



MBIMB

October 2024 Newsletter

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 Conference
March 25th 2025**

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.

25th March 2025

9am for 9:30 - 4pm
Morning coffee and lunch included

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

Venue
Redferns Sports Ground
Monk Bretton
Barnsley
S71 2JS

Supported By



Club of
Stainborough





TABLE OF CONTENTS

MBIMB Board Of Directors	3
A Groovy 60's Night with Rotary's Rockley Club from Barnsley	9
An afternoon with the Inner Wheel Club in Hull	12
YMCA Madurai India	23
Empowering Change Through Film	24
Rotary Girls' Empowerment South Africa	27



Testimony From Igbagbosanmi Oyediran	31
Davina Care Nigeria	32
Mujib Hope Foundation	35
Feedback from Bala Bako	38
Favour Tolani Oluwagbemiro	38
ISPCAN	42
New MBIMB Ambassadors	50



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 WITH ALL TYPES OF DISABILITIES.



MBIMB OCTOBER 2024 NEWSLETTER

To all our incredible MBIMB Supporters and Ambassadors,

Welcome, and thank you for being part of this life-changing journey! Each one of you plays an essential role in our mission to empower and protect children worldwide. Together, we are building a future where every child feels safe, valued, and confident in their own voice. This is not just a program—it's a movement powered by individuals like you, who believe in the right of every child to live free from fear and harm.

As you spread the message of My Body Is My Body, remember that you're not only teaching safety; you're nurturing courage, resilience, and self-respect in every child you reach. With each song sung, each lesson shared, and each conversation sparked, you are planting seeds of change that will grow in families, schools, and communities around the world.

Thank you for your dedication, your passion, and your commitment to this cause. Together, we are creating a ripple effect that reaches across borders, cultures, and languages—a movement that will continue to grow stronger every day because of ambassadors and supporters like you.

Let's continue to inspire, educate, and protect, knowing that united, we truly are making the world a safer place for all children. Here's to the powerful impact we're creating—together!

With heartfelt gratitude,

Chrissy Sykes





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 2.3 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.

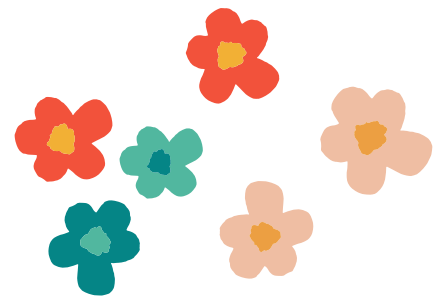
To get started, please visit www.mbimb.org to learn more about the programme and how you can contribute.

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





60s



A Groovy Night Barnsley Rockley Rotary Club's 60s Fundraiser

By: Chrissy Sykes

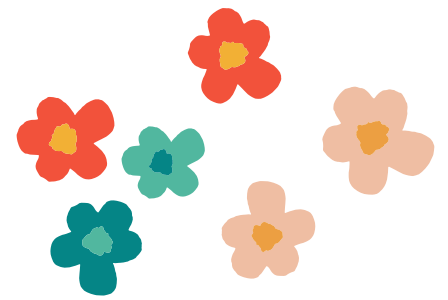
On October 9th, the Barnsley Rockley Rotary Club took a trip back in time, hosting a fabulous 60s-themed evening to raise funds for the My Body Is My Body Foundation. The night was filled with nostalgic tunes, community spirit, and a lot of fun—all in support of an important cause. Founder of the MBIMB Foundation, Chrissy Sykes, and her husband brought the 60s alive with live performances of classic hits, setting the perfect mood and getting everyone swaying to the beat. Adding to the retro vibes, Stuart Sykes led a lively 60s quiz, testing everyone's knowledge of the era's music.

The evening featured a raffle with exciting prizes, and as the night drew to a close, guests took to the stage for a spirited session of karaoke. Laughter, singing, and friendly competition filled the air, making it a night to remember for everyone in attendance.





60s



A Groovy Night

Barnsley Rockley Rotary Club's 60s Fundraiser

Thanks to the efforts of the Rockley Rotary team and the generous support of attendees, the event raised an impressive £430 for the My Body Is My Body Foundation. Special thanks go out to Jennifer Linskey, Christine Richards, and Alwyn Richards for their dedication and hard work in bringing this event to life. The Foundation would also like to extend its gratitude to the other Barnsley Rotary Clubs for their wonderful support and encouragement, which made the evening such a success.

