

# MBIMB

February 2025 Newsletter

**MAKING A  
DIFFERENCE IN 2025:  
WHY NOW IS THE  
TIME TO ACT**





# TABLE OF CONTENTS

3	<b>Editor's Note</b>
6	 <b>Renewed Warnings Over Deadly 'Blackout Challenge'</b>
12	 <b>Why 2025 Is Our Crucial Turning Point</b>
21	 <b>Being a Woman in a Man's World: A Reflection</b>
24	 <b>Ambassadors Making A Difference in Southern Africa</b>
30	 <b>Celebrating Success in Tanzania:</b>
34	 <b>Malawi - Building Safer Communities</b>
38	 <b>Making an Impact in Kenya:</b>
40	 <b>Ram Ratna International School</b>
44	 <b>Empowering Children Through Awareness and Art</b>
48	 <b>The Wuraola Foundation's Visit to REMESCROWN</b>
52	 <b>Darren Hart - A Day To Remember At Sidon Home</b>
56	 <b>Bringing Smiles and Safety to House of Recab Orphanage</b>
59	<b>MBIMB Ambassador Of The Month</b>
60	<b>MBIMB New Ambassadors</b>





# MBIMB FEBRUARY 2025 NEWSLETTER



Dear Ambassadors and Supporters,

When I first penned the song “Kimberley” in 1986, inspired by the tragic story of a young girl who lost her life to abuse, I couldn’t have imagined the journey it would set me on. From those early days to now, the My Body Is My Body Programme has grown beyond my wildest dreams, reaching millions of children worldwide.

This incredible impact has been possible because of the unwavering dedication of our ambassadors, educators, parents, and supporters like you. Together, we’ve used the universal language of music to teach children about body safety, empowering them to understand their rights and protect themselves.

However, our mission is far from complete. Many children, especially those in remote or underprivileged areas, still lack access to the resources they need to learn these vital lessons. While digital platforms have allowed us to reach many, printed materials like workbooks and tutorials are essential for communities with limited or no internet access.

This is where we need your help. Your generous donations enable us to produce and distribute these crucial materials, ensuring that every child, regardless of their circumstances, has the opportunity to learn about body safety.

- £5 can print our teacher’s lesson plans for all 6 songs.
- £10 can print 4 children’s workbooks.
- £85 can supply a school with 30 Children’s Workbooks, teachers lesson plans and classroom posters.

By supporting MBIMB, you’re not just donating; you’re investing in a child’s safety, confidence, and future. You’re helping to create a world where children are informed, protected, and free from fear.

I invite you to join us in this mission. Together, we can continue to make a difference, one child at a time.

With heartfelt gratitude,

A handwritten signature in cursive script that reads "Chrissy".

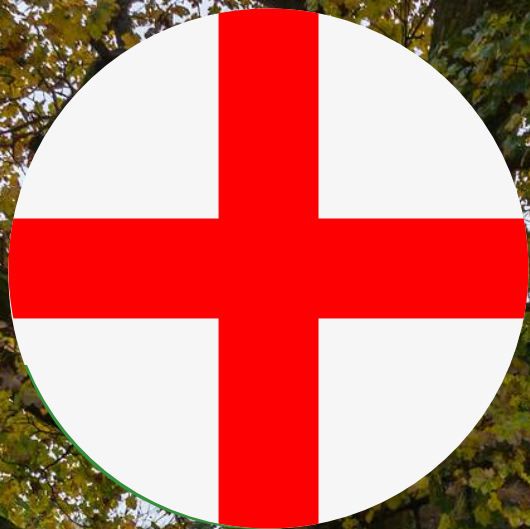
Chrissy Sykes  
Founder, My Body Is My Body Programme



[CLICK HERE](#)









# Exciting Interview with Penistone Radio!

I had the wonderful opportunity to chat with the fantastic @Zaina Khan on Penistone Radio, where I shared the story behind the My Body Is My Body (MBIMB) Programme. Zaina was an incredible host, and it was such a pleasure to discuss how MBIMB is helping to empower children with body safety education across the world. From the inspiration behind the programme to the global impact it's having, we covered why safeguarding education is essential for every child, parent, and educator.

A huge thank you to Zaina and the team at [PENISTONE COMMUNITY RADIO LTD](#) for giving me the platform to spread awareness and continue our mission of keeping children safe.



💙 #MBIMB  
Making A Difference  
Every Day 💙





# **Renewed Warnings Over Deadly 'Blackout Challenge' What Parents Need to Know**

by dee russell thomas





# Understanding the ‘Blackout Challenge’

The ‘Blackout Challenge’—also referred to as the ‘Choking Game’ or ‘Pass-Out Challenge’—has been around since at least 2008, according to reports from the Centers for Disease Control and Prevention (CDC). The challenge involves holding one’s breath or restricting airflow to experience a temporary euphoric state. However, even a few minutes without oxygen can cause irreversible brain damage or death.

Medical professionals caution that oxygen deprivation mimics the effects of drowning, choking, or cardiac arrest. Dr. Nick Flynn, speaking to the Irish Examiner, stated:

“If you have low oxygen to the brain for over three minutes, you can get brain damage. If it lasts over five minutes, it can result in death.”

## Recent Concerns and Reported Cases

Several cases in recent years have been linked to this dangerous trend:

- In 2021, a 12-year-old boy in Oklahoma lost his life after reportedly attempting the challenge.
- In 2022, a report from Bloomberg Businessweek attributed at least 15 deaths in children 12 and under to the challenge over an 18-month period.
- In April 2024, two New Jersey middle school students passed out after attempting the challenge. One student required hospitalization, while the other received medical attention from school nurses.
- Parents in the UK and the US have filed lawsuits after the tragic deaths of children who may have attempted the challenge.

While the challenge is not exclusive to any one platform, experts urge parents to be aware of the risks associated with online trends and to have open discussions with their children about online safety.



