



MBIMB

November / December 2025 Newsletter
Building Safer Futures Together

Find Out About Our
**MBIMB BLUE
CREW**



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धन्यवाद molte grazie
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teşekkür edire



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Check out our new Course



EDITOR'S NOTE



Hello everyone,

As we step into 2026, we're feeling genuinely excited about what lies ahead for the My Body Is My Body Programme and Foundation. This year is all about momentum — building on what we've learned, strengthening what works, and reaching even more children with simple, protective body safety messages in a way that feels safe, positive, and memorable.

Before anything else, we want to say a very big **THANK YOU** to our incredible Volunteers, Ambassadors, and supporters. The time, energy, creativity, and care you've poured into this mission over the past year has made a real difference. Every song shared, every session delivered, every resource translated, every post created, every conversation started — it all adds up to safer children and stronger communities. We're so grateful, and we're excited to step into another year with you as we continue protecting and educating children and communities together.

Locally, we're launching something really special: a group of young volunteers who will learn the MBIMB songs and presentation style, so they can help take the programme into local schools. We love the idea of young people using their voices to help younger children learn that their body belongs to them, that "no uncomfortable touches" are never okay, and that they can always speak up and ask for help.

Internationally, we're proud to be working with Rotary Girls' Empowerment on a year-long project that we hope will reach thousands of children. This partnership is a powerful reminder that when communities come together — parents, teachers, youth leaders, and trusted organisations — we can create safer environments where children feel confident, supported, and heard.

Alongside this, we're continuing our translation work with Rotary Inter Country Committees (ICCs) and we'll keep supporting and growing the incredible network of MBIMB Ambassadors worldwide who champion our resources in their own communities and languages. And there's more... our team is also developing new safeguarding ideas for teens, alongside further emotional health programmes to support children and young people as they grow. So truly — watch this space!

Most of all, thank you for being part of this journey. We have an incredible team, and we're so proud of what we're building together — and we can't wait to show you what 2026 brings.

With gratitude,

Chrissy Sykes (Morongwa)

Founder & CEO, My Body Is My Body Foundation



NEW MBIMB LANGUAGE COMING SOON



Intercountry
Committees

ARMENIAN

With special thanks to Rotary ICC's
Michel Davoudian

Rotary Club Gyumri, Armenia

DGN 2027-2028 D2452

ICC Executive Board Vice-Chair 2024-2026



♥ Something Big is Coming – MBIMB Global Day!

On 6 June 2026, the world will turn blue for children's safety!

We're launching MBIMB Global Day, a worldwide celebration where families, schools, and communities come together in music, colour, and kindness to help every child grow up safe, strong, and heard.

From Blue School Days and sing-alongs to community concerts and family workshops, everyone can take part — wherever they are. Every pound raised will stay local, supporting schools and families with free My Body Is My Body body-safety resources.

♥ Want to get involved or host an event?

We'd love to hear from you!

✉ Email us at chrissy@mbimb.org



JOIN THE BLUE CREW MBIMB

Protecting Children Today, Building Safer Futures Together

Fundraising Guide



MBIMB Global Day Fundraiser

Date of Event: 6 June 2026

#MBIMBGlobalDay2026



- Empowering Children and Families
- Inspiring Communities
- Making a Difference Together

My Body Is My Body Foundation
Registered Charity 1199901



DONATE NOW QR CODE

Corporate Sponsorship Opportunities

Tier Contribution Impact & Benefits

Why MY Body Is My Body (MBIMB) Matters

Every year, an estimated 1 billion children — that's half of all children worldwide — experience some form of violence, whether physical, emotional, or sexual. This is why programmes like My Body Is My Body are essential. The good news? Violence is preventable, and through clear, memorable messaging and community action, we can start breaking this global cycle — one child, one classroom, one song at a time.

The My Body Is My Body (MBIMB) Foundation exists to change that. We use the universal power of music, stories, and community action to teach children simple, memorable body-safety messages in over 30 languages. Through songs, animated videos, workbooks, and workshops, **MBIMB helps children:**

Understand what safe and unsafe behaviour looks like

Build confidence to speak up if something feels wrong

Learn who they can trust and where to get help

So far, MBIMB has reached over 3 million children in 63 countries — but with your help, we can reach millions more.

