

MY BODY IS MY BODY



SAFEGUARDING CHILDREN

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HOW CAN YOU PROTECT YOUR CHILD FROM ABUSE?

Empowering Children in Today's World

Navigating the complexities of today's world can be challenging for children and their parents. Our goal is to provide you with essential information, guidance, and practical advice to assist you in ensuring your children's safety.

Understanding the Need for Abuse Prevention Education

It is an alarming fact that over 40% of children worldwide, amounting to more than 1 billion, experience some form of abuse, whether physical, sexual, verbal, or emotional. This significant issue affects all communities and socio-economic groups. Consequently, it is of paramount importance to educate children about personal safety in a manner that is open, positive, and empowering. Such education can foster a safe environment for children to discuss these sensitive topics.

The MBIMB initiative is a pioneering effort that is making a tangible difference in communities globally. It is an internationally recognised musical body safety program that educates children about personal safety through engaging, age-appropriate music, activities, and animation.



STEP ONE



Opening Conversations With Your Child Through Music

Starting a dialogue about body safety might seem daunting, but it doesn't have to be. With the 'My Body is My Body' programme, you can introduce these crucial conversations through six engaging songs. Music makes learning about body safety not just memorable but also enjoyable for children.

Why Choose Songs?

Remember the little songs from your childhood? Just like those, the songs from this program are interactive and memorable, embedding important messages in young minds. They're more than tunes; they're tools for teaching life lessons and boosting self-esteem, as supported by research in the Journal of Music Therapy.



Early Engagement is Key

The best time to talk about body safety is now. Suitable for kids as young as three, this program has successfully reached over two million children, proving its effectiveness in schools and nurseries.

Keep the conversation simple and positive, and start today.

STEP TWO



Uniting as a Family in Awareness and Protection

Engaging the whole family in discussions about abuse and body safety is key to creating a safe space for our children. An open, informed family environment encourages children to ask questions freely and reduces the inclination to keep unsafe secrets.

Fostering an Open and Positive Environment

- **Family Participation** - Encourage each family member to engage in conversations about safety and boundaries. This openness demystifies the topic and supports an environment where children feel comfortable expressing themselves.
- **Questions Welcome Anytime** - Assure your children that they can ask anything and receive honest answers, fostering a culture of transparency and trust.
- **Learning through MBIMB Songs** - Use the engaging 'My Body is My Body' songs as a fun way to involve everyone, making learning about personal safety a positive experience.
- **Music as a Teaching Tool** - These songs not only make the learning process enjoyable but also reinforce important messages about body safety and respect.
- **Building a Supportive and Informed Family Circle** - Involving everyone in these critical discussions not only educates and safeguards our children but also strengthens our family unit through shared understanding and support



STEP THREE



Protecting Your Child from Abuse

Spotting the Signs:

As a parent understanding these signs can help in preventing abuse, and spare our children from potential trauma.

Key Indicators to Watch:

Every child is unique, and the signs of abuse can vary. Keep an eye out for changes in your child's behaviour or appearance that seem out of the ordinary.

Physical Abuse: Look and Listen

- Appearance: Watch for unexplained bruises, burns, or bite marks. Be cautious if injuries are frequent and always excused as accidental.
- Behavior: Notice if your child becomes unpleasant, overly shy, or too eager to please. Fear of certain individuals can also be a red flag.

Sexual Abuse: Sensitive Signs

- Appearance: Be aware of issues like torn clothing, especially undergarments, or discomfort in the genital area.
- Behaviour: Pay attention to sexual behaviors or knowledge that's unusual for your child's age.

A reluctance to be touched can also be a warning sign.

Emotional Abuse: Subtle but Serious

- Behavior: Emotional abuse signs are often less visible. Look for withdrawal from social activities, changes in school performance, or defiant behavior.

Taking Action:

When you spot any of these signs, it is important to approach these concerns. Trust your instincts as a parent – if something feels off, it's okay to seek advice and support. Remember, your gentle vigilance and thoughtful actions are powerful tools in safeguarding your child's future.



STEP FOUR



Concerning Behaviour

If you are at all concerned about a family member's behaviour, whether it's an adult or a child? Don't hesitate to call a Helpline for advice. If you're worried about your interactions with your child, seeking help is a brave and important step. Remember, taking action early is the key to prevention and ensuring a safe environment for your family.

