

My Body is My Body

Keeping Children Safe



June 2023

By: Chrissy Sykes





The benefits of working together

Dear MBIMB Community, Ambassadors, Friends and Supporters,

When we join forces for the united goal of the My Body is My Body Programme, incredible positive outcomes can be achieved. Collaboration among organizations and volunteers bring a sense of unity, strength, and collective power to make a real difference in the lives of children. Together, we can create a wave of positivity and empowerment that reaches far and wide across the world.

By working together, we can reach more children and communities than ever before, spreading the message of personal safety, consent, and preventing child abuse to every corner of the world. Imagine the impact we could have when our combined efforts extend beyond individual boundaries, creating a global network of support and protection.

Through collaboration, we can share our knowledge, expertise, and best practices, inspiring one another to continually improve and innovate. We can learn from each other's successes, exchange ideas, and adapt strategies to fit different cultural contexts and community needs. This collaborative approach not only enhances the effectiveness of the My Body is My Body programme but also creates a powerful platform for continuous learning and growth.

Together, we can foster a culture of positivity, hope, and empowerment. By joining forces, we send a strong message that child protection is a priority, and no child should ever endure abuse. Through our collective efforts, we are creating a brighter, safer future for children, filled with understanding, respect, and the knowledge that their bodies belong to them.

Thank you to each and every one of you for helping us share our message and for helping to create a safer world for all children.

*Best Wishes
Chrissy*

Please join our community at www.mbimb.org





GGAF and MBIMB COMPETITION 2023



Design a Poster
Sing Your Heart Out
Dance to Empower!



Enter the GGAF &
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GGAF and MBIMB COMPETITION 2023



*Calling all Artists, Singers, and Dancers!
Enter the GGAF & MBIMB Competition
for a
Chance to Win \$300!*



**Poster
Competition**



**Dancing
Competition**



**Singing
Competition**



MBIMB is proud to partner with The Global Partnership and Fund to End Violence Against Children

www.end-violence.org



You will find our partnership page here

<https://www.end-violence.org/members/my-body-my-body-foundation>

The Global Partnership and Fund to End Violence Against Children were launched in July 2016 by the UN Secretary-General. The Partnership is the only global entity focused solely on Sustainable Development Goal 16.2: ending all forms of violence against children by 2030.

The End Violence Partnership is a platform for collective, evidence-based advocacy and action. Working with a unique coalition of more than 750 organisations including governments, UN agencies, research institutions, international NGOs, foundations, local CSOs, private sector groups and faith networks, we connect and convene partners to raise awareness, catalyse leadership commitments, mobilise new resources, promote evidence-based solutions, and support those working to end all forms of violence, abuse and neglect of children.

The End Violence Fund is a flexible funding vehicle that identifies new and emerging challenges to SDG 16.2 and invests in innovative initiatives that have the potential to replicate and scale. Fund investments typically have both direct impact for children and also generate data, evidence and learning that inform policy and increases the impact of other programmes to end violence against children.



Greshma Momaya

I'm thrilled to share that since my appointment as Ambassador of India for the implementation of the "My Body is My Body" in May 2019, I have implemented this internationally acclaimed musical body safety program in various schools as a school leader and consultant. I'm proud to say that it has now reached over 1000 children under my purview.

What I love most about the MBIMB Program...

This program offers communities a free resource to teach child abuse prevention to parents, teachers, and children in a positive and non-threatening way.

Children learn to recognize the signs of abuse and how to speak out safely if anyone is hurting them or someone they love. It also empowers children to learn their boundaries and gives them the confidence to say no, all through fun and engaging music.

It keeps children safe by preventing child abuse through a positive approach.

Children can have fun learning while remembering the message through the music, and they will learn to recognize the signs of child abuse and open the lines of communication with trusted adults.

Implementing this program in various schools at various capacities (school leader, consultant) was a seamless process, thanks to the comprehensive resources provided. Tutorials, lesson plans, family safety plans, children's workbooks, animated videos, and more were readily available and free to access, download, and share. I shared this program with the schoolteachers, parents, and school counsellors.

The children's response to the My Body is My Body program was overwhelmingly positive. For every age group, this program has had a profound impact on children's understanding of their bodies and personal boundaries. It has empowered them to recognize inappropriate behavior and act if they feel uncomfortable or violated.

The program's influence is evident in the feedback received from the children themselves. Testimonials from various age groups highlight the impact it has made.



Child aged 10 -

I used to feel scared and unsure about my body and what was right or wrong. But after going through the My Body is My Body program, I feel empowered and educated. I now have a better understanding of personal boundaries and how to protect myself. This program has truly made a difference in my life

Parent -

As a parent, I cannot express enough how grateful I am for the My Body is My Body program. It has provided a safe and effective way to educate my child about body safety. The resources and materials provided have been invaluable in starting conversations and reinforcing important messages. This program has given me peace of mind knowing that my child has the tools to navigate potentially dangerous situation

Teacher -

Implementing the My Body is My Body program in my classroom has been a game-changer. The children have responded enthusiastically and actively engaged with the content. I've witnessed their increased awareness and understanding of personal boundaries. This program has not only educated them but also empowered them to speak up and protect themselves. It has been a transformative experience for both the children and myself as an educator.

School Counselor

The My Body is My Body program has been an invaluable resource in my work as a school counselor. It provides age-appropriate and engaging materials that allow me to educate students about body safety in a sensitive and effective manner. The program has sparked important conversations and empowered children to protect themselves. I highly recommend it to all educators and counselors working with young children.

The My Body is My Body program has undoubtedly made a significant difference in the lives of children. By providing accessible resources, engaging content, and promoting open conversations, it equips children with the knowledge and tools to protect themselves. It is a valuable resource that should be embraced by educators, parents, and communities worldwide.

In conclusion, the My Body is My Body program, created by Chrissy Sykes, has had a remarkable impact on children's understanding of body safety. Its global reach, support from renowned organizations, and positive feedback from children validate its effectiveness. This program has the potential to continue positively impacting the lives of children, creating a safer and more informed generation.





Safeguarding Our Little Explorers: Tips for Preventing Childhood Accidents



By Chrissy Sykes



Safeguarding Our Little Explorers:

Tips for Preventing Childhood Accidents

By Chrissy Sykes

Childhood is a time of wonder, curiosity, and exploration. As parents and caregivers, it is our responsibility to create a safe environment for our young ones to thrive in. Unfortunately, accidents can happen, but by understanding common childhood accidents and implementing preventive measures, we can significantly reduce the risks. In this article, we will explore some of the most prevalent accidents young children are prone to, including falls, burns, and choking. More importantly, we will provide you with practical tips to create a safe haven for your little adventurers.