# Signs That a Child May Be Participating in the Challenge

Also referred to as the “choking challenge” or the “pass-out challenge,” the “blackout challenge” encourages users to hold their breath until they pass out due to a lack of oxygen.

“What is actually going on in the brain is a lack of oxygen similar to when someone is drowning, choking, or having a cardiac arrest,” Dr. Nick Flynn explained to the Irish Examiner. “If you have low oxygen to the brain for over three minutes you can get brain damage and if you have low oxygen to the brain for over five minutes it can result in death.”

What are signs that someone is trying the ‘Blackout Challenge’?

The CDC also released a list of signs that might indicate someone is trying the “blackout challenge,” including:

- **Bloodshot eyes**
- **Unexplained marks on their neck**
- **Severe headaches**
- **Feeling disoriented after spending time alone**

**If you notice these symptoms in a child, it is important to speak with them immediately and seek medical attention if necessary.**





# Social Media's Role & Platform Response

Social media has increased the speed at which trends—both positive and dangerous—spread among young users. While platforms like TikTok have actively removed content related to the 'Blackout Challenge', reports indicate that some children may still come across related videos through external sources or private messages.

**TikTok has also blocked searches for the 'Blackout Challenge' on its platform to prevent further exposure.**

## How Parents and Educators Can Help

**As child safety advocates, we must focus on education, awareness, and prevention. Here's how you can help:**

- ♥ Talk to your children about the dangers of online challenges and explain why oxygen deprivation is extremely dangerous.
- ♥ Monitor social media use and ensure children are engaging with safe and age-appropriate content.
- ♥ Encourage open conversations so children feel comfortable discussing what they see online.
- ♥ Stay informed about online trends to proactively address potential risks.

At My Body Is My Body (MBIMB), we remain committed to spreading awareness and providing resources to protect children from harmful online trends.

## Let's Keep Children Safe Together

**Every child deserves to grow up in a safe, supportive environment—both online and offline. By working together as parents, teachers, and community leaders, we can help ensure children understand the risks of dangerous trends and feel empowered to make safe choices.**





# CHANGING LIVES WITH EVERY DONATION

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





# 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



# The Urgency: Why 2025 Is Our Crucial Turning Point

*Imagine a world where every child feels safe, valued, and empowered to speak up—a world free from the shadows of abuse and neglect. In 2025, this vision is not just a dream but a mission we can all champion.*







# The Urgency: Why 2025 Is Our Crucial Turning Point

## **Despite advancements, the stark reality remains:**

It's a troubling reality: millions of children worldwide are still living with the shadow of violence, abuse, and neglect. Recent global data provide a stark reminder of just how widespread these problems remain. According to the World Health Organization (WHO), nearly half of all children aged 2–17—up to 1 billion—experienced physical, sexual, or emotional violence or neglect in the past year alone. The problem begins early, with approximately two-thirds of children worldwide facing corporal punishment or psychological aggression at home. For nearly 400 million children under age five, physical discipline and emotional harm are a daily reality. Tragically, many of the places that should be the safest—homes, schools, and communities—are often where the harm occurs.

## **The issue extends beyond physical discipline.**

Sexual abuse remains a global crisis. Data from UNICEF and WHO reveal that one in five women and one in seven men recall being sexually abused as children. In total, around 650 million girls and women, as well as 120 million girls under 20, have experienced sexual violence. Boys, though equally vulnerable, often face additional stigma, making their abuse significantly under-reported. Emotional abuse—insults, humiliation, intimidation—often accompanies physical violence, leaving deep and long-lasting scars. Meanwhile, neglect, the most common form of maltreatment in many official reports, frequently goes uncounted, especially in areas of extreme poverty or crisis.

## **Adding to this complex landscape is the rise of online exploitation.**

The increasing reach of the internet has opened new doors for predators. Between 2019 and 2021, the number of reported cases of online child sexual abuse material surged by nearly 90%, climbing to over 32 million cases globally. A growing concern is the prevalence of “self-generated” explicit images of children, often coerced by offenders. The U.S. National Center for Missing & Exploited Children received nearly 30 million reports of suspected online child sexual exploitation in a single year. This alarming trend underscores the fact that the threat to children is no longer confined to physical spaces but now extends to the digital world.





# The Urgency: Why 2025 Is Our Crucial Turning Point

Despite growing awareness and increased reporting, the overall prevalence of child abuse has not shown significant improvement. In some regions, heightened reports may simply reflect better recognition of abuse rather than a genuine decline. Disturbing statistics, such as the estimated 40,000 children who were victims of homicide in 2017, highlight the ongoing severity of the crisis. The COVID-19 pandemic likely worsened these conditions, as lockdowns and school closures left many children trapped in abusive environments without their usual support systems.

In summary, child abuse remains a global crisis that cuts across all socioeconomic and cultural boundaries. The numbers are staggering, the stories heart-wrenching. But shining a light on these issues is a critical first step.

***By increasing awareness, investing in prevention, and expanding support networks, we can begin to dismantle the cycles of violence and create safer, healthier environments where all children can thrive. The time to act is now.***

We know that children are often vulnerable not just to strangers but also to those they trust most—within their homes, schools, and communities. Parental mental health issues, housing insecurity, and poverty have emerged as leading causes of child protection referrals in places like England, highlighting the ripple effects that social challenges can have on child safety.

Simultaneously, we've seen alarming cases in sports, education, and care systems. From basketball coaches facing charges of abuse to schools implementing disciplinary policies so strict that they increase anxiety and mental distress, the environments meant to nurture children can sometimes fail them. And yet, these stories also offer a clear call to action: communities, educators, and organizations must do more to ensure that every child is protected from harm.







# The Urgency: Why 2025 Is Our Crucial Turning Point

## Opportunities for Change

Despite these challenges, there are reasons to be hopeful. New legislation in England and Wales, for instance, specifically targets criminals who exploit children for gang activities, with penalties designed to deter such offenses. Meanwhile, international efforts—such as the United Nations' designation of November 18 as a World Day to End Child Sexual Exploitation—help raise awareness and inspire global cooperation.