STEP FIVE



Where can you get help?
The MBIMB Website has a list of
worldwide helplines
www.mbimb.org.

- Contact your local police
- Contact your local Social Services
- Contact your Local Helpline

Remember the rule
See something, Say something, Do something.

STEP SIX



Teach children **NOT** to keep **SECRETS**....

Abuse flourishes in secrecy and allows the abuser to keep control of the child so it is imperative that you discuss the **“No Secrets Rule”**

Establishing a Clear Family Guideline

- The 'No Secrets' Rule: Introduce a straightforward rule in your family: "We don't keep secrets." Make it a family norm to share things openly, especially if they are troubling or confusing.
- Understanding Secrecy and Safety: Explain to your children that some people might ask them to keep secrets that are not safe. Emphasize that any secret that makes them feel uneasy or scared should be shared with a trusted adult immediately. (Learn more with our “Say No To Secrets” song on the www.mbimb.org website.
- Encourage Questions and Conversations: Make it a regular practice to talk about their day and experiences. Encourage them to ask questions and express their feelings without fear of judgment or consequence.
- Reinforcing Trust and Support: Continuously reassure your children that they can always come to you or another trusted family member, no matter what the issue is, and they will be met with understanding and support.



STEP SEVEN



Nurturing Open Communication: The 'Safe Adults' Strategy

As parents, we all want to be the go-to person for our children's concerns and joys. Yet, we have to recognise that sometimes, certain subjects can be too difficult for them to share with us. To bridge this gap, we need to introduce the concept of 'Safe Adults' in our family circle.

Who Are 'Safe Adults'?

Think of 'Safe Adults' as a special team - trusted family members, close friends, or even teachers - whom your child can comfortably turn to when they need a listening ear, especially when you're not around.

Creating a Circle of Trust

Share with your child that these conversations with 'Safe Adults' are all about ensuring they always have a secure and understanding place to express themselves. No topic is too small or too big. It's about giving them the confidence that they are heard and supported, always.

Empowering Your Child with Choices

By doing this, we empower our children with options. We let them know that our family's support system extends beyond just Mom and Dad. It's a circle of care, understanding, and unconditional support, ready to embrace and support them in any situation.



STEP EIGHT



Babysitters - Empowering Your Child

When it comes to leaving our children in someone else's care, be it a babysitter, family member, or friend, our words can play a pivotal role in their safety and self-awareness.

Before You Leave - Set the Right Tone

Instead of the usual instructions like, "Listen to the babysitter," or "Do everything they tell you to do," try a different approach. It's crucial to empower our children to understand their boundaries and feel confident in expressing their discomfort.

Encourage Open Communication

- **Safety First:** Gently explain to your child that while it's good to be polite and listen to the babysitter, they always have the right to say 'no' if they feel uncomfortable with anything.
- **The Power of 'No':** Make sure your child knows that if the babysitter, or anyone else looking after them, asks them to do something that doesn't feel right, they can confidently say "NO!" This includes refusing to take part in activities that make them uneasy.
- **Body Privacy:** Emphasize to your child that their body is their own. OK to say no they don't want to play, or be tickled, or hugged or kissed. Let them know that it's not okay for anyone to take pictures of their body, especially private parts. Assure them that saying 'no' to such requests is not only okay but encouraged.



TOP INTERNET SAFETY TIPS

Growing up in an environment where anyone can say anything about you anonymously can cause some stressful situations for our children today. Protecting our children online is just as important as keeping them safe in the outside world.

Children can be exposed to so many experiences on the internet, that can affect their lives dramatically. If children are not monitored they could be exposed to cyberbullying, they could see sexual or violent images, or have contact with strangers which could put them at risk.

Here are some startling statistics

- 40% of children chatted to a stranger online
- of these children 53% revealed their phone number
- 15% tried to meet the stranger
- 6% revealed their home address!!
- 75,000 children are introduced to the Internet every day

Like all protection activities, the sooner we teach children to be safe online the better. We have a free animated course for children on our website called “Digital Discoverers: Young Explorers Navigating the Internet “ which will give them all the information that they need to start using the internet safely. www.mbimb.org



INTERNET TIP 1

Take a moment to review your computer safety settings.

Here's how to find them:

Chrome:

Settings > Advanced > Privacy and security

Edge:

Settings > Advanced settings

Firefox:

Options > Privacy & Security

Safari:

Preferences > Privacy

To quickly check if a site is legitimate or if a specific URL is safe,

you can use a website safety checker like

Google Safe Browsing.

