

My Body is My Body

Keeping Children Safe

November 2023



The Shattered World
War-Torn Childhoods



Hope for a Brighter Tomorrow

Building a Better World for Our Children

Dear MBIMB Members,

In a world increasingly marred by conflict and violence, the beacon of hope shines undimmed in our collective aspiration for a brighter future for our children. Today's children, the architects of tomorrow, deserve a world far better than the one we are currently navigating. They are entitled to the fundamentals of a dignified life—education, safety, clean water, and nutritious food. It's a basic human right, yet, paradoxically, it remains an elusive dream for many.

In an era where billions are funneled into the machinery of war, one cannot help but question our global priorities. Wars, driven by various geopolitical and economic interests, continue to ravage nations, tearing apart the very fabric of societies. Meanwhile, the cries for basic necessities for our children often get lost in the cacophony of conflict. It's a jarring contrast: the ease with which resources are allocated for destruction versus the struggle to secure funds for construction—of lives, futures, and hopes. The disparity is not just troubling; it's a stark reminder of a misalignment in our global ethos.

Education forms the cornerstone of a child's development. It's not just about academics; it's about nurturing informed, compassionate individuals who can contribute positively to society. Every child deserves access to quality education—a right that remains unfulfilled for many, especially in conflict-ridden areas.

In regions torn apart by war, schools often become battlegrounds or are left in ruins. The loss is not just of infrastructure but of potential, dreams, and futures. Education in such scenarios is not a luxury; it's a lifeline—a means of providing a semblance of normalcy and hope.

Safety is a non-negotiable aspect of a child's life. Children need a secure environment to flourish, to explore, and to simply be children. Yet, in many corners of the world, this basic need is a luxury. Children are growing up in the shadows of war, displacement, and instability.

Creating safe spaces goes beyond physical safety. It encompasses emotional and psychological security—a haven where children can express themselves, learn about their rights, and be shielded from the traumas of adult conflicts.

Water and food—fundamental for survival—are still out of reach for many children worldwide. It's a grim reality that, in a world capable of incredible technological and scientific feats, basic necessities are a struggle for some. Clean water and nutritious food are not just about physical well-being; they're about dignity, development, and the right to a healthy start in life.

The glaring contrast between the expenditures on warfare and the investment in our children's future raises a critical question: What kind of world are we building for our children? Are we nurturing a generation on the principles of conflict and division, or are we laying the groundwork for a world founded on understanding, compassion, and collective well-being?

Investing in our children's future is not just a moral obligation; it's a strategic imperative. Every dollar spent on education, safety, health, and nutrition is an investment in a more stable, peaceful, and prosperous world.

The path towards a better future for our children demands a global reawakening—a shift in how we perceive and address the needs of the youngest members of our society. It requires a collective effort from governments, organizations, and individuals to prioritize the well-being of children over other interests.

As advocates, educators, parents, and global citizens, our role is crucial. We must raise our voices for the rights of all children to live in a world where their basic needs are not just met but prioritized. It's about creating a legacy of peace, prosperity, and hope—a world where the next generation can thrive, not just survive.

The plea for a better world for our children is not just a dream; it's a necessity. It's a call to action to reshape our world, realign our priorities, and reaffirm our commitment to the future we are building. Our children deserve no less.

Thank you all for your continued commitment to MBIMB and the safeguarding of children, your work is greatly appreciated and we never know which lives we are changing for the better on a daily basis.

Thank you to you all for your continued support of our programme

Chrissy Sykes



Global Campaign to Prevent Child Abuse : 19 days of Activism

At MBIMB, we're proud to highlight the exceptional work of ISPCAN in the field of child protection. This November, we joined ISPCAN, along with their members and partners, in a vital global campaign to elevate awareness around the prevention of child abuse and neglect. This campaign is particularly significant as it coincides with two key dates: November 19th, World Day for the Prevention of Child Abuse, and November 20th, World Children's Day. Our collective effort focuses on disseminating resources, sharing impactful data, and vocally advocating to end violence against children.

The goal is to bring as much public health education and awareness to the issue and use this anniversary date to:

- Reduce child abuse
- Raise awareness
- Share knowledge and resources globally
- Network globally

Allow all of us in this field to stand united, be heard, and be a unified group whose voices together are stronger.

We were privileged to start this campaign of 3 Webinars for the month which you can watch from the [following link](#)

Together with organizations like ISPCAN, we at MBIMB are committed to creating a global surge in child protection initiatives. #riseuptoendchildabuse



The Tender Casualties of Conflict:



Why Peace Is Imperative For Our Children's Future

By: Chrissy Sykes

In the unforgiving theater of war, the most heartbreaking casualties are often those who have no stake in the conflicts that ravage their lives: the children.

War is a harrowing specter that looms over the innocence of childhood, casting long shadows that can stretch throughout a lifetime. As we endeavor to shield our future generations from the scourge of conflict, it's vital to understand the profound effects that war has on young lives and the imperative need for peace.



The Tender Casualties of Conflict:

Why Peace Is Imperative For Our Children's Future



Children, with their inherent vulnerability, face the direst consequences in times of war. Their once safe havens - homes, schools, and playgrounds - often become battlegrounds. The very foundations of their world are shaken, leaving emotional and psychological scars that can endure long after the last gunshot has faded. The deprivation of war extends beyond the immediate fears of violence. It strips children of their communities, education, and health care, undermining the very systems that should nurture them. The trauma of displacement, the loss of loved ones, and the collapse of normalcy are but a few of the immediate detriments to a child's life, which are compounded over time into adulthood.

The Tender Casualties of Conflict:



Why Peace Is Imperative For Our Children's Future

The Lifelong Legacy of Conflict

For many children, the end of conflict does not spell the end of suffering. The aftermath of war can lead to a lifetime of mental health struggles, from post-traumatic stress disorder to anxiety and depression. The instability of war often disrupts education, leading to long-term disadvantages in employment and social mobility. Moreover, the physical wounds and disabilities inflicted by war can be as debilitating as the psychological ones, demanding ongoing medical care and support—resources that are often scarce in post-conflict environments.

Nurturing Peace for the Sake of Our Children

In the quest for peace, our moral compass must be attuned to the needs and rights of children. Peace is not merely the absence of war; it is the presence of conditions that allow children to flourish - safety, education, and healthcare. Advocating for peace means creating an environment where children can grow up free from the fear of violence, with the opportunity to fulfill their potential.

The international community, governments, and individuals must come together to weave a tapestry of peace that shields our youngest from the ravages of war. Initiatives that promote dialogue, understanding, and mutual respect are crucial. Supporting education and healthcare infrastructure, even in unstable regions, lays the groundwork for a peaceful and prosperous future.

Every child deserves a childhood unmarked by the brutality of conflict. As we reflect on the importance of peace, we must remember that the stakes are more than political—they are profoundly personal. The future well-being of our children depends on the decisions we make today to foster a more peaceful world. Let us unite in the common goal of protecting our most precious resource, our children, by championing the cause of peace at every turn.