Technology, too, is stepping in to bolster safeguarding efforts. The development of automated tools for analyzing online abuse reports not only eases the burden on human analysts but also accelerates the process of identifying and preventing threats. Initiatives like these demonstrate that when innovation and compassion meet, they can create tangible progress.

## What We Can Do Together

None of us can tackle this issue alone. Safeguarding children requires a collective effort, whether it's through volunteering, supporting charities, or advocating for better policies. As 2025 unfolds, consider how you can contribute—through your time, resources, or voice—to making our communities safer for every child.

## My Body Is My Body (MBIMB)

You can help create a safer future by supporting the My Body Is My Body Programme. Whether you're a parent, teacher, community leader, or volunteer, you can take part in spreading our free resources, encouraging conversations about body safety, and making our message accessible to children in need. Together, we can ensure that every child learns their worth, feels protected, and knows they have the right to say no to anything that makes them uncomfortable. By joining this movement, you'll be helping to make a lasting impact on children's lives.

By standing together, we can ensure that the headlines of the future tell a different story—one where every child feels safe, valued, and empowered. Let's make 2025 the year we take a stand and make a real, lasting difference.



TOGETHER, WE CAN PREVENT  
ABUSE AND EXPLOITATION IN  
SPORTS AND BEYOND.



[SAFEGUARDINGFUNDAMENTALS.COM](https://www.safeguardingfundamentals.com)

EVERYBODY DESERVES TO BE SAFE IN SPORTS.  
TOGETHER, WE CAN PREVENT ABUSE AND  
EXPLOITATION.



Some of our accredited organizations include...



LEARN MORE AND GET INVOLVED AT [SAFEGUARDINGFUNDAMENTALS.COM](https://www.safeguardingfundamentals.com)



**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



**BOOK  
NOW**

# MBIMB SAFE Spaces, SAFE Futures

## Strengthening Communities in Yorkshire by Safeguarding Children

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

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



**25th  
March  
2025**

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

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

**Venue**

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

**Supported By**

**Rotary**



**Club of  
Stainborough**



Scan for more information



# The Balloon Crew



Soaring To New Heights In Safeguarding

PRODUCED BY



## Welcome to The Balloon Crew Podcast.

Join us as we soar to new heights in safeguarding, hosted by our network of safeguarding professionals sharing their expertise whilst exploring a wide range of topics.

(updated weekly)

Please be advised that we discuss sensitive content that may trigger strong emotions.



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



## DONATE TODAY

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



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

*100% of your donations go directly into the printing and distribution of our educational materials in **30 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.





*Happy  
Women's  
day*

*Sat, 8 Mar 2025*



# *Being a Woman in a Man's World:*

## **A Reflection**

By: dee russell-thomas

Let me begin by stating I am a wife of a forty-five-year marriage, a mother of three wonderful sons and a grandmother of a grandson and three granddaughters. I am not anti-men. I do not believe all men are misogynists, but I do believe there continues to be significant issues about being a woman in a man's world. I have a duty to fight for justice, safety, and equitability and to support my sisters. My own mother was an incredible role-model, and her three daughters were always encouraged to believe in their worth. Like many women I suffer from the imposter syndrome but with age comes a little wisdom and a tad more self-belief. I have never wished to succeed by stepping over other women. I have tried to find my rightful place in society and offer my hand to pull others alongside and beyond me. As a mother and wife, I also have a duty to educate the men in my life and ensure they understand the issues women face and that they also play their part in creating a fairer world for all. I am also very aware that there are challenges faced by our young men in a society of false accusation, men's mental health and pressures around what masculinity means but that story is for another day and another article! Today this is dedicated to International Women's Day.

Growing up, many women believe that hard work and talent will be the only determining factors in success. However, as they navigate through education and career opportunities, they quickly realize that being a woman in a male-dominated world presents unique challenges that require resilience, adaptability, and unwavering confidence.

From the classroom to the boardroom, women face systemic barriers that make professional and personal advancement more difficult. According to the World Economic Forum's 2023 Global Gender Gap Report, it will take approximately 131 years to close the global gender gap at the current rate of progress. Women are underrepresented in leadership roles, earning on average 16% less than men globally, as reported by the International Labour Organization. These figures are too often masked by media promoting equality, women's rights and "the modern world." Whilst we can celebrate advances, we really cannot afford to rest on our laurels. Many women remain under-valued, under-paid and subservient across our world.... And yes... in ALL countries.

Women often encounter scepticism when voicing their opinions in meetings, experience moments where their ideas are overlooked until echoed by a male colleague and feel the need to work twice as hard to be taken seriously. These challenges are not unique to a single individual. A McKinsey report highlights that women are less likely to receive mentorship or sponsorship opportunities compared to men, which are crucial for career advancement. I recall trying to juggle my own career whilst rearing three children, supporting my husband's work, and maintaining a presentable home whilst also engaging in voluntary work. Sometimes male colleagues would pass a pointed remark about my not staying on late at work, or that I took work home with me... not realising I was leaving to collect children, feed them, help with homework, and put them to bed! Too often I bit my tongue and held back from a caustic response. Had I done so I suspect I would have been accused of being over-emotional or not being able to take a joke.

*However, being a woman in a man's world is not just about facing obstacles—it is also about overcoming them. Women have made remarkable strides in breaking barriers across industries. Figures like Michelle Obama, Estee Lauder. Melinda Gates, Greta Thunburg and Malala Yousafzai serve as inspirations, proving that women can and do redefine leadership and success.*



# *Being a Woman in a Man's World:* **A Reflection**

By: dee russell-thomas

Resilience has been key for many women. They learn to assert themselves confidently, support and uplift other women, and challenge the biases that persist in workplaces and society. Organisations and movements advocating for gender equality, such as The Fawcett Society, National Assembly of Women and UN Women, continue to empower women and create pathways for progress. Also, smaller more locally established groups can be found. I belong to UN Women UK, but also a small poetry group named SheSpoke which is a multi-faith, all age, selective group of women who write and recite the spoken word. We share our stories, tackle pertinent issues, raise awareness, and more recently have linked with Palestinian women poets in the Gaza.