We offer clear, impactful tiers so your company can see exactly where your support goes.

♥ Blue Champion – £1,000

Provides resources for 20 classrooms (600+ children).
Logo placement on MBIMB digital campaign materials.



♥ Blue Guardian – £5,000

Trains 100+ teachers and equips 50 classrooms with resources.
Prominent recognition on our website and social media channels.
Logo placement on MBIMB digital campaign materials.

♥ Blue Visionary – £10,000+

Trains 200+ teachers and equips 100 classrooms with resources. Expands MBIMB resources into new regions/countries. Exclusive media spotlight in MBIMB's global press campaign. Dedicated partnership feature in newsletters and events.
Logo placement on MBIMB digital campaign materials.

ASKEW Ai™



Rotary
Club of Normanton



Rotary
BARNSELY ROCKLEY
ROTARY CLUB
(District 1220)



BETTER
BARNSELY

Shawlands
Trust

Rotary



Club of
Stainborough



united kingdom



PRESTIGE AWARDS

CERTIFICATE OF EXCELLENCE

This is to certify that

MY BODY IS MY BODY

has been awarded

**Children's Safeguarding
NPO of the Year**

in the Yorkshire
Prestige Awards 2025/26

James Drakeford
Editor in Chief



Andrew White
Head of Research

CHILDREN'S SAFEGUARDING NPO OF THE YEAR

My Body Is My Body



My Body Is My Body Foundation (MBIMB) is a Barnsley-based UK registered charity providing a free, internationally acclaimed child-safeguarding programme. Dedicated to empowering young people to understand body safety through music, storytelling and fun interactive activities, the foundation has become a global leader in child protection education, offering its free, music-based programme to children, teachers and families around the world. Through engaging songs and accessible resources, MBIMB helps children recognise, prevent and speak up about abuse in a way that is age-appropriate and empowering. Its creative approach ensures that vital safeguarding education reaches children in a positive and memorable way.

The judges were particularly impressed by the impact of MBIMB's work, which has been remarkable and transformative for so many young people and their families. At time of writing, the NPO's resources have reached more than three million children across more than 63 countries, with materials translated into over 30 languages. The foundation partners with respected organisations including ISPCAN, Compassion International and Rotary International, as well as a wide network of schools, charities and safeguarding professionals, underscoring the collaborative ethos that lies at the centre of its programme.



“
*My Body Is My Body
empowers children
worldwide with music-
based body safety
education, developing
confidence, protection and
emotional wellbeing.*
”



www.mbimb.org
chrissy@mbimb.org



Learning and Having Fun with MBIMB Songs

Meet Isabella, one of the many children exploring the My Body Is My Body (MBIMB) program from the comfort of home on her iPad (parental supervision suggested).

Isabella is having a wonderful time learning all about the “What If?” game, a fun and interactive part of MBIMB that teaches children how to respond safely in tricky situations. Her favorite song is the “My Body Is My Body” song, which she loves singing along to while learning important messages about boundaries and safety.

Through the songs, Isabella is discovering that:
Her body belongs to her
She can say NO to anything that feels unsafe
It’s always okay to tell a trusted adult
Secrets about touching are never okay

With each song and game, Isabella is building confidence, understanding, and the language to protect herself — all while having fun. The program turns learning into a joyful experience, helping children remember these vital lessons in a way that sticks.

MBIMB shows that learning about safety doesn’t have to be scary. With music, storytelling, and interactive games, children like Isabella can enjoy the process,¹⁰ supported by their parents, and grow up empowered to keep themselves safe.

WHY MUSIC

Might Be the Most Powerful Way to
Teach Children Body Safety



Some lessons are too important to be forgotten.

Body safety education isn't about frightening children or burdening them with adult problems. It's about empowering them early with clear, simple messages they can remember — and making sure they know whom to tell and how to tell if something feels wrong.



The Challenge

The challenge is that many safeguarding lessons are still delivered in ways that don't always match how young children learn best: lots of talking, abstract ideas, or one-off sessions that fade quickly once the moment has passed.

That's exactly why the My Body Is My Body (MBIMB) Programme exists: a music-based safeguarding programme that helps children learn, retain, and use body safety messages through songs, movement, and animated video, supported by trusted adults.

Why music works when words alone don't

Music isn't "extra" — it's a learning tool.

