



# MBIMB

November 2024 Newsletter

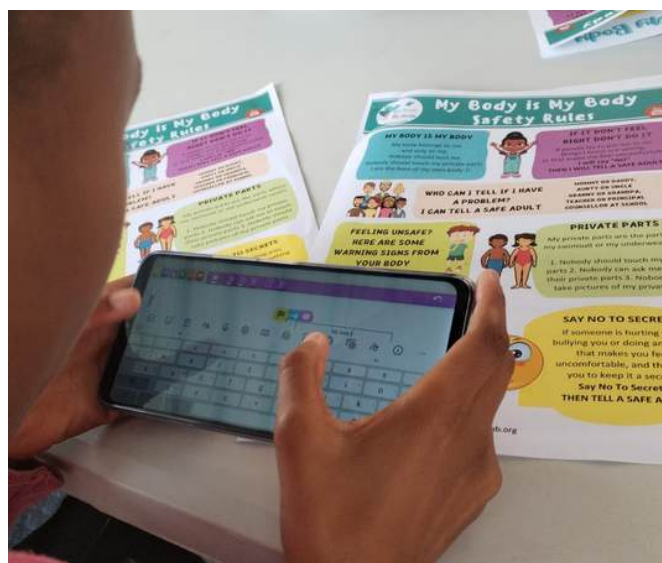
## AN INSPIRATIONAL VISIT TO BARNESLEY FC COMMUNITY TRUST



**ROTARY INTERNATIONAL GIRLS' EMPOWERMENT SOUTHERN AFRICA**

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*Inspiring Minds Rose Of Sharon Learning*



*Mujib Hope Foundation*

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# 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



# MBIMB Board Of Directors

## CHRISSY SYKES

CEO AND FOUNDER

CHRISSY CURRENTLY WORKS WITH NGO'S AND SCHOOL VOLUNTEERS IN OVER 60 COUNTRIES WHO HAVE REACHED AT LEAST 2.5 MILLION CHILDREN WITH THE PROGRAMME. ANOTHER 1.8 MILLION PEOPLE HAVE BEEN REACHED ON YOUTUBE. CHRISSY 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

TRUSTEE

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

TRUSTEE

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.



## NICK ASKEW

TRUSTEE

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

TRUSTEE

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, ESOWATINI, 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.



# MBIMB NOVEMBER 2024 NEWSLETTER

## 🎉 A Heartfelt Thank You for an Incredible Year! 🎉

As 2024 comes to a close, we want to take a moment to reflect on the amazing impact we've made together and express our deepest gratitude to our wonderful MBIMB members, ambassadors, partners, and supporters around the world.

This year has been truly inspiring. Thanks to your dedication, passion, and hard work, we've been able to share the My Body Is My Body safeguarding message with countless children, parents, teachers, social workers, and communities across the globe. Together, we've empowered young minds and taken important steps toward creating a safer, more secure future for every child.

Your unwavering commitment to spreading this vital message has made a real difference in so many lives. Thank you for your time, energy, and belief in this mission—it's because of you that we've achieved so much.

Looking ahead to 2025, we know there is still much more to do. Let's keep this incredible momentum going by continuing to share the MBIMB programme and resources far and wide. By working together, we can reach even more communities, ensuring that children everywhere are protected, empowered, and heard.

As we celebrate this season of giving and hope, we want to wish each of you and your loved ones a safe, joyful, and peaceful holiday season. Here's to a bright and happy 2025, filled with new opportunities to make a lasting difference in the lives of children around the world.

Together, we are building a world where every child feels safe, loved, and valued. Let's keep making a difference—one community at a time!

With heartfelt thanks and best wishes,  
Chrissy Sykes and  
The MBIMB Board Of Directors



# CHANGING LIVES WITH EVERY DONATION

Please support our  
mission to safeguard  
children at  
[www.mbimb/donate](http://www.mbimb/donate)





# Why MBIMB is Essential

*Child abuse is a global crisis affecting up to 1 billion children annually. The MY Body is My Body Programme addresses this urgent need by:*



## **Early Intervention**



*Educating children on body safety from the age of three years*



## **MBIMB Accessibility**



*Available in 28 languages, reaching diverse communities worldwide*



## **Engagement**



*Using music and animation to captivate children's attention*



## **Empowerment**



*Teaching children to recognise and report inappropriate behavior*





# **Key Benefits**



## **Cost-Effective**

*All our training and resources are provided free of charge*



## **Minimal Expenses:**



*The only costs are printing teacher lesson plans, children's workbooks, and posters and volunteer transportation*



## **Comprehensive Approach**



*Educates children, parents, and communities*



## **Proven Impact:**



*Presented to over 2.5 million children in 60+ countries*

Supporting the My Body Is My Body Programme is an investment in the safety and well-being of children. By providing educators and children with the tools they need to understand and prevent abuse, we can create safer, more informed communities. We urge community leaders, educators, and concerned citizens to support this vital initiative and help us spread the message of safety and empowerment.

We invite you to join us in our mission to safeguard children by sponsoring the My Body Is My Body Programme printed materials in schools and community group. Your support will enable us to print the essential materials needed to educate children worldwide about body safety and prevent abuse. Together, we can create a safer world for all children.

**To get started, please visit [www.mbimb.org](http://www.mbimb.org) to learn more about the programme and how you can contribute.**

**Let's make a difference, one child at a time.**







The My Body is My Body Programme has been embraced by community groups, Charities and local leaders in Barnsley, who are utilising the resources to create safer environments for children. Feedback has been overwhelmingly positive, with educators and parents praising the programme's seamless integration into lessons and its engaging musical approach that resonates with children.

### **A Heartfelt Thank You**

We extend our deepest gratitude to the Co-op Local Community Fund for their generosity and commitment to supporting initiatives that build stronger, safer communities. Together, we are making a meaningful difference, one child at a time.

If you are in the Barnsley area and would like to learn more about the My Body Is My Body programme or access our free resources, please visit [www.mbimb.org](http://www.mbimb.org)

Thank you, Co-op Local Community Fund, for helping us protect and educate children across Barnsley. Together, we can build a world safe for every child!

# Be WEB-SAFE News

November 2024

## SURGE IN BASIC PHONES



This year has seen a surge in the purchase of 'retro' mobile phones for young people which some parents (and manufacturers) believe will allow their children to foster more healthy relationships with their phones. A Barbie-branded Nokia phone has been launched with the aim – its makers say – of helping young people take a break from their smartphones. Virgin Media have also noted a rise in the number of 'brick' phones being purchased. It looks like families are looking for ways to have a smaller digital impact on their lives and their children's upbringing.

## Online Disinhibition Spotlight

*The disinhibition effect can be understood as a person shifting online, to behaviours that are different from the real world version of themselves. Each newsletter will look at one of the ways we can become disinhibited online. If we understand them we can use them to help us navigate this world with our children more safely:*

**ANONYMITY**  
You can't see me.

**Keeping who you are a secret changes the way people behave. Sometimes people share too much information and say unkind words or pretend they are someone else.**

The NSPCC have released information shared by the police about the risks from strangers when children use Snapchat. More than 7,000 communication with a child offences were recorded across the UK in the year to March 2024 - the highest number since a new offence was created, with Snapchat making up nearly half of the 1,824 cases where a specific platform was recorded by the police. Things to remember:

- Teenagers need to be 13 to use Snapchat
- Teach children not chat to strangers online
- Teach children to tell and adult when strangers contact.
- Restrict sharing of locations

**SAFE | APPROPRIATE | FRIENDLY | EDUCATE**



## VIRTUAL VICTORIES

TV hosts Emma & Matt Willis have fronted a TV show that will see them give up smartphones alongside students from Essex. Working with Year 8 pupils at a school in Colchester they have to hand in their devices for 21 days. It's part of the Channel 4 series Swiped: The School That Banned Smartphones. Researchers at the University of York will monitor changes in behaviour among the pupils and presenters over the three weeks. The effects on the brain of reduced smartphone use, including sleep and attention, will also be analysed.

## RESOURCES RECOMMENDATION

**NSPCC Keeping Children Safe Online**  
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

**Follow Us & Share Your News:**  
[@be.web.safe](#) / [@EVFEducation](#)



**keys**  
group

 SAFEGUARDING  
FUNDAMENTALS®

 MAAPP



**Empowering Communities  
Through Collaboration:  
MBIMB Presentation with  
Safeguarding Fundamentals**



By Chrissy Sykes

On 28th November 2024, the My Body Is My Body (MBIMB) Programme had the privilege of presenting alongside two safeguarding leaders, Antonia Noble CEO of Safeguarding Fundamentals and Caroline Flynn, the developer of MAAPP (LinkIndex Tool) to a group of Keys professionals in Gloucestershire. This impactful event, organised by Antonia Noble from Safeguarding Fundamentals and Rachel Strange from the Keys Group, brought together professionals dedicated to creating safer environments for children.

**The Keys Group** is a renowned organisation providing education and care services for children, young people, and families across England and Wales. Through specialist schools, residential children's homes, family assessment centres, supported accommodation, and activity interventions, Keys Group delivers life-changing support to over 2,000 children, young people, adults, and families.

Keys Group operates under a broader organisational framework that includes:

- Accomplish: Specialist residential and supported living services for adults with learning disabilities, autism, mental health needs, and acquired brain injuries, as well as resource centres for adults with additional needs.
- Peak: Adventure centres offering indoor and outdoor activities such as bushcraft, climbing, canoeing, and more, with bespoke alternative education programmes that build confidence and self-esteem for young people.

The ethos of the Keys Group is simple but profound: to inspire, encourage, and support children, young people, and adults to achieve great things and lead happy, healthy, and successful lives. This mission is underpinned by their EPIC values:

- Excellence – Striving for the highest standards in all they do.
- Passion – Ambitiously committed to achieving the best outcomes.
- Integrity – Working honestly and transparently.
- Caring – Showing compassion and empathy, always putting people at the heart of their services.

### **A Shared Mission to Safeguard Children**

The event underscored the importance of safeguarding through education, collaboration, and innovative tools. Antonia Noble shared her expertise in implementing safeguarding best practices, offering actionable strategies for communities. Caroline Flynn introduced the MAAPP LinkIndex Tool, demonstrating how this innovative solution enhances safeguarding processes and monitoring.



The MBIMB Programme added a unique and engaging element to the event, showcasing its internationally acclaimed resources. Through songs, activities, and videos, the programme demonstrated how it teaches children about body safety in a way that is both memorable and age-appropriate.