Falls: Protecting Precious Steps



Falls are one of the leading causes of injuries among young children.

Here are some practical tips to prevent falls and minimize the risk of injury:

- Install safety gates at the top and bottom of staircases.
- Secure furniture, such as bookshelves and dressers, to the walls to prevent tipping.
- Use window guards to prevent falls from open windows.
- Provide a safe play area with padded surfaces, such as rubber mats or carpets.
- Encourage the use of age-appropriate playgrounds and supervise outdoor play.
- In rural areas with uneven terrain, ensure pathways are clear and well-maintained.
- Use secure, materials to construct sturdy staircases and handrails.
- Advocate for the development of safe and accessible playgrounds and parks.
- Educate children about the potential risks associated with traditional structures, such as treehouses or elevated platforms.





Burns: Turning Down the Heat



*Burns can happen in the blink of an eye, leaving lasting scars.
Here's how you can minimize the risk of burns:*

- Set your water heater's thermostat to a safe temperature (around 120°F or 49°C) to prevent scalding during bath time.
- Keep hot beverages and foods out of reach and use caution when handling them.
- Use stove guards to prevent children from reaching hot pots and pans.
- Cover electrical outlets and teach children about the dangers of playing with electrical cords.
- Never leave a child unattended near an open flame or hot surface.
- Educate children about the dangers of scorching sunlight and provide appropriate sun protection, such as wide-brimmed hats and lightweight, breathable clothing.
- Teach children about traditional cooking practices, such as open fires or stoves, emphasizing caution and supervision.





Choking: Keeping Little Mouths Safe



Young children are naturally curious, and exploring their surroundings often involves putting objects in their mouths.

To prevent choking incidents, follow these guidelines:

- Keep small objects, coins, and buttons out of reach.
- Cut food into small, bite-sized pieces, especially for children under the age of four.
- Avoid giving children under the age of four hard foods, such as whole grapes, popcorn, or nuts.
- Be cautious with toys and ensure they are age-appropriate and do not have small detachable parts.
- Learn CPR and the Heimlich maneuver to be prepared for emergencies.





Creating a Safe Environment



Preventing accidents goes beyond specific hazards.

It involves creating an overall safe environment for children to thrive in.

Here are some additional tips:

- Install smoke alarms and carbon monoxide detectors in your home, regularly check their batteries, and have fire extinguishers readily available.
- Store medications, cleaning products, and other hazardous materials out of reach and in locked cabinets.
- Cover unused electrical outlets with safety plugs or covers.
- Teach children about road safety and the importance of holding hands and looking both ways before crossing the street.
- Promote open communication with your child, encouraging them to report any concerns or unsafe situations.
- Teach children about body and internet safety



Check out our Programme Languages



Arabic – جسدي هو جسدي

ASL Sign Language

Bengali – আমার শরীর শুধুই আমার

Chichewa – Thupi Langa ndi Thupi Langa

Croatian – Moje Tijelo je Moje Tijelo

Dutch – Mijn Lichaam Is Mijn Lichaam

English – My Body is My Body

Farsi – بدن من، بدن من است

French -Mon Corps Est Mon Corps

German – Mein Körper ist mein Körper

Greek – Το σώμα μου, μου ανοίκει

Haitian Creole -Kò Mwen se Kò Mwen

Hindi – मेरा शरीर मेरा शरीर है

Italian – Il mio corpo è mio!

Mandarin -我的身体是我的身体

Marathi – माझे शरीर माझे शरीर आहे

Polish -Moje Ciało Jest Moim Ciałem

Portuguese – Meu Corpo é Meu Corpo

Russian – Моё тело – это моё тело

Setswana – Mmele Wame Ke Wame

Sinhala-මා සිරුර මා සතුයි

Spanish – Mi Cuerpo Es Mi Cuerpo

Swahili – Mwili Wangu Ni Mwili Wangu.

Swedish – Min kropp ä min kropp

Tamil – என் உடல் என் உடல்

Telugu – నా శరీరం నా శరీరం

Urdu – میرا جسم میرا جسم ہے

Xhosa -Umzimba wam Ngumzimba wam



**BREAKING
THE
SILENCE**

WHY CHILDREN DO NOT TELL ABOUT THEIR ABUSE AND WHAT WE CAN DO TO BREAK THE SILENCE



By

dee russell thomas

Over many years I have worked with children and young adults who have been vulnerable, neglected and abused. Whilst each situation has been different, there have been commonalities in their explanations of why they didn't share their stories. My own research on, "Breaking the Silence" was based on trying to secure a safe environment within schools to create opportunities to speak out. Before establishing that I needed to explore the reasons for the silence

Why I didn't tell...

- I was too scared. I was told that my life wouldn't be worth living if I mentioned this to anyone at all... and I believed I would be beaten or worse.
- I was so ashamed of what I had ALLOWED to happen. I felt it was all my fault.
- I actually thought it was normal and that all families experienced this.
- I didn't think I would be believed... and I was also told I wouldn't be believed so this was reinforced.
- I was scared I would be taken away and put in a home.
- He told me my mother and sisters would hate me and call me a liar.
- I was told it was all my fault because of the way I dressed and looked at him and he knew I wanted it.
- He told me not to be so silly that it was nothing.
- He said he loved me and that if a cared for him I would do this.
- He was kind to me and gave me the attention I was longing for.
- It started so slowly and then gradually it became more and more that I almost didn't realise what was happening.
- How could I confide in anyone when I was the one who had started it?
- I am still ashamed to say this but... I enjoyed it and so I didn't think it was wrong even though I was a young girl and he was an older man.
- I believed he did it to show how much he loved me.
- I didn't dare tell my mum and dad because it would have upset them so much.



WHY CHILDREN DO NOT TELL ABOUT THEIR ABUSE AND WHAT WE CAN DO TO BREAK THE SILENCE

- How can you tell someone when the person who is doing this is someone who everyone respects so much [a policeman, a priest, a teacher, a social worker, a politician, a doctor, a diplomat, a lawyer..... all of these have been mentioned]
- It was my word against his and I was only a child so who would ever believe me?
- I thought if I don't let him do this to me then he will turn on my little sister so I had to protect her.
- How could I tell my parents what my big brother was doing... imagine the chaos it would have caused?
- He was giving my parents gifts and money and helping them with their debts so I couldn't let them down.
- He was my mum/dad's boss
- At first, I didn't know what was going on and I didn't have the words to express myself. Later I knew it was wrong because we were taught that at school but everyone was acting like it was dirty and disgusting so how could I admit that I was one of them?
- To be honest I had lost my trust and faith in everything and everyone and I had no self-worth.

