their dances, songs, and drawings.

However, it's important to remember that this competition is not solely about the winners. It's about the collective effort of all the participants who engaged with the MBIMB songs and learned about body safety. We aspire to see communities more informed and aware of the importance of body safety, and we hope that the children have gained a sense of empowerment through this experience.

We extend our heartfelt gratitude to each and every one of you who participated, as your contributions have made this competition a remarkable success.

Congratulations to our well-deserving winners, who were chosen by an overwhelming 900 people from around the world.

Thank you all once again, and please keep in mind the importance of staying safe and empowered.

Chrissy Sykes

Founder MBIMB Foundation

Lisa Jones

Co-Founder GGA Foundation



CERTIFICATE

For your wonderful submission to our MBIMB and GGAF Competition



**MY BODY IS MY BODY
CHAMPION
AND FINALIST**



This Certificate is Presented To :

***Each child that has entered the competition
will receive a certificate like this***

We are so proud of you.

Your enthusiasm and hard work make you a true champion,
Your journey in this competition is just the beginning of your
amazing life story.

Chrissy Sykes

CHRISSY SYKES
FOUNDER MBIMB
FOUNDATION



Lisa Jones

LISA JONES
FOUNDER GGA
FOUNDATION



WINNER

Singing Competition



South Africa

Tiny Todds Nursery School



WINNER

Tiny Tods Nursery School is located in the western part of Johannesburg, South Africa, and it was founded in 2006 within the premises of a historic church school.

Our school boasts a dedicated team of eight staff members, serving a capacity of 180 young children. Currently, we are proud to have 120 children between the ages of 6 months and 6 years attending our nursery.

At Tiny Tods, our motto is simple yet powerful: "Knowledge is Power." We are committed to preparing our children for a bright beginning as they embark on their journey into junior school.

GGA & MBIMB» COMPETITION

SOUTH AFRICA
TINY TODS



[Click Here To Watch Video](#)





WINNER

Tiny Tods Nursery School





WINNER

Dancing Competition



Ghana

Friends of Adaklu



WINNER



At **Friends of Adaklu**, we believe in a hand up not a hand out.

We work with the community and its leadership to resolve the issues that stop people from arriving at self-reliant, by providing sustainable solutions in We work with the community, and its leadership, to resolve the issues that stop people from arriving at self-reliant by providing sustainable solutions in Education, Health, Agriculture, Agric-Business and Social Entrepreneurship for women, girls, men and boys.

FOA partners with international aid organizations to address the needs of the Adaklu communities. We hope to be a testament to perseverance, ingenuity, and the humanity that binds us all., for women, girls, men and boys. FOA partners with international aid organizations to address the needs of the Adaklu communities. We hope to be a testament to perseverance, ingenuity and the humanity that binds us all.

GGA & MBIMB» COMPETITION



GHANA
FRIENDS OF ADAKLU



[Click Here To Play Video](#)





WINNER



Friends of Adaklu



WINNER

Drawing Competition



Nepal

Budhanilkantha school



WINNER



My Body is MY Body



Name: Yunish Gurung
Class: 8
Age: 14



FINALIST



Singing Competition

INDIA



**Neima Children's Home
Laitmynreing Pynursla**



FINALIST

Singing Competition



The North East India Mission Association (NEIMA) has a school named as NEIMA LP & UP School for local poor and needy children of remote and rural areas of Pynursla, Meghalaya. The School has 6 Classrooms with one small hall for pre-primary section. It may also be mentioned that this school started as a Primary School having a Pre-Primary attached in order to cater to those who are 6 years of age. We have 8 teachers in our school.

Our mission is to educate the orphans and the under-privileged to make them self-sufficient and get them secured once they reach adolescence.

Our Objective is to feed, care and render education to the orphans and poor children. To render financial help to the needy and distressed people in the time of calamities. Hardship, accidents and natural disasters. To keep the village clean and improve the sanitation of the whole village and its neighboring areas. To fight against illiteracy and uplift the people for a better standard of living through hard work and a good education. To educate people on the concept of a clean and safe environment. To set up schools for all-round development of children. To provide vocational Courses for them so as to prepare them for their future. To provide assistance to those children who have reached the age of 18 and who will have to face life on their own. To expand our work to all vulnerable areas of the North East.