Our research shows that music supports learning by:

- strengthening memory through rhythm, melody, and repetition
- lowering cognitive load (children can grasp messages more easily)
- engaging multiple senses (hearing, movement, visual modelling)
- supporting emotional regulation (helping children feel safe while learning)
- encouraging embodied learning (children remember what they do, not only what they hear)

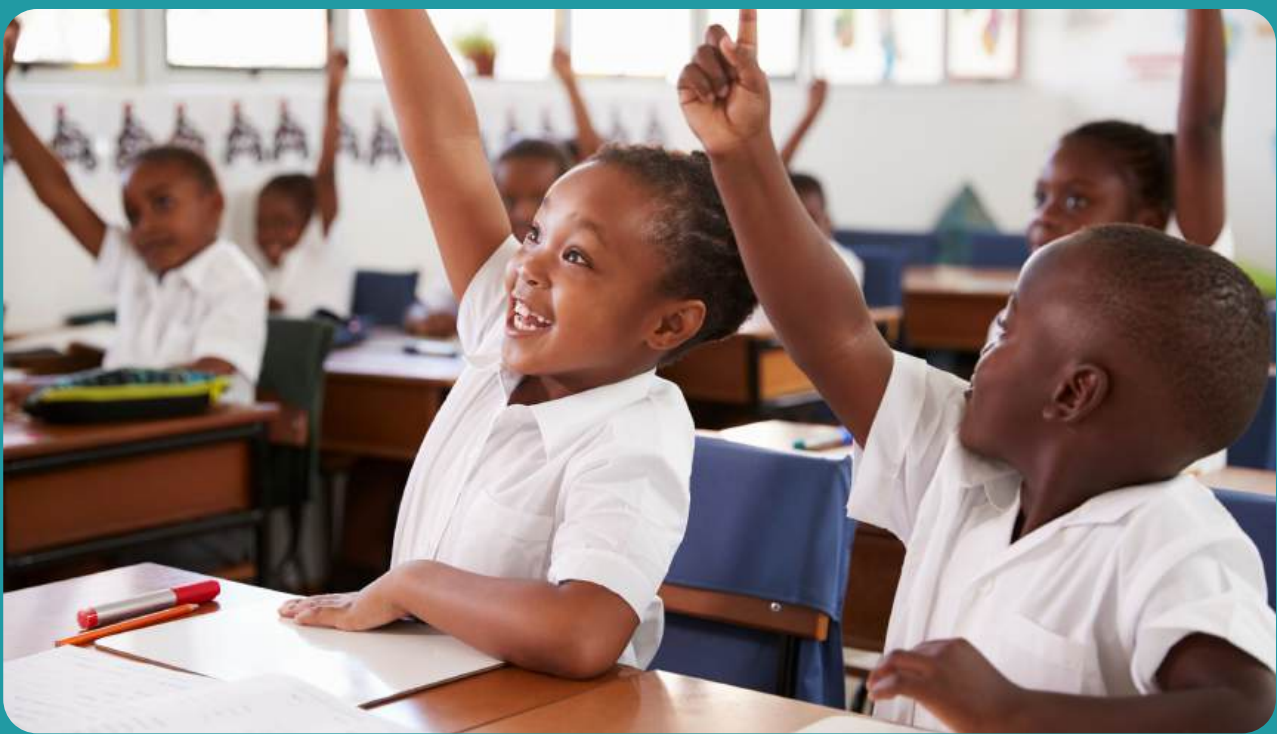
In other words: songs become memory anchors. Children can recall them later — even under stress.



What research shows about songs and videos in safeguarding education

Our evidence review brings together published research and real-world delivery experience. The message is consistent: music and video can help children learn safeguarding messages more effectively — not only understanding them in the moment, but remembering them later.

- A school pilot study that used an educational video alongside a child-friendly song found strong improvements in children's knowledge and attitudes after the sessions. This suggests that combining song + video can be a practical and effective way to teach body safety in school settings, including across different cultures.
-
- A larger randomised controlled trial looking at movement-to-music video learning found that children engage more strongly when learning includes music and movement. It also highlighted something important: children learn best when trusted adults repeat the messages, encourage participation, and practise the learning over time — which is how MBIMB is designed to be delivered.
- Wider evidence, including a well-