A standout moment of the event was the singalong to the MBIMB songs, with attendees enthusiastically participating. The energy in the room reflected the universal appeal of music as a tool for fostering meaningful conversations about child safety.

### **Positive Feedback and Future Opportunities**

Caroline Flynn and Antonia Noble delivered powerful presentations that were met with great enthusiasm and overwhelmingly positive feedback from attendees. Caroline's introduction to the MAAPP LinkIndex Tool captivated the audience with its innovative approach to enhancing safeguarding processes, while Antonia's expertise on best safeguarding practices provided actionable insights for creating safer environments for children. Both presentations sparked engaging discussions and left attendees inspired to implement these valuable tools and strategies in their own work.

### **Looking Ahead**

This collaboration, demonstrated the strength of partnerships in advancing child safeguarding. We must remain committed to working with parents, professionals and organisations to empower children and communities to build a safer future.

Together, we are creating a world where every child is protected, empowered, and heard.





**Tracy Hughes**

Barnsley CVS/  
Healthwatch



**Chrissy Sykes**

My Body is My  
Body Foundation



**Antonia Noble**

Safeguarding  
Fundamentals



**Dr Paul Stewart**

Safeguarding  
Fundamentals



**Caroline Flynn**

MAAPP LINKINDEX



**Douglas Blackwood**

Yorkshire Sport  
Foundation



# MBIMB SAFE Spaces, SAFE Futures

## Strengthening Communities in Yorkshire by Safeguarding Children

*This conference is designed to equip professionals, community leaders, and parents with the tools they need to create safe spaces for children, whether in sports, schools, or at home.*

<https://mbimb.org/mbimb-conference/>



**25th  
March  
2025**

**9am for 9:30 - 4pm**

**Morning coffee and lunch included**

**Venue**

*At the heart of every community,  
safeguarding children  
must be a priority*

**Redfems Sports Ground  
Monk Bretton  
Barnsley  
S71 2JS**

Supported By

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**Chrissy Sykes**

My Body is My Body Foundation



Learn, Engage, and Have Fun with the My Body Is My Body Programme!

Join Chrissy Sykes, founder of the My Body is My Body Programme, for an unforgettable session that combines learning and fun to make a profound impact on child safety in your community. With lively music, engaging animations, and a powerful, easy-to-follow approach, Chrissy will introduce this internationally acclaimed program that has already empowered over 2 million children worldwide. Discover firsthand how MBIMB's unique resources help children recognize and respond to unsafe situations, and learn how to effortlessly integrate this life-changing program into your community settings—whether it's schools, clubs, or after-school programs. Don't miss this opportunity to make a lasting difference; come ready to be inspired and equipped with tools that protect and uplift children everywhere!



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**Dr Paul Stewart**

Safeguarding  
Fundamentals



## SAFEGUARDING FUNDAMENTALS®

Introducing Dr. Paul Stewart, a former Premiership footballer who played for some of England's top clubs, including Manchester City, Tottenham Hotspur, and Liverpool. He was also capped three times for England during his career. In 2016, Paul courageously waived his anonymity to publicly speak about the physical and sexual abuse he endured at the hands of a youth coach when he was just 10 years old, growing up in Manchester.

At the MBIMB Conference on March 25, 2025, Dr. Stewart will address the critical issue of child safeguarding in sports. Drawing on his personal experiences and his in-depth knowledge of the subject, he will delve into the power dynamics in youth sports that can leave children vulnerable to abuse. His presentation will highlight the steps needed to protect young athletes and create safe environments where children can enjoy sports without fear.



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**Antonia  
Noble**

Safeguarding  
Fundamentals



Introducing Antonia Noble, a barrister and safeguarding specialist with extensive experience working both in the UK and internationally. Antonia is the creator of the Safeguarding Fundamentals Course and has dedicated her career to simplifying safeguarding processes to make them accessible and effective for all.

At the MBIMB Conference on March 25, 2025, Antonia will join Dr. Paul Stewart to speak on safeguarding in the community with a focus on sports and other community activities.

Her presentation at the conference will bring together a group of local safeguarding professionals to share insights and best practices that can be applied in different community contexts, with a particular focus on ensuring that all children are safe while engaging in sports and recreational activities.



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**Caroline  
Flynn**

MAAPP LINKINDEX



With over three decades in social care—20 of which focused on child protection—Caroline Flynn brings unparalleled expertise and commitment to this critical field. Caroline’s leadership has not only shaped teams but has also advanced essential learning and development, deeply rooted in trauma-informed practices.

Her work led to the development of the MAAPP LinkIndex key ring, an innovative tool designed to support practitioners and families alike. This groundbreaking resource fills a much-needed gap by helping professionals and caregivers connect with targeted services and support, reducing harm and alleviating isolation.

Caroline’s guiding belief, “we don’t know until we know,” underscores her dedication to raising awareness and accessibility. Her commitment is to make essential resources universally available, empowering practitioners and families with vital knowledge and support networks that protect children and enrich lives.



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**Douglas Blackwood**

Yorkshire Sport Foundation



Douglas Blackwood will guide us through the evolution of safeguarding in sports, examining the past, present, and future with a focus on making sports safer for young participants. Reflecting on early challenges, such as limited awareness and underreporting, he'll highlight today's progress, driven by increased media attention and strengthened policies from National Governing Bodies. Looking ahead, Douglas envisions more standardized practices and technology-driven advancements in safeguarding.

He'll outline practical steps for safeguarding, sharing essential questions for parents and professionals to ask at children's clubs—such as whether there are clear policies, a designated welfare officer, and open channels for raising concerns—and key information to look for, like coach certification and transparent reporting practices. Douglas will also discuss ongoing initiatives within the sports sector, where partnerships between NGBs, clubs, and safeguarding organizations are creating a stronger support network for welfare officers and enhancing overall safety.



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**Tracy Hughes**

Barnsley CVS/  
Healthwatch



Healthwatch Barnsley is an independent organization dedicated to championing the voices of local residents concerning health and social care services. It gathers public feedback to influence and improve service delivery, ensuring that community needs are met effectively.

Tracy Hughes serves as the Engagement Officer for Safeguarding at Healthwatch Barnsley. In this role, she focuses on engaging with the community to raise awareness about safeguarding issues and provides support to individuals over 18 who require assistance to stay safe. Tracy is actively involved in community outreach, including attending events and collaborating with local organizations to promote safeguarding awareness.

Barnsley CVS (Community and Voluntary Services) plays a supportive role in safeguarding children by offering resources and training to local organizations and volunteers. While it doesn't provide direct safeguarding services, it collaborates with the Barnsley Safeguarding Children Partnership to promote child safety.



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**Chrissy Sykes**

ISPCAN  
Distinguished  
Advisory Council



At our conference, we are honored to introduce attendees to ISPCAN—the International Society for the Prevention of Child Abuse and Neglect—an esteemed global organization committed to safeguarding children and enhancing child protection practices worldwide.

ISPCAN brings together experts, practitioners, and advocates from over 180 countries, fostering knowledge-sharing and collaboration to address and prevent child abuse and neglect. With resources like specialized training, research publications, and international conferences, ISPCAN supports professionals in building robust child protection frameworks and elevating the standards of care in their communities.

Attendees will have the chance to explore ISPCAN's groundbreaking work, discover tools and insights to strengthen their efforts, and become part of a global network dedicated to the safety and well-being of every child.



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# Rotary



## INTER COUNTRY COMMITTEES





INTER COUNTRY  
COMMITTEES



# ***Rotary International Action Summit in Newcastle: A Platform for Change***

By Chrissy Sykes

The recent Rotary International Action Summit in Newcastle was a powerful gathering of leaders and changemakers, all united by a shared commitment to creating a better, safer world by promoting Positive Peace. This inspiring event embodied Rotary International's mission to promote integrity, provide service to others, and advance goodwill, peace, and world understanding.

The summit featured an impressive lineup of high-profile speakers, including John Hewko, the General Secretary and CEO of Rotary International, whose address emphasized Rotary's role as a global force for positive change. Also speaking was Mário César Martins de Camargo, who will take on the mantle of Rotary International President in July 2025. His vision for the future of Rotary inspired attendees with a call to action that resonated across the room.



***Mário César Martins de Camargo***

# Rotary



## INTER COUNTRY COMMITTEES



I was deeply honoured to join this esteemed gathering to share the My Body Is My Body (MBIMB) Programme. Presenting the MBIMB Programme to such a distinguished audience was both a privilege and a testament to the importance of fostering partnerships to safeguard children worldwide.

I would like to extend a heartfelt thank you to **Roger Stent and James Onions** for their wonderful support of the MBIMB Programme and for their kind invitation to speak at the conference. Their commitment to child safeguarding and the Rotary values of service and integrity is deeply appreciated.

The MBIMB Programme, aligns perfectly with Rotary's mission by empowering children, families, and communities to break the silence around abuse. Its emphasis on education and prevention drew significant interest from summit attendees, many of whom recognised the potential of this programme to complement Rotary's existing efforts in education, health, and child protection.

The Newcastle Action Summit served as a reminder of the extraordinary outcomes that can be achieved through collaboration. By bringing together visionary leaders and organisations, the event showcased how shared goals and innovative solutions can drive meaningful change.

I am immensely grateful to Rotary International for providing this platform to amplify the message of the My Body Is My Body Programme. Together, through dedication and collective action, we can continue to build a world where every child's safety, empowerment, and well-being are at the heart of our efforts.



**James Onions**



# Building Good Relationships

**Building Good Relationships The Bedrock Underpinning Child Protection Introduction** Establishing strong, healthy relationships is essential for those involved in child protection, Whether it's within families, communities, or institutions, these relationships will form the bedrock upon which effective child protection strategies can be developed. They are critical in gaining trust and building confidence.

***By Antonia Noble - Safeguarding Fundamentals***

# ***The Bedrock Underpinning Child Protection***

Establishing strong, healthy relationships is essential for those involved in child protection, Whether it's within families, communities, or institutions, these relationships will form the bedrock upon which effective child protection strategies can be developed. They are critical in gaining trust and building confidence. Nurturing these connections correctly can lead to better outcomes in child protection.

## **The Significance of Good Relationships**

At the heart of every successful child protection initiative is the cultivation of positive relationships. These relationships encompass a broad spectrum. Parents, family members, caregivers and, most importantly, children. Professionals, educators, and students. Clubs, social organisations and members of the wider community.