GGA & MBIMB» COMPETITION

<https://youtu.be/EX0F1Joma00?si=lrFHk0Dpm1138FRi>

INDIA
NEIMA CHILDREN'S HOME



[Click Here To Play Video](#)





FINALIST

Singing Competition

Neima Children's Home



Well Done!



FINALIST



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GGA & MBIMB» COMPETITION



INDIA
NEIMA CHILDREN'S HOME



[Click Here To Watch Video](#)





FINALIST

Dancing Competition

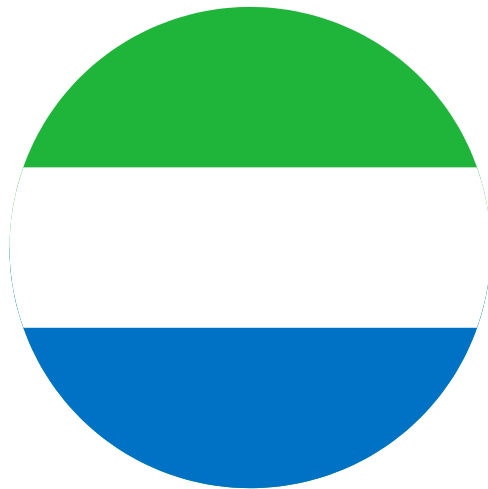
Neima Children's Home



Well Done!

FINALIST

Singing Competition



Sierra Leone

Future Leaders Initiative



FINALIST



We're the **Future Leaders Initiative SL**, an organization driven by a heartfelt mission to end violence against children, women, and girls across Sierra Leone. Founded by Ibrahim S Bangura, a survivor of corporal punishment and other forms of violence, our journey is rooted in a deeply personal commitment to ensure the welfare, survival, and flourishing of every vulnerable child.

Our Purpose: At FLI-SL, our sole purpose is clear: to bring an end to violence against children, women, and girls. With a passionate focus on learning environments across Sierra Leone, we are committed to transforming the lives of the most vulnerable among us.

Vision: We envision creating an environment free from all forms of violence against children, women, and girls.

Goal: Leading the way for the next generation to achieve its sustainable development through education and empowerment.

Our Commitment: FLI-SL is more than an organization; it is a devoted mechanism designed to address the needs and well-being of children, women, and girls. Non-political and non-profit, we operate exclusively for charitable purposes, working tirelessly to uplift lives and inspire change.

GGA & MBIMB»» COMPETITION



SIERRA LEONE FUTURE LEADERS INITIATIVE



[Click Here To Play Video](#)



FINALIST

Future Leaders Initiative



Well Done!

FINALIST

Singing Competition

DRC



Social Organization for the
Development
of Children in their
Environment



FINALIST



Children in the Democratic Republic of the Congo are facing an incredibly dire situation. They are caught in the midst of one of the world's most challenging humanitarian crises.

Here, armed conflict is an unfortunate everyday reality, and it's heartbreaking to know that children are often recruited and compelled to become child soldiers. These young lives are enduring severe human rights violations, along with a multitude of daily hardships, including poverty, sexual violence, disease, and limited access to essential resources like food and clean water. It's a harsh reality where the rights of these children are persistently disregarded, and they are frequently subjected to violence by armed groups, with some even being abducted and forced into military service. This is a situation that needs urgent attention and support to ensure the safety and well-being of these young individuals.

We thank The Social Organization for the Development of Children in their Environment for taking the time to work with the children and take part in our competition with such a wonderful performance.

GGA & MBIMB» COMPETITION



DRC

**SOCIAL ORGANIZATION FOR THE
DEVELOPMENT OF CHILDREN IN
THEIR ENVIRONMENT**



[Click Here To Play Video](#)





FINALIST



**Social Organization for the Development
of Children in their Environment**



**WELL
DONE!**



FINALIST

Dancing Competition



Uganda

His Grace Orphanage



The His Grace Orphans Ministry is a heartfelt non-profit charity organization rooted in Christian principles, located in the serene region of Masaka, nestled along the shores of Lake Victoria.