INTERNET TIP 2



Bedtime is for sleeping and it is always a good idea not to let your child take their phone to bed.

Find out about the social networking sites your child uses like Snapchat, Facebook, Instagram, TikTok, and Youtube. Many of these have age restrictions to help keep children safe. If your child is using a new App - try to find out about it as many do not have safety protocols to protect children.

INTERNET TIP 3



We need to remind children that people may not be who they say they are on the internet, they may lie about their age, their name and even what sex they are.

It is important to NEVER give details like:

Your full name,

Your address

Your phone number

Your password

And never ever meet up with a stranger.

INTERNET TIP 4



Do fun things together with your child on the internet. That way you can browse different sites and they can learn from your example as you could say - "Oh that doesn't look like a safe site" I think we will look for something else.

By exploring the internet with your child, you can also find out about what interests they have, and what they enjoy watching. You could bookmark some of their favourite sites so that they can find them easily and they are not searching the internet unnecessarily.

Check out child-safe internet browsers like Kiddle, Safe Search Kids and Bark (and many more).



INTERNET TIP 5

Help your child set up their internet accounts and show them fun ways of creating safe passwords. Like using their favourite superhero combined with their favourite drink or sweets. Something nobody else would know.

Also, make a note of their passwords so you can keep an eye on their internet activities.

INTERNET TIP 6

A good indication that your child is being bullied, groomed or that they may have seen something upsetting, is to watch for any changes in their behaviour. They may become secretive, withdrawn, anxious or angry.



INTERNET TIP 7

If the cyberbullying involves a classmate, you have the option to inform the school about the incident. In cases where the bullying occurs on social media, you can reach out to the site administrators to request removal of the offensive posts and report the individual responsible.

INTERNET TIP 8

Some sexual predators try to win children over with gifts. These can be given through games, or maybe even through the post. Keep an eye out if your child starts to play games that have "in-app" purchases that are being paid for by someone else.



MY BODY IS MY BODY

FAMILY SAFETY PLAN

CHECK LIST

- 1. Find out about new apps my child is using
- 2. Check computer, phone and tablet safety settings.....
- 3. Discuss not giving out personal details to anyone on the internet.....
- 4. Bookmark some favourite sites.....
- 5. Help set up safe passwords (make a note of them).....
- 6. Check browser history regularly
- 7. Discuss not meeting people from the internet alone.....
- 8. Discuss the safety rules for children.....

WHICH FAMILY MEMBERS AND FRIENDS WILL BE INCLUDED IN OUR SAFETY PLAN ?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

THINGS TO DISCUSS

1. Body Safety
2. Private parts
3. Not going with Strangers
4. No Secrets
5. Online Safety
6. Talking about problems
7. Who are our Safe Adults



BODY SAFETY RULES



Be
Brave



MY BODY IS MY BODY

My body is my body
My Body belongs to me
Nobody should hurt me
Nobody should touch my private parts
I am the boss of my own body !!



SAY NO TO SECRETS



If someone is hurting me, bullying me or doing things that make me feel uncomfortable, and they ask me to keep it a secret -

I will "Say No To Secrets"

WHO CAN I TELL ?

I can tell "Safe Adults"
Mommy or Daddy,
Aunty or Uncle
Granny Or Grandpa,
Teacher or Principal
Councillor
Neighbour

If people try to get me to do things I know are wrong
I will say "NO"

If it don't feel right don't do it
THEN I WILL TELL A SAFE ADULT

My private parts are the parts where my swimsuit or my underwear covers.

- Nobody should touch my private parts
- Nobody can ask me to touch their private parts
- Nobody should take pictures of my private parts

If I have a problem

I will TELL SOMEONE !!

If they don't listen to me I will

TELL SOMEONE ELSE!!



INTERNET RULES



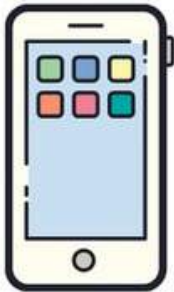
1. Choose a username that isn't your full name



2. Pick a profile picture that doesn't show where you live



3. Never share your address



4. Never share your phone number



5. Never share where you go to school



6. Never share your passwords



7. Have some time away from your screen



8. Only accept 'friend' requests from people you know in real life.

FOREVER

9. Always Remember what you share online is there forever.



10. Block anyone who upsets you by picking on you or saying mean things



11. Never agree to meet someone you've only met online



12. Get permission from your friends or family if you want to post pictures of them



Available on our website at

www.mbimb.org

Children's Workbooks

Song Tutorials

Lesson Plans

Programme in 27 Languages

Body Safety Rules

Signs Of Abuse

6 Free Courses

Worldwide Helpline Numbers

and much more.....