It is a complex weave to manage. But all these relationships are important channels of communication. They offer avenues through which concerns can be addressed, resources accessed, and interventions implemented. Some of the most important themes can be identified as follows:

- **Trust and Communication:** Trust forms the foundation of any meaningful relationship. Children must feel safe when confiding to adults. Parents and caregivers need to understand that the professionals involved have their child's best interests at heart. Open, honest communication is essential for building and maintaining this trust. When individuals feel heard, respected and understood, they are more likely to share pertinent information.
- **Collaboration and Partnership:** Effective child protection requires a collaborative approach. It will involve various stakeholders, including social workers, police officers, educators, healthcare professionals, and members of the wider community. Collaboration enhances coordination. A good relationship between the stakeholders will encourage better communication, prevent duplication of efforts and avoid the risk of mixed messaging. It will ensure that interventions are holistic and tailored to the unique needs of each child and family.
- **Empathy and Understanding:** Empathy lies at the core of compassionate child protection practices. Professionals working in this field will strive to understand the experiences, emotions, and perspectives of children and families. Establishing that empathy encourages individuals to feel validated. It empowers them to seek help. And it will assist the professionals in addressing the underlying causes of maltreatment, which can include issues such as poverty, substance abuse, or mental health.
- **Adopting an empowering approach:** A core ambition behind any intervention is empowering the individual(s) to develop their sense of self-help and self-worth. This will be advanced by building a good relationship across the full range of existing resources/supportive networks. Where practical, the ambition is to enable individuals – and/or their families – to play an active role in their own long-term protection and well-being, rather than placing all of the responsibility on professionals.

# *Implementing Good Relationships in Practice:*

As with everything in life, success depends upon effective implementation. What are the key priorities that any individual or organisation working in the field of child protection should be focused on?

**Training and Continuous Professional Development:** Equipping professionals with the knowledge, skills, and competencies needed to build and maintain good relationships is paramount. The most valuable training courses will emphasise effective communication, active listening, collaborative decision-making and the importance of cultural awareness.

**Multidisciplinary Collaboration:** All professional agencies should promote multidisciplinary collaboration and foster partnerships with all other service providers operating in the area of child protection. The development of inter-agency protocols and systems will help to facilitate information sharing, joint assessments, and coordinated interventions.

**Community Engagement and Outreach:** Engaging the wider community in child protection efforts is essential for building trust, raising awareness, and mobilising support. Community-based organisations, faith-based groups, schools, youth work and charities can serve as valuable allies in preventing harm to children and promoting child well-being. Outreach activities, such as workshops, forums, and campaigns, can educate community members about child protection issues, dispel myths and misconceptions, and encourage reporting of suspected abuse or neglect.

**Continuous Evaluation and Quality Improvement:** Child protection systems should prioritise continuous evaluation and quality improvement to assess the effectiveness of interventions and identify areas for improvement. Collecting feedback from children, families and professionals, as well as learning from serious case reviews, provides a valuable insight into the strengths and weaknesses of any existing practice. By embracing a culture of learning and adaptation, organisations can refine their approaches, enhance service delivery, and ultimately improve outcomes for children and families.

In the complex landscape of child protection, good relationships serve as a foundation for creating safe, nurturing environments where children can thrive. By prioritising trust, communication, collaboration, empathy, and an empowering approach, professionals and stakeholders can build meaningful connections that will help to safeguard children and support families, whatever their individual situation.



# SAFEGUARDING CHILDREN



★ **A Shared Responsibility** ★  
**10 Steps to Keep Children Safe**  
**Local Hotline.....**



## Recognise the Signs

Learn to spot physical, emotional, or behavioral indicators of abuse (e.g., unexplained injuries, withdrawal, fearfulness).



## Ensure Online Safety

Educate on cyberbullying, grooming, and inappropriate content. Use privacy settings and encourage open conversations about digital activity.



## Teach Body Safety

Empower children with knowledge about body autonomy, consent, and the right to say “No” to uncomfortable situations.



## Know Key Contacts

Display and share local safeguarding and emergency contacts so help is always accessible.



## Foster Open Communication

Build trust so children feel safe to share concerns without fear of judgment or punishment. Building trust and being honest is imperative.



## Create a Safety Net

Collaborate with teachers, caregivers, extended family and community members to build a united front for child protection.



## Act Immediately

Suspect abuse? Contact safeguarding authorities, social services, or police right away. Early action saves lives.



## Empower Children to Speak Up

Reinforce their right to say “No” and let them know they can share their concerns with trusted adults. Their voice matters.



## Respect Cultural Sensitivity

Prioritising every child’s safety and protection, recognising that valuing cultural differences must never justify harm or mistreatment.



## Promote Safeguarding Education

Advocate for training in schools, sports clubs, and community groups to equip everyone with the tools to protect children.



# AN INSPIRATIONAL VISIT TO BARNESLEY FC COMMUNITY TRUST

*Jake and the team at Barnsley FC Community Trust have created an environment where learning is not only impactful but also enjoyable.*

By Chrissy Sykes



I recently had the honour of visiting the Barnsley FC Community Trust, where I was warmly invited by Jake Batty and his team.

Jake has been teaching the My Body Is My Body programme to his classes, incorporating it into their Short Breaks, Healthy Minds, and Social Inclusion sessions.



## AN INSPIRATIONAL VISIT TO **BARN斯LEY FC COMMUNITY TRUST**

From the moment I stepped into the classroom, I was struck by the energy and engagement of the students. Jake and the team at Barnsley FC Community Trust have created an environment where learning is not only impactful but also enjoyable. It was heartening to witness such a strong interaction between the students and the programme. Hearing the children sing the My Body Is My Body songs with such enthusiasm was truly inspiring and a testament to how well the programme resonates with them. Barnsley FC Community Trust is a shining example of what can be achieved when passionate people come together to make a difference. Their experienced team works tirelessly across the community to improve lives, focusing on four key themes: Short Breaks, Healthy Minds, Social Inclusion, and more. Supported by a dedicated group of community coaches, they deliver first-class sessions that empower individuals of all ages and abilities.

The Trust's emphasis on partnership working is especially commendable. Through their Reds in the Community initiatives, they've established targeted programmes that engage 'hard to reach' people and communities, enabling them to fully participate in society. It's clear that this inclusive approach is making a lasting impact on the Barnsley community. I left my visit inspired by the incredible work being done at Barnsley FC Community Trust. It's partnerships and initiatives like these that are vital for spreading the My Body Is My Body programme and its message of safety and empowerment. Jake and the team have shown that through collaboration, creativity, and commitment, we can build a safer, stronger future for every child. A heartfelt thank you to Barnsley FC Community Trust for their dedication and for inviting me to witness their amazing work. Together, we are making a difference!



# BARNSELY FC COMMUNITY TRUST

Monday 12<sup>th</sup> November  
15- Update  
16- Beyond Physical Sports Apathy 1st  
Consolidate song  
Lunch  
Practical / Complete drama  
17- AB covers for





# Cyberbullying

How would you define cyberbullying in today's digital environment?



# Cyberbullying



While technology has brought incredible opportunities, it has also introduced **risks**, especially for our children. Cyberbullying is one of these risks, and its impacts go far beyond the immediate digital interactions.

**Cyberbullying is the deliberate and repeated use of digital platforms to harass, intimidate, or harm children.**

Within an educational environment, this often happens through tools students use for school activities, such as messaging apps, class group chats, or learning platforms.

Cyberbullying goes way beyond traditional bullying by taking advantage of technology's anonymity and widespread reach.



# Cyberbullying



## Global Internet Usage for 4-10 Year Olds:

- Approximately 1 in 3 internet users globally are children
- By age 8, over 60% have independent internet access
- Average screen time: 2-4 hours daily
- 65% use internet for educational content
- 45% use digital devices for games/entertainment

**For young students (aged 4-10 years), cyberbullying manifests in several critical ways:**

### Digital Exclusion:

Children may feel socially isolated at school when they are purposely left out of online group chats, discussions, games, or social media activities.



# Cyberbullying



## **Online Learning Platforms:**

Cyberbullying can take the form of mocking a student's answers during virtual classes or leaving hurtful comments on their assignments or posts in class forums.

***This can discourage children from participating and create a fear of sharing their ideas or asking questions."***

## **Gaming in School:**

Cyberbullying during school games happens when a classmate is **singled out, excluded, or targeted** by others.

***This can lead to emotional distress, social isolation and can also make it harder for the child to focus on learning leading to poor academic performance.***



# Cyberbullying



## Social Media Posts

Children can post unkind remarks about a classmate or share an unflattering or embarrassing image of them for their classmates and friends to see.

### *This could lead to:*

- *Hurting the child's self-esteem, making them feel insecure or ashamed*
- *Cause emotional distress*
- *Make the child withdraw from others or avoid participating in activities.*
- *Potentially harm their mental health, increasing anxiety or stress.*

### **The impact is especially harmful for this young age group because:**

- Children don't have strong emotional coping skills.
- Online interactions often feel deeply personal and impactful.
- Harassment can happen anytime, **(at school or at home)** with no break.
- Young children may find it hard to share these experiences with adults for fear of having their phone or tablet taken away.

# Cyberbullying



In today's digital world, cyberbullying has become a significant challenge for young students, impacting their **emotional well-being, relationships, and sense of safety**. Understanding what cyberbullying looks like and recognizing its varied effects on different children is essential.

**Equally important** is educating children about cyberbullying—helping them understand **what it is, how to respond, and when to seek help**.

By equipping children with this knowledge, we empower them to navigate the online world safely, fostering a culture of respect and kindness both online and offline.

[www.mbimb.org](http://www.mbimb.org)

## Digital Discoverers: Young Explorers Navigating The Internet

**A project to empower  
children on internet safety**

TEACHER & PARENT  
RESOURCE

COURSE OBJECTIVES

9 LESSONS



INTERNET  
SERVICE





# What psychological and social effects does cyberbullying have on students?



Some children are more at risk of cyberbullying than others. Factors like coming from a **lower-income family**, being part of a **minority group**, or having unique characteristics that make them **stand out** can make a child a target.

Personal traits such as **low self-confidence**, **high sensitivity**, or **trouble expressing their feelings** can also make it harder for children to handle the emotional effects.

For those with little support from friends or family, the impact can be even more severe.



- On a social level, cyberbullying isolates children from their peers, making it difficult for them to form meaningful connections.
- Many develop social withdrawal behaviors and **struggle to communicate effectively**.
- This breakdown in relationships hampers the development of critical interpersonal skills, leaving children feeling disconnected and alone.