Pastor Ssengoba Stephen's journey into this ministry was forged through his own challenging upbringing. He hails from a family that grappled with poverty and disarray, unable to provide even basic education. At the tender age of 7, he found himself on the streets, a young survivor facing the harsh realities of life. It was during these difficult times that Stephen crossed paths with a compassionate Samaritan, a benevolent Canadian woman named Carol, who was on a mission in Uganda. Carol became Stephen's guardian angel, opening the doors to education and transforming his life in every conceivable way—physically, mentally, emotionally, and in terms of his overall well-being.

Inspired by his remarkable journey, Stephen felt a profound calling to give back to the kids he once shared the streets with. One of the most fulfilling activities the ministry engages in with these children is aptly named the "Service Opportunity." Through this initiative, they venture into the community, identify elderly individuals in need of assistance. They wholeheartedly dedicate themselves to providing both emotional support and physical aid to these deserving individuals, spreading joy and hope. Of course, there are numerous other activities taking place at the center, but this particular mission shines as a beacon of happiness and compassion in their work.

GGA & MBIMB» COMPETITION



UGANDA HIS GRACE ORPHANGE



[Click Here To Play Video](#)





FINALIST

Dancing Competition

His Grace Orphanage



Well Done!

FINALIST

Dancing

Cameroon



Holly Family Choir



FINALIST



The Holy Family Choir was set up in 1992 at Obili Yaoundé. Its aim is to involve children in the apostolic mission of Christ at a tender age to learn and grow in faith.

The children come from all social backgrounds. They are not limited to church activities (singing, Bible studies etc.) but are also involved in almost all social activities that would help a child develop to a rational social being (Luke 2:52). Some of their activities include environmental projects, cultural, philanthropic, empowerment, sporting, cookery, first aid (health) camps, educative talks (like the My Body is My Body Foundation program by GGA and MBIMB) social ethics etc. In fact, all the skills that can help develop a child are within our reach. To encourage brotherly love, we call each other brothers and sisters.

Our membership is open to all children regardless of religion, denomination and age & language. The age ranges from less than one year up to 19. Funny indeed. This is because some siblings carry their younger ones on their backs to the group while some elderly ones graduate into adult groups.

We have no fixed number. It ranges from 85 to 123 depending on the season of the year. The peak is during summer holidays.

GGA & MBIMB» COMPETITION



CAMEROON
HOLLY FAMILY CHOIR



[Click Here To Play Video](#)



FINALIST

Holly Family Choir



WELL
DONE!

The background features the Kenyan national flag, which consists of horizontal stripes of black, white, red, white, and green. In the center is a shield-shaped emblem with a red field, a white vertical stripe, and two white curved shapes on either side. Two white spears are positioned behind the shield, one on each side.

FINALIST

Dancing

Kenya

Soweto Youth Initiative



FINALIST



The Soweto Youth Initiative (SYI) is a registered Community Based Organization (CBO) located in the Kahawa-Soweto settlement in Roysambo-Nairobi County. It is approximately 19 kilometers northeast of the Nairobi City center. SYI was founded in 1999 when one man began giving porridge to hungry children in the Kahawa Soweto Slum. Now, 25 years later, it has transformed into a cornerstone of the slum, helping thousands economically, academically, and socially along the way.

SYI has successfully collaborated with dozens of partner organizations and hundreds of individuals both domestically and internationally to rescue, rehabilitate, and reintegrate children and families from the slum back into formal academic and economic institutions.

GGA & MBIMB» COMPETITION



KENYA
SOWETO YOUTH INITIATIVE



[Click Here To Play Video](#)





FINALIST

Soweto Youth Initiative



Well Done!



FINALIST

Dancing



Malawi

Fight Against Hunger Crew



FINALIST

Prince Lokendo, connected through the Teen Mothers Group, has teamed up with a dynamic crew of students, the "Fight Against Hunger Crew." What's intriguing is that some of these students are the offspring of teen mothers. When school hours come to a close, they trade textbooks for beats, dancing to tunes with a purpose. Their moves are not just about rhythm; they're a passionate performance aimed at elevating awareness for child protection.

These young talents partner with Plan Malawi Child Parliament, amplifying their message. But there's more to their story. Beyond the stage, they're on a mission to put food on their family's tables through their powerful performances. It's a harmonious blend of talent and purpose, making a difference one dance at a time.