CONVERSATION STARTERS

STARTING CONVERSATIONS ABOUT BODY AND INTERNET SAFETY WITH YOUNG CHILDREN IS CRUCIAL IN TODAY'S WORLD. THESE DISCUSSIONS LAY THE FOUNDATION FOR A CHILD'S UNDERSTANDING OF PERSONAL BOUNDARIES, RESPECT FOR THEIR OWN BODY, AND AWARENESS OF THE SAFE USE OF TECHNOLOGY.

BY USING AGE-APPROPRIATE LANGUAGE AND VISUALS, YOU CAN ENGAGE CHILDREN IN A WAY THAT'S BOTH EDUCATIONAL AND COMFORTING. EARLY CONVERSATIONS ABOUT THESE TOPICS EMPOWER CHILDREN TO RECOGNIZE AND COMMUNICATE ABOUT SITUATIONS THAT MAKE THEM UNCOMFORTABLE.

THIS PROACTIVE APPROACH IS VITAL IN FOSTERING AN ENVIRONMENT WHERE CHILDREN FEEL SAFE AND CONFIDENT TO SPEAK UP. MOREOVER, DISCUSSING INTERNET SAFETY IS EQUALLY IMPORTANT AS MORE CHILDREN ARE ACCESSING THE DIGITAL WORLD AT A YOUNGER AGE. 75,000 NEW CHILDREN ACCESS THE INTERNET EVERY DAY. THESE TALKS HELP THEM NAVIGATE ONLINE SPACES SAFELY, RECOGNIZE POTENTIAL DANGERS, AND UNDERSTAND THE IMPORTANCE OF PRIVACY.

OVERALL, INITIATING THESE DIALOGUES HELPS BUILD A STRONG FOUNDATION FOR CHILDREN'S LONG-TERM SAFETY AND WELL-BEING. HERE ARE SOME SUGGESTIONS:

CONVERSATION STARTERS

"CAN WE TALK ABOUT WHAT MAKES YOU FEEL SAFE AND WHAT DOESN'T?"



CONVERSATION STARTERS

"LET'S GO OVER WHAT 'PERSONAL SPACE' MEANS. CAN YOU SHOW ME YOUR PERSONAL BUBBLE?"



CONVERSATION STARTERS

"WHAT IF SOMEONE YOU MET IN AN ONLINE GAME ASKS YOU FOR YOUR PERSONAL INFORMATION, LIKE YOUR FULL NAME OR WHERE YOU LIVE. WOULD YOU GIVE IT TO THEM?"



CONVERSATION STARTERS

"WHAT IF YOU SEE A POP-UP THAT SAYS YOU WON A PRIZE, AND IT ASKS YOU TO ENTER YOUR PARENTS' PHONE NUMBER TO CLAIM IT, WOULD YOU ENTER THEIR NUMBER?"



CONVERSATION STARTERS

"WHAT IF SOMEONE MESSAGES YOU AND SAYS THEY ARE A FRIEND OF YOUR FAMILY, BUT YOU DON'T RECOGNIZE THEM WOULD YOU ANSWER THE MESSAGE?"



CONVERSATION STARTERS

"WHAT IF YOU'RE PLAYING AN ONLINE GAME AND SOMEONE STARTS TO SAY MEAN THINGS TO YOU OR SOMEONE ELSE. WOULD YOU KEEP PLAYING?"



CONVERSATION STARTERS

"WHAT IF SOMEONE YOU MET IN AN ONLINE GAME ASKS YOU FOR YOUR PERSONAL INFORMATION, LIKE YOUR FULL NAME OR WHERE YOU LIVE. WOULD YOU GIVE IT TO THEM?"



CONVERSATION STARTERS

"WHAT IF AN ONLINE FRIEND YOU'VE NEVER MET IN PERSON ASKS YOU TO MEET UP WITH THEM ALONE, WOULD YOU GO?"



CONVERSATION STARTERS

"DO YOU KNOW WHO ARE THE TRUSTED ADULTS YOU CAN TALK TO IF YOU'RE EVER FEELING UNSURE OR UNSAFE?"



CONVERSATION STARTERS

"DO YOU KNOW THE NAMES OF YOUR BODY PARTS? IT'S IMPORTANT TO KNOW THEM AND TO KNOW THAT SOME PARTS ARE PRIVATE."



CONVERSATION STARTERS

"WHAT IF YOU COME ACROSS A WEBSITE THAT MADE YOU FEEL UNCOMFORTABLE, BUT YOUR FRIEND SAYS IT'S COOL WOULD YOU STAY ON IT?"



CONVERSATION STARTERS

"WHAT IF A PERSON ONLINE ASKS YOU TO SEND THEM PICTURES OF YOURSELF, EVEN THOUGH YOU'VE NEVER MET THEM IN REAL LIFE, WOULD YOU DO IT?"



CONVERSATION STARTERS

"IT'S GOOD TO KNOW THE NAMES OF ALL THE PARTS OF YOUR BODY, LIKE YOUR ELBOWS, KNEES, AND EVEN YOUR PRIVATE PARTS. THAT WAY, IF YOU EVER NEED TO TELL ME OR ANOTHER GROWN-UP YOU TRUST ABOUT A TOUCH THAT DIDN'T FEEL RIGHT, YOU CAN TELL US EXACTLY WHAT HAPPENED."



CONVERSATION STARTERS

"WHAT WOULD YOU DO IF SOMEONE BROKE THE BODY SAFETY RULES WE'VE TALKED ABOUT?"



CONVERSATION STARTERS

"WE DON'T KEEP SECRETS ABOUT OUR BODIES BECAUSE YOUR BODY BELONGS TO YOU, AND KEEPING SECRETS CAN SOMETIMES BE HARMFUL. IF ANYONE ASKS YOU TO KEEP A SECRET ABOUT YOUR BODY, TELL A TRUSTED ADULT."



CONVERSATION STARTERS

"DO YOU KNOW IT'S OKAY TO SAY NO IF YOU DON'T WANT A HUG OR A KISS, EVEN FROM SOMEONE YOU KNOW?"



CONVERSATION STARTERS

"WHAT IF SOMEONE MESSAGES YOU AND SAYS THEY ARE A FRIEND OF YOUR FAMILY, BUT YOU DON'T RECOGNIZE THEM WOULD YOU ANSWER THE MESSAGE?"



CONVERSATION STARTERS

"WHAT IF YOU'RE PLAYING AN ONLINE GAME AND SOMEONE STARTS TO SAY MEAN THINGS TO YOU OR SOMEONE ELSE. WOULD YOU KEEP PLAYING?"



CONVERSATION STARTERS

"SOMETIMES WE GET AN 'UH-OH' FEELING WHEN SOMETHING DOESN'T SEEM RIGHT. HAVE YOU EVER FELT THAT WAY?"