Despite the challenges, there is hope. There is always hope. The increasing awareness of gender inequality, the push for diversity and inclusion in the workplace, and the resilience of women across the world all signal that society is moving toward a more equitable future. The road may be long, but every step forward—whether through policy changes, breaking stereotypes, or personal achievements—contributes to building a world where women are not just accepted but celebrated. This includes ensuring women are protected from domestic violence, from sexual assaults, from Female Genital Mutilation and from forced marriages. We have responsibilities as well as rights and if we find ourselves in a position of strength then we should take time to empower others who are less fortunate.

**Being a woman in a man's world means embracing challenges while striving for change. And as history has shown, women are more than capable of changing the world. Together we are stronger and together we can make the difference we want to see in on our planet.**





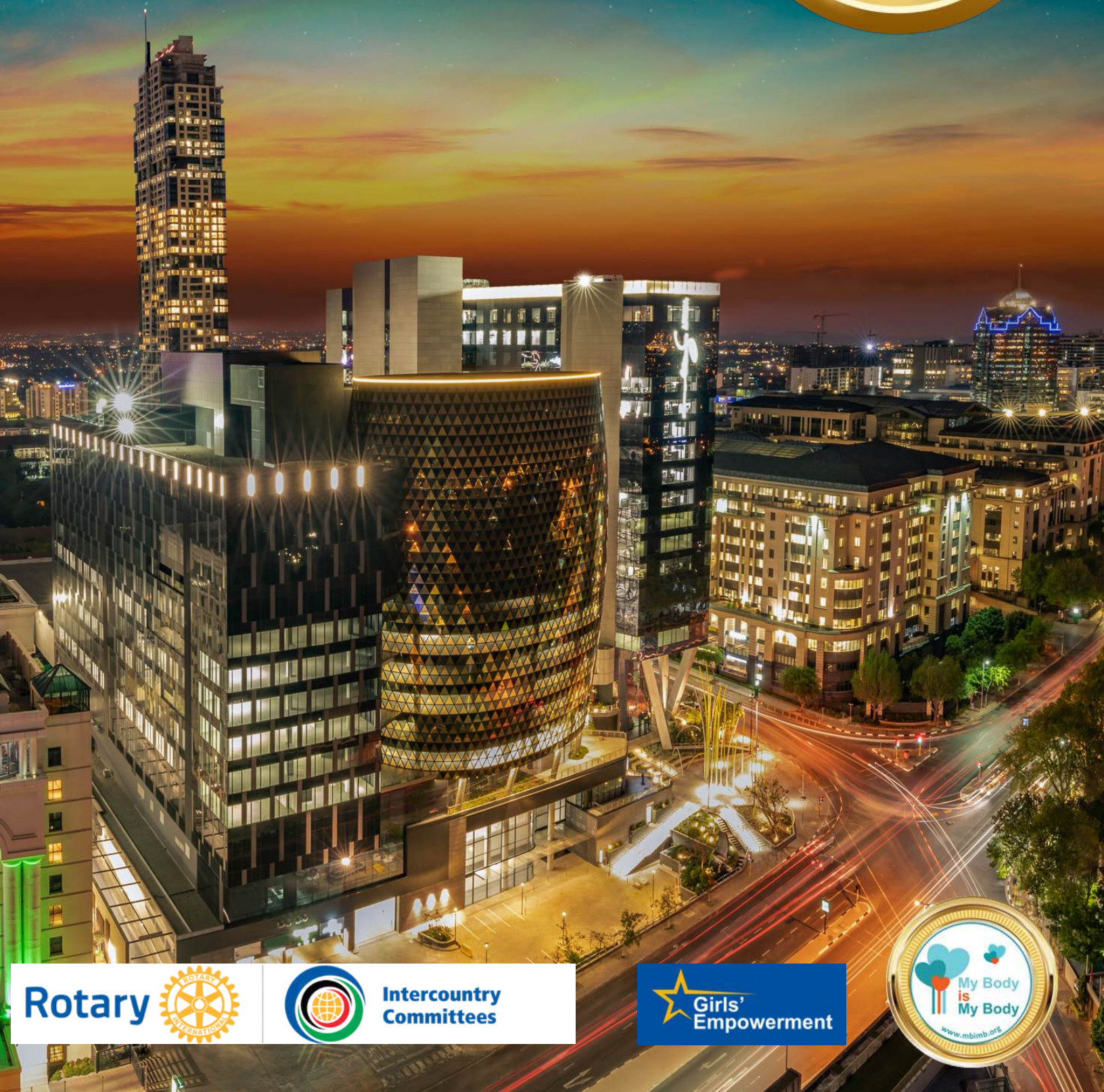
# WHAT KIND OF WOMAN DO YOU WANT TO BE?

By: dee russell-thomas

- The strongest women are those who find time to help others even though they are busy.
- The bravest women are those who are afraid but still try and are prepared to fail and try again.
- The kindest women are those who help another achieve more than they have and are not envious.
- The richest women are those with the heart of gold who give everything they can even when in poverty.
- The truest women are those who rejoice in the success of their sisters... not just assist them in their hard times.
- The fairest women are those who are honest about their achievements and appreciate their good fortune.
- The most just women are those who genuinely want to lift others with them rather than seek the higher position.
- The real women want ALL women to succeed, to be safe and to be valued and then teach their sons to want the same.











Intercountry  
Committees



# Ambassadors Making a Difference in Southern Africa

We are incredibly proud of our amazing **Rotary International** team in South Africa—**My Body is My Body Twinning with Girls Empowerment**—led by the dynamic Maggie Moruntshi Masechaba Mashao, and strongly supported by District Governor Dr. George Senosha and Past District Governor Annemarie Mostert.