GGA & MBIMB» COMPETITION



MALAWI FIGHT AGAINST HUNGER DANCE CREW

[Click Here To Play Video](#)





FINALIST



Fight Against Hunger Crew



WELL DONE!

FINALIST

Dancing

Cameroon



Wesad Glow Club Girls



FINALIST

Dancing



World Economy Skills and Agro Development - WESAD

The GLOW Club girls enthusiastically joined this year's GGAF and MBIMB Competition. This event serves as a vibrant platform for girls to come together, celebrating their resilience and exploring how they can uplift and empower one another.

The Glow Girls, in their engaging activities, share stories about the individuals who bolster their journey, the ones who ignite their inspiration, and those they aspire to inspire in turn. This beautiful web of connections weaves a stronger and more supportive community for girls.

GGA & MBIMB» COMPETITION



CAMEROON
GLOW CLUB GIRLS



[Click Here To Play Video](#)





FINALIST

Wesad Glow Club Girls



**WELL
DONE!**

FINALIST

Dancing and Drawing

Nigeria



Mujib Hope Foundation



FINALIST



We have a track record for promoting Education, WASH activities, building resilience of vulnerable people, Youth and Women capacity building through training and Empowerment Programs.

Muniratu Jibrin is a visionary leader and has a passion for helping the less privileged with a major focus on women and children. Through this passion, she started an NGO called Mujib Hope Foundation. “MUJIB” in Arabic means “helping hands”.

Muniratu Jibrin is an Expert in conflict management, gender related issues and customer relationship management. She worked as a Project Manager for Christian Relief Aid South Sudan. She also worked as a State Coordinator for Youth Initiative Against Terrorism within the North-Eastern part of Nigeria.

She believes that “Children are the future of tomorrow” and “An empowered woman is an empowered nation”. Therefore in the next five years, Muniratu hopes to see that over Ten million lives are transformed through the work she does.

GGA & MBIMB» COMPETITION



NIGERIA

MUJIB HOPE FOUNDATIONRS



[Click Here To Play Video](#)