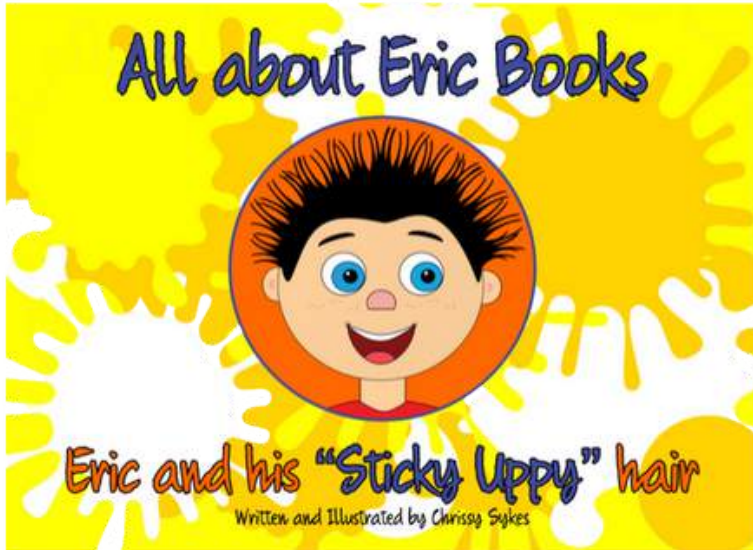
CONVERSATION STARTERS

"WHAT IF AN ONLINE FRIEND YOU'VE NEVER MET IN PERSON ASKS YOU TO MEET UP WITH THEM ALONE, WOULD YOU GO?"



Support The MBIMB Foundation

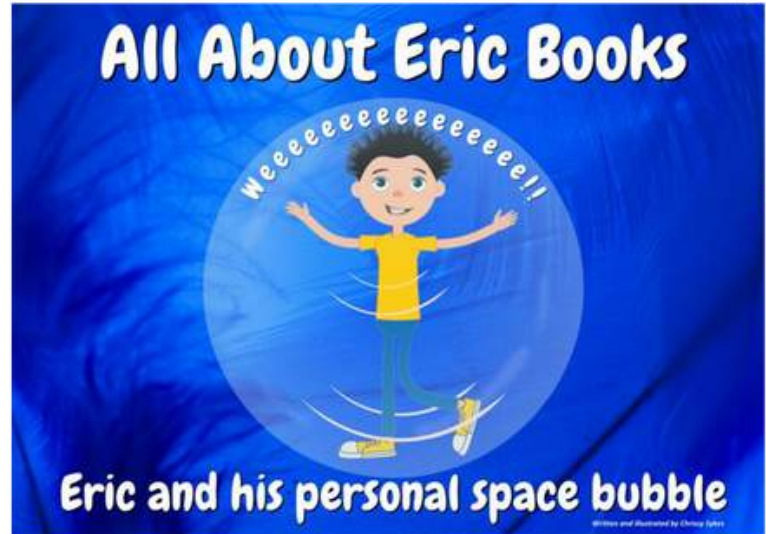
Our books are now available to buy from our website
100% of the profits will go to The MBIMB Foundation



Eric And His Sticky Uppy Hair

Meet Eric, a bright and spirited young boy with a distinctive feature that sets him apart-his "STICKY UPPY" hair. 'All About Eric' is not just a tale of unique hairstyles; it's a heartwarming story of self-acceptance, resilience, and the transformative power of embracing one's individuality.

[Click Here for our website store](#)



Eric And His Personal Space Bubble

Join Eric on a captivating journey as he discovers the concept of personal space in this heartwarming children's book. After learning about personal space at school, Eric excitedly shares his newfound knowledge with his mother, showcasing his very own personal space bubble. With his arms wide open, he twirls around, declaring that nobody can enter his bubble without permission—a lesson in asking for consent.



My Body Is My Body Children's Workbook

Embark on a vital journey of empowerment and safety with the 'My Body is My Body' workbook—a must-have resource for parents and educators aiming to equip children with the understanding of body autonomy and the skills to protect their personal boundaries. This interactive workbook is crafted to communicate crucial lessons about body safety to children in a manner that's both engaging and age-appropriate.



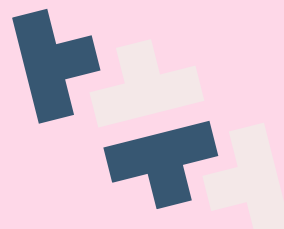
Young Explorers Navigating The Internet

Welcome to the digital playground! "Digital Discoverers: Young Explorers Navigating The Internet" is the ultimate guide for children stepping into the vast world of the Internet. Written with young readers in mind, this book demystifies the complex web of online networks, making it an enjoyable and educational

WHY INTERNET SAFETY EDUCATION IS NON- NEGOTIABLE

By Chrissy Sykes





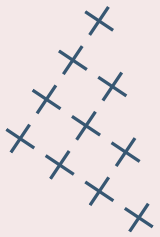
WHY INTERNET SAFETY EDUCATION IS NON-NEGOTIABLE

Navigating the Digital Playground: The Crucial Role of Internet Safety Education for Children

By Chrissy Sykes

As the digital landscape expands, so does the number of children venturing online. With roughly 75,000 children starting to explore the internet daily, the virtual world's potential and perils grow exponentially.

The internet is a double-edged sword, offering boundless knowledge and connections while exposing users to significant risks. Recognizing this, internet safety education is not just beneficial; it is **essential** for the well-being of our youngest digital citizens.





WHY INTERNET SAFETY EDUCATION IS NON-NEGOTIABLE

Cyber Safety Is As Important As Any Safety Lesson

The internet is an incredible resource for learning and play, but it's not without its hazards. Reports suggest that 1 in 4 children have experienced something upsetting on a social networking site. We teach our children to take precautions in their physical interactions; it's equally important to teach them to navigate the digital space with caution.

Digital Footprints Are Forever

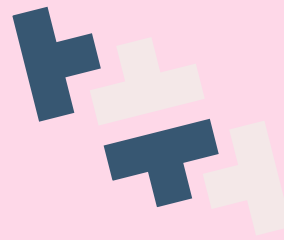
A startling statistic shows that over 90% of two-year-olds already have an online history. By the time children are old enough to use the internet independently, they need to understand that their online actions can have long-lasting effects.

Empowerment Through Knowledge

Research indicates that youths who are educated about internet safety are less likely to engage in risky online behavior. Awareness and understanding are the first steps in empowering our children to make informed decisions online.

Promoting Open Communication:

It's been found that nearly 60% of teens have come across some form of cyberbullying. Encouraging open dialogue about their online experiences can help mitigate the potential harm caused by such encounters.



WHY INTERNET SAFETY EDUCATION IS NON-NEGOTIABLE



Key Internet Safety Lessons for Children

Understanding Personal Information:

The average age for a child to receive their first smartphone is now 10.3 years old. With this increased access, it's crucial to teach them about the value of privacy. Stranger Danger Online: The reality is that 1 in 33 children will receive an aggressive solicitation to meet somewhere, skip school, or engage in sexual activity.

Safe Browsing:

Only 1 in 3 households with internet access are actively protecting their children with filters and blocks.