**BREAKING
THE
SILENCE**



WHY CHILDREN DO NOT TELL ABOUT THEIR ABUSE AND WHAT WE CAN DO TO BREAK THE SILENCE



How can we make it easier to break the silence?

Much will depend upon who the perpetrator might be. We can encourage parents to create an open environment. We can show parents different strategies on how to build a warm, open relationship, how to help their children discuss their concerns BUT... what if THEY are the abusers. So... there may need to be different approaches and different safety environments to cover all possibilities.

Creating a safe environment at home (with caring parents)

Talk about all parts of the body without embarrassment or shame.

Ensure children understand which parts are private and not to be touched unless for an agreed reason (e.g., medical)

Talk about good and bad secrets (birthday gifts versus touching inappropriately)

Talk about being believed, trusted, loved and protected.

Talk about blame and shame and how these can be used to depower children.

Explore the importance of unconditional love, non-judgemental support and always being there whatever the problem.

Without excessive fear make sure they understand there may be times when they need to stand up for their rights to privacy and safety but also that if something they are not comfortable with has happened then they should always tell... even if the person they are talking about is well respected, a relative or a friend.

Make yourselves familiar with tell-tale signs that might suggest your child is hiding something from you (e.g., self-harm, suddenly introverted, bed-wetting, depressed, angry, fearful, change of behaviour or eating habits or sleeping patterns, lack of confidence etc)

Introduce discussions at an age-appropriate level using the range of materials available including MBIMB resources, songs and guidance.



WHY CHILDREN DO NOT TELL ABOUT THEIR ABUSE AND WHAT WE CAN DO TO BREAK THE SILENCE

Creating a safe environment in a nursery, a school, a youth club etc (particularly pertinent for those who are being abused at home)

Be aware of possible signs of abuse (e.g., self-harm, introverted, bed-wetting, depressed, angry, fearful, change of behaviour or eating habits or sleeping patterns, low confidence etc Staff should be regularly trained in child protection and safeguarding).

When discussing the issue of abuse be aware that in the class there are likely to be victims so don't make them feel uncomfortable, different, dirty, to blame or ashamed.

Do not normalise the issue of abuse but neither make children/teenagers feel that it is so rare that they are alone in their situation and weird, odd or to be avoided. Provide an environment that encourages openness, honesty, acceptance and support.

Ensure every lesson, every class, every activity in each subject uses opportunities to explore this important area e.g.: - in drama present a "don't tell" scenario; in English provide an opportunity to write creatively or produce a poem on breaking the silence, being made to do something they didn't want to etc.; in art allow them freedom of expression and provide some key words for them to explore - then discuss sensitively. In Music use the MBIMB songs... can they write a rap?

In dance allow them to express their fears, empowerment, support. There are many other possibilities that could be explored here and in other subjects that lend themselves to open discussion e.g., Humanities, PSHE, Citizenship, Religious Education and Form period time.

WHY CHILDREN DO NOT TELL ABOUT THEIR ABUSE AND WHAT WE CAN DO TO BREAK THE SILENCE



Make sure there is a “Safe place “in the building where students can go, talk or be quiet, read or write. Also, offer a place where a trained counsellor/nurse can assist. Make sure the library has a section on safeguarding and child protection information and books that children can relate to with stories, factual and fictional novels on child abuse, biographies, poems, letters.

Have posters, sign-posting, contact numbers and names for students to turn to should they need to do so.

Break down the taboo, the stigma the shame and the silence.





Dr. Hind Alfaki - MBIMB Ambassador

DESPITE THE WAR, CHILDREN NEED OUR ATTENTION ..

BY GHADA SALEH
GGAF CHILD PROTECTION COUNTRY
DIRECTOR MBIMB COUNTRY AMBASSADOR

DESPITE THE WAR, CHILDREN NEED OUR ATTENTION ..

MBIMB in Displaced Children in Algradrif State

In 2020, as MBIMB Ambassador and with my Programme presenters team, we worked with Ethiopian refugees children in the refugees camp in the east of Sudan city called Algradrif...the same year we worked with displaced children from the West of Sudan...to empower those children with their rights, make them aware of their bodies, and be safe ..

In this year 2023, the flame of the war reached the capital of Sudan Khartoum in the North , Many children escaped with their families or without, displaced in many camps in many states of Sudan ..

We do believe that in the war zone, children who have been displaced or become refugees may be facing all kinds of abuse in the camps , feeling fear and unsecured..

Dr . Hind Alfaki, who is one of our MBIMB team Programme Presenters and Co.Ambassadors in Sudan contacted me to discuss the issues of the children and their body protection safety in displaced camps .. We agreed that it's a beneficial time because the children need our deep intentions and she has started teaching children to protect their bodies using My Body Is My Body Program with other Programme Presenters in the same area.

Zeinb , Malaz , and Duaa .. they worked as a team in a displaced camp... Of course, financial sources play a role in our voluntary mission, and it's our big challenge. we couldn't reach all the camps to provide all the information needed to children protection and their bodies safely, so that they feel empowered and secure ..



Hope Ambassadors

This month at the Pentecost Academy and Yankari Academy, Bauchi, Nigeria, young minds and curious older students alike were immersed in the empowering My Body is My Body (MBIMB) programme. 67 children at Pentecost Academy and 74 children at the Yankari Academy.

This transformative initiative opened up avenues for students to understand their personal boundaries, encouraging them to confidently report instances if their boundaries are breached.

With a resounding 'No' to secrets, the students embarked on their journey of self-awareness and empowerment. The excitement was palpable as the principals reveled in the unique opportunity that such a groundbreaking programme brought to their schools.

Teachers, the vanguards of knowledge, didn't hold back their enthusiasm either. With their newly gained insights into child sexual abuse prevention, they are now armed with the tools to spot the telltale signs of abuse.

They are ready to ensure the safety of their students, echoing the proactive ethos of the MBIMB programme.

Hope Ambassadors Team:

Bala Bako, Precious Paul, Princess Priscilla Paul

Joy Barinaatomkeh Lue, Patience Akubo, Nentok Rejoice Yohanna

With special thanks to GGAF donors for funding the flyers for the children.



Hope Ambassadors





JAMBUTU COMMUNITY
ADAMAWA STATE

MUJIB HOPE FOUNDATION

On the 26th of May, 2023, Mujib Hope Foundation Adamawa Team carried out MBIMB Program at Jambutu Community Adamawa State for 50 Women.