# Psychological consequences of Cyberbullying



Younger children have unique vulnerabilities in the digital world:

- **Limited digital literacy:**  
They struggle to recognise online threats or tell the difference between harmless teasing and harmful interactions.
- **Lack of self-protection strategies:**  
They often don't know how to respond to or protect themselves from cyberbullying.
- **Long-term impact of early exposure:**  
Experiencing bullying at a young age can deeply influence how children view social interactions, how they trust others, and form relationships throughout their lives.



## Educational Effects

- Studies show a 40% drop in classroom participation for children experiencing cyberbullying.
- Children's grades often decline by 15-20%, and school absenteeism increases significantly as they feel **unsafe** or **too distressed** to attend.
- Some children even disengage from education altogether, which can have long lasting consequences on their future opportunities.

# Psychological consequences of Cyberbullying

## Psychological Effects



- **Low Self-Esteem**

Repeated negativity can make children feel **inadequate, unworthy,** or **less capable than their peers.**

- **Anxiety and Depression**

Constant fear of being targeted can cause persistent **worry or sadness.**

- **Loss of Trust**

Children may feel betrayed by their peers and become hesitant to form new relationships.

## Vulnerability Factors:



- **Reporting and Blocking Harmful Behaviour**

Younger children may not understand how to **report or block** or respond to harmful behaviour online.

- **Lack of Support Systems**

Children who feel they can't talk to a **trusted adult** are less likely to seek help.

- **Sensitivity**

Highly sensitive children may internalise the bullying more deeply, causing **lasting emotional harm.**

- **Frequent Internet Use**

More time online **increases exposure** to potential bullying situations.

# Psychological consequences of Cyberbullying



## Impact on Personal Growth:

**Cyberbullying undermines a child's confidence, making them less likely to try new things or express their opinions, which can hinder their emotional and social development.**



## What Can We Do to Address This?

- **Teach students** how to navigate online platforms safely, **identify cyberbullying**, and **seek help**.
- Foster an environment where children **feel comfortable** discussing bullying with teachers, school counselors and parents.
- **Promote kindness**, empathy, and teamwork through group activities that help **build stronger peer connections**.
- Ensure school-used platforms have moderation tools and **clear reporting systems** for inappropriate behavior.
- **Educate both teachers and parents** on what **signs to look for** in children that are experiencing cyberbullying.

# HELP US MAKE A DIFFERENCE



Every year worldwide, over a billion children suffer from abuse. Education is our most powerful tool to prevent these tragedies and ensure every child grows up safe and confident.

safe and confident.

[www.mbimb.org](http://www.mbimb.org)  
[chrissy@mbimb.org](mailto:chrissy@mbimb.org)



## DONATE TODAY

[www.mbimb.org/donate](http://www.mbimb.org/donate)



### ***Our Commitment.....***

*100% of your donations go directly into the printing and distribution of our educational materials in **28 languages** to schools and community organisations worldwide.*



### **What We Provide**

- Children's Workbooks
- Teacher Lesson Plans
- Informational Flyers
- PLUS FREE ONLINE COURSES



## Empower children around the world with essential knowledge about body safety.

MY BODY IS MY BODY FOUNDATION - CHARITY NUMBER 1199901



**Hungary**





# Az én testem az én testem Biztonsági szabályok



## A TESTEM AZ ÉN TESTEM

Ez az én testem, csak az enyém.  
Senkinek sincs joga bántani engem.  
Nem éríthet meg senki az intím  
testrészeimen, a testemnek én vagyok  
az ura!!



## HA NEM ÉRZEM

**HELYÉNVÁLÓNAK, NE GCSINÁLD!**  
Ha az emberek olyan dolgokra próbálnak  
rávenni, amikről tudom, hogy helytelenek,  
vagy amik miatt kényelmetlenül érzem  
magam.  
azt fogom mondani, hogy „NEM”.  
AZTÁN ELMONDOM EGY MEGBÍZHATÓ  
FELNÖTTNEK

**KINEK MONDHATOM EL A  
PROBLÉMÁMAT? ELMONDHATOM  
EGY FELNÖTTNEK, AKIBEN  
MEGBÍZOK PL.**



**NAGYMAMA VAGY NAGYPAPA,  
NEGYÉNÉNY VAGY NAGYBÁCSI.  
TANÁR VAGY IGAZGATÓ,  
ISKOLAI SZAKEMBER**

## NEM ÉRZED MAGAD BIZTONSÁGBAN? EZEK LEHETNEK A FIGYELMEZTETŐ JELEK:

Arcod vagy a kezed izzadni kezd  
Kiszárad a szád  
Fájni kezd a hasad  
A szíved gyorsabban ver  
Rád jön a sírás  
Félelmet érzel  
Lábad remegnek

Ha a fenti figyelmeztető jelek  
bármelyikét érzed, keress egy  
felnőttet, akiben megbízol, akivel  
beszélhetsz, és mond el neki, hogy  
nem érzed magad biztonságban.



## PRIVÁT RÉSZEK

Az intím részeim azok a részek,  
amelyeket a fürdőruhám vagy az  
alsóneműm takar.  
1. Senki sem nyúlhat az intím  
testrészemhez  
2. Senki sem kérheti tőlem, hogy  
érintsem meg a nemi szervét  
3. Senki sem készíthet képeket a nemi  
szerveimről

## MONDJ NEMET A TITOKRA

Ha valaki sérülést okoz,  
bántalmaz vagy olyat tesz amit  
kellemetlennek érzel és azt  
kéri, hogy ne mond el  
senkinek – te ne tartsd  
magadban a titkot,  
oszd meg egy olyan felnőttel  
akiben megbízol!



www.mbimb.org  
MBIMB programban  
Jótékonykassági szám: 1199901



# Az érzelmi visszaélés jelei

Az érzelmi visszaélés magában foglalja a gyermek lekicsinylését,  
megfélemlítést, indokolatlan fenyegetést, agressziót, túlzott kritika, a gyermek  
aláásása és érzelmi zsarolás.

## Az érzelmi visszaélés jelei

**A gyermek megjelenése**  
**A jelek kevésbé lehetnek nyilvánvalóak, mint a bántalmazás más formáinál, a viselkedés  
valószínűleg a legjobb jel.**



- Visszahúzóds a barátoktól és a társas tevékenységektől
- Gyakori késés vagy hiányzás az iskolából
- Az önbecsülés elvesztése
- Dacos viselkedés
- Változások az iskolai teljesítményben

## Vigyázzunk a gyermekek biztonságára!

Ha gyermekbántalmazásra gyanakszik, kérjük, kövesse az iskolában a bántalmazás  
bejelentésére vonatkozó eljárásokat.  
Ha nincs ilyen, kérjük, hívja fel az illetékes gyermekvédelmi szolgálatot, és kérjen tanácsot.  
Ők a címen elérhetőek.  
meghallgatják aggodalmait, és intézkednek az Ön nevében, ha egy gyermek veszélyben van.

www.mbimb.org



# Az én testem az én testem www.mbimb.org



MBIMB webhely

## A testem a testem program – 1. dal

Szerző: Chrissy Sykes – A My Body is My Body program alkotója

### A LECKE CÉLKITŰZÉSEI

Megtanítani a gyerekeknek, hogy a testük az övék, és senkinek nincs joga  
bántani őket, vagy megérinteni a magánrészeiket.

### SZÜKSÉGES FORRÁSOK

Mivel az animált dalok zene- és videóalapúak, az lenne a legjobb, ha van egy olyan hely, ahol a gyerekek  
számítógépen vagy kivetítőn nézhetik a videókat.  
Ha ezek nem elérhetőek, lejátszhatja a dalokat a gyermekeknek. A dalok .mp3 verziói letölthetők a  
webhelyről. A gyermekeknek szóló munkafüzetünk szintén elérhető a webhelyünkön, ha azt szeretné,  
hogy a gyerekek kövessék.

### A LECKE CÉLKITŰZÉSEI

#### 1. A privát részek megbeszélése:

Először is el kell magyaráznunk a gyerekeknek, hogy hol vannak a privát részeik.

- a) A privát részek ott vannak, ahol a fürdőruha takar (vagy)
- b) A privát részek ott vannak, ahol a fehérnemű takar

#### 2. A fürdés megbeszélése

Elegendhetetlen elmagyarázni a gyerekeknek, hogy amikor kicsik, anyának vagy apának vagy a  
gondozójuknak meg kell fürdetni őket, és meg kell mosnia a személyes részeiket, mert nem fogják  
tudni, hogyan kell ezt csinálni, de ahogy idősebbek lesznek, megtanulják önállóan fürödni.

#### 3. Beszéljétek meg az orvoslátogatásokat

Ha betegek vagy fáj, anyucinak, apának vagy a gondozójuknak gyógyszert kell bekennie a  
magánrészeikre. Előfordulhat, hogy a gyerekeknek is orvoshoz kell menniük. Lehet, hogy az orvosnak  
meg kell néznie a magánrészeiket, de anyunak, apának vagy a gondozójuknak velük kell lenniük. Ezen  
kívül soha senki ne nézze vagy érintse meg a privát részeit - mert magánzemelek!! Ha valaki megkér  
minket, hogy érintsük meg a privát részeit, azt mondjuk NEM!! akkor menj és mondd el egy biztonságos  
felnőttnek.

#### 4. Fényképező emberek megbeszélése

Ebben a digitális korban a gyerekeket is meg kell védenünk azoktól az emberektől, akik esetleg nem  
megfelelő fotókat akarnak készíteni róluk. Ezért kérlek magyarázd el a gyerekeknek, hogy ha valaki le  
akarja fényképezni a testét vagy a privát részeit, szóljon neki, hogy NEM!! akkor menj és mondd el egy  
biztonságos felnőttnek.

(A biztonságos felnőttéről a 4. dalban – Ha problémád van)



# AZ EN TESTEM AZ EN TESTEM CSALÁDI BIZTONSÁGI TERV



# A Heartfelt Thank You to Fordította Kovácsné Gila Erzsébet and Dr. Pénzes Marianna



## A testem az én testem biztonsági program

**SZENVEDÉLYESEN VÉDJÜK A GYEREKEKET**  
www.mybodyismybody.com



Minél korábban meg tudjuk tanítani a gyerekeket a "Testbiztonság" témakörére, annál jobb, és ez a program már 3 éves kortól működik. Ezt tudjuk, mivel a programot már jóval több mint 1 millió gyermeknek mutatták be a világ több mint 50 országában, nagy sikerrel.