It was an unforgettable night of music, community, and purpose, and we're incredibly thankful for the generosity and enthusiasm that made it all possible. Here's to more events like this, where fun and philanthropy go hand in hand!

We would also like to say a big thank you to the Co-op Community Fund for their kind donation to MBIMB Foundation that enabled us to share MBIMB flyers and booklets during the evening.



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

An Inspiring Afternoon with the Inner Wheel Club of Hull

By: Chrissy Sykes

I recently had the honor of speaking to the wonderful ladies of the Inner Wheel Club of Hull, a group with a rich history of service and community spirit dating back to 1938. As part of one of the largest women's voluntary organizations in the world, these ladies have dedicated themselves to fostering friendship, promoting personal service, and advancing international understanding within their community.

My invitation to speak came from Norma Sharp, who made me feel exceptionally welcome from the moment I arrived. The afternoon was filled with warmth, curiosity, and a shared commitment to making a positive impact. As I shared the mission of the My Body Is My Body program, the ladies were attentive and deeply engaged, showing genuine interest in the work we're doing to protect and empower children worldwide.



One of the highlights was sharing videos of children from around the world singing the My Body Is My Body song. The ladies loved seeing children from diverse backgrounds embracing the message of self-protection through song, and it was heartwarming to see how this message resonated with them. Their enthusiasm and support were incredibly encouraging.

After the talk, I was delighted to connect with several inspiring women and even received a few invitations to speak at other clubs around the country. It was a memorable afternoon, and I left feeling not only grateful for the opportunity to share our work but also inspired by the dedication of these remarkable ladies. Thank you to Norma Sharp and the Inner Wheel Club of Hull for a truly wonderful experience!

We would also like to say a big thank you to the Co-op Community Fund for their kind donation to MBIMB Foundation that enabled us to share MBIMB flyers and booklets during the evening.

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.

www.mbimb.org
chrissy@mbimb.org



DONATE TODAY

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



**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.



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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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GREETINGS TO YOU FROM YMCA MADURAI.



Through this brief note, I would like to thank you for the opportunity given to our children with hearing impairment to understand My body is My Body.

Very specially they could better understand the concepts of good touch and bad touch, listening to their own feelings, how to react in strange situations, conveying their problems to some one significant, not to keep secrets and to understand love is gentle and kind. The sign language interpretation was very clear and simple. I am sure this would last in their memories.

Once again thank you very much for great mission. My special thanks to Mr.Darwin Moses for reaching out to us with this very valuable information.

May God Bless You.

*Yours Sincerely,
J.Shamila Doris
General Secretary
YMCA Madurai*

Empowering Change Through Film: MBIMB Joins Coimbatore Festival to Inspire Youth in the Fight for Child Rights

By: Darwin Moses

The District Child Protection Unit, Coimbatore, in collaboration with the Social Work Department of Bharathiar University and the Paavai Foundation, successfully organized a significant film festival on October 17th and 18th, 2024, dedicated to raising awareness about crucial child welfare issues such as child labor, child marriage, child abuse, and the challenges faced by migrant laborers.

This festival not only highlighted pressing social problems but also encouraged youth engagement by inviting college students to participate in a film competition, empowering them to creatively explore these themes through the powerful medium of film. The selected films were showcased at local government schools, fostering meaningful dialogues among students and community members. The initiative aimed to spark conversations that promote greater awareness and proactive involvement with child rights.

A special highlight of the festival was the telecast of **"My Body is My Body"**, a program promoting the prevention of child abuse through songs, presented with **Indian Sign Language and captions**. This segment underscored the festival's commitment to inclusivity and accessibility, further enriching the engagement with child protection themes.

The event was coordinated by **Dr. R. Arjunan**, Associate Professor, and **Dr. N. Shanmugavadivu**, Assistant Professor, from the Department of Social Work, Bharathiar University, along with **Mr. Balasubramaniam**, District Coordinator from Paavai Foundation. This collaboration between educational institutions and social organizations demonstrated the power of collective action in addressing societal challenges and cultivating a more informed community committed to protecting the rights and welfare of children.