The session started by posing hypothetical situations to the women, asking for their reactions if they were confronted with two distressing scenarios: i) their brother assaulting their child, and ii) their husband assaulting their sister.

Responses to these challenging questions provided a groundwork for instilling the importance of nurturing strong bonds with their children and emphasizing the significance of always trusting them. This trust is crucial to encourage children to communicate openly in every circumstance. This open line of communication allows parents to stay informed about their children's experiences and to detect any signs of maltreatment or abuse. Moreover, the session underscored the essential lesson parents should impart to their children: their bodies are their own, and no one else should have access to them without their consent.

The women were happy to learn and even gave some of their previous experiences.

MHF Staff/Volunteers in attendance:
Munirat Jibrin
Afi Obot, Friday Bitrus
Jamila Ibrahim, Tanyisu Robert
Johnson Thomas, Ibrahim Adamu
Rickson Hope



JAMBUTU COMMUNITY
ADAMAWA STATE

MUJIB HOPE FOUNDATION

Mujib Hope Foundation Adamawa Team, carried out a MBIMB sensitization Program at Command Children School, 23 BDE Army Barracks Jimeta, Yola Adamawa state of Nigeria

The pupils were taught the importance of keeping safe from abuse. They were taught to know their safety network as displayed on the MBIMB fliers distributed. The Children learnt and sang the MBIMB song and gave accurate answers to the questionnaire which was distributed to them for assessment.

The Headmistress and staff of the school were very excited to see the MHF team and also appreciated them for choosing to carry out the program in their school.

MHF Staff/Volunteers in attendance:

Friday Bitrus
Jamila Ibrahim
Rickson Hope
Tanyisu Robert

We would like to say a BIG THANKYOU to Global Goodwill Ambassadors Foundation for supplying the fliers that are distributed to the children and parents. These fliers make a world of difference to the programme ensuring that every child has access to the tools they need to stay safe.





The Digital Age – Survival Guide for Today’s Young Teens

So you’re tech-savvy, connected, and ready to take on the world. But let’s face it, the online landscape is more unpredictable than your favourite TV show’s season finale. Here’s your ultimate guide to staying safe online, in simple terms.

Master of Disguises – Strong Passwords

Your online life is like a superhero secret identity. You wouldn’t want the villain to discover it, right? Keep your digital life locked away with strong passwords. Mix uppercase and lowercase letters, numbers, and symbols to create a password that would stump even Sherlock Holmes. And remember, regularly changing your passwords is like your own plot twist!



The Digital Age – Survival Guide for Today’s Young Teens

Close the Curtain – Privacy Settings

You wouldn’t leave your diary lying open in the school cafeteria, so why leave your digital life out in the open? Dive into those privacy settings and make sure you control who can view your posts, photos, and profile information.

Sniffing Out the Fakes – Phishing Scams

Fake emails and messages are the wolves in sheep’s clothing of the internet. They can look like they’re from friends or companies you trust, but their real intention is to trick you into giving up personal information. Stay sharp, scrutinise everything, and when in doubt, don’t click.



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The Digital Age – Survival Guide for Today’s Young Teens



The Whisper Game – Sharing Online

Imagine the internet as a giant game of whispers. Everything you say can be twisted, turned, and shared a million times over. So be careful what you post. It can stick around a lot longer than you'd think and might pop up again just when least expect it.

Stay Ahead of the Pack – Software Updates

Keeping your software updated is like having the latest trends in your wardrobe. It might seem like a pain, but those updates often come with essential security patches that protect your devices from new threats.

Captain of Your Ship – It's All on You

At the end of the day, your online safety lies in your hands. No amount of security measures will work if you aren't responsible online. Just like you take care of yourself in the real world, take care of your digital self too.



Malnutrition

Global hunger crisis in 2023

By Chrissy Sykes



Malnutrition

Global hunger crisis in 2023



After steadily declining for a decade, world hunger is on the rise, affecting nearly 10% of people globally. From 2019 to 2022, the number of undernourished people grew by as many as 150 million, a crisis driven largely by conflict, climate change, and the COVID-19 pandemic. Source World Hunger Facts and Statistics*

The Alarming Reality

Despite remarkable progress in various areas of human development, the specter of malnutrition persists. According to the latest data, approximately 2 billion people suffer from inadequate nutrition globally. Malnutrition takes different forms: undernutrition, micronutrient deficiencies, and the rising threat of overnutrition and obesity. These issues transcend geographical boundaries, affecting both low-income countries and increasingly affluent nations

The Faces of Malnutrition

Undernutrition:

Widespread hunger and undernutrition continue to plague regions grappling with poverty, conflict, and environmental challenges. The consequences are dire, particularly for children, leading to stunted growth, impaired cognitive development, and weakened immune systems. Tragically, millions face a perpetual cycle of poverty and malnutrition.

Micronutrient Deficiencies:

Malnutrition isn't just about a lack of calories; it's also about a lack of essential vitamins and minerals. Insufficient intake of key nutrients, such as vitamin A, iron, and iodine, affects billions worldwide. These deficiencies can lead to impaired vision, anemia, cognitive impairment, and increased vulnerability to diseases.



Malnutrition

Global hunger crisis in 2023



Root Causes of Malnutrition

Poverty and Inequality:

Poverty remains a significant driver of malnutrition, with limited access to nutritious food, healthcare, and sanitation exacerbating the problem. Inequitable distribution of resources further widens the gap between the nourished and the malnourished.

Climate Change

and Environmental Degradation: Climate change-induced extreme weather events, land degradation, and water scarcity impact agricultural productivity, exacerbating food insecurity and malnutrition. Vulnerable communities bear the brunt of these environmental challenges, exacerbating existing inequalities.

Food Systems and Global Trade:

Global food systems are heavily influenced by commercial interests, trade policies, and market dynamics contribute to disparities in access to nutritious food. Ultra-processed, calorie-dense foods often displace traditional diets, eroding cultural practices and perpetuating malnutrition.

Lack of Education and Awareness:

Insufficient knowledge about proper nutrition and healthy eating practices perpetuates malnutrition. Empowering communities with education and raising awareness about the importance of balanced diets can have a transformative impact on combating malnutrition



Malnutrition

Global hunger crisis in

2023





Malnutrition

Global hunger crisis in 2023

How Can You Make a Difference?