**Nekünk, szülőknak, tanároknak, szociális munkásoknak és közösségeink tagjainak erős támogatási rendszert kell kiépítenünk, hogy gyermekeink biztonságban fejlődhessenek.**

A My Body Is My Body program szépsége abban rejlik, hogy bárki megtaníthatja. Szociális munkások, tanárok, napközis nevelők, szülők, iskola utáni programszervezők, sportklubok szervezői, tulajdonképpen bárki, aki gyerekekkel dolgozik. Egyszerű, emlékeztető, és megnyitja a kommunikációs csatornákat a bántalmazás témájáról, ami rendkívül fontos.



### Elérhető 26 nyelven Ingyenes források

**Miért érdemes a zenét használni arra, hogy a kisgyerekeket a gyermekbántalmazás témájával kapcsolatban megszólítsuk?**

A dalok emellett csodálatos módja annak, hogy a gyerekek emlékezzenek a tanított fontos üzenetekre, mivel interaktívak. A zene képes lekötni a gyerekek figyelmét, és minél jobban bevonják őket a tananyagba, annál többet fognak megtartani belőle.

A zenére való tánc segít a gyerekeknek a motoros készségek fejlesztésében, miközben az önkifejezést is gyakorolhatják. A gyermekek és a felnőttek számára a zene segít a memóriaképesség erősítésében. Képes stimulálni az egész agyat, kiemeli a memória működését, és serkenti a beszédet, a kommunikációt és a halláskészséget. Tehát látható, hogy a zene egy nagyon erős eszköz!!!

### A testem az én testem program INGYENES tanfolyamok

#### 1. tanfolyam

1. Miért kell tanítanunk a gyermekbántalmazásról?
2. Világméretű tények a gyermekbántalmazásról (az ISPCAN-tól)
3. Hogyan befolyásolja a gyermekbántalmazás egy közösség életminőségét és gazdasági jólétét?
4. A bántalmazás különböző típusai és jelei
5. Hogyan reagáljon, ha egy gyermek felfedte Ön előtt a bántalmazást?
6. Alapvető tudnivalók a gyermekbántalmazás bejelentéséről

#### 2. tanfolyam:

**Hogyan tanítsuk a My Body Is My Body prevenciósi programot?**

Ez a tanfolyam a következőket tartalmazza:

1. Oktatóanyag mind a 6 dalhoz,
2. Hogyan közelítsük meg az egyes dalokat a gyerekekkel
3. Tevékenységek
4. Tantervek tanároknak
5. Gyermek munkafüzet



We are thrilled to extend our deepest gratitude to Fordította Kovácsné Gila Erzsébet and Dr. Pénzes Marianna (from Rotary International ICC) for their incredible efforts in translating all of the My Body Is My Body (MBIMB) educational materials into Hungarian.

Their dedication and hard work have made it possible for Hungarian-speaking children, parents, and educators to access these vital resources, empowering communities to better protect children and teach the importance of body safety. Their translations reflect not only linguistic precision but also a heartfelt commitment to safeguarding children's well-being.

We encourage everyone to explore and share our programme's Hungarian resources, now freely available to help expand this important mission. By working together, we can ensure that every child has the knowledge and confidence to stay safe, no matter where they live or what language they speak.

Thank you, Erzsébet and Marianna, for your invaluable contribution to this life-changing programme. Your efforts truly embody the spirit of teamwork and service, making a meaningful difference for so many.

**Let's spread the word—because every child deserves to grow up safe and empowered!**



Az én testem az én testem





# Volunteer Needed: Sing Our 6 MBIMB Children's Songs in Hungarian! 🇭🇺

✉ Contact Chrissy at [chrissy@mbimb.org](mailto:chrissy@mbimb.org) to get involved!





**MBIMB Ambassadors**

# Rotary



## **Celebrating Our MBIMB Ambassador of the Month: Maggie Moruntshi**

This month, we're overjoyed to spotlight Maggie, our My Body Is My Body (MBIMB) Ambassador of the Month, for her outstanding dedication, leadership, and vision. Maggie has gone above and beyond to drive change and protect children through her incredible efforts.

### **A Leader with a Vision**

Maggie is at the forefront of the Rotary Girls Empowerment Initiative, partnering with the MBIMB Programme to bring life-changing body safety education to children across South Africa, Eswatini, Botswana, and Mozambique.

Her ability to unite and motivate others is awe-inspiring, and the results speak volumes.

### **Building a Team of Change-Makers**

With a remarkable team of 64 passionate members, Maggie has created a movement. Every day, she provides encouragement and support to her team, inspiring them to take action and make a difference. Her leadership has fueled the team's momentum, enabling them to reach children and educate them on the importance of body safety and personal empowerment.

### **Incredible Impact in Record Time**

In just a few weeks, Maggie and her team have made impressive strides, delivering the MBIMB Programme to countless children. By teaching essential lessons on body autonomy and safety, they're empowering children to protect themselves and speak out if they ever feel unsafe. Maggie's unwavering determination ensures that these vital messages reach the children who need them most.

### **An Inspiration to Us All**

Maggie's work is a shining example of the power of leadership, collaboration, and compassion. It's leaders like her who turn our global mission into a reality, bringing safety, hope, and empowerment to children everywhere.

Let's all take a moment to celebrate Maggie and her extraordinary team! Your efforts are truly transformative, and the impact you're making will be felt for generations to come.

Together, we are building a world safe for every child.



**MBIMB  
AMBASSADOR OF THE MONTH**

November 2024

THIS CERTIFICATE PRESENTED TO

*Margaret Moruntshi*

Your dedication to spreading the message of child safety and empowering communities is truly inspiring. Thank you for being a shining example of the positive impact we can make together!



*Chrissy Sykes*  
CEO MBIMB FOUNDATION



Rotary



Intercountry  
Committees

Girls' Empowerment

I would like to share an incredible partnership that's changing lives across the globe! **My Body Is My Body** has joined forces with **Rotary International Girls' Empowerment** to create a powerful movement dedicated to safeguarding and empowering girls everywhere.

This partnership is all about combining the best of both worlds—MBIMB's groundbreaking child safety education and Rotary's commitment to building a brighter future for young women. Together, they're equipping girls with the tools to protect themselves, speak up, and unlock their limitless potential. In this video, you'll see how this partnership is making a real difference in communities worldwide—from life-changing workshops to innovative educational programs, this is empowerment in action!

Stay tuned as we share inspiring stories, behind-the-scenes moments, and a glimpse into how this collaboration is creating a safer, more empowered world for every child. If you're as inspired as I am, don't forget to hit that like button, subscribe, and let us know in the comments how YOU think we can make a difference. Let's get started and celebrate this amazing journey together!

[Watch the video from Maggie Moruntshi](#)

## Maggie Video

# Rotary



# Championing Change: District Governor George Senosha Brings the My Body is My Body Programme to Schools

At My Body is My Body (MBIMB), we are thrilled to highlight the inspiring work of DG George Senosha, a true champion for child safety and empowerment. A community leader with a heart for service, DG Senosha's mission to bring the MBIMB programme to schools is making a profound impact in the lives of children across Southern Africa.

## **A Legacy of Leadership and Service**

DG George Senosha is the founder and president of Ditsala Children's Shield and Projects, where his unwavering dedication to child protection and education is at the forefront. With a rich history of service as a former President of the Rotary Club of Waterkloof (2019–2021), and as Chief Community Public Relations Officer for the Community Transformation Accelerator Program (CTAP), DG Senosha's influence spans far and wide.

His accolades are a testament to his exceptional contributions:

- MR Raymond Ackerman Chairman's Award
- Best Social Responsibility National Award
- City of Tshwane Best Community Builder of the Year 2018
- Paul Harris Recognition 2023
- Public Image Award from PDG Lee-Ann Shearing

## **Promoting Body Safety Across Borders**

In a recent initiative, DG Senosha has taken the My Body is My Body message to schools in South Africa, Eswatini, and beyond. With a focus on promoting body autonomy and safety, his visits to schools such as Siloe School for the Blind in Polokwane, Krugersdorp High School, Salesian High School Mbabane in Eswatini, and Ditshego House of Laughter Preschool in Mooiplaas, have been met with enthusiastic support from educators and students alike.

Through interactive sessions, DG Senosha empowers children with the knowledge and confidence to understand their rights, recognize unsafe situations, and speak up when needed. His compassionate and engaging approach ensures that the critical lessons of the MBIMB programme resonate deeply with the students.

# Rotary



# Championing Change: District Governor George Senosha Brings the My Body is My Body Programme to Schools



## **A Rotary Leader Making Waves**

DG Senosha's Rotary achievements further underscore his commitment to making the world a safer place for children. Completing an impressive 850 Rotary E-Learning courses, he leads District 9400 with unwavering dedication. In 2019, he initiated the establishment of Rotary Community Corps (RCC), challenging clubs to achieve the ambitious goal of forming 103 RCCs in the district— a moving target aligned with the legacy of Rotary in Africa.

## **A Humble Leader with a Vision**

Known for his humility and motivational spirit, DG Senosha leads by example. His servant leadership inspires teams to strive for success and communities to unite for a brighter future. His efforts to integrate the MBIMB programme into schools exemplify his relentless drive to create environments where children can thrive, free from fear and harm.

## **Building a Safer Future Together**

As DG George Senosha continues his journey, visiting schools and sharing the MBIMB message, he embodies the essence of collaboration, service, and hope. His work reminds us that through education, advocacy, and unwavering commitment, we can build a world where every child feels safe, valued, and empowered.

Join us in celebrating the incredible achievements of DG George Senosha, a true partner in our mission to protect children and promote body safety worldwide.

Together, we can make a difference!

**Rotary**



**Girls' Empowerment**



**DG George Senosha with the children from Krugersdorp High School**

**George's Video**



# Inspiring Young Minds at the SOS Village Northwest with the Rose of Sharon Learning Lab

Today marked an extraordinary milestone as **Sharon Khoza** from the the **Rose of Sharon Learning Lab** connected with the amazing SOS Village in the Northwest for a unique session that blended education, empowerment, and well-being. This wasn't just another coding class—it was a celebration of skills, creativity, and self-awareness!

## Learning and Growing Together

Our session went beyond coding as we incorporated vital lessons from the My Body Is My Body (MBIMB) Programme, teaching children about the importance of body safety and personal empowerment. Through interactive activities, the young participants explored how to protect themselves, speak up, and celebrate their individuality.

And while they were learning to safeguard their bodies, they also embraced the world of technology! The children dived into coding with enthusiasm, discovering new ways to express their creativity and prepare for a tech-driven future.

## A Holistic Approach to Education

What made this session so special was its focus on holistic growth. By combining tech skills with lessons on healthy lifestyle practices, we're equipping young minds with the tools they need to lead balanced, empowered lives. Watching the children's excitement as they learned to code, sang songs, and discussed well-being was truly inspiring.