Through these efforts, the festival served as both an artistic platform and a catalyst for change, encouraging students to take active roles in advocating for vulnerable populations and fostering essential dialogue on child welfare.

பாரதியார் பல்கலைக்கழகம் BHARATHIAR UNIVERSITY

DR. U

N CENTRE



பாரதியார் பல்கலைக்கழகம் BHARATHIAR UNIVERSITY

DR. U

N CENTRE





MBIMB Ambassadors



Rotary




EMPOWERING GIRLS


An essential message of empowerment has been delivered by District 9400 Governor George Senosha and District Chair Maggie Moruntshi as they visited clubs across Gauteng. During these visits, Maggie introduced the Empowering a Girl Child programme, emphasising the importance of collaborative efforts and increased support for the My Body is My Body initiative.


“As we strive for a more equitable future, I am committed to ensuring that no child is left behind. Diversity, equity and inclusion are top priorities,” she stated. The My Body is My Body initiative, developed in 1989 by Chrissy Sykes, is a globally recognised programme that teaches children about body safety and abuse prevention. Using engaging songs and activities, the programme educates children in an age-appropriate and non-threatening manner, equipping them with the skills and confidence to protect themselves. Available in multiple languages, it has reached over 2.5 million children across more than 60 countries, thanks to a dedicated network of volunteers, educators and NGOs.


Maggie urged all members to empower girls to reach their full potential, while also ensuring boys are included. She extended an invitation to all Rotary members, including Rotaract, Interact, RYLA Alumni and EarlyAct chairs to join this vital movement. Maggie highlighted that resources from the My Body is My Body initiative are also available online, providing valuable tools for parents, teachers and community leaders to introduce the subject of body safety within their communities effectively. For more information on supporting the Empowering a Girl Child and My Body is My Body initiatives, please contact Maggie Moruntshi at +27 76 893 0762 or via email at maggie.lebepe@angloamerican.com.


EMPOWERING GIRLS




Rotary 

 Girls' Empowerment

 My Body Is My Body

 District 9400
Rotary
DISCON 2025
1-4 MAY
Breaking New Ground



Maggie Moruntshi
District Chair GE-MBIMB



Fourways Main Reef
Rotary Club

THE FOURWAY TEST

Of the things we think
say and do

Is it the truth?

Will it be fair to all
concerned?

Will it build goodwill and
better friendships?

Will it be beneficial
to the community?