Volunteer and participate in local initiatives Get involved in local food banks, community gardens, or other initiatives that aim to address hunger in your own community. By volunteering your time or resources, you can make a difference in the lives of those facing food insecurity.

Reduce food waste Take steps to minimize food waste in your own household. Plan meals, purchase only what you need, store food properly, and repurpose leftovers. By reducing waste, you can contribute to a more efficient and equitable food system.

Support local food producers Purchase locally grown or produced food items whenever possible. This supports local farmers and producers, reduces the carbon footprint associated with long-distance food transportation, and promotes food security at the community level.

Raise awareness Use your voice and platforms to raise awareness about global hunger and malnutrition. Share information, stories, and statistics through social media, organize events or fundraisers, and encourage conversations about these issues to inspire others to take action.

Engage in fundraising activities Organize or participate in fundraising activities, such as charity runs, bake sales, or crowdfunding campaigns, to support organizations working to alleviate global hunger. Every contribution, no matter how small, can make a difference.



THE GLOBAL GOALS

The Amazing My Body is My Body Safety Program is closely linked with the United Nations Sustainable Development Goals (SDGs), particularly in the following ways:

By: Varada Vilas Kulkarni

3 GOOD HEALTH AND WELL-BEING



Goal 3: Good Health and Well-being: The program contributes to the promotion of good health and well-being by equipping children with knowledge and skills to keep themselves safe from abuse and exploitation. It empowers them to prioritize their physical and mental well-being, promoting overall health.

4 QUALITY EDUCATION



Goal 4: Quality Education: The program provides quality education on personal safety, ensuring that children have access to essential knowledge and tools to navigate boundaries and protect themselves. It promotes inclusive and equitable education by using age-appropriate language and visuals that are accessible to children from diverse backgrounds.

5 GENDER EQUALITY



Goal 5: Gender Equality: The program plays a vital role in promoting gender equality by addressing topics such as consent, boundaries, and respect for personal autonomy. It helps children understand the importance of gender equality and respect for all individuals, fostering a culture of mutual respect and empowerment.

10 REDUCED INEQUALITIES



Goal 10: Reduced Inequalities: The program contributes to reducing inequalities by reaching out to children from all walks of life, including those from vulnerable backgrounds. It ensures that children, regardless of their social or economic circumstances, have access to essential knowledge and skills to protect themselves.

16 PEACE, JUSTICE AND STRONG INSTITUTIONS



Goal 16: Peace, Justice, and Strong Institutions: The program promotes peace and justice by empowering children to recognize and address unsafe situations. By teaching children about their rights and the importance of speaking up, it contributes to the prevention of abuse and exploitation. The program also supports the establishment of strong institutions by collaborating with child protection organizations, educators, and advocates.

Overall, The My Body Is My Body Safety Program aligns with various SDGs, promoting the well-being, empowerment, equality, and safety of children around the world.



**REFUGEES,
ASYLUM SEEKERS,
INTERNALLY DISPLACED PERSONS
(IDPS), IMMIGRANTS AND STATELESS
PEOPLE**

REFUGEES, ASYLUM SEEKERS, INTERNALLY DISPLACED PERSONS (IDPS), IMMIGRANTS AND STATELESS PEOPLE

BY DEE RUSSELL-THOMAS

GGAF have recently established SLACK committees to allow us to focus on specific area of need. One of these groups will be focussing on Refugee Advocacy. To highlight the introduction of the SLACK refugee committee we have put together an article for the Ambassador and a webinar to share our understanding, expertise and experiences. We hope this will be helpful, informative and will encourage others to work with us in this committee.

As this is being written we are all very aware of the unrest taking place in Sudan. The world watches on as, once again, we watch the terrible scenes as innocent people are desperately trying to flee the country.

We have seen this before, time and time again and we continually reel in shock and deep sadness.

When I was young, I witnessed the plight of the Biafrans children starving to death and on TV I saw them desperately trying to find safety and sanctuary. This problem of hunger, lack of water, droughts across lands has not gone away. More recently, we have seen the atrocities in Rwanda, the Yemen, Syria, Iraq, Iran, Afghanistan, Ukraine and now Sudan but we must not forget that because a new country is in trouble, the plight of the existing difficulties in other countries has not necessarily been resolved.

All these countries mentioned, and indeed the ones I have not mentioned, continue to have their problems they have not gone away. Sadly, in many places they are exacerbated. People are dying, children are in danger, the elderly are neglected, women have had their rights taken away and young boys are conscripted into war.

Of course, we must help Sudan but we must also remember the help that continues to be needed elsewhere. I truly hope that this committee will be able to work proactively with their own refugees in their own countries as well as supporting those overseas. Some of you will know that I have worked in this area for most of my life and continue to do voluntary work on a weekly basis as well as working overseas.

My eldest son, as a diplomat has been living in Afghanistan, helping to evacuate innocent people. More recently he was helping with the evacuation of Ukrainian families and now he is involved with the Sudanese evacuations. In our own countries we will have refugees and asylum seekers who would welcome our support. It could be by providing food, work opportunities, language classes, social events or, sometimes, just a friendly smile.

For those who would like a brief outline of terminology and a few facts the following has been put together. For my own county I have also compiled a small booklet to provide explanations and advice and sign-posting on where to go to help and support. This might be something people would like to do in their own locations.

REFUGEES, ASYLUM SEEKERS, INTERNALLY DISPLACED PERSONS (IDPS), IMMIGRANTS AND STATELESS PEOPLE

BY DEE RUSSELL-THOMAS

INTRODUCTION: -

Across the world people are struggling through no fault of their own. They are escaping war-torn countries, victimisation, fear of imprisonment, torture or homelessness. Sometimes they go to extreme lengths to escape these dreadful conditions, they risk their lives and those of their children... such is their utter desperation. Too often, people are misinformed and feel these people do not deserve our help. They confuse economic migrants with those who are genuinely at risk and, as is the human propensity, these poor people are stereo-typed and labelled in a negative manner.

So, let us set the record straight and deal with facts, definitions, statistics and a short-plotted history.

DEFINITIONS; -

There is often confusion with regard to the terminology used in this area and what each means. Here is a brief outline to clarify: -

The key 5 different groups are: -

Refugees – people who flee their country and are legally recognised in a new country.

Asylum seekers – people who have left their country, but are not yet legally recognised as a refugee in the new country,

I D.P – people who flee their homes, but have not crossed the international borders into another country. (Internally Displaced Persons)

Immigrants – people who choose to leave their countries as opposed to refugees who are compelled to leave.

Stateless persons-people who don't have a nationality recognised by any country, e.g., Palestinians in Israel, Rohingya in Myanmar, and Kurds in Turkey.