This dedicated group of 92 members is on a mission to bring the My Body Is My Body programme to 120 schools in each area of South Africa, Botswana, Mozambique, and eSwatini. Thanks to their tireless efforts, they have already reached over 1,000 children, empowering them with our songs and vital messages about body autonomy. Their goal is to reach many thousands more, ensuring that children in these communities grow up with the knowledge and confidence to keep themselves safe.

To see the wonderful work being done, check out our inspiring video showcasing how children have been engaging with the programme. It's heartwarming to witness the impact of these dedicated ambassadors, and we are excited to continue supporting their efforts as they expand this life-changing initiative. Together, we are making a real difference!

## Video



Rotary



Intercountry  
Committees

Girls'  
Empowerment





# Rose of Sharon Learning Lab

During a recent training session in the North West region, I introduced the My Body Is My Body programme to a group of gender-based violence (GBV) survivors. The response was incredibly heartening. I encouraged them not only to embrace the empowering messages and songs themselves, but also to share these valuable lessons with their children, siblings, and any other young people in their lives. It was inspiring to see how this simple yet powerful programme could ripple outwards, helping more children learn how to stay safe and confident in their own boundaries.

— Ambassador Sharon Khoza, Rose of Sharon Learning Lab



Rotary



Intercountry  
Committees

Girls'  
Empowerment



**Ambassador Emma Mphela Mothomogolo**



**Ambassador Mokgaetji Masopoga  
MBIMB Ambassador of the Month**





**Ambassador Mokgaetji Masopoga  
MBIMB Ambassador of the Month**



**Maggie Moruntshi Masechaba Mashao  
and support 4 support members**







**MBIMB Ambassadors**









## **Celebrating Success in Tanzania: Certificate Ceremony for My Body Is My Body Graduates**

A big congratulations to Yohana John Rupia, our dedicated Ambassador in Tanzania! Yohana recently shared heartwarming photos from his class's certificate ceremony, marking their successful completion of the My Body Is My Body programme. The children were thrilled to receive their certificates, a testament to their hard work and understanding of these important lessons.

We extend our deepest thanks to Yohana for his outstanding efforts in teaching the programme and empowering his students with the knowledge and confidence to stay safe.





**Volunteers Needed:**

**Sing Our 6 MBIMB  
Children's Songs in**

**Hungarian**



**Ukrainian**



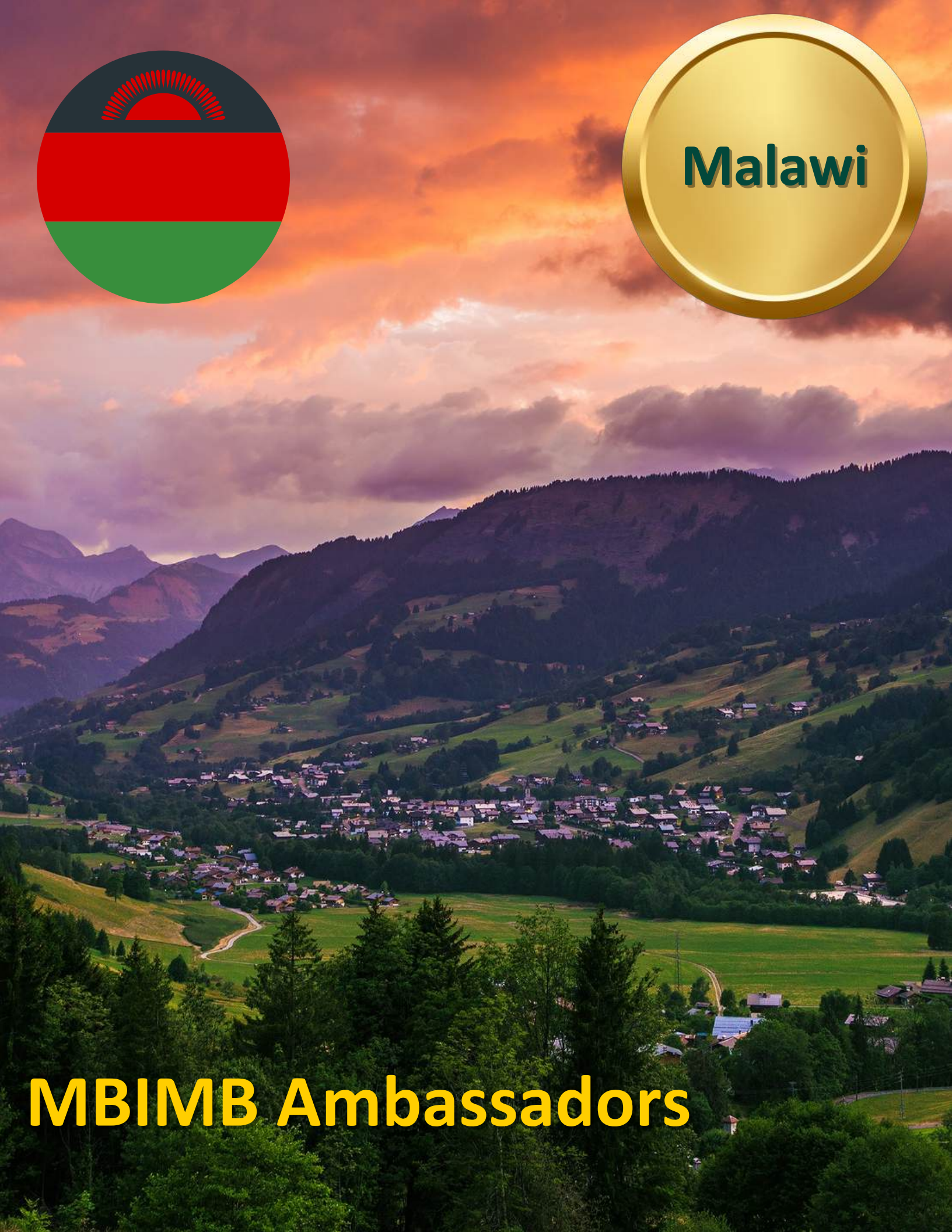
**Setswana**



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







**MBIMB Ambassadors**



# Building Safer Communities: A Successful Two-Day Safeguarding Training for Parents

By: Prince Lokendo MBIMB Ambassador

We're thrilled to share the highlights of a recent two-day safeguarding training event for parents, held from Thursday to Friday. This training, themed **Understanding Child Abuse**, brought together two distinct groups of parents and created an open, engaging platform for learning and dialogue.