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

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



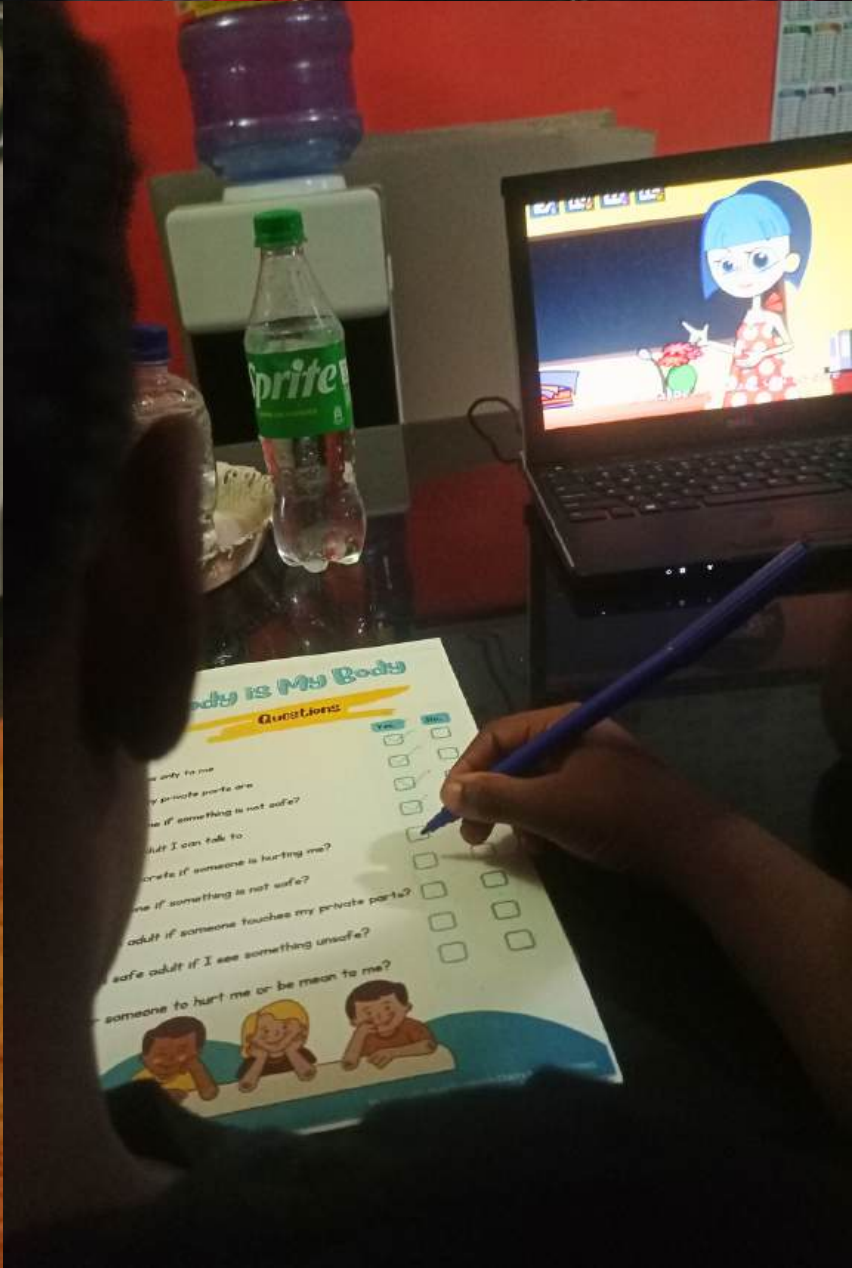
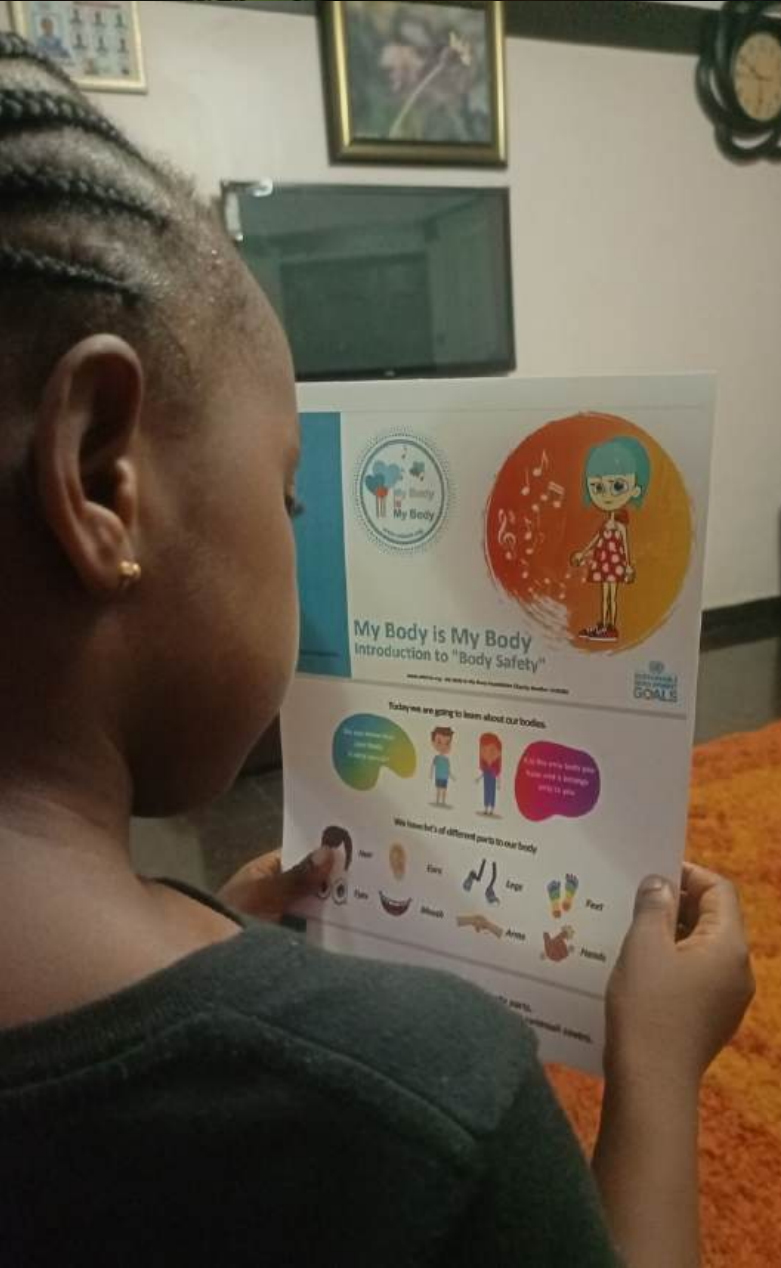
Empowering Children Across the Globe: A Testimonial from Igbagbosanmi Oyediran