Question

What is the difference between us and all of the above? **Answer**

We are lucky!



FACTS: -

According to the United Nations there are....

103 million people forcibly displaced from their homes. Of these: -

53 million people are internally displaced and have not yet left their own country.

74% of displaced people are hosted in low- and middle-income countries.

69% of displaced people from their own country are hosted in neighbouring countries.

The majority seeking asylum in the UK are likely to be genuine and in dire need of safety according to the Refugee Council.



REFUGEES, ASYLUM SEEKERS, INTERNALLY DISPLACED PERSONS (IDPS), IMMIGRANTS AND STATELESS PEOPLE

BY DEE RUSSELL-THOMAS

At the moment many are being placed in “supposedly” luxurious hotels but they are not luxurious at all. Families are cramped into one small room. They are given mouldy bread, oily chips, out of date food, their small rooms are damp and inadequately ventilated, and there is nowhere for their children to play according to the charity “Migrant Voice”. Some are also subject to rat and mouse infested buildings; they’ve received threats of deportation to Rwanda when in actual fact this might be a better option than what they are provided with at the moment.

According to refugee statistics there are five key countries in the world who at present are struggling with a high percentage of people needing refuge. These are as follows; -

KEY COUNTRIES

1. The Syrian Arabic Republic - 6.8 million
2. Venezuela - 5.6 million
3. Ukraine - 5.4 million
4. Afghanistan - 2.8 million
- 5 South Sudan -2.4 million (and increasing since recent troubles)

WHO SUPPORTS THESE PEOPLE?

Turkey hosts the most with 3.7 million
Colombia is next with 2.5 million
Germany follows with 2.2 million
Pakistan is the next largest with 1.5 million
Uganda is the 5th with 1.5 million

36.5 million of these are children
1.5 million children are born as refugees
204,500 returned or resettled back to their own countries
4.3 million people are stateless



HISTORY

The first modern definition of international refugee status was from the League of Nations in 1921. Prior to that some of the earliest known refugees were the French protestant Huguenots searching for safety from Catholic persecution in 1540.

After World War 2 The United Nations in 1959 defined the term refugee through the refugee convention. There have been Irish refugees during the potato famine, Jewish refugees following the holocaust, Polish, Vietnamese, Chilean, Asians from Uganda, Rwandan, Kurds, Kosovans, Croatian, Congolese and now Afghan, Iraqi, Sudanese, Syrian and more. Other countries have also opened their doors with displaced Rohingya in Bangladesh.

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Safeguarding Fundamentals

We are proud to announce that our new **FREE** Safeguarding Course is now available

The course has been written especially for MBIMB Foundation by Barrister and Safeguarding Specialist Antonia Noble. 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. Antonia has extensive experience working in various areas of safeguarding, law, including criminal, employment, human rights, litigation, and data protection.

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SAFEGUARDING FUNDAMENTALS

Introduction





NEW

Essential Skills For New Mothers Course



BECOMING A MOTHER ESSENTIAL SKILLS FOR NEW MOTHERS

Returning home with your new baby

- *Returning home with your new baby*
- *The Umbilical Cord*
- *Breast Feeding*
- *Mastitis*
- *Breast Compression*
- *Expressing Breast Milk*

Crying Babies

- *How can I soothe my crying baby?*
- *How can I tell if my baby is teething?*
- *How can I put my baby to sleep?*
- *Using Dummies, Pacifiers*
- *What is swaddling?*

Baby Hygiene

- *Bathing your baby*
- *How do I change a baby's diaper or nappy?*

How can I tell if my newborn baby is sick?

- *How Can I Tell If My Newborn Baby is Sick?*
- *What Is Jaundice?*
- *Why do newborns suffer from colic?*

Extra Tips

- *How should I exercise my newborn baby?*
- *Baby Hygiene - Important points to remember*
- *Vaccinations*

Enroll at www.mbimb.org

With special thanks to Dr. Tufail Muhammad (Paediatrician)
for his help and advice with putting this course together.

Sign up at
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Course

THE DEVASTATING EFFECTS AND FAR-REACHING CONSEQUENCES OF VIOLENT CRIMES

Violent crimes are a dark and distressing aspect of society that inflict immeasurable harm on individuals, families, and communities. They shatter lives, disrupt peace, and leave lasting scars that go beyond physical injuries. The effects and consequences of violent crimes reverberate through society, casting a shadow on the victims, their loved ones, and even the perpetrators themselves.

Physical and Emotional Trauma:

One of the most apparent consequences of violent crimes is the physical and emotional trauma experienced by victims. Whether it is assault, rape, domestic violence, or murder, the direct impact on the victims can be severe and long-lasting. Physical injuries may range from broken bones to permanent disabilities, while emotional scars can include post-traumatic stress disorder (PTSD), anxiety, depression, and a loss of trust in others. The road to recovery can be arduous, requiring extensive medical treatment, therapy, and support.

Loss and Grief:

Violent crimes often result in the loss of precious lives, leaving grieving families and friends behind. The pain and anguish experienced by those who lose a loved one to violence are indescribable. They face not only the immediate shock of the loss but also the enduring struggle to come to terms with their new reality. The ripple effect of grief extends beyond the immediate family, impacting the wider community and leaving a void that can never be fully filled.

By: Linda sage



THE DEVASTATING EFFECTS AND FAR-REACHING CONSEQUENCES OF VIOLENT CRIMES

Social and Psychological Impact:

Communities affected by violent crimes often experience a profound sense of fear, insecurity, and mistrust. The perception of safety is shattered, leading to increased anxiety and a decline in community well-being. Witnessing or hearing about violent crimes can have a detrimental effect on the mental health of individuals, causing them to feel vulnerable and anxious in their own neighbourhoods. The consequences of violence can perpetuate a cycle of fear, leading to social isolation, strained relationships, and reduced community cohesion.