With the materials provided by the MBIMB team, we delved into critical topics around child safety and protection. The parents were eager to learn, asking thoughtful and sometimes difficult questions. While we were able to address many concerns, a few questions, particularly those rooted in the challenges of camp life, highlighted the need for ongoing dialogue and support.

One recurring question was how parents can manage accusations of neglect or violation when circumstances—such as a lack of resources—make it hard to provide what their children need. While there were no easy answers, this discussion underscored the real-life struggles parents face every day and their determination to find solutions.

Despite these complexities, the training was an overwhelming success. Nearly 209 parents participated, supported by a team of nine dedicated volunteers. In addition to the valuable lessons and discussions, parents received snacks sponsored by MBIMB and a small gift of washing soap—an appreciated gesture that added a personal touch to the experience.

This training marks a significant step forward in addressing safeguarding at its source by empowering parents to better protect their children. It also served as a poignant reminder of the ongoing work required to provide support, resources, and understanding in challenging circumstances.

We extend our heartfelt thanks to MBIMB for making this initiative possible and for their unwavering commitment to ensuring the safety and well-being of children everywhere.













**MBIMB Ambassadors**



# Making an Impact in Kenya: Teaching My Body Is My Body to Children in Need

MBIMB Ambassador for Kenya Robert Njue Namu and his dedicated team have been working tirelessly to bring the My Body Is My Body programme to children across the country. By using the programme's songs and lessons, they are empowering young learners with the knowledge and confidence to protect themselves and make safe choices.

Recently, Robert and his team visited the Tabitha 3 Christian Rescue Centre, where they introduced the programme to children of incarcerated parents. This rescue centre, known for giving children a dignified life and raising their self-esteem, was the perfect setting for the My Body Is My Body message. The team focused on teaching personal safety, the importance of boundaries, and how to seek help from trusted adults.

The response was incredible. Children were fully engaged, asking questions, and practicing what they learned. The rescue centre volunteers also recognized the positive impact the programme had on the children's sense of self-worth and confidence. By sharing these critical messages, Robert and his team are helping to end stigma, build stronger futures, and ensure that these children grow up feeling loved, valued, and protected.

Thanks to Robert's team and the support of Tabitha 3 Christian Rescue Centre, more children in Kenya are learning how to stay safe and stand tall. Together, we can continue to reach more young people and make a lasting difference in their lives.









# Promoting Child Safety at Ram Ratna International School

Under the guidance of **Principal Ashish Bhatnagar**, Ram Ratna International School has taken significant steps to champion child safety. With a longstanding reputation as a visionary leader in education, Mr. Bhatnagar has been recognised with the Progressive Principal Award and the Nation Builders Award for his dedication to holistic student development. His commitment to fostering an inclusive and secure environment has shaped the school's approach to safeguarding children's well-being.

As part of this mission, Mr. Bhatnagar has wholeheartedly embraced the My Body Is My Body programme, ensuring that his teachers are equipped to deliver vital lessons on body awareness and safety. One recent activity, introduced students to key concepts like understanding private body parts, consent, and how to recognize and respond to uncomfortable situations. The teachers, guided by Mr. Bhatnagar's leadership, have focused on helping children distinguish between good and bad emotions, identify appropriate and inappropriate touches, and understand the importance of speaking up when something feels wrong.