"I am immensely grateful for the vision you have created to empower children worldwide through your work. I first took the training courses last year, but I recently revisited them and felt even more inspired. I'm now prepared to bring this crucial message to my community, creating awareness about child abuse with the invaluable resources you've provided.

I've attached pictures and videos from my first two trainings, and I'm aiming to reach at least 100 children by the end of this year. Thank you once again for launching such a meaningful initiative."

*Best regards,
Igbagbosanmi Oyediran
Director, Heart Expression and Care-Giver Initiative*







Empowering Children with “My Body is My Body” – A Story from Davina Care Foundation

At Davina Care Foundation, our mission to teach children about self-protection and body awareness has been made even more impactful with the My Body is My Body (MBIMB) program. Thanks to Chrissy Sykes and her dedicated team, the program's simplified and engaging teaching aids have become a cherished part of our sessions, bringing critical lessons to life in ways that are both memorable and enjoyable for the children we serve.

The colorful visuals immediately captivate the children's attention, and they react with such enthusiasm—screaming with excitement and anticipation! This positive energy opens them up to learn,





Empowering Children with “My Body is My Body” – A Story from Davina Care Foundation

and it's clear they feel safe and engaged in the process. The MBIMB songs and materials resonate deeply, making it easier for the children to understand and remember these important messages.

As an Ambassador for MBIMB, I am committed to using these materials because I've seen firsthand the good effect they have. I can confidently say that MBIMB is making a difference, equipping young minds with the knowledge to stay safe and empowered.

Thanks to the tools and support from Chrissy and her team, we at Davina Care Foundation are even more equipped to reach these young hearts and help create a safer community for them.





EMPOWERING YOUNG MINDS: MBIMB SENSITIZATION SESSION AT LEA PRIMARY SCHOOL, TURU VOM

BY MUNIRATU JIBRIN

On October 11, 2024, the Mujib Hope Foundation (MHF) team in Jos carried out a powerful and inspiring sensitization session at LEA Primary School in Turu Vom, Plateau State. This event, part of the My Body Is My Body (MBIMB) initiative, was designed to equip young students with essential knowledge about self-protection, fostering a safer and more aware generation.



MHF Staff in Attendance :

- Miriam Badung
- Emmanuel Sunday

Arriving at the school at 10:20 AM, the MHF team was warmly welcomed by the assistant class teacher and introduced to an eager group of students. The session, led by Mr. Emmanuel, engaged the children on critical topics, including personal safety, recognizing inappropriate behavior, and the importance of standing up against bullying.

Through an interactive format, the session allowed students to share their thoughts and concerns openly, encouraging them to identify trusted adults they could confide in at school or home if faced with uncomfortable situations.



EMPOWERING YOUNG MINDS: MBIMB SENSITIZATION SESSION AT LEA PRIMARY SCHOOL, TURU VOM

BY MUNIRATU JIBRIN

A highlight of the visit was the distribution of small but meaningful gifts. The MHF team donated 20 pencils to the students and presented a certificate of appreciation on behalf of MHF's Executive Director and staff, symbolizing their commitment to fostering a supportive educational environment.