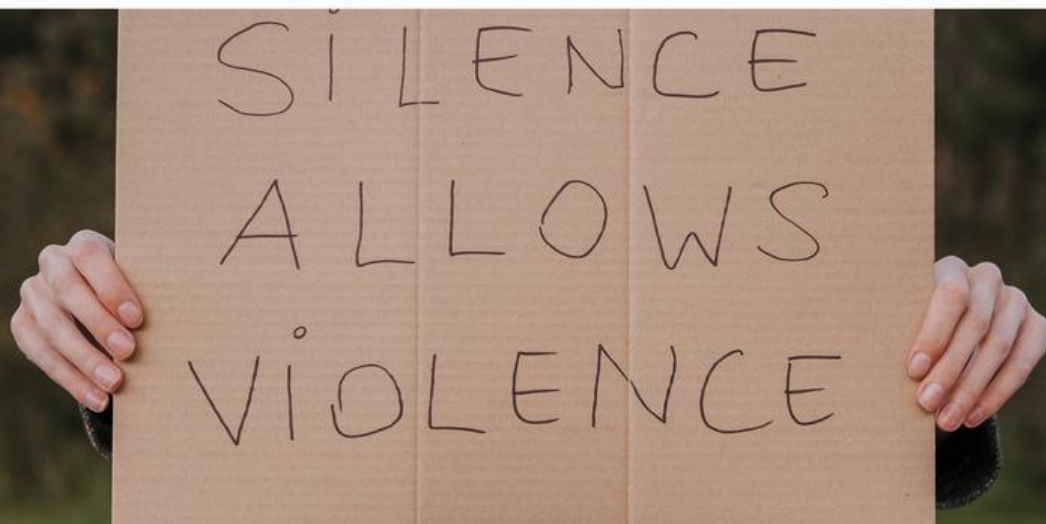
Economic Burden:

Violent crimes carry a significant economic burden for both individuals and society as a whole. Medical expenses, legal fees, and loss of income due to injuries can create substantial financial hardships for victims and their families. Additionally, communities affected by high crime rates may experience reduced property values, decreased business opportunities, and a drain on resources allocated for public safety. The economic impact can perpetuate a cycle of poverty and hinder the overall development and progress of affected areas.

Escalation and Repercussions:

Violent crimes can have a profound ripple effect, leading to an escalation of violence and retaliation. Revenge and a desire for justice may lead to a vicious cycle of crime, perpetuating a climate of violence within communities. The consequences of violent crimes can extend far beyond the initial incident, with potential repercussions affecting generations to come.

The effects and consequences of violent crimes are far-reaching and pervasive. They penetrate the fabric of society, leaving a trail of physical, emotional, and economic devastation in their wake. Addressing the issue of violence requires a multifaceted approach, encompassing prevention, intervention, support for victims, and rehabilitation for perpetrators. By working together as a society, we can strive towards safer communities, healing for victims, and a future free from the haunting specter of violence.



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Rupinder Singh
Miya James
Khalid Siraj
Nayeem Ali Lisa Jones
Tom Erwin Anura
Donald Dande
Atul Runthala
Abi Ingley
Dante Johnson
Joshua Nbangwa
Michael Bukassa
Ursterline Conceicao
Rukayat Seidu
Sanchari Chakraborty
Humairaa Ashraf
Bukoladeremi Ladigbolu
Margaret Lance
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Shweta Chatterjee
Atul Runthala
Reshalika Dawar
Falguni Sharma
Vishali Gupta
Lukman Salihu
Balkisu Fasansi
Yusuf Jamiu
Dalitso Muronya
Shimna Sunil
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Reshalika Dawar
Bukoladeremi Ladigbolu
Shalini Harrison
Shimna Sunil
Dalitso Muronya
Ranjana Sharma**



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Hurumba Rehema
Pelagie Waka
Bahati Numbi
Ngoyi kabange
Habimana Mariumu
Rugambosa Martha
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Amisi Salima
Bashinga Adidja
Patrick Dalili
Kiza tabu
Sheda Martha
Ngoyi Ruth Mamba
Modeste Debora
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Laurance Waka
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Walemba Chantal
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Nenette Wendo
Joelle Mudekereza
Jeannette Nabintu
Liliane Nalugundu
Mwamini Buhendwa
Kisibo kiza Celine





MBIMB AMBASSADORS

WE ARE PASSIONATE ABOUT PROTECTING CHILDREN

My Body Is My Body Ambassadors are an integral part of our program, as, without Ambassadors, children and parents would not know about our important message.

Our Ambassadors worldwide are growing every day, and I thank every one of you for the vital part you will play in making this a Safer World For Children.

What Are An Ambassadors Duties?

As an MBIMB Ambassador, you will be someone that is involved with your community either through your school, an NGO, or a community organisation. We like our Ambassadors to be known within their communities and involved in working with children or parents. As child abuse is a difficult subject to address in your community it is really important that you keep the work you do positive, informative and empowering making safeguarding children your priority.

There are several ways to help spread our message as an Ambassador.

You can share the My Body Is My Body Programme with your community on social media platforms You can also share the program in person:

With young children 3 - 10 years in their classroom .

With young children 3 - 10 years if they are in your family

With parents to show them how to talk to their children about body safety (we have a community programme you can use) With older children, share the program with them and get them to share the information with their younger siblings

The intention of the programme is to get people talking openly about the subject of child abuse and how to prevent it

We would like you to share your experiences, feedback and children's response so we can keep updating and improving the program. We find that sharing experiences, videos and images (where permitted) is a wonderful way to inspire others.

Remain engaged in MBIMB groups and encourage other community members to get involved.

[CLICK HERE TO APPLY TO BE AN MBIMB AMBASSADOR](#)



MBIMB AMBASSADORS

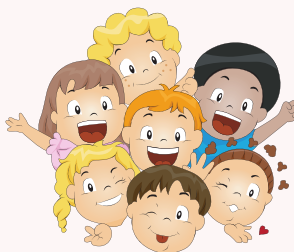
WE ARE PASSIONATE ABOUT PROTECTING CHILDREN

MBIMB Core Values

CREATING A SAFER WORLD FOR CHILDREN



Creating community awareness of how to start the conversation about child abuse prevention worldwide



Educating as many children as we can on the subject of "Body Safety" worldwide



Educating parents, teachers and community leaders with our free courses



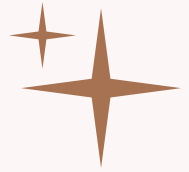
Providing resources and information on preventing child abuse for parents and other interested adults



Offering as many languages as we can to extend our worldwide reach

On behalf of the MBIMB Programme and Foundation, I would like to extend a warm welcome to our new Ambassadors. We are thrilled to have them on board and look forward to working with them to advance our mission of promoting education and empowering children.