## The Impact We're Creating

The energy, curiosity, and passion in the room were a testament to the power of integrating technology and life skills. This initiative is more than just a learning experience—it's a movement to build communities where technology and health go hand-in-hand, paving the way for brighter, healthier futures.

## Looking Ahead

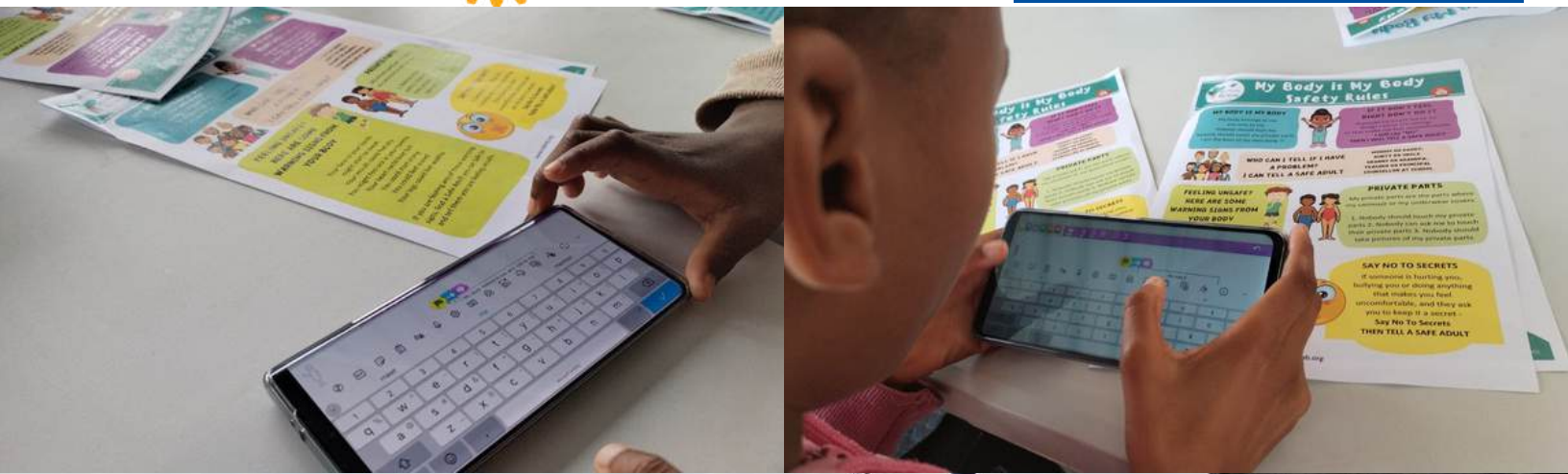
The partnership between the Rose of Sharon Learning Lab, the SOS Village, and the My Body Is My Body Programme shows what's possible when we work together to empower children. As we continue this journey, let's commit to creating opportunities where every child can thrive in a safe, supportive, and innovative environment.

Together, we're shaping a generation that's future-ready, confident, and compassionate.

# Rotary



# Girls' Empowerment



Rotary

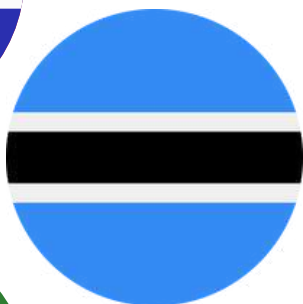
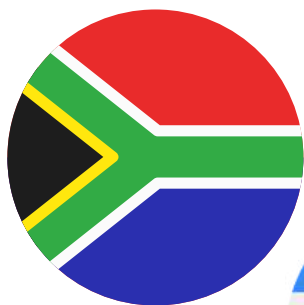


# Inspiring Change: Our Amazing Girls Empowerment Team in Southern Africa

Across Southern Africa, a remarkable movement is taking shape, spearheaded by an extraordinary group of individuals dedicated to empowering children and transforming communities. Led by the visionary Maggie Moruntshi, this **Rotary Girls Empowerment Team** spans South Africa, Botswana, eSwatini, and Mozambique, and their impact is nothing short of inspiring.

## **Taking MBIMB to Schools and Communities**

This team hasn't just stopped at education—they've taken their newfound knowledge and MBIMB resources directly to schools and organisations, where they're delivering life-changing lessons to children. Through interactive sessions and activities, children are learning essential skills to protect themselves, understand their rights, and speak out when they feel unsafe.





The team's dedication to empowering children with knowledge and confidence has left a profound impact, with countless children now better equipped to navigate their world with safety and self-assurance.

### **An Example for the World**

This extraordinary group of Rotarians is setting a powerful example, demonstrating what's possible when communities come together with a shared mission. Their passion, commitment, and action have created a ripple effect of change that we hope will inspire others worldwide to follow in their footsteps.

"I wish we could have a group like this in every community," says MBIMB Founder Chrissy Sykes. "Their dedication and leadership are truly inspiring, and I hope their example will encourage more people around the world to step forward and make a difference."

### **A Future of Empowerment**

The Girls Empowerment Team in Southern Africa reminds us of the power of collaboration, education, and grassroots action. Together, they're not only changing the lives of children but also setting a standard for what can be achieved when communities unite for a common purpose.

Here's to these amazing Rotarians and their tireless efforts to create a brighter, safer future for every child.

# Video

# Rotary



## **Spreading Joy and Empowerment Through MBIMB Songs: Celebrating Our Amazing Teams**

The power of music to educate, inspire, and bring communities together has been on full display as passionate individuals and schools have embraced the My Body Is My Body (MBIMB) Programme songs. Here are some amazing highlights from recent activities that are spreading the MBIMB message far and wide:

### **The Rose of Sharon Team**

The dynamic duo of Sharon Khoza and Thabiso Naleli has been leading the way, singing the MBIMB songs with great energy and enthusiasm. Their efforts are encouraging children to engage with the programme's important lessons in a fun and memorable way. What a fantastic start—well done, team!

### **Isekelo Primary School, Tembisa**

A moment of unity and inspiration took place at Isekelo Primary School, where the first Peace Pole was planted. This milestone reflects the school's commitment to Rotary's 8 Pillars of Positive Peace, and we're thrilled that they have also embraced the MBIMB Programme. With special thanks to Jackie Van Waveren who encouraged the children to sing and dancing to the MBIMB songs.

### **Emfuleni Primary School, Bophelong**

At Emfuleni Primary School, children and teachers came together for a meaningful session where the MBIMB message was shared. Following the talk, the students took two days to create their own video, adding their unique flair to the My Body Is My Body Song. The creativity and effort they poured into their performance were truly inspiring—well done, Emfuleni and special thanks to Alco Beton.

### **Simunye Global Organisation**

The team at Simunye Global Organisation has taken the MBIMB song "Say No to Secrets" to heart, inspiring children to sing and dance along. The dedication and enthusiasm from the group, initiated by Ebhodaghe Iyere, have brought the song to life in a way that resonates deeply with the children. A wonderful effort all around!

### **A Shared Celebration of Empowerment**

From Tembisa to Vanderbijlpark, and everywhere in between, these incredible teams and schools are showing just how impactful the MBIMB Programme can be when paired with the universal language of music. By singing, dancing, and sharing the MBIMB songs, they are not only spreading joy but also delivering essential lessons about body safety and empowerment to children everywhere.

Thank you to everyone involved for your creativity, passion, and dedication to this life-changing mission.

**Together, we're making a world where every child feels safe, confident, and heard.**

# 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.



The LinkIndex Keyring is the ideal tool if you work in: Education, Health, Foster Care, Law, Nursing, Medicine, Probation, Social Work, Youth Work, Housing, Juvenile Justice and many more areas.

You will find resources for Domestic Abuse, Support for Men, Child Sexual Exploitation, FGM, Contextual Safeguarding, Crime, Knife Crime, Food banks, Parenting Support, Helplines and much more.

[www.qrcoderesources.co.uk](http://www.qrcoderesources.co.uk)

## 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.



**MBIMB Ambassadors**



# MUJIB HOPE FOUNDATION BRINGS MY BODY IS MY BODY (MBIMB) SENSITIZATION TO KUNDILA SPECIAL PRIMARY SCHOOL, KANO

BY MUNIRATU JIBRIN

On 6th November 2024, the Mujib Hope Foundation (MHF) conducted a successful MBIMB Sensitization Programme at Kundila Special Primary School in Kundila Estate, Kano. The event aimed to empower children with crucial knowledge about body safety, personal boundaries, and the importance of speaking up.



The MHF team arrived at the school at 9:00 AM and were warmly welcomed by the Headmaster. After introductions, the team moved to the classroom, where the sensitization session was led by the dynamic **Executive Director, Muniratu Jibrin.**

## A Lesson in Safety and Empowerment

Muniratu began the session with an engaging talk, urging the children to remain cautious and mindful when approached by strangers or anyone asking them to run errands. She then educated the students about the importance of privacy, particularly concerning their private parts, and reinforced the message that their bodies are their own. The children were encouraged to speak up and report if someone tried to make them keep secrets.



TRANSFORMING LIVES





# MUJIB HOPE FOUNDATION BRINGS MY BODY IS MY BODY (MBIMB) SENSITIZATION TO KUNDILA SPECIAL PRIMARY SCHOOL, KANO

BY MUNIRATU JIBRIN



## The Power of Song

A highlight of the session was teaching the children the MBIMB song. The song not only captured their attention but became an instant favourite, with the children enthusiastically singing it even after the session ended.

## Positive Feedback and Future Plans

The teachers were highly appreciative of the programme, with one teacher providing glowing feedback about the value of the session. Informational fliers were also distributed to the Headmaster and a teacher for display in the office and classrooms to reinforce the lessons learned.

As a gesture of gratitude, the MBIMB certificate was presented to the Headmaster, who expressed heartfelt thanks and welcomed the idea of future visits and activities.

## Acknowledgements

The success of this sensitization programme would not have been possible without the dedication and hard work of the MHF team. Special thanks to:

- **Muniratu Jibrin (Executive Director)**
- **Dorcas Garba**
- **Chiamaka Judith Iheanachor**
- **Levi Temenbu Skola**

## Looking Ahead

The MHF is committed to continuing its work with Kundila Special Primary School and other schools in the region, spreading the vital message of the MBIMB Programme.

Together, we are building a safer, more empowered future for every child!