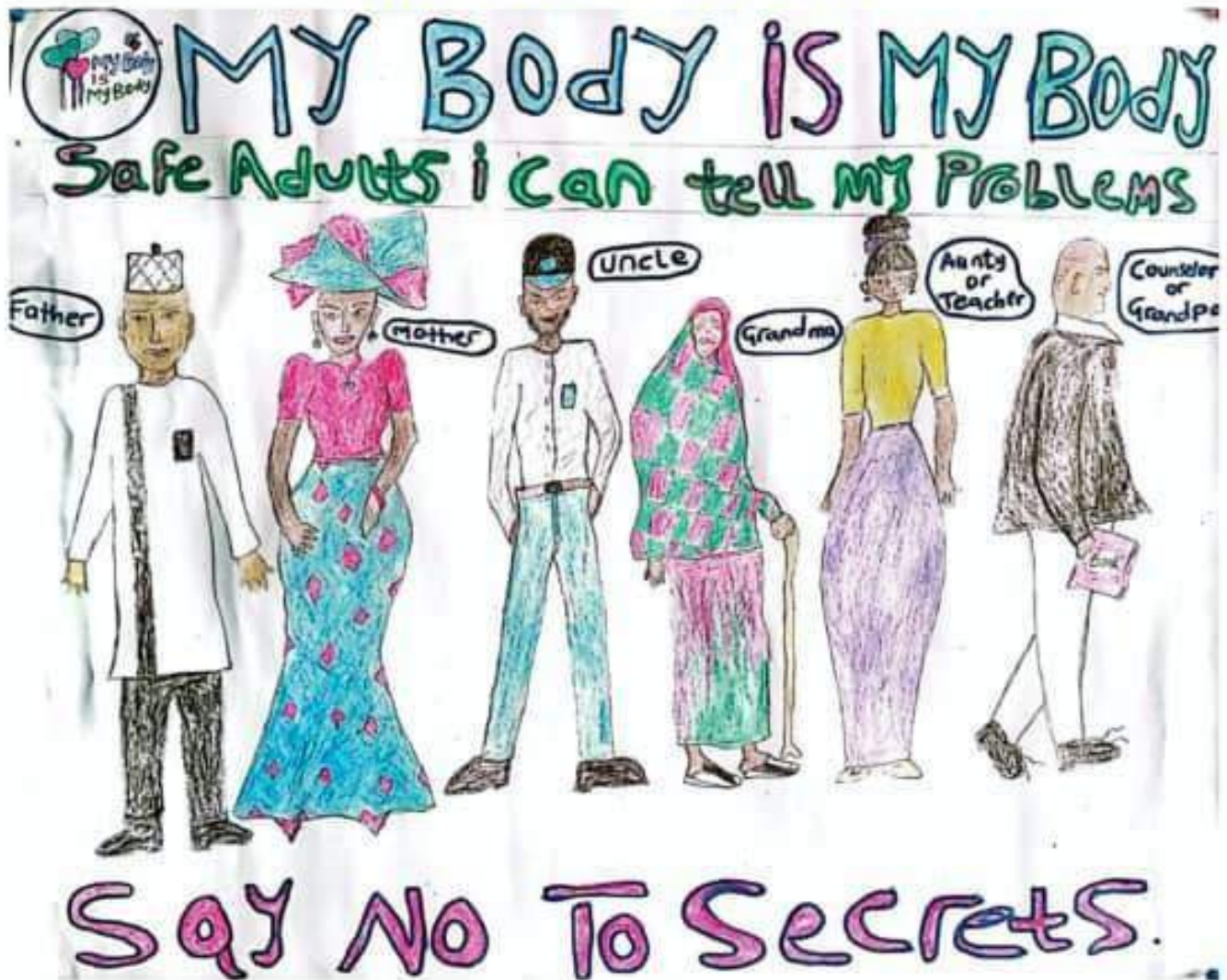
FINALIST

Mujib Hope Foundation



WELL
DONE!

MBIMB COMPETITION (MBIMB POSTER)



PARTICIPANTS



Name: Jeremy Agoyi
Age: 8 Years Old
Country: Nigeria
Sex: Male



Name: Mikayla John
Age: 6 Years Old
Country: Nigeria
Sex: Female

FINALIST

Drawing Competition

Nepal

Shristi English School



FINALIST

Shristi English School



Grade : 8

Art by: Mainank Murgumdar

Well Done!

FINALIST

Drawing Competition



Uganda

**Businge Margaret
Home School**



FINALIST

Drawing Competition



Well Done!



FINALIST

Drawing Competition



Well Done!



FINALIST

Drawing Competition



Well Done!

GGA & MBIMB»» COMPETITION



UGANDA
BUSINGE MARGARET SCHOOL



[Click Here To Play Video](#)

FINALIST

Dancing Competition



Uganda

**Kisembo Children's
Community Based Organisation**



FINALIST



Kisembo Children's Community Based Organization (KCCBO) is a non-profit organization committed to improving the lives of vulnerable children and their families in Mityana, Uganda.

Our organization was founded in 2018, by a group of local volunteers who were deeply concerned about the plight of children who were orphaned, living in poverty and lacked access to education, health care and basic needs.

Our main objective is to provide education, health care, shelter and basic needs to vulnerable children and their families in the community. We work with volunteers, community leaders and local authorities to identify children who are in need of our support and provide them with the resources they need to thrive.

One of our main programmes is the sponsorship programme, which provides education and basic needs to vulnerable children who can not afford them. Through this programme, we ensure that children have access to quality education, scholastic materials, uniforms and meals. We also provide health care services to vulnerable children and their families through regular medical camps and health education programmes.

In addition, KCCBO runs a community outreach programme that provides training and support to parents and care givers on child health, nutrition and hygiene. Through this programme, we empower to take care of their children and create a healthy and safe environment for them.