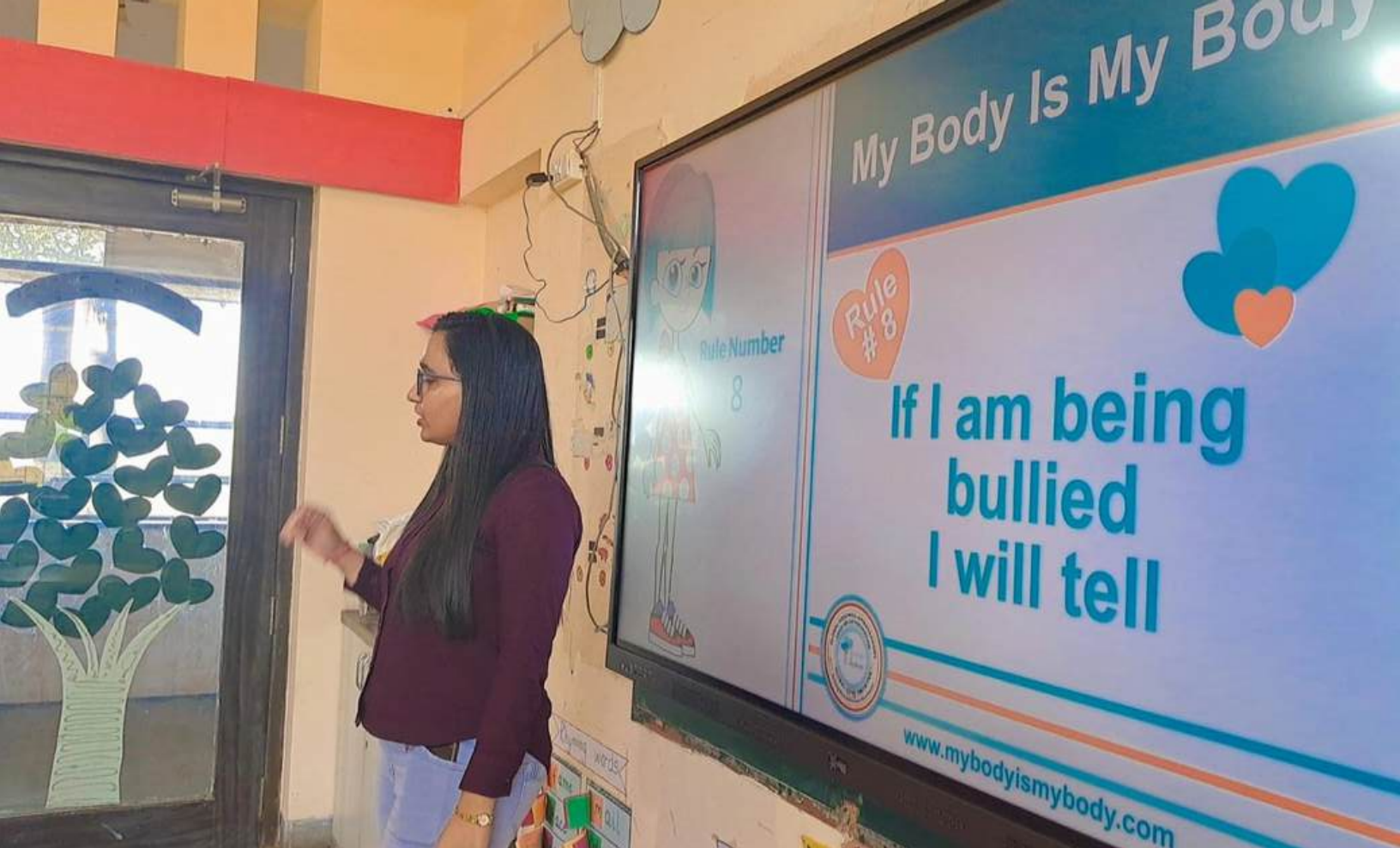
Through rhymes, songs and interactive discussions, and a follow-up quiz, the children have learned that they have the right to protect their own boundaries and can rely on trusted adults if they ever feel unsafe. Mr. Bhatnagar has been proud to share photos of his staff in action, demonstrating the school's dedication to empowering students and fostering a secure learning environment.

Ram Ratna International School's commitment to child safety reflects not only the institution's values but also Mr. Bhatnagar's vision for a nurturing educational experience. By integrating the My Body Is My Body programme into the curriculum, he has made it clear that every child's safety and well-being are top priorities.











# MG Warriors & MBIMB: Empowering Children Through Awareness and Art

At MG Warriors, we believe that small acts of kindness can create big ripples of change. One of our most meaningful initiatives is our commitment to spreading awareness about child abuse at multiple levels—engaging children, guardians, school teachers, and communities—alongside the My Body Is My Body (MBIMB) Programme.

Recently, we had the incredible opportunity to bring this message to life in a way that was both creative and empowering. Through an interactive awareness session, children not only learned about body safety but also expressed their understanding through art.

MG Warriors  
My Body is my Body  
Swapmade 1 year





With bright colours, eager smiles, and a world of imagination, young artists put their feelings onto paper—creating beautiful, powerful drawings inspired by the MBIMB message. Their artwork reflected:

- 🎨 What safety means to them
- 🎨 How kindness and awareness can help protect children
- 🎨 The importance of speaking up and seeking help when needed

At MG Warriors, we believe that awareness is the first step toward change. Partnering with MBIMB allows us to reach more children, inspire conversations, and break the silence around child abuse.

### **A Chain of Humanity: Spreading Smiles and Strength**

As mentors, we witnessed something truly special—a chain of humanity forming before our eyes. Each child who created an artwork became a messenger of the MBIMB teachings, taking these lessons home to their families and friends.

#### **Through this initiative, we were able to:**

- ✅ Empower children to speak up and seek guidance when they feel unsafe.
- ✅ Foster a sense of community where guardians and teachers actively engage in protecting children.
- ✅ Spread joy and awareness through creativity, making learning fun and impactful.







**ISPCAN**  
CONGRESS

**October  
6-9**

**WELCOME CHANGEMAKERS!**

**ABSTRACTS ARE OPEN FOR THE ISPCAN VILNIUS 2025 CONGRESS**

**SUBMIT ABSTRACTS BY FEBRUARY 2025**

**CHILD WELL-BEING IN A CHANGING REALITY**

**Themes**

**EMPOWERING  
SURVIVORS AND  
CHILDREN AT RISK**

**RETHINKING  
OUTCOMES FOR  
CHILDREN AND  
FAMILIES**

**CHILDREN AND  
FAMILIES LOST  
BETWEEN SECTORS AND  
SERVICES**

**REALITY OF A DIGITAL  
CHILDHOOD**

**EVIDENCE BASED  
APPROACHES TO  
PREVENT AND COMBAT  
ABUSE, NEGLECT, & IPV**

**SAFEGUARDING  
CHILDREN THROUGH  
EDUCATION AND  
PREVENTION**



**Debuting our Rise Up  
Policy Forum in Vilnius  
on October 9th**







***One of the students from the  
Rays of Light Orphanage in Uganda  
headed by Moses Bwambale***





**MBIMB Ambassadors**



# Spreading the Message: The Wuraola Foundation's Visit to REMESCROWN Schools

On Tuesday, February 11, 2025, the Wuraola Foundation proudly brought the My Body Is My Body campaign to REMESCROWN Schools in Elebu, Ibadan, Oyo State, Nigeria. This visit was part of our ongoing mission to create safer, happier environments for children.

The day was filled with music and learning as we used a unique musical teaching approach to engage the students. With vibrant songs and interactive lessons, we taught them about recognizing and standing against different forms of abuse. No child should ever feel alone, and no child should be left unprepared to protect themselves.

At the heart of our message was a simple yet powerful reminder: educating children about safety and boundaries should begin early. When we teach them while they're young, they listen and understand more easily. We believe that by starting these conversations early, we're not just teaching awareness—we're shaping a safer, more confident future for them.