Social Media Wisdom:

Around 51% of teens visit social networking sites on a daily basis, which necessitates a conversation about the responsible use of such platforms.

Recognizing and Reporting Red Flags:

Over half of young internet users have been exposed to online pornography, often by accident, making it imperative to know how to respond.

Cyberbullying:

Around 34% of students report experiencing cyberbullying during their lifetime. The Importance of Balance: Excessive internet use can lead to a decrease in physical social interactions and outdoor activities, which are vital for healthy development.



WHY INTERNET SAFETY EDUCATION IS NON-NEGOTIABLE

A Call to Action for Parents and Guardians

With such compelling data, the importance of internet safety education cannot be overstated. It's a protective measure, a tool for empowerment, and a foundation for healthy digital habits. As parents, educators, and guardians, we must commit to ongoing conversations with our children about the complexities of the online world. Our engagement and guidance are key to ensuring they can reap the internet's benefits while minimizing its risks.



Check out the MBIMB Free Digital Explorers Course For Children
[Click here](#)

MBIMB AND GGAF COMPETITION



Our MBIMB and GGAF 2023 Competition has been a great success reaching hundreds of children in many countries around the world.

The children have been thrilled with their certificates, so we thought we would share some of the photos that we have received from our winners and runner-up competitors.

Friends Of Adaklu

Winners of the GGAF and MBIMB Dancing Competition receive their Certificates

Instead of popping in and popping out - providing a single service (like digging wells or building latrines), FOA stays put to help the people of Adaklu ensure the success of their projects and dreams.

Small and tightly focused, we work village-by-village, slowly growing outwards from our home village of Adaklu Dawanu.

Our ambassadors are the people we have helped, encouraged and educated. Because they are proud of their accomplishments they are happy to share what they have learned with other communities. This approach builds confident, strong, proud communities who believe in their own abilities, resilience and resourcefulness.





Friends Of Adaklu

Congratulations to our wonderful winners of the dance competition



WINNER

Tiny Tods School

Congratulations to our wonderful **Winners** of the **Singing** competition



WINNER



Soweto Youth Initiative

Finalists of the GGAF and MBIMB Competition receive their Certificates

Soweto Youth Initiative is a registered community-based organization. It was started in 1999 by Julius Odero as a scout movement club by the name of "Soweto Club". It later changed to the name we know today, as the organization grew beyond the scout movement. Its main aim is to nurture and empower the community and its youth, as well as people with a disability, so that they all can become responsible citizens through social, physical and spiritual development. We believe that by investing in education, skills development, and mentorship, we can break the cycle of poverty and create a brighter future for the community.

We have a dedicated team of local volunteers that make everything happen on the ground. They are the heart of all the work that is carried out by the organization in the slum. They cooperate with the mutual goal of helping the struggling community of Soweto.





Future Leaders Initiative

Finalists of the GGAF and MBIMB Competition receive their Certificates

Future Leaders Initiative SL was set up with the sole purpose of ending violence against children, women, and girls in all learning settings across Sierra Leone. The organisation has been raising awareness on the prevailing issue of corporal punishment, child maltreatment, child sexual abuse, emotional abuse, domestic violence, Female Genital Mutilation, and child marriage in Sierra Leone, primarily in the capital city and in the northern Provinces.



Rays Of Light

Finalists of the GGAF and MBIMB Competition receive their Certificates





Ngum Raissa
Glow Club Mentor

Glow Club from Cameroon were **finalists** in the GGAF and MBIMB Competition, under the mentorship of Ngum Raissa.

The Glow Club is part of WESAD, whose mission is to improve the livelihood and protection of less privileged people(girls, Women, Youths, children and people living with disability) in local communities through capacity building in economic, leadership and digital skills while ensuring environmental sustainability and self-reliance.

Well done to all for a fantastic dance.



Mujib Hope Foundation in collaboration with "My Body is My Body Foundation" carried out a sensitization on safety of children (My Body is My Body) program MBIMB at Bachure Primary School in Adamawa State Nigeria on 7th November, 2023.

Our dedicated team successfully conducted a vital sensitization session for students at a local school, reaching 96 pupils in primary grade 5 and 49 in grade 6. The session proved to be highly insightful and engaging for the students, who participated with an open and receptive mindset.

During this session, we focused on several key aspects of child safety and awareness. The students learned about the concept of 'strangers' and were educated on the importance of understanding and identifying who qualifies as a stranger. A significant part of the session was dedicated to teaching them about body autonomy, emphasizing that certain body parts are private and should not be touched by others without their explicit permission.

An integral component of our sensitization effort was introducing the students to the concept of a 'safety network.' This involved helping them identify trusted adults in their lives—such as family members, teachers, and community leaders—whom they can approach for help or guidance in uncomfortable or unsafe situations.

A highlight of the session was the introduction of the 'My Body Is My Body' (MBIMB) song. This catchy and educational song is designed to reinforce the message of body safety and personal boundaries in a way that is memorable and enjoyable for children.

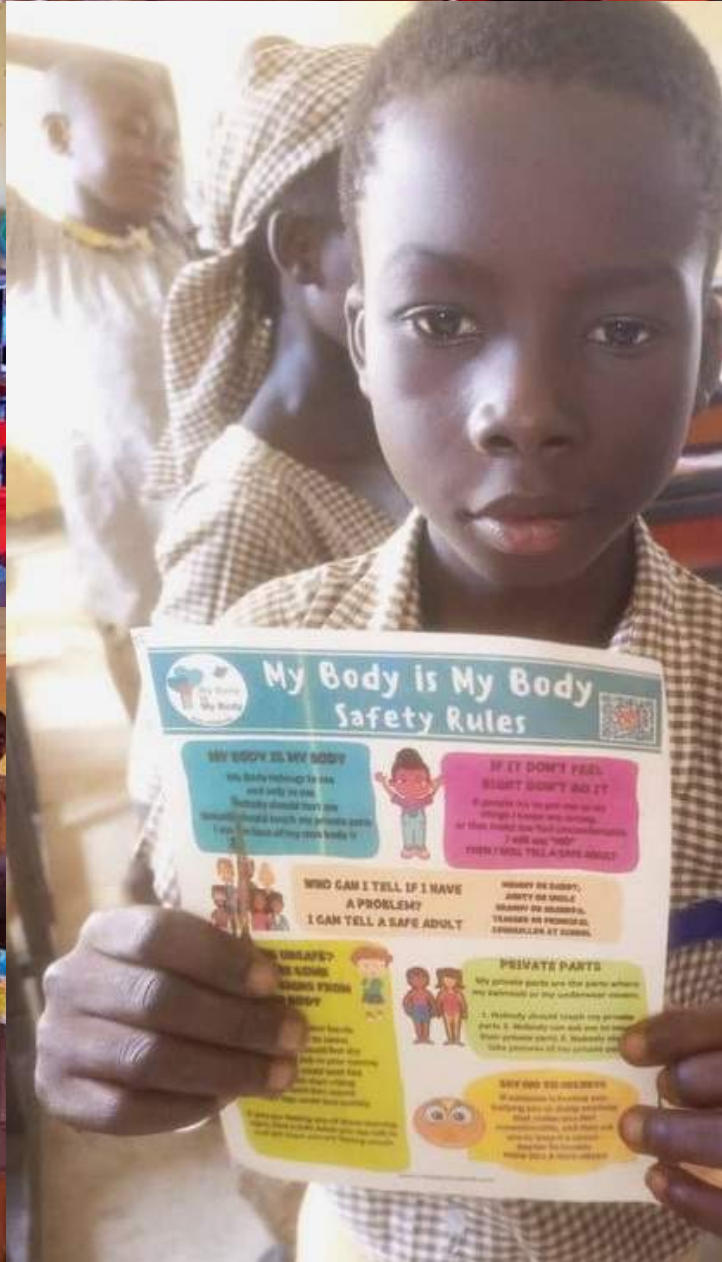
The school's Headmaster expressed heartfelt gratitude towards our team for conducting this crucial session. Their appreciation underscored the value and impact of our work in educating and empowering young minds about their safety and well-being.