All our resources are Free to use, download and share



Rotary



Elizabeth Usovicz

Rotary International Director, 2021-2023
Chair, Girls' Empowerment Global Task Force
Rotary International Women of Action
Honoree Rotary District 6040, Missouri, USA



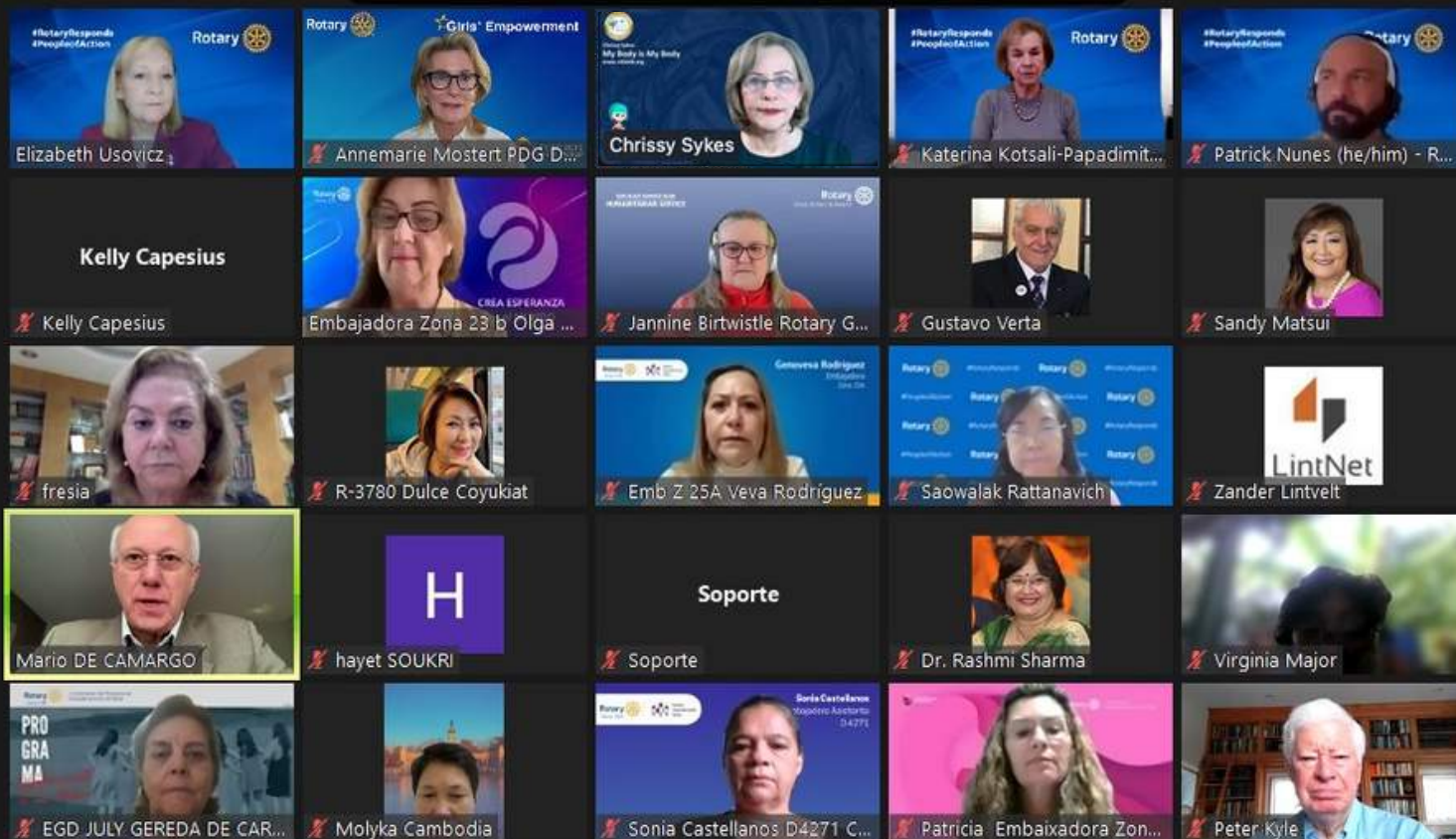
Annemarie Mostert

PDG 9400 2020/ 2021
Ambassador Girls' Empowerment E-
Club of Eagle Canyon, South Africa