GGA & MBIMB»» COMPETITION



UGANDA

KISEMBO CHILDREN'S COMMUNITY BASED ORGANISATION



[Click Here To Play Video](#)





FINALIST

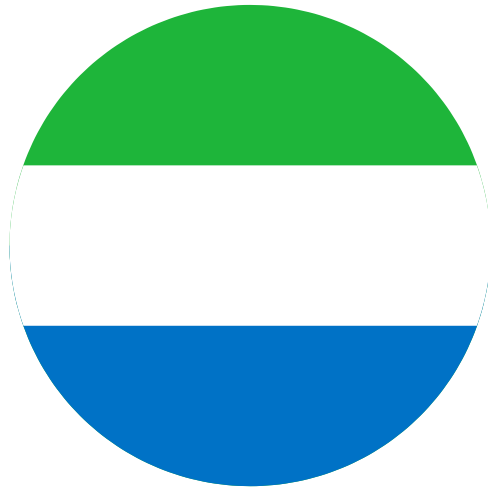
**Kisembo Children's
Community Based Organisation**



**WELL
DONE!**

FINALIST

Singing Competition



Sierra Leone

EYES

FINALIST

Singing Competition

EYES Children's Power Project: Every year Rainbo Initiative provides local data on Sexual Gender-Based Violence, and children aged 4 years to 10 years always account for the highest percentage of SGBV. This is not limited to other forms of child maltreatment like neglect, emotional and physical abuse and this has prevented children from growing well especially children from low-income family as their parent has little or no attention to monitor and give voice to their kids, therefore children who are in an abusive situation do not have the courage to tell because of the reactions of their parent and many are raised up in crime prom communities, the girl child sometimes ends up becoming victims of teenage pregnancy and the boy child ends up in ghettos and becomes drug-addicted this group of the population has always contributed to Gender-Based Violence in our communities.

This situation has been a real challenge over the last decades and has contributed to a violent youth population in the country, the CPP aims to engage schools administrators and the community (ies) on addressing child maltreatment as a responsibility of the school and the community through the My Body Is My Body program.

In-class training for pre and primary schools teachers on how to teach children in schools as this will be a long-lasting education that will be passed on from year to year.

Engagement of first-time parents on how to identify abused children and establish support groups in communities to help track and assisted attempted abuse children to do referral pathways and track record of all attempted abused or abuse that occurs against children and takes prompt actions.

The project aims to incorporate the My Body Is My Body program in schools and vulnerable communities where children find it difficult to assess child justice.

GGA & MBIMB»» COMPETITION

SIERRA LEONE
ENVIRONMENTAL YOUTH
EMPOWERMENT SERVICES



[Click Here To Play Video](#)

FINALIST

EYES Sierra Leone



WELL
DONE!

FINALIST

Singing Competition



Uganda

Rays Of Light Orphanage

FINALIST

Singing Competition

In the small town of Kyarumba, located in the Kasese district of Western Uganda, there exists a beacon of hope amidst the challenges faced by its community. Rays of Light Orphanage and School, a charitable organization, stands tall as a sanctuary for 286 children aged 5 to 17, offering education, support, and a chance at a brighter future.

Rays of Light Orphanage and School serves as a sanctuary for vulnerable children, providing them with the tools and opportunities they need to thrive. Through their curriculum, which encompasses Christian religious education, mathematics, social studies, healthy habits, environmental protection, and English-speaking skills, the children receive a well-rounded education. The organization's commitment to their future is unwavering, with the goal of ensuring that every orphaned child becomes self-reliant and equipped to overcome life's challenges.

Since its establishment, Rays of Light Orphanage and School has supported 82 children, empowering them to break the cycle of poverty and dependence. Some of these children have completed their education, while others have embarked on vocational skills training, allowing them to acquire practical skills for sustainable livelihoods. The organization's dreams for the future encompass a holistic approach to development, aiming to eliminate illiteracy among children and instill good morals and a biblical worldview within the community. Their ultimate goal is to have the children adopt Jesus' way of life, fostering values of compassion, empathy, and love.