We remain committed to continuing these essential sessions, aiming to reach and positively influence as many children as possible with our message of safety, awareness, and empowerment."

Mujib Hope Foundation Team in attendance were:

*Cecilia Andrew
Thomas Johnson
Friday Bitrus
Emmanuel wassankudi
Tanyisu Robert*







His Marvellous Grace Support Foundation

A visit by the HMGSF Abuja team to Our Unique Model Primary School in Lugbe, Abuja, was a significant step in empowering children with the knowledge that their bodies are their own.

In today's world, it's crucial to educate children early on about their rights and personal boundaries. The program emphasized to the children that no one, under any circumstances, has the right to touch their private parts. This message is not only vital for the children but also serves as an eye-opener for parents and guardians. It reminds us that potential harm can come from any quarter, making it all the more important to equip our young ones with the ability to recognize and speak out against inappropriate behaviour.

Children, in their innocence and vulnerability, look up to adults for guidance and protection. It's our collective responsibility to create a safe environment for them, where their voices are heard and their well-being is the top priority. By fostering open communication and educating them about body safety, we are taking proactive steps to safeguard their future and ensure they grow up in a world where their rights are respected and upheld.



Rotary

Zones 21/22



I was honoured to speak at the Rotary District 2452

"Girls' Empowerment Seminar"

It is present in 3 CONTINENTS and 9 COUNTRIES: Lebanon, Cyprus, Jordan, Sudan, Bahrain, UAE, Georgia, Armenia and Palestine.

The Seminar was headed by PDG Jamil Mouawad.

The opening session was introduced by **DG Bashar Haddad**; and **PDDG Rola Hamdan, District 2452 Girls' Empowerment, Moderator: DLF / PDG Jamil Mouawad.**

Next was an enlightening session by **PRID Elizabeth Usovicz, Chair of Rotary's Girls' Empowerment Global Task Force, and Girls' Empowerment Ambassador** who gave her presentation on the Introduction to Rotary's Role in the Girls' Empowerment Initiative. Elizabeth Usovicz is Part Rotary International Director of Zones 30 and 31. She is a 23-year Rotarian and Past President of the Kansas City Plaza Rotary Club. She served as the 2008-2009 District Governor for Rotary International District 6040, Missouri, and is a recipient of The Rotary Foundation's Citation for Meritorious Service. In October 2014, Elizabeth was recognized at the White House as a Rotary Women of Action honoree, and is a 2011 and 2012 recipient of the United States President's Volunteer Service Award.

Following Elizabeth was **PDG Annemarie Mostert D9400, RI, Ambassador Girls' Empowerment.** Annemarie is Rotary International District Governor of District 9400 for 2020 - 2021. It covers the following countries: 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. Honoured by Rotary International on 12 Nov 2016 as one of six Responsible Business Honourees at the Rotary Day at the United Nations in New York. Annemarie spoke on "Open the Door to a Better Life for a girl" and also a very successful campaign she is running in South Africa about the eradication of Pit Latrines.

I was then honoured to share about the My Body is My Body Programme where I gave a brief outline about the programme and our Free Courses and Resources available in 27 languages. Following this, we have had many people from the 100+ attendees of the session sign up on our website, and I am hoping to work together with fellow Rotarians to implement the programme in their areas. MBIMB has recently signed an MOU with Rotary Zones 20 and 21 and we hope to be rolling out the programme to as many areas as we can to safeguard children. 'Educating and empowering girls is the foundation for transforming communities, societies, and indeed, the world. In societies where girls are often undervalued and overlooked, we have the power to rewrite this narrative. I would like to imagine a world where every girl knows her worth, understands her rights, and feels empowered to stand tall in her truth. This is the world we are striving to create – a world where girls' voices are not just heard but are influential in shaping their future.

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It was then the turn of **Nikita Williams, Member of Rotaract in District 7070 and a Toastmaster from Toronto**. Teenage girls all over the world struggle with self-confidence. Recently, a team of Rotary members and Toastmasters in our Rotary zones set out to help girls build their leadership skills. Both Rotary and Toastmasters International are committed to helping girls embrace their full potential. The pilot programs were incredibly successful: At least 85% of the girls completed the programs and recommended them to others. We're finishing a second round now.

Following Nikita was Dr. Maryam Matar, Founder and Chairperson of the UAE Genetic Diseases. Dr Maryam shared her inspiring story about her preventive genetic testing. Dr. Maryam Matar is one of the leading influencers and a pioneer in the field of public education and awareness of genetic disorders, health and well-being of the community of UAE and the region. She holds senior and board-level positions at several public and nonprofit organisations such as Dubai Cares, Reach Mentoring.

As a pioneer in the field of genetic disorder studies, she played a key instrumental role in initiatives such as pre-marital screening, preventive genetic testing and also was able to successfully create and implement legislations at the government level in the UAE.

Last but not least was **Sarah Ghaleb President of Rotaract Club of Sahel Metn** who gave a talk on STEM for girls in Lebanon. Sarah is a dedicated human rights advocate with experience in non-profit management and a deep understanding of the Human Rights Charter. Skilled in attending weekly meetings to discuss cases of human rights violations and publishing monthly reports on human rights cases in Lebanon. Strong ability to analyze and understand complex human rights issues, and to collaborate effectively with stakeholders. Proven ability to drive positive change and make an impact in the community through innovative and effective program development. Committed to promoting and protecting human rights in Lebanon.

What a joy it was to listen to these powerful, inspiring Rotarians, all of whom are making a difference in their communities and worldwide. I was honoured to be in such great company. Thank you PDG Jamil Mouawad for your kind invitation.