*Last week, I had the distinct honour of presenting the "My Body is My Body" Programme at the global meeting of the **Rotary Empowering Girls Initiative**, attended by over 70 esteemed members. This remarkable opportunity was made possible thanks to two extraordinary women: the My Body is My Body (MBIMB) Ambassador, Rotary International's Past District Governor D9400 and Girls Empowerment Ambassador Annemarie Mostert, as well as Elizabeth Usovicz, the spearhead of The Girls Empowerment Initiative. Both of these remarkable ladies have shown immense support for the "My Body is My Body" Programme. I eagerly anticipate collaborating closely with them and Rotary International to expand the reach of our programme globally.*

The response following the presentation has been overwhelmingly positive. Several Rotary representatives from various countries have already reached out with keen interest in implementing the MBIMB programme in their regions. This development is incredibly exciting and holds immense potential for expanding the reach and impact of our programme, furthering our mission of child safety and empowerment on a global scale.

The Empowering Girls Initiative led by Rotary International is a significant endeavour to enhance the lives of girls globally. Championed by **Elizabeth Usovicz**, Rotary International Director, 2021-2023, and chair of the Empowering Girls Task Force, the initiative focuses on the education, safety, health, and overall well-being of girls. This movement is seen as a catalyst for transforming not only the lives of individual girls but also their families and communities.



Rotary has established Girls Empowerment ambassadors across different zones and regions to provide resources and guidance for local districts and clubs. These ambassadors play a crucial role in promoting and implementing projects that support the development of girls. Their tasks include developing a framework, enhancing Rotary members' participation, and ensuring global engagement with the initiative. The objective is to create impactful projects focusing on the health, education, safety, well-being, and economic development of girls.

Elizabeth Usovicz emphasizes the importance of these projects, noting that even small-scale initiatives can have significant impacts when backed by the collective power of Rotary.

Annemarie Mostert, Rotary International PDG D9400 and Girls Empowerment Ambassador, echoes this sentiment. She highlights the importance of educating girls, particularly in fields like science and mathematics, to enhance decision-making power within their households and break the cycle of poverty. Mostert calls for Rotary and Rotaract clubs to implement at least one activity focusing on girls' empowerment each year, encouraging the use of global grants and partnerships with Rotary Action Groups.

A key aspect of this initiative is the storytelling and sharing of successful projects. Clubs are encouraged to post their stories on the Rotary Showcase and to share them on social media platforms. This helps in spreading awareness and best practices.

Young Rotaractors are also actively involved in this initiative. Sofia Brega, a member of the Rotaract Club in Mexico, works with the UN Foundation's Girl Up initiative. Brega's efforts focus on promoting girls' rights and empowerment, highlighting the role of young individuals in driving social change. After attending a Positive Peace workshop organized by the Institute for Economics and Peace, a strategic partner of Rotary, Brega shifted her approach from focusing on conflict to advocating for Positive Peace and its relation to girls' empowerment.

The Girls Empowerment initiative integrates with other Rotary areas of focus, such as water, sanitation, and hygiene (WASH), literacy, and vocational training. Projects like providing gender-segregated toilet facilities in schools, funding scholarships for girls, and partnering with local organizations to serve community needs are examples of how Rotary clubs can make a difference.

The initiative is underpinned by global statistics on gender equality. The 2021 Global Gender Gap Index revealed that while some countries have made significant strides, regions like sub-Saharan Africa still face a lengthy path to achieving gender parity. The involvement of Rotaractors like Brega demonstrates the commitment of younger generations to this cause.

The Girls Empowerment initiative by Rotary International stands as a beacon of hope and action, aiming to make a lasting impact on the lives of girls globally through education, empowerment, and community engagement and MBIMB is proud to have been able to share our programme to their esteemed members.