OUR NEW AMBASSADOR



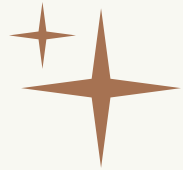
Shruthi Praveen

India

Volunteer Spherule Foundation



OUR NEW AMBASSADOR



Temitayo (Adebisi) Adekunle

Nigeria

Young Foundation Line
For Social Development



OUR NEW AMBASSADOR



Shalini Harrison

India
PYP Teacher,
Indus International School



OUR NEW AMBASSADOR



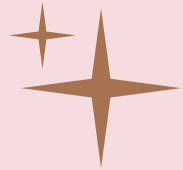
Joseph Rathinam

India

Fonder President at People
Parliament Movement



OUR NEW AMBASSADOR



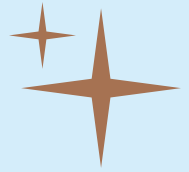
Lady Patience Nkiruka Nwaobasi

Nigeria

FOUNDER/CEO RINZEL INTL
HUMAN RIGHTS ADVOCATE

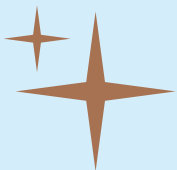


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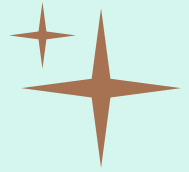


William Mackie

Scotland, United Kingdom
Global Peace Ambassador
IHRC



OUR NEW AMBASSADOR



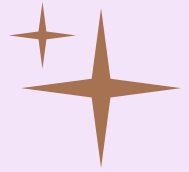
Bukoladeremi Ladigbolu

Nigeria

Youth Mentor and Child
Educator



OUR NEW AMBASSADOR



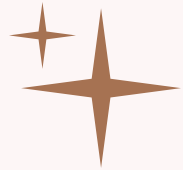
Sayyeda Fatima Zahra

UAE

Head of Inclusion, Senior
Leader and Special
Needs Educator



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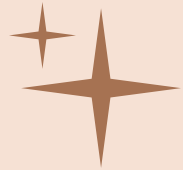


Ashoman Kindergarten School

Uganda



OUR NEW AMBASSADOR



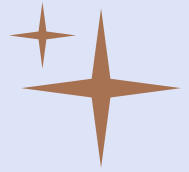
CECLIF Foundation

Uganda

Centre for Children and
Library Foundation



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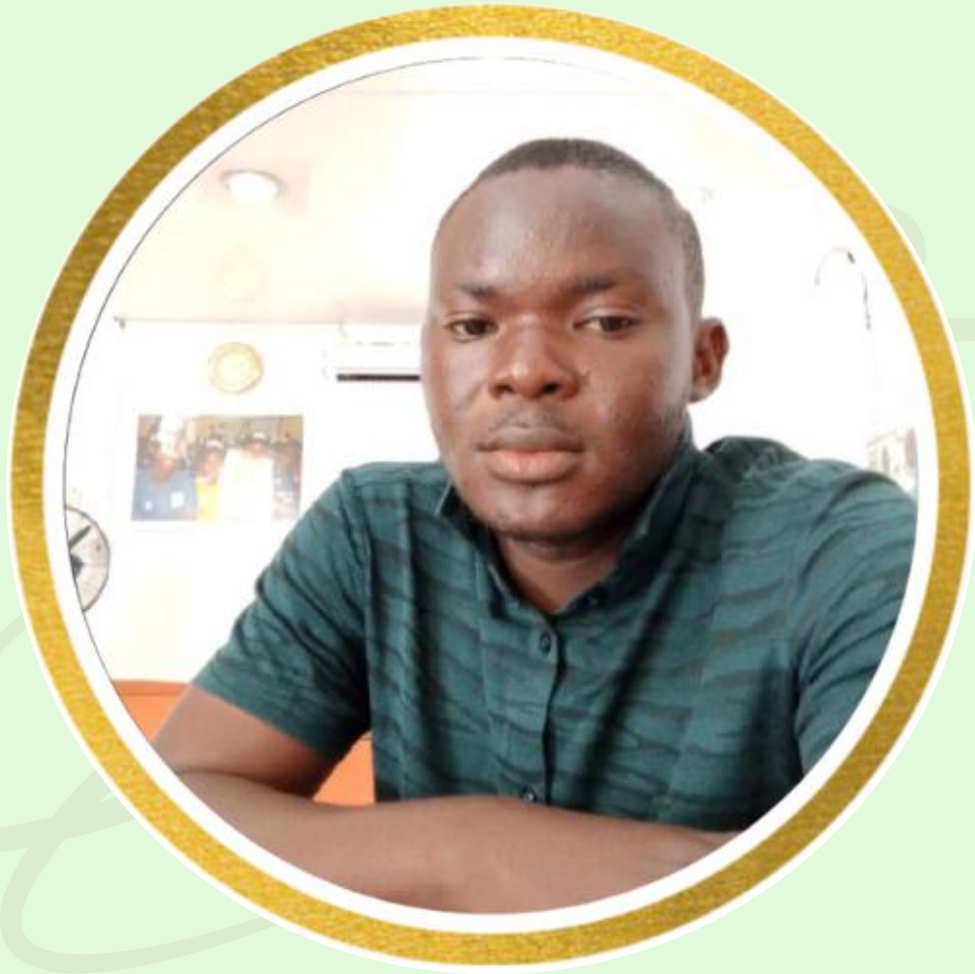
Shimna Sunil

India

Teacher at Reliance
Foundation School



OUR NEW AMBASSADOR



Mohamed Mansaray

Sierra Leone
Founder EYES-SL



OUR NEW AMBASSADOR



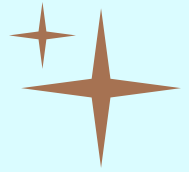
Dalitso Muronya

Malawi

Chairperson of Tigwirizane
Community Based Organisation



OUR NEW AMBASSADOR



Kabi Paudel

Nepal

Program Manager at Peace for People



OUR NEW AMBASSADOR



Ashish Bhatnagar

India

Principal at The Indian Public School,
Erode, Tamil Nadu

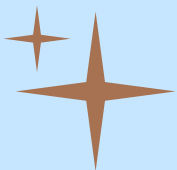
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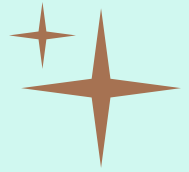
Wanda Holding

USA

MA, Clinical Psychology



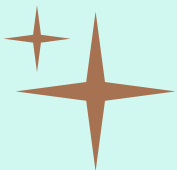
OUR NEW AMBASSADOR



Dr Syed Islam

West Bengal

Principal of the Arambagh Girls' College



OUR NEW AMBASSADOR



Susan Tipton MBE

United Kingdom
MD at Protocol Group





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• FREE RESOURCES IN 27 LANGUAGES

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• OUR AMBASSADORS

• OUR PARTNERS AND SUPPORTERS

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