By Donald Dande

This month in Tanzania, we are pleased to share that Help2kids.org has been presenting the My Body is My Body Programme

Workshop Delivery Overview

Our workshops, designed to empower children and their guardians with crucial body safety education, have been successfully conducted across various settings:

Campus Day Care Centre

Participants: 72 students (40 boys, 32 girls)

Age Range: 3 to 6 years

Structure: Three classes, categorized as Stages 1, 2, and 3

Partnership with Watoto Wetu Orphanage

Participants: 140 children

Age Range: 3 months to 21 years

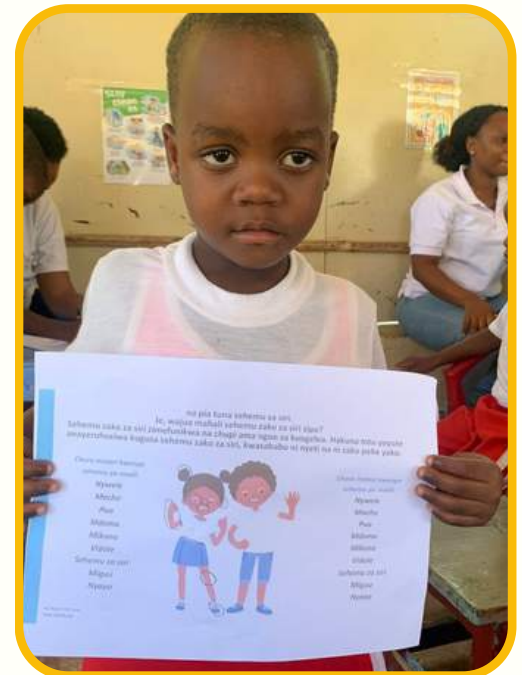
ESP (Education Sponsorship Program)

Participants: 180 students (45 boys, 63 girls)

Age Range: 4 to 21 years

Feedback from Parents and Educators

One parent was particularly moved, sharing her joy upon hearing her son sing the "My Body Is My Body" song just a day after our workshop. This instance highlights the program's immediate impact and the ease with which children can embrace these vital lessons.



Further, the enthusiastic participation and discussions among parents underscore the importance and relevance of this workshop. Their insights have been invaluable in fostering a deeper understanding of body safety education.



help2kids.org





help2kids.org



This month in Tanzania, we are pleased to share that Help2kids.org has been presenting the My Body is My Body Programme

Our Aspiration

Encouraged by these positive outcomes, our goal is to make these workshops a sustainable and integral part of children's education. We are committed to expanding our reach, working hand-in-hand with our partners and the community, to empower more children with the knowledge and confidence they need for their safety and well-being.

About Help2kids

Founded on June 12, 2009, in Zug, Switzerland, Help2kids is a compassionate non-profit organization, duly registered in the Swiss commercial registry (register number: CHE-114.921.390). Expanding its mission, Help2kids was registered in Tanzania in 2010 under the Non-Governmental Organizations Act, section 11 (1) and 17(2) of Act No 24 of 2002 (registration number OONGO/00003994). Further extending our global footprint, Help2kids Germany e.V. was established and registered in Germany on December 28, 2015 (register number: 5482).

Our Mission

We are dedicated to providing vulnerable children in Tanzania with the essentials every child deserves: quality education, nutritious food, and comprehensive healthcare. Our goal is to empower them to break free from poverty and lead fulfilling, productive lives.



help2kids.org





Our Projects

Health Project:

This initiative serves as a free health insurance scheme, covering medical, dental, and optical care for over 1,000 children from underprivileged backgrounds. It includes all expenses from transportation and consultations to medication and follow-up visits. We equip our partner institutions with First Aid Cabinets, regularly restocked with essential supplies and basic medicine. Furthermore, we conduct workshops for teachers and caregivers on First Aid, nutrition, personal and sexual hygiene, dental care, and safe eating and drinking practices.

Education Project:

We provide children facing challenging circumstances with access to education. This project supports students who would otherwise be at risk of dropping out due to financial constraints. We cover school fees, uniforms, textbooks, and supplies, and also provide travel, meals, and healthcare to ensure our students' overall well-being. We select students based on their need and academic performance, emphasizing the transformative power of education in creating opportunities and shaping well-rounded community members.

Digital Lab and Computer Classes:

This project is focused on equipping children with essential computer skills, preparing them for the digital world.

Volunteering Project:

We offer opportunities for volunteers to engage meaningfully in projects that resonate with and are valued by the communities we serve.

What Is DSLS TOGETHER?

**DSLs Together is the flagship membership in A Noble
Bringing together DSLs: empowering, supporting and
enabling every one of you in your profession and your
personal well-being.**



About Antonia Noble

I've been a barrister for 28 years – I worked mostly in the criminal courts at all levels but I have appeared in other courts too – the most bizarre was representing a client in front of the Church of England Commissioners in West Minster Abbey!

My career has also seen me working for the Criminal Cases Review Commission – reviewing suspected miscarriages of justice. I have been a county councillor and cabinet member with responsibility for Adults services, sports, arts, culture and some aspect of children's services. So, I have an in depth experience at dealing with the whole statutory sector in the UK.

Currently, I sit on the My Body is My Body Board and Art Shape, I'm Chair of SAND Multi Academies Trust, an advisor on a board for a specialist school providing education for children who have been diagnosed with severe mental health issues.

For many years I have been the safeguarding and related subjects for High Speed Training. This includes writing and overseeing all safeguarding courses at all levels (both children's and adults) and topic specific courses e.g: Domestic Violence, Radicalisation, Harmful Sexual Behaviour, Online Safety, Safeguarding in Sport and Data Protection and GDPR etc etc! The courses HST produces are all accredited by CPD and variously have accreditation from Skills for Care, NSPCC and Sport England



What are DSLs and Heads saying about DSLs Together?

It's like gold dust for a DSL

This makes me feel much safer.

"This will grow to be the best source for information, advice and support."

"Thank you so much for all the support, DSL together has done so much in a very short time."

I'm excited to be part of this

"Every school should be in this membership - there's nothing like it; it's amazing!"

Please feel free to contact me to schedule a complimentary 30-minute phone or video consultation.
antonia@antonianoble.com
antonianoble.com



[Safeguarding in Schools](#)



[Safeguarding Fundamentals](#)



CERTIFIED DSL TRAINING

WHOLE SCHOOL TRAINING

TRAINING TO SUPPORT DSLS WIDER ROLE

DSL WELL-BEING & MINDSET SESSIONS

SPECIAL INTERESTS - SEND/MH, FE, ISI

OFSETED

STAFF UPDATE TRAINING & QUIZZES

MONTHLY ZOOM SESSIONS

LOCALITY GROUPS

A WARM HEARTED & EXPERT COMMUNITY AVAILABLE 24/7

DSL CONTENT DONE FOR YOU

LEADERSHIP AND TRAUMA TRAINING & SUPPORT

NEW DSLS GROUP & EXTRA SUPPORT

EXPERTS - WHEN YOU NEED THEM

POLICIES

CONTENT ACROSS THE WOLE SAFEGUARDING LANDSCAPE



MG Warriors Empowering Children and Families: Through Child Abuse Prevention Program by MBIMB (My Body Is My Body) Triumphs Amidst COVID-19

By Dr Mamta Godiyal



MG WARRIORS EMPOWERING CHILDREN AND FAMILIES: THROUGH CHILD ABUSE PREVENTION PROGRAM BY MBIMB



"MG Warriors" in association with "My Body is My Body" has successfully taken up this program to Delhi, Haryana, Uttar Pradesh, Uttarakhand, Assam, Punjab, Rajasthan, Mumbai and Karnataka. More than 1000 people of all ages benefited from this programme.