HOLY FAMILY CHOIR SHINES A LIGHT ON CHILD ABUSE AWARENESS IN YAOUNDÉ, CAMEROON





HOLY FAMILY CHOIR SHINES A LIGHT ON CHILD ABUSE AWARENESS IN YAOUNDÉ, CAMEROON



Presentation of Certificates from the MBIMB and GGAF Dancing Competition



In an inspiring and heartwarming event, the Holy Family Choir of the Archdiocese of Obili, Yaoundé, Cameroon, took a significant step in raising awareness about child abuse. This initiative, part of the 'My Body is My Body' (MBIMB) Programme, marked a pivotal moment in the community's efforts to address this critical issue.

The choir, composed of talented and dedicated children, opened the event with a powerful sketch highlighting the realities and impacts of child abuse. This moving performance set the stage for what was to become an unforgettable experience for all attendees.

Following the sketch, the choir performed two poignant songs, "MBIMB" and "No to Secrets," both of which resonate deeply with the programme's core message. These songs, crafted to educate and empower children about body safety and the importance of speaking up, were met with overwhelming appreciation from the audience. In fact, the impact was so profound that several parents have requested encores of these performances.

This event is just the beginning of a larger campaign. Starting from January, the focus will be on expanding the reach of this vital message. The plan includes teaching more songs from the MBIMB Programme and recruiting additional Ambassadors to champion this cause on the ground. These Ambassadors will play a crucial role in spreading awareness and educating the community.

There's also exciting news on the horizon. With everything progressing as hoped, there will be an opportunity for further involvement and oversight. The plan includes a visit to Yaoundé to follow up on these initiatives and witness first-hand the impact and progress of this vital work. The event was not just a demonstration of musical talent but also a powerful statement in the fight against child abuse. The Holy Family Choir, through their performances, has opened a channel for dialogue and education on a topic that is often shrouded in silence.

As we look forward to more updates and achievements from this remarkable initiative, the Holy Family Choir's commitment serves as an inspiration. Their voices are not just singing; they are echoing a message of empowerment, awareness, and hope across Yaoundé and beyond.

With special thanks to Margaret Lance MBIMB and GGAF Ambassador

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By: Stephen Sengoba

On 16th of December 2023, His Grace Orphans Ministry had a massive event to launch the MBIMB programme officially in Masaka District at His Grace Center. A large number of people and children attended the event. This event was sponsored by the Global Goodwill Ambassadors Foundation and the MBIMB Foundation.

MBIMB PROGRAM

His Grace Orphanage, is a valued organisation in the community, we now have access to a world of knowledge and resources designed to empower all people and schools with the skills to create a safer world for children and vulnerable individuals. We believe that our passion and commitment are exactly what we do to foster a society where everyone can feel safe and secure. We encourage to explore all the opportunities that await all here. Our goal is to equip community members, Schools, Teachers and parents with the tools and expertise they need to become a true advocate for child protection and safeguarding. We engage actively with the community. Share MBIMB Programs and thoughts, experiences, and insights with other members, as we all learn and grow together on this journey.

On 16th of December 2023, we had a massive event to launch the MBIMB programme officially in Masaka District at His Grace Center and this turned up a large number of people and children attending the event. This event was sponsored by the Global Goodwill Ambassadors Foundation and the MBIMB Foundation.

The community members like the program and got interested in being involved and working with His Grace Orphans Ministry so that we can reach out to many souls in different areas and villages to advocate child Protection and Fundamentals of implementing the MBIMB program to create a safer world for all children.

His Grace is in partnership with Markiville Junior School in Masaka to implement the MBIMB Program by teaching children on their body safety together with ST. Noah Primary School for the good community and to stop child abuse.



A serene landscape featuring a calm river reflecting the sky and surrounding greenery. A dirt path leads through tall grasses towards the water. The scene is bathed in soft, golden light, suggesting a sunrise or sunset. The sky is a mix of blue and white, with wispy clouds. The overall atmosphere is peaceful and natural.

Solutions for Mental Health and Child Protection Advocacy

Solutions for Mental Health and Child Protection Advocacy

By Varada Kulkarni

Comprehensive Education Programs

One way to help kids with their mental health is by teaching them about it in school. We can have classes that are just right for their age and teach them how important it is to take care of their emotions. They can also learn tools to express themselves better.

Establishing Safe Spaces

We need to create safe places where kids can feel comfortable sharing their thoughts and feelings without being judged. This can be both online and offline, so they have different options to choose from.

Accessible Counseling Services

It's important to make sure that kids can easily get help from mental health professionals. We should have counselling services that are easy to find and available for kids who need them.