A Teacher's Gratitude

The session resonated not only with the students but also with the school staff. In a message of appreciation, the class teacher and headmaster expressed their gratitude:

"We are truly thankful for this impactful activity. Our school is fortunate to receive visits from various NGOs, and we appreciate the dedication and resources they contribute. Without their assistance, many societal issues would remain unaddressed. May the good Lord bless you all."



EMPOWERING YOUNG MINDS: MBIMB SENSITIZATION SESSION AT LEA PRIMARY SCHOOL, TURU VOM

BY MUNIRATU JIBRIN



TRANSFORMING LIVES

Reaching Young Hearts and Minds

The MBIMB session reached a total of 76 pupils, comprising 36 boys and 40 girls, ensuring that each child had the opportunity to gain valuable insights into self-protection and body safety.

Celebrating International Day of the Girl Child

In honor of International Girl Child Day, Miss Miriam, a member of the MHF team, extended the initiative's focus on empowerment by distributing sanitary pads to the female students. This act of care not only provided much-needed resources but also encouraged open discussions on hygiene and awareness, topics crucial for young girls as they grow.

A Dedicated Team, A Lasting Impact

This impactful day was made possible by the dedication of MHF team members Miriam Badung and Emmanuel Sunday, whose efforts were instrumental in making the session both educational and memorable. The MHF Jos team is proud of the impact they created and looks forward to future opportunities to inspire, educate, and support young minds.

Through collaborations like these, the My Body Is My Body program continues to expand its reach, nurturing safer communities and instilling confidence in children to protect themselves and their peers.

FEEDBACK FROM OUR NIGERIAN AMBASSADOR BALA BAKO



Morrawa Divine Academy Tafawa Balewa

Principal's feedback:

Jonah Stephen, the principal of Marrawa, said that the "Body is My Body" program promotes a safer, more informed community where children are better protected and more aware of their rights. Thank you, MBIMB Foundation, and thank you, Chrissy, for bringing this special program to Nigeria and Africa at large.

Government Secondary School Rafin Gimba

Principal's feedback:

James Yakubu K.

The principal's feedback on the MBIMB Program: He said, This program has brought about community awareness. Implementing such programs in the community helps create a culture of awareness around child safety, where adults and children alike are more conscious of the importance of respecting personal space and boundaries. This collective understanding can foster a safer environment for all children.

Vintongha Nursery and Primary School T/B.

Principal's feedback on the program.

Mrs. Rifkatu Musa said, the program has educated children in our school about the risks of unsafe situations and inappropriate behavior, helping to prevent abuse. Children have learned to recognize red flags and can seek help more quickly if they find themselves in an unsafe situation. Thank you, MBIMB Foundation. We hope to see you again.

Unity College Bauchi

Principal's feedback:

We, the entire staff of the college, would like to say thank you to the MBIMB Foundation. After the introduction of this program to our school, we have observed a positive change in our students' behavior. The MBIMB program has encouraged them to speak up if they feel uncomfortable or if something happens to them.

Thank you Chrissy for bringing this great awareness to children across the globe.

THOUGHTS FROM OUR NIGERIAN AMBASSADOR FAVOUR TOLANI OLUWAGBEMIRO



I am thrilled to share that I recently completed an enriching and engaging training with the "My Body Is My Body" programme.

This course was a profound journey into the heart of #child #safety, emphasizing the critical role of trusted #adults in a child's life.

As #educators, #mentors, and #caregivers, we are often the first line of defense in ensuring the #well-being of our #children.

But what does it truly mean to be a "trusted adult"?

A trusted adult is someone who a child feels safe with, someone they can confide in without fear of judgment or betrayal.

This could be

- ♥ a teacher,
- ♥ a religious leader,
- ♥ an administrator, or
- ♥ even a family member like
- ♥ an uncle or
- ♥ aunt.

The essence of being a trusted adult lies in our ability to #listen, #support, and #protect the confidentiality of the information shared with us.

FEEDBACK FROM OUR NIGERIAN AMBASSADOR FAVOUR TOLANI OLUWAGBEMIRO



The Challenge of Trust

During a recent discussion with one of my students, she confided in me that she struggles to open up about her #personal and #family issues because she fears that her problems will become gossip fodder. This revelation was both heartbreaking and eye-opening. It underscores the importance of #discretion and #confidentiality in our roles as trusted adults.