MBIMB is always interested in hearing about stories where lives have been changed by our programme. Here is one shared by our wonderful Ambassadors MG Warriors and Dr Mamta Godiyal.

In the face of the unprecedented challenges brought about by the COVID-19 pandemic, our MBIMB child abuse prevention program emerged as a beacon of hope for children residing in the diverse landscapes of metropolitan areas to the slums. As families struggled with the anxieties of the pandemic, our program, designed to raise awareness about child abuse, became a lifeline for countless children. Through innovative approaches and unwavering dedication, we managed to bridge the gaps and provide crucial support to those in need.

One of the pivotal aspects of our program was empowering children with knowledge. Amidst the chaos, we ensured that children from various backgrounds, irrespective of their socio-economic status, received education on child abuse prevention. We reached out to them through virtual sessions, ensuring their safety while imparting invaluable information. MG Warriors did more than 47 sessions through which, we encouraged children to open up and discuss their fears and challenges, fostering an environment of trust and understanding. We are also reaching to the children and their families in the slums, villages, daily wagers family and nomads with a dream to make the world a better and safer place for these children.

MG WARRIORS EMPOWERING CHILDREN AND FAMILIES: THROUGH CHILD ABUSE PREVENTION PROGRAM BY MBIMB



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Amidst the many stories that unfolded during our program, one particular case stood out, showcasing the impact our initiative had on individual lives. A 16 years old girl Durga (name changed), a resident of Assam (from a very humble family), was being stalked by a man daily, causing her immense distress. Fearing judgment and lacking knowledge about whom to approach, she sank into a deep depression, withdrawing into a world of silence and isolation.

She attended 2 of our sessions on Child Abuse Prevention program where our Assam Leader Mr. Pipal Nath & the Head of Training Ms. Priyaanka Chandran built the trust with all the participants. After the end of 2nd session Durga approached Mr. Pipal Nath for more support wherein she wanted to discuss her challenge with both of them. They recognized the signs of distress in the girl and, through consistent counseling and emotional support. Over time, the girl found the strength to confide in them, revealing her harrowing experiences. Priyaanka and Pipal, armed with empathy and knowledge, gently encouraged her to speak to her parents about the situation and seek their support.

The pivotal moment arrived when the girl, bolstered by the unwavering support of our faculty, approached her parents. With newfound courage, she shared her story, and her parents, educated through our program, responded with understanding and concern. Together, as a family, they took necessary actions to ensure the girl's safety and well-being. The transformation in the girl was remarkable - from a state of constant fear and isolation, she emerged as a confident, empowered individual, ready to face the world without the burden of fear.

MG WARRIORS EMPOWERING CHILDREN AND FAMILIES: THROUGH CHILD ABUSE PREVENTION PROGRAM BY MBIMB



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Her story is not an isolated incident but a testament to the effectiveness of our child abuse prevention program. Through awareness, education, and emotional support, we were able to empower countless children to recognize abuse, speak out against it, and seek help when needed. The girl's journey from despair to hope mirrors the collective transformation experienced by many children under our program.

As MG Warriors reflect on these successes, we remain committed to our mission. The challenges brought by the pandemic did not deter us; instead, they fueled our determination to make a difference. The Prevention of Child Abuse Prevention Program by MBIMB stands as a testament to the resilience of the human spirit and the power of education and empathy in creating safer environments for children. Through our collective efforts, we continue to nurture a generation that is aware, empowered, and unafraid – a generation that will shape a future free from the shadows of child abuse.

MG Warriors is a group of like minded working professionals and Students who are working on Women & Children Empowerment. All the members works selflessly in order to give back something to the society. We are running online and offline programs/drives/sessions and much more. MG Warriors" works on Humanity. We Serve Smile and Happiness to ourselves by serving the society.

It started with one person and now we have a community of more than 300 members spread across 14 States. A well-organised team of Volunteers working in a very systematic and planned way.

LinkIndex uses unique QR codes to give you instant access to over 2000 targeted resources and is designed for all agencies that support children, adults and families.



Resources at Your Fingertips

In today's digital age there are some fantastic resources available. But wouldn't it be great if they were easier to find? The LinkIndex Keyring makes targeted resources more accessible by giving you instant access to them (via QR codes) on the go.

Who is the LinkIndex Keyring For?

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

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

About the LinkIndex Keyring

Here are some things you might want to know about the QR Code LinkIndex Keyring:

DESIGNED FOR PROFESSIONALS

The MAAPP LinkIndex Keyring was designed by professionals for professionals to give you instant access to over four hundred targeted resources.

EDUCATIONAL AND INFORMATIVE

Each category has multiple resources from partner agencies and they are both educational and informative.

EASILY ACCESS RESOURCES

Use of the LinkIndex Keyring gives you easy access to targeted resources and will help you promote better outcomes for children, adults and families.

ENHANCE YOUR KNOWLEDGE

The MAAPP keyring will enhance your knowledge of partner agency resources enabling you and families to MAKE direct access to resources.

<https://qrcoderesources.co.uk>

DARREN HART FOUNDATION





**DARREN
HART
FOUNDATION**

VISIT TO SMILE CHILDREN'S HOME

This visit occurred in Nairobi, Kenya, at Kayole on October 28, 2023. Three weeks prior to this visit, we were contacted by the home, which requested a visit and specifically sought support with food for the children. We agreed and initiated a campaign to collect food donations. This time, we encountered significant challenges in gathering food supplies. Fortunately, the **Global Goodwill Foundation and Ravine Foundation** provided substantial assistance. Along with contributions from our members, we managed to conduct significant shopping for the children.

This was our third visit to the home, and we observed some noteworthy changes. The age range of the children spanned from infants to seventeen years old. Initially, the home served 40 children, but that number has since increased to 72. **The combined efforts of the Darren Hart Foundation, the Global Goodwill Ambassadors Foundation, and the Ravine Foundation made this support possible.** We provided the children with food and clothing, and under the leadership of Darren Hart, we conducted the "My Body Is My Body Program." The session was highly interactive, and the children clearly remembered the lessons from our previous visits.

The children were informed about the importance of refusing to keep secrets and educated about the types of abuse they may encounter, such as excessive beating, kicking, burning, punching, or inappropriate touching. They were taught to trust their feelings and to decline participation in anything that felt wrong. Moreover, the children were empowered with the knowledge that they have rights over their own bodies and were instructed to report any abuse to a trusted adult. We also led the children in singing the "My Body Is My Body Song," which proved to be a wonderful and impactful part of the event.