Community Outreach Programs

We can organize programs in our communities to teach people about mental health. This way, more people will know about it and be able to talk openly about it. We can also provide resources for parents and caregivers to help them support their children.

Integration into Healthcare Systems

We should include mental health screenings and support in regular visits to the doctor. This way, we can catch any problems early and help kids before things get worse.



Solutions for Mental Health and Child Protection Advocacy

By Varada Kulkarni

Anti-Stigma Campaigns

We need to fight against the stigma that comes with mental health. We can start campaigns to help people understand and accept mental health issues. This will create a more understanding and supportive community.

Empowerment through Art and Expression

We can have programs in schools and communities that encourage kids to express themselves through art. This will help them feel empowered and promote their emotional well-being.

Training for Caregivers

Parents, teachers, and caregivers should learn how to recognize signs of mental health problems in kids. They should also know how to respond and help them. Training programs can teach them these important skills.

Global Collaboration

We should work together with other countries to share ideas, research, and resources. By doing this, we can create a global network that is committed to protecting children's mental health.

By doing all of these things, we can make a world where kids' mental health is important and they are protected from abuse and exploitation.

#ChildProtection #MentalHealthAdvocacy





By: Cosmas John Massawe



Today was a special day in our local classrooms, thanks to the Zion Gates Foundation! They brought an exciting mix of music and interactive learning to teach our kids about something incredibly important: body safety.

These sessions aren't just informative; they're a powerful tool in our fight against child abuse. By blending fun songs with essential lessons, they're empowering our children and adults alike. It's all about building a stronger, safer community where every child knows how to protect themselves from harm.

Let's cheer for this fantastic initiative that's making a real difference!



CHILDREN DESERVE TO LIVE IN PEACE

ALL CHILDREN ARE SPECIAL & DESERVE INCLUSIVITY

By dee russell thomas

I have been away for some time ... working in the Western Caribbean and the Middle East. I have absorbed so much.... a smorgasbord of different tastes, smells, cultures, languages and educational environments. I have worked alongside the most dedicated of educationalists, the most astute of children and the most determined of parents. Too many to mention but I would like to share just a few memorable experiences.

In this world of unrest, chaotic conflict and on-going war, I stumbled upon a group of art students pursuing a project on culture. Their paintings and ceramics were truly remarkable but their narratives were inspirational. One young person spoke of her family from Gaza and her painting depicted the “before end after”. Next to her, sat her best friend, an Israeli and she too had produced a moving piece of work entitled “Everyone belongs somewhere”.

As I moved around the room, I was invited to share these young people's journeys into their past, their memories, their dreams and their nightmares. I met with Palestinians, Israelis, Russians and Ukrainians. I spoke with Indian, African, Middle and Far Eastern students. All were sharing their ideas, exploring their journeys and reflecting upon their final pieces of work. What a privilege it was to be amongst such a talented, diverse group of young people who demonstrate living together in harmony in another country although surrounded by desperation and destruction in their homelands.

There is so much to be learned from this generation.

In a different situation, I saw children with the most complex of needs... those unable to communicate, others who displayed emotional distress, some who could not eat, walk or speak for themselves and struggled to express their feelings. I saw parents who had been reduced to desperation, searching for appropriate educational facilities, who had refused to give up on their child and who remained determined to find the best possible support. I met amazing dedicated teachers and assistants who welcomed these children and offered warmth, love and opportunity to both parents and their children. I saw the best of care and support as well as areas in need of improvement. The need for acceptance, tolerance and compassion was immense.

Our world is made up of differences... that's what makes it special. Our gardens are filled with the mix of species and the range of colourful plants and flowers. So too, our children are all unique. They are an array of colourful rainbow wonders, some stronger than others, some more expressive but they all need nurturing. And... they all deserve a special place under the sun.

Inclusion is an important word in our society. We want to develop a whole and indeed wholesome world where all are welcomed but...

Do we always do this in our everyday lives?

Do we spend time with those who are unable to communicate for themselves?

Do we open our doors to people who appear "different"?

Do we celebrate the uniqueness of others or....

Do we expect everyone to fit into our perception of "normal"?

Do we feel afraid to embrace anything that is different from our own narrow world?

Do we keep ourselves safe by not straying from the "acceptable" and steering clear from those whom we feel are challenged, needy, presenting with profound disabilities or just a little bit different.