GGA & MBIMB» COMPETITION



UGANDA
RAYS OF LIGHT ORPHANAGE



[Click here To Play Video](#)



FINALIST

Rays Of Light Orphanage



**WELL
DONE!**

FINALIST

Dancing Competition

Nepal

Shree Krishna Ma Vi, Baitadi

FINALIST

Dancing Competition



GGA & MBIMB» COMPETITION



NEPAL

SHREE KRISHNA MA VI, BAITADI



[Click Here To Play Video](#)



FINALIST

Dancing Competition



Cote De Ivory

Worldlite ONG

FINALIST

In line with the Global initiative undertaken for addressing the UN 2030 Agenda for SDGs, the non-profit organization WORL DLITE ONG was launched to contribute to address the SDGs' goals and to Assist the youth, the Families and orphans living in poverty for addressing SDG1 "No Poverty". To Help the youth move out of extreme poverty WORL DLITE ONG will Help the youth in West Africa Find an Employment or a Financial Assistance opportunity available for their regions, and will Empower young entrepreneurs to implement their micro projects by providing them some Equipments or Commodities and an Allowance for installing or running their projects, and some Trainings and Internships to better run their projects.

WORL DLITE ONG will also Help the Families and orphans living in Poverty or facing emergency situations by providing them food Supplies and other basic and urgent needs. WORL DLITE ONG is currently using its social media pages on Linkedin and Facebook to Help the youth in Cote d'Ivoire Find an employment or a Financial assistance available in the region for Helping them move out of extreme poverty.

GGA & MBIMB» COMPETITION



COTE D'IVOIRE
WORL DLITE ONG



[Click Here To Play Video](#)



FINALIST

Worldlite ONG



Well Done!

The background features the Kenyan national flag, which consists of horizontal stripes of black, white, red, white, and green. In the center is a shield with a red base, a white vertical stripe, and a black top section. Two white spears are crossed behind the shield.

FINALIST

Dancing

Kenya

People Traumatized Need
Peace (PTNP)

FINALIST

Dancing

We founder, initiator and members of People Traumatized Need Peace “P.T.N.P” in acronym have defined and adopted the present statutes to fix the different practical operating methods in order to achieve the noble mission that we have assigned for the people traumatized need peace, and any person having the psychological problems want to optimize by finding the position of his memory and positive thoughts, transparency, and respect for the rights of vulnerable people.

People traumatized need peace “P.T.N. P” has the status of a Community based Organization (CBO) claims the unity of all vulnerable traumatized people in the worldwide. This Peace is built on faith in God who is present in human history, even in its most tragic moments. All our work is inspired by this faith. We manage to identify several people who are vulnerable and having a moral issues because of the repeated wars, corruption and inter- community conflicts in their provinces and countries of origin resulting to suffering from illnesses, depression and poverty especially in raped women and young girls who are school dropped out, girls with early pregnancies and orphans leading to a life of misery and a psychological disorder which creates so many negative reactions and thoughts.

VISION Promoting the well-being of victims who are traumatize such as raped women and young girls who are school dropped out, girl’s with early pregnancies and orphans to integrated them in their respective communities and refer them to the specific agencies and through the free counselling offered by PTNP its makes the victims to have a sense of belonging and trust in the community and the people around as the world where refugees and others forcibly displaced people attain protections, opportunity and participation.

GGA & MBIMB» COMPETITION



KENYA

PEOPLE TRAUMATIZED NEED
PEACE (PTNP)



[Click Here To Play Video](#)



FINALIST

People Traumatized
Need Peace (PTNP)



WELL
DONE!

FINALIST

Dancing

Tanzania



Tegeta Kids

FINALIST

The Smile Initiative is registered non-profit organization from Tanzania Mainland with the registration number 00NGO/R/3089. It advocate for gender equality into education system through media engagement, influence of policy and legal framework and capacity development to students, teachers and parents,

We would like to present to you for present the dancing competition the Tegeta Kids in Tanzania, this dancing competiton come at a right time and our kids learn how to protect their body through this song.

GGA & MBIMB»» COMPETITION



TANZANIA
TEGETA KIDS IN TANZANIA



[Click Here To Play The Video](#)



FINALIST

Tegeta Kids In Tanzania



Tegeta Kids

A hand-drawn orange sticky note with a scalloped edge, pinned to a white background with four yellow corner tabs. The note features the words "THANK YOU" written in a thick, black, hand-drawn font. Below the text is a simple smiley face consisting of two dots for eyes and a curved line for a mouth.

THANK
YOU
😊

We want to express our heartfelt gratitude to each and every one of you for your incredible dedication and hard work. We are genuinely proud of all that you've accomplished..