Building Trust Through Discretion

To truly earn the trust and confidence of our children, we must be vigilant about maintaining their privacy.

Here are a few ways we can achieve this:

1. Listen Actively:

Show genuine interest in what the child is saying. This builds a foundation of trust.

2. Maintain Confidentiality:

Unless the child's safety is at risk, keep their confidences private. This reassures them that they can trust you.

3. Be Consistent:

Consistency in our actions and words helps children feel secure and understood.

4. Encourage Open Communication:

Foster an #environment where children feel safe to express their thoughts and feelings without fear of judgment.

Join the Movement

The "My Body is My Body" foundation offers invaluable resources and training for anyone involved in the care and education of children. By joining this platform, you can learn how to become a trusted adult and make a significant impact on the lives of the children you interact with.

I encourage all educators, caregivers, and #community #leaders to join this platform and take part in this vital training. Let's create a safer, more supportive environment for our children.



 SAFEGUARDING[®]
FUNDAMENTALS



Working Together





World Day for the Prevention of Child Abuse

November 19, 2024

19 days of professional support and activism.

November 1 -19



IN SYNERGY
WITH
WORLD
CHILDREN'S
DAY

SHOW ALL OUR CHILDREN THEIR INNER BEAUTY.
AND GIVE THEM A SENSE OF PRIDE TO MAKE THEM
EXCEL AT EVERYTHING. LET THEIR LAUGHTER BE
OUR FUTURE.



A better
future for
every child

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



OUR FREE COURSE FOR CHILDREN

DIGITAL DISCOVERERS: YOUNG EXPLORERS NAVIGATING THE INTERNET



1

Lesson 1

Digital Discoverers - What is the Internet?

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

2

Lesson 2

Digital Discoverers - Navigating the Internet

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



OUR FREE COURSE FOR CHILDREN

DIGITAL DISCOVERERS: YOUNG EXPLORERS NAVIGATING THE INTERNET



3

Lesson 3

Digital Discoverers - Understanding Websites

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



4

Lesson 4

Digital Discoverers - Understanding Internet Safety and Privacy

In this module, students will learn about online privacy and the importance of keeping personal information safe while using the internet. They will understand the concept of personal information and the potential risks of sharing it online. Students will explore safe and unsafe online behaviours, comparing them to playground behaviours, and develop an understanding of actions to take when encountering uncomfortable situations online. Trusted adults play a crucial role in guiding and supporting students, encouraging them to seek help whenever necessary.





OUR FREE COURSE FOR CHILDREN

DIGITAL DISCOVERERS: YOUNG EXPLORERS NAVIGATING THE INTERNET



5

Lesson 5

Digital Discoverers – Exploring Email and Online Communication

In this module, students will learn about emails and online messaging. They will learn what emails are, how they are sent and received, and the fundamentals of online messaging.