Time for greater tolerance.

Time to listen to the younger generation who want to live in peace and harmony.

Time to recognise inclusivity is a human right.

Time to appreciate that children with special needs are just as special as everyone else.

Time to stop backing away and to step forward.

Time to take time!

Meet Dr.Sobhi Sulieman Agha



Our new Ambassador for Lebanon



Dr Sobhi Sulieman Agha helps local NGO's by sourcing funding, helping with peace initiatives and children's summer camps.

As the Group Chief Marketing Officer at SAB Investment, a leading real estate company in the Middle East, I have over 20 years of experience in marketing communications, new business development, and online marketing. I have a PhD in International Economics from Louisiana State University and a Doctorate in Business Management from the European International University in Paris.

I lead the marketing strategy and innovation for SAB Investment, overseeing the brand development, product marketing, channel marketing, and proposition development for the company's diverse portfolio of projects and services. I have a proven track record of delivering impactful and creative marketing campaigns that drive customer acquisition, retention, and loyalty. I also have extensive experience of partnership development, working with various multinational companies and organizations across different industries and sectors. I am passionate about creating value for our clients, stakeholders, and communities, and I am always looking for new opportunities and challenges to grow and learn.

Meet Anna Rudakova



Our new Ambassador for Portugal



I strive to develop in the field of teaching and working with children. In addition to relevant education, I take additional training courses to improve my qualifications. Also, a volunteer year in Hungary allows me to develop intercultural communication skills and gain practical experience of working with teenagers.

Working in administrative positions in international corporations allowed me to gain experience in several languages (Russian, English, German).

INTRODUCING MBIMB TO Barnardos

By Chrissy Sykes

Today I had the great pleasure to introduce the My Body is My Body programme to Barnardos in Barnsley. I would like to say a very big thank you to Vicki Sexton and the Barnardos team for making me feel so welcome and for their positive response.



INTRODUCING MBIMB TO Barnardos

What do Barnardos do?

Barnsley Child Protection Conference
Advocacy service represents the voice, wishes and feelings of children and young people aged 8 to 17 years old that are subject to a Child Protection Conference.

Barnardos help with:

- Advocacy and participation (children in care)
- One-to-one support for looked-after children and young people and other vulnerable young people e.g. those on a child protection plan focused on their right to be heard and involved in decisions about them, explaining their wishes, arguing their case. Activities and training for families and professionals.
- Family support
- Supporting parents, carers and families with guidance and activities

MBIMB is proud that Barnardos will be taking the MBIMB Programme out into the community through their programmes



Vicki Sexton (Children's Services Manager)
Chrissy Sykes (MBIMB) Right



We're part of the Co-op Local Community Fund



Choose us as your cause

coop.co.uk/membership

✨ Exciting Announcement from My Body is My Body Programme - MBIMB Foundation UK ! ✨

We are thrilled to share that we've been selected as one of the beneficiaries of the Co-op Local Community Fund! This is an incredible opportunity for our foundation, and we're deeply grateful for this recognition and support.

When you shop at the Co-op, you can now choose to support the My Body Is My Body Foundation. It's a simple gesture that costs you nothing but makes a significant impact on our mission.

Every time you shop, a portion of what you spend goes towards helping us spread our message and resources for child abuse prevention through our unique musical and educational programs.

Your support enables us to continue our work in local communities, providing vital education to children in a format that is engaging, accessible, and empowering.

 How to Support Us:

Shop at your local Co-op.

Choose My Body Is My Body Foundation as your charity of choice.

Feel great knowing you're making a difference at no extra cost to you!

Remember, every little bit helps us to make a big difference in the lives of children and communities.



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 MILLION CHILDREN WITH THE PROGRAMME. ANOTHER 1.7 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

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.

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.

LISA JONES

ADVISORY BOARD

CEO & CO-FOUNDER OF GLOBAL GOODWILL AMBASSADORS FOUNDATION, WORKING WITH HUMANITARIANS WORLDWIDE TO HELP THE MARGINALIZED AND THE NEEDY. GGAF HAS MORE THAN 18,000 PEOPLE IN OVER 215 NATIONS & TERRITORIES FOCUSING ON THE UN SDGS. LISA'S DESIRE TO HELP OTHERS LESS FORTUNATE IS THE OVERRIDING FEATURE OF HER PERSONA.



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www.mbimb.org*