### My Body is My Body Safety Rules

**IT'S OKAY TO SAY NO!**

**IF IT DON'T FEEL RIGHT DON'T DO IT**

**WHO CAN I TELL IF I HAVE A PROBLEM? I CAN TELL A SAFE ADULT**

**PRIVATE PARTS**

**FEELING UNSAFE, SCARED, AND SCREAMING**

**MOMMY, DADDY, AUNTIE OR UNCLE, GRANDMA OR GRANDPA, TEACHER OR PRINCIPAL, COUNSELLOR AT SCHOOL**

**IF SOMEBODY TRY TO GET INTO MY BODY I KNOW AND WRITE, OR TALK TO MY SAFE ADULT AND TELL THEM I WILL TELL A SAFE ADULT**

**THE END**







# MUJIB HOPE FOUNDATION BRINGS MY BODY IS MY BODY (MBIMB) SENSITIZATION TO KUNDILA SPECIAL PRIMARY SCHOOL, KANO

BY MUNIRATU JIBRIN

## Bringing Hope and Empowerment to Children in Karewa: MBIMB Sensitization at Children's Home Nursery and Primary School

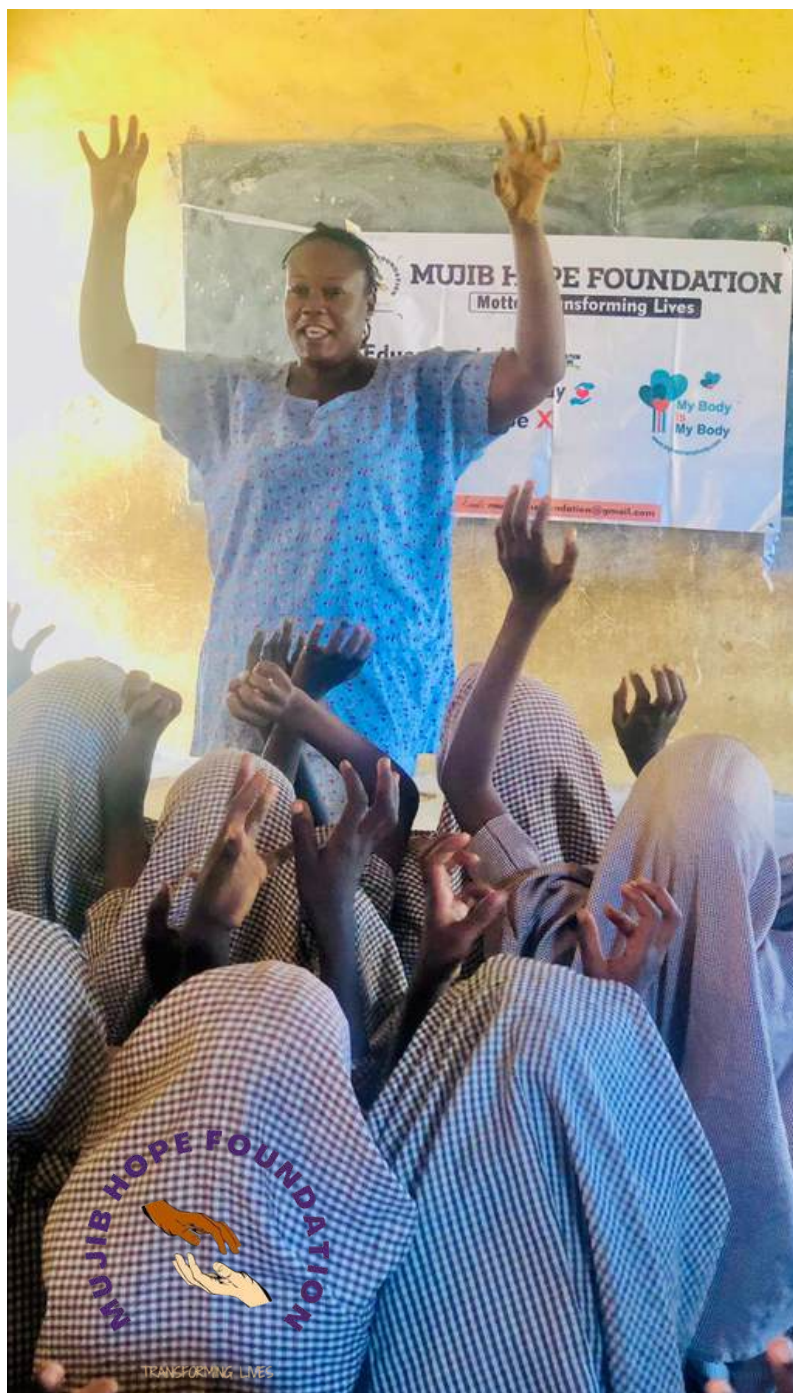
On November 26, 2024, the Mujib Hope Foundation (MHF) Adamawa Team visited the Children's Home Nursery and Primary School, Karewa, for a vital My Body Is My Body (MBIMB) sensitization session. The event was a heartwarming and impactful experience, touching the lives of both students and staff.

### An Early Start with Warm Welcomes

The team arrived just before 8:00 AM and received a warm welcome from the school staff, who eagerly introduced the MHF team to the students. With 84 pupils in attendance (44 girls and 40 boys) and five teachers present, the stage was set for a meaningful and interactive session.

### Empowering Children Through Education

The programme began with an introduction to the MBIMB initiative by Ataitiya Manga, setting the tone for the day. The main session was led by Richard Reuben, who engaged the pupils with discussions on critical topics such as child abuse, bullying, and the importance of body safety.





# MUJIB HOPE FOUNDATION BRINGS MY BODY IS MY BODY (MBIMB) SENSITIZATION TO KUNDILA SPECIAL PRIMARY SCHOOL, KANO

BY MUNIRATU JIBRIN

## Learning Through Song

The MBIMB session concluded with a fun and memorable activity as Ataitiya Manga led the children in singing the MBIMB song. The pupils joined in enthusiastically, and their voices filled the room with a sense of empowerment and hope.

## A Special Gesture of Kindness

In a heartwarming moment, Ruth Joseph celebrated her birthday by donating 60 pencils to the students, a thoughtful gesture that brought smiles to their faces. She also presented the MBIMB certificate and informational fliers on behalf of the Executive Director and MHF staff, further strengthening the bond between the school and the foundation.

## Gratitude and Future Collaboration

The school staff expressed their deep appreciation for the foundation's efforts and reinforced their commitment to supporting such initiatives in the future. They extended an open invitation to the MHF team for similar activities, underscoring the importance of sustained collaboration to safeguard and empower children.

## A Team Effort

The success of this sensitization session was a testament to the dedication of the MHF team, which included:

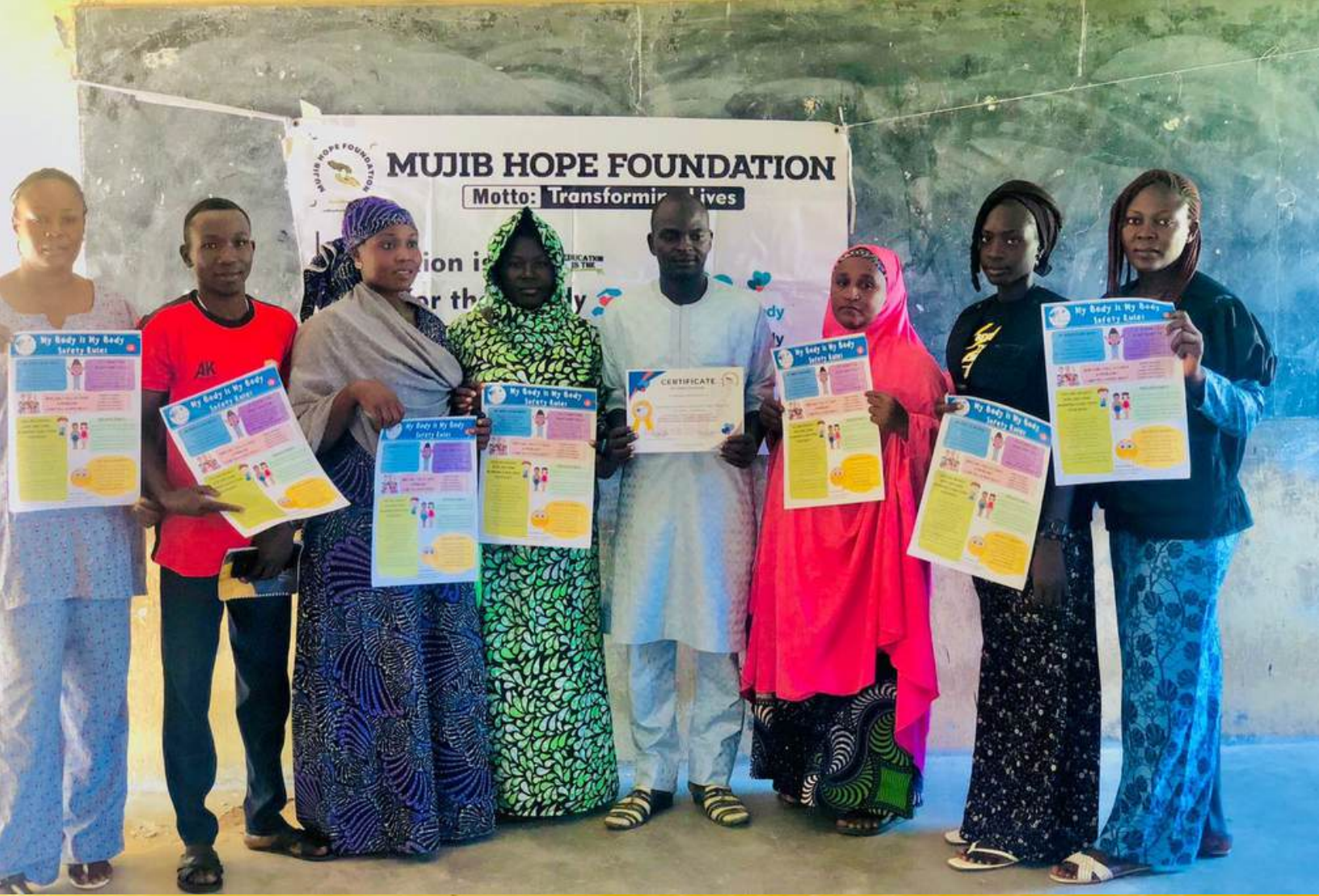
- Ruth Joseph
- Ataitiya Manga
- Naomi Abraham
- Henry Emmanuel
- Richard Reuben



## Looking Ahead

The MBIMB sensitization in Karewa was more than just an educational session—it was a step towards building a safer and more empowered future for children. The Mujib Hope Foundation remains committed to reaching even more schools and communities with the transformative message of MBIMB.