6

Lesson 6

Digital Discoverers – Strong Passwords

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



OUR FREE COURSE FOR CHILDREN

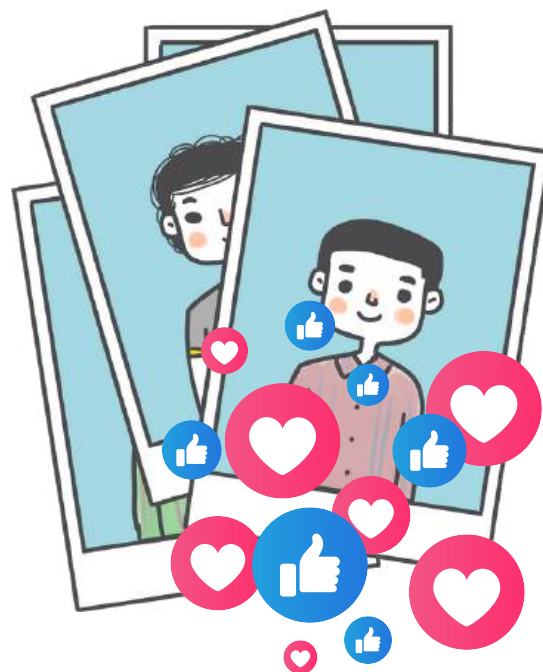
DIGITAL DISCOVERERS: YOUNG EXPLORERS NAVIGATING THE INTERNET



Lesson 7

Digital Discoverers – Sharing Photos and Videos Online

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



Lesson 8

Digital Discoverers – Cyberbullying

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





OUR FREE COURSE FOR CHILDREN

DIGITAL DISCOVERERS: YOUNG EXPLORERS NAVIGATING THE INTERNET



Lesson 9

Digital Discoverers - The Importance of Asking for Help

In this module, children will learn the importance of asking for help. Then, as they encounter uncertain or uncomfortable situations online, they will understand how crucial it is to reach out for assistance. They will understand that it's okay to seek guidance from trusted adults. These can include parents, teachers, or counsellors, who can provide support and answer questions. Children will be encouraged to openly share their concerns and show specific examples to adults. This will enable them to better understand and address the issues.



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 MALDIVES



Jameel Usman



My Body is My Body Foundation
Charity Number 119901

NEW AMBASSADOR CAMEROON



Ediage Alobwede Paul



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR CAMEROON



Cindy and Etane's Foundation



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR PAKISTAN



Ayesha Fatima

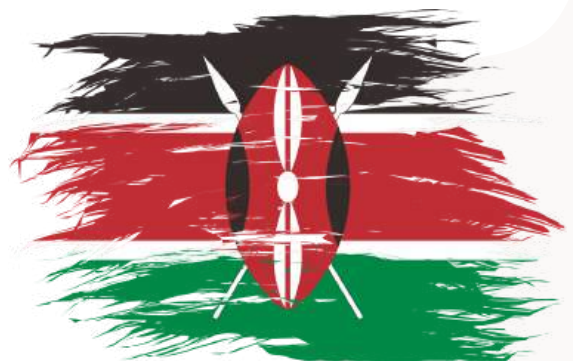


My Body is My Body Foundation
Charity Number 119901

NEW AMBASSADOR KENYA



Duncan Ndeda Omumia

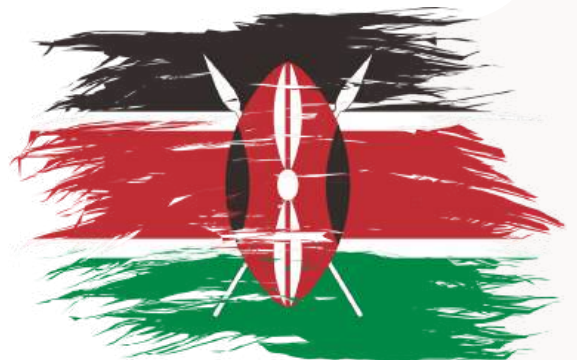


My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR KENYA



Edinah Mwebi

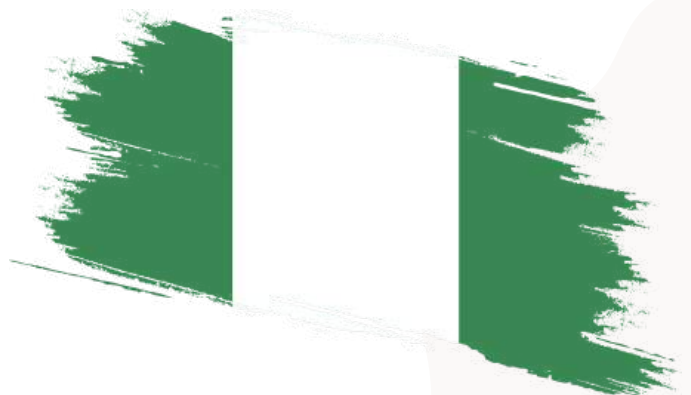


My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR NIGERIA



Oluwagbemi Favour



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR SOUTH AFRICA



Zandile Khumalo



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR SOUTH AFRICA



Margaret Moruntshi



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR SOUTH AFRICA



Jacqueline Van Wyk



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NEW AMBASSADOR SOUTH AFRICA



Katlego Mahlo



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Rhonda James



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Nico-Ria Lebepe



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Patience Thuli Khoza



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Kantoro Sarah



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

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.

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Join our MBIMB Community
www.mbimb.org

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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.

www.space.auto