VISIT TO SMILE CHILDREN'S HOME

We provided the children with food, clothing, and two packets of sanitary pads, along with menstrual hygiene education, which is an important issue in Kenya as well as many other countries.

Teaching menstrual hygiene and by providing sanitary pads to 288 girls was a great achievement. We then taught the My Body Is My Body Program to the rest of the pupils in school, both girls and boys. They were 348, and we donated two footballs to the school. We also provided the pupils with soap and toothpaste.

Both boys and girls received soap and toothpaste for their hygiene. We also donated two leather footballs to the school so that they can help them during their co-curricular activities.

We had people from the Darren Hart Foundation, GGAF-Kenya members, and school teachers who were there to help. We divided ourselves into groups to tackle different topics, separated the boys from girls, and then mentored them separately. Then we brought everyone together and taught them the importance of the environment.

Sustainable Development Goals Impacted Included SDG 1, SDG 3, SDG 4, SDG7, SDG 10, SDG 13, SDG 17









VISIT TO SMILE CHILDREN'S HOME



NEW AMBASSADOR TANZANIA



Semeni Jamal Mnete
SOS Children's villages Tanzania



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR IRAQ



Salam Almohands

Educator



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR AFGHANISTAN



Hashimi Anayatullah

Social Worker



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 MILLION CHILDREN WITH THE PROGRAMME. ANOTHER 1.7 MILLION PEOPLE HAVE BEEN REACHED ON YOUTUBE. CHRISSY SPENDS HER TIME TEACHING VOLUNTEERS, SCHOOL TEACHERS AND COMMUNITY LEADERS HOW TO INTRODUCE THE SUBJECT OF CHILD ABUSE PREVENTION INTO THEIR COMMUNITIES USING THE MBIMB PROGRAMME.



DEE RUSSELL - THOMAS

TRUSTEE

WITH OVER 30 YEARS OF EDUCATION EXPERIENCE IN THE UK AND OVERSEAS, IN STATE AND PRIVATE SECTOR AND FROM INFANT THROUGH TO UNIVERSITY LEVEL, DEE IS ABLE TO SUPPORT, ADVISE AND PROVIDE TRAINING IN AREAS OF SCHOOL IMPROVEMENT, PLANNING FOR INSPECTIONS, LESSON OBSERVATIONS AND PERFORMANCE MANAGEMENT.



ANTONIA NOBLE

TRUSTEE

DURING HER 25 YEARS AS A BARRISTER, ANTONIA NOT ONLY DEVELOPED A DEEP UNDERSTANDING OF THE LAW BUT THE ABILITY TO PROCESS AND PRESENT INFORMATION LOGICALLY AND CLEARLY. WHAT'S MORE, IT'S WHAT SHE IS PASSIONATE ABOUT. SHE CARES DEEPLY ABOUT JUSTICE, FAIRNESS AND LIBERTY AND LOVES NOTHING MORE THAN HELPING INDIVIDUALS AND ORGANISATIONS FIND THEIR VOICE AND REACH BETTER OUTCOMES.



NICK ASKEW

TRUSTEE

CEO + FOUNDER OF SPACE AUTO, A RETAIL AND MARKETING SOFTWARE AND DATA TECHNOLOGY COMPANY IN DALLAS, TEXAS. ALSO, FOUNDER OF LUMINARY 2, A DEVELOPMENT AND TECHNOLOGY AGENCY DELIVERING CUTTING-EDGE BUSINESS TECHNOLOGY SOLUTIONS, SPECIALIZING AND INVESTING IN STRATEGIC SAAS PRODUCTS THAT REVOLUTIONIZE INDUSTRIES.



CAROLINE FLYNN

TRUSTEE

CAROLINE IS THE VICE CHAIR FOR THE BASW ENGLAND LONDON BRANCH BRITISH ASSOCIATION OF SOCIAL WORKERS. SINCE 2006 CAROLINE HAS WORKED AS A LOCUM SOCIAL WORKER, CONSULTANT SOCIAL WORKER, MANAGER AND CHILD PROTECTION CHAIR THROUGHOUT THE UK.



DR. TUFAIL MUHAMMAD

ADVISORY BOARD

DR. TUFAIL MUHAMMAD (MD, MCPS, DCH, DCPATH) IS A PAEDIATRICIAN BY PROFESSION. CURRENTLY, HE IS THE CHAIRMAN OF THE CHILD RIGHTS & ABUSE COMMITTEE, PAKISTAN PEDIATRIC ASSOCIATION AND DIRECTOR OF THE REGIONAL TRAINING INSTITUTE PESHAWAR. HE HAS POSTGRADUATE QUALIFICATIONS AND TRAINING IN PEDIATRICS, CLINICAL PATHOLOGY, PUBLIC HEALTH AND REPRODUCTIVE HEALTH.

DAVID ELLIS

ADVISORY BOARD

DAVID HAS WORKED IN THE VOLUNTARY SECTOR FOR OVER 35 YEARS, BOTH OVERSEAS AND IN THE UK. THIS HAS INVOLVED DIRECTOR LEVEL AND CHIEF EXECUTIVE APPOINTMENTS WITH A NUMBER OF NATIONAL DISABILITY CHARITIES. DAVID HAS RECENTLY RETIRED AS THE CHIEF EXECUTIVE AT NATIONAL STAR, A NATIONAL CHARITY WORKING WITH AND FOR YOUNG PEOPLE WITH COMPLEX DISABILITIES.

DR. JOHN HARRISON

ADVISORY BOARD

ADVISORY BOARD DAVID HAS WORKED IN THE VOLUNTARY SECTOR FOR OVER 35 YEARS, BOTH OVERSEAS AND IN THE UK. THIS HAS INVOLVED DIRECTOR LEVEL AND CHIEF EXECUTIVE APPOINTMENTS WITH A NUMBER OF NATIONAL DISABILITY CHARITIES. DAVID HAS RECENTLY RETIRED AS THE CHIEF EXECUTIVE AT NATIONAL STAR, A NATIONAL CHARITY WORKING WITH AND FOR YOUNG PEOPLE WITH COMPLEX DISABILITIES.

NANCY ABDELHADI

ADVISORY BOARD

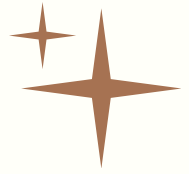
NANCY HAS EXTENSIVE BUSINESS DEVELOPMENT, MARKETING, COMMUNICATIONS, PUBLIC RELATIONS, EVENT PLANNING AND RESEARCH EXPERTISE AS WELL AS A RICH ACADEMIC AND PROFESSIONAL BACKGROUND ON REGIONAL AND INTERNATIONAL LEVELS. SHE ALSO HAS COMPREHENSIVE ORGANIZATIONAL, PUBLIC RELATIONS AND MANAGEMENT COMPETENCIES.

LISA JONES

ADVISORY BOARD

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





www.mbimb.org



My Body is My Body Foundation
Charity Number 1199901