Together, we are creating a world where every child's safety and well-being come first.



# MUJIB HOPE FOUNDATION

Motto: Transforming Lives

Education is Key  
for the Needy  
No To Rape  
Safe



Email: mujibhop





# EMPOWERING STUDENTS THROUGH SAFEGUARDING EDUCATION: MBIMB SENSITIZATION AT TC DEMONSTRATION MODEL SCHOOL, YOLA



BY MUNIRATU JIBRIN

On 12th November 2024, the Mujib Hope Foundation (MHF) visited TC Demonstration Model School, Yola, Adamawa State, to conduct a My Body Is My Body (MBIMB) sensitization programme. This impactful session brought together students, teachers, and MHF volunteers for a morning filled with education, empowerment, and awareness.

## An Early Start to Empowerment

The MHF team arrived at the school at 8:45 AM and were warmly received by the Headmistress, who welcomed the initiative with open arms. After introductions, the team proceeded to the classroom, where 53 eager pupils and four teachers were ready to engage in the session.

## Key Lessons for a Safer Tomorrow

The sensitization began with an introduction to the MBIMB programme by **Ataitiya Manga Elkannah**, who set the tone for an engaging and informative session. **Ruth Joseph** then captivated the students' attention as she spoke about the importance of privacy and personal boundaries. She encouraged the children to protect their private parts, say no to keeping harmful secrets, and to report any uncomfortable situations to trusted adults, such as parents, teachers, or relatives.

Next, **Henry Emmanuel** shared practical advice on being cautious of strangers who might offer gifts or ask them to run errands. He highlighted key warning signs that could indicate potential danger, empowering the children to remain vigilant in various situations.

## Music and Community

Music played an essential role in reinforcing the MBIMB message. The children enthusiastically sang the MBIMB song, with some even taking turns to perform it individually, showcasing their confidence and understanding of the programme's themes.

Meanwhile, **Mr. Daniel Abbo** engaged the teachers, providing valuable insights on their role in safeguarding the children and ensuring their well-being.





# EMPOWERING STUDENTS THROUGH SAFEGUARDING EDUCATION: MBIMB SENSITIZATION AT TC DEMONSTRATION MODEL SCHOOL, YOLA



BY MUNIRATU JIBRIN

## Multilingual Engagement

The session was conducted in both **English and Hausa**, ensuring that all pupils could fully grasp the important lessons shared.

## Gratitude and Future Plans

The Headmistress expressed her deep appreciation to the Mujib Hope Foundation for bringing this valuable programme to the school. She emphasized the need for continued collaboration and welcomed future sensitization sessions. Informational fliers were also distributed to be displayed in classrooms and the school office, serving as a constant reminder of the lessons learned.

## A Team Effort

The success of the session was made possible by the dedicated efforts of the MHF team:

- **Ataitiya Manga Elkannah**
- **Henry Emmanuel**
- **Daniel Abbo**
- **AbdulHamid Hammanadama**
- **Ruth Joseph**
- **Rejoice Sunkira**
- **Grace Apram**

## Wrapping Up

The session concluded with a photo session and the completion of an update form. This impactful event underscored the importance of education in safeguarding children and empowering them to protect themselves.

The Mujib Hope Foundation remains committed to reaching more schools and communities with the transformative message of MBIMB. Together, we are creating a safer, more empowered future for every child.



# EMPOWERING STUDENTS THROUGH SAFEGUARDING EDUCATION: MBIMB SENSITIZATION AT TC DEMONSTRATION MODEL SCHOOL, YOLA



TRANSFORMING LIVES

BY MUNIRATU JIBRIN





# Working Together



# SPRING 2025: THE HUDDLE

## DEEP DIVE INTO A CASE OF CHILD SEXUAL ABUSE

If you are a practitioner, working with children in child protection, from any sector then this special training is for you. ISPCAN brings together the experts from each discipline, various regions and marries research with practice so we can all learn. Each Spring ISPCAN will take a new type of child abuse and break down the case in a new location.

People working in Law, Medicine, social work, psychology, law enforcement, education, research, public health, NGO, government, sport organizations, religious organizations, and any others that work in child sexual abuse cases are welcome. We want you to be part of the discussions and solutions.

250-300 members from 6 sectors will be selected through competitive application to attend this partially subsidized, small group training. Professionals who want to actively engage, learn, and help us to develop a international framework for effective case management techniques. Join today if you are not already a member to take advantage of this training opportunity.



**Application period:**  
Oct 15, 2024-Jan.15 2025

**Rolling Acceptance  
Announced**  
Nov. 15, 2024-Jan 30th,  
2025

**Registration  
DEADLINE by**  
February 15, 2025

**Special Guest:**  
**Sasha Neulinger, Director of Rewind and Survivor**

Ever wish you could Rewind and manage a case of abuse differently? If you are a practitioner and want to be part of a global grand rounds to dissect a case to think about how we could have done it better, then join us to Huddle Up to come up with a better game plan for the future. Led by global multidisciplinary experts from all sectors. Special \$350 price for ISPCAN Members. Apply as a multidisciplinary team or as an individual.

You don't want to miss this!

[ispcan.org](https://ispcan.org)

**Are you a Teacher, Social Worker or  
do you work for an NGO or Charity that works  
with children.**



**AMBASSADOR**



## **Become a My Body is My Body (MBIMB) Ambassador!**

If you're passionate about making a difference in the lives of children and helping to create safer communities, we invite you to become an MBIMB Ambassador! Whether you're a teacher, social worker, community leader, or simply someone who cares about children's safety, you can play a vital role in sharing our important message.

The My Body is My Body Programme is a free, internationally acclaimed child abuse prevention initiative that uses engaging songs and animations to teach children about body safety. As an MBIMB Ambassador, you'll have the opportunity to educate children, parents, and communities on this vital topic and empower them with the tools to prevent abuse.

### **As an Ambassador, You Can:**

- Share the MBIMB Programme with children in your classrooms.
- Educate parents on how to talk to their children about body safety.
- Help create community awareness around child abuse prevention.
- Use our free resources, courses, and materials to make a meaningful impact.

### **Why Become an MBIMB Ambassador?**

Our Ambassadors are the heart of our programme, and their work is transforming lives around the world. By becoming an MBIMB Ambassador, you'll be joining a global movement committed to protecting children and making our world a safer place. Plus, you'll have access to all of our free resources and the support of a like-minded community of passionate advocates.

**Find out more on our website [CLICK HERE](#)**

# NEW AMBASSADOR UNITED KINGDOM



Professor Anna van Wersch



My Body is My Body Foundation  
Charity Number 1199901

# NEW AMBASSADOR UNITED KINGDOM



Antonia Noble



My Body is My Body Foundation  
Charity Number 1199901

# NEW AMBASSADOR CAMEROON



Mesumbe Ekeh Gerard



My Body is My Body Foundation  
Charity Number 1199901



# NEW AMBASSADOR UGANDA



Flavia Serugo



My Body is My Body Foundation  
Charity Number 1199901

# NEW AMBASSADOR ESWATINI



**Nonhlanhla Zilalala**



My Body is My Body Foundation  
Charity Number 1199901

# NEW AMBASSADOR SOUTH AFRICA



Mokgaetji Hlaka



My Body is My Body Foundation  
Charity Number 1199901

# NEW AMBASSADOR SOUTH AFRICA



Sharon Khoza



My Body is My Body Foundation  
Charity Number 1199901

# NEW AMBASSADOR SOUTH AFRICA



Ebhodaghe Lyre



My Body is My Body Foundation  
Charity Number 1199901

# NEW AMBASSADOR SOUTH AFRICA



**Tshilidzi Magau**



My Body is My Body Foundation  
Charity Number 1199901

# NEW AMBASSADOR SOUTH AFRICA



Kgaugelo Pertunia Mabote



My Body is My Body Foundation  
Charity Number 119901

# NEW AMBASSADOR DRC



Jay Nyembo



My Body is My Body Foundation  
Charity Number 1199901



# NEW AMBASSADOR UGANDA



Muyanja James

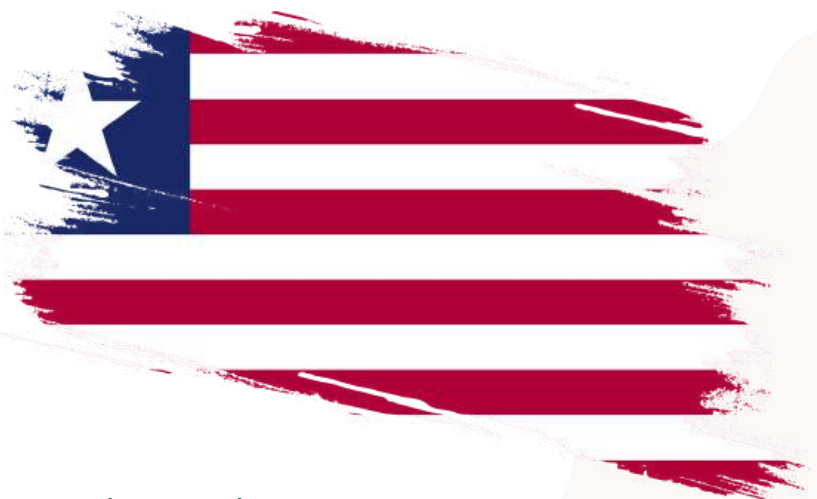


My Body is My Body Foundation  
Charity Number 1199901

# NEW AMBASSADOR LIBERIA



ANPPCAN



My Body is My Body Foundation  
Charity Number 1199901

# NEW MBIMB COLLECTION

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

100%

Of Profit made on sales  
will go to the MBIMB Foundation



[MY-BODY-IS-MY-BODY.TEEMILL.COM](http://MY-BODY-IS-MY-BODY.TEEMILL.COM)

# NEW!! MBIMB COLLECTION

EXPLORE OUR RANGE OF  
T-SHIRTS, JUMPERS, HOODIES  
AND TOTES

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

[MY-BODY-IS-MY-BODY.TEEMILL.COM](http://MY-BODY-IS-MY-BODY.TEEMILL.COM)





Join our MBIMB Community  
[www.mbimb.org](http://www.mbimb.org)

[my-body-is-my-body.teemill.com](http://my-body-is-my-body.teemill.com)



A special thank you to Space Auto for hosting and managing our MBIMB website. We are immensely proud of our members' portal and learning centre.

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