Together, we can make the world a better and safer place for every child. The My Body Is My Body campaign doesn't stop here. We're committed to reaching both children and parents with these life-changing messages. And we need your support to keep going.

Join us in saying NO to all forms of abuse. You can also visit our website at [www.thewuraolafoundation.com](http://www.thewuraolafoundation.com) to learn more about our initiatives and find out how you can help us make a difference.

Together, we can create a world where every child feels protected,  
valued, and empowered.









# Working Together





## A Day to Remember at Sidon Home, Nairobi

The Darren Hart Foundation recently had the pleasure of visiting Sidon Home in Zimmerman, Nairobi, for a truly memorable day. Our mission was clear: to deliver donations and empower the children by teaching them the My Body Is My Body lesson. The results were nothing short of inspiring.

As we walked into the home, the children greeted us with warmth and curiosity. The lesson focused on helping them understand that their bodies belong to them, and no one has the right to harm, push, or touch them inappropriately. More importantly, they learned how to recognise unsafe situations and the importance of reporting to a trusted adult. Seeing their newfound confidence and hearing them articulate these lessons was deeply rewarding. Their smiles and proud demonstrations of what they had learned reaffirmed why we do what we do.

Moments like these fuel our passion and strengthen our resolve. Every step forward, every child we teach, every community we support—each effort brings us closer to a world where every child feels safe and protected.

*Together, we can create a safer, brighter future for children everywhere.*















Welcome to the MAAPP Membership, a dynamic platform designed to revolutionise how practitioners collaborate, learn, and improve outcomes for children, families, and adults. This is your space to access tools, resources, and insights that drive real change, all while fostering the 'Working Together' Agenda.



## **MAAPP Membership Plan (Monthly Payment Option)**

### **What's included**

- ✓ Monthly training which will contribute to your CPD
- ✓ Ongoing Keyring Updates
- ✓ Monthly Newsletter





# Bringing Smiles and Safety to House of Recab Orphanage

On January 28th, 2025, the Mujib Hope Foundation (MHF), in partnership with Sunshine Family Volunteers (SFV) Club's "Reach One Reach All" initiative, organized a heartwarming visit to the House of Recab Orphanage in British, Jos. This meaningful day was dedicated to uplifting the lives of children through donations, education, and joyful activities.

The highlight of the visit was a My Body Is My Body (MBIMB) sensitization session. This interactive and engaging workshop provided the children with essential knowledge on personal safety, child abuse prevention, and how to build self-confidence. The session not only equipped the children with practical skills to stay safe, but it also created a safe space for them to ask questions and express their thoughts.

In addition to the empowering lessons, the team brought along a variety of donations—detergents, snacks, and toiletries—to support the orphanage and improve the children's day-to-day hygiene and comfort. The day was also filled with fun activities, ensuring the children had a lively, memorable experience.

A particularly special moment came when the team celebrated the birthday of Miriam Bitrus, a devoted member of the SFV Club. The celebration added a personal and joyful touch to the day, leaving smiles on everyone's faces.

Overall, the visit impacted 60 children, leaving them more confident, better informed, and feeling cared for. It was a testament to MHF's ongoing dedication to child protection and welfare. As the organization looks to the future, MHF remains committed to forming strong partnerships and delivering initiatives that enhance the lives of vulnerable children.





MUJIB HOPE FOUNDATION



TRANSFORMING LIVES



Sunshine Family  
Volunteers



**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](#)**



# MBIMB AMBASSADOR OF THE MONTH

February 2025

THIS CERTIFICATE PRESENTED TO

*Mokgaetji Hlaka*

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

*Chrissy Sykes*

CHRISSY SYKES  
CEO MBIMB FOUNDATION



*Margaret Morontshi*

MARGARET MORONTSHI  
DISTRICT CHAIR GIRLS'  
EMPOWERMENT



YOUR DEDICATION, PASSION, AND HARD WORK  
HAVE TRULY MADE A DIFFERENCE. FROM SHARING  
THE PROGRAM'S MESSAGE FAR AND WIDE TO  
BEING A CONSISTENT SOURCE OF SUPPORT, YOU  
EMBODY WHAT IT MEANS TO LEAD WITH HEART.  
THANK YOU FOR YOUR OUTSTANDING  
COMMITMENT TO KEEPING CHILDREN SAFE AND  
HELPING THEM FEEL EMPOWERED. YOUR  
EFFORTS INSPIRE US ALL, AND WE ARE SO PROUD  
TO CELEBRATE YOU TODAY!



# NEW AMBASSADOR GAZA



Mohammed O.A. Alghalayine



My Body is My Body Foundation  
Charity Number 1199901



# NEW AMBASSADOR SOUTH AFRICA



**Gysbert Lintvelt**



My Body is My Body Foundation  
Charity Number 1199901



# NEW AMBASSADOR SOUTH AFRICA



Celeste Lance



My Body is My Body Foundation  
Charity Number 1199901



# NEW AMBASSADOR SOUTH AFRICA



Lydia Sono



My Body is My Body Foundation  
Charity Number 1199901



# NEW AMBASSADOR SOUTH AFRICA



Mpho Mojapelo



My Body is My Body Foundation  
Charity Number 1199901



# NEW AMBASSADOR SOUTH AFRICA



Emma Mphela Mothomogolo



My Body is My Body Foundation  
Charity Number 1199901





# 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.





## 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.



## 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.



## NANCY ABDELHADI

### ADVISORY BOARD

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



## ANNEMARIE MOSTERT

### ADVISORY BOARD

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



## DR. DARWIN MOSES

### ADVISORY BOARD DIRECTOR OF INCLUSION AND ACCESSABILITY SERVICES

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



# NEW!!

# MBIMB

# COLLECTION

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

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

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





# NEW MBIMB COLLECTION

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

100%

Of Profit made on sales  
will go to the MBIMB Foundation



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





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

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



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

[www.space.auto](http://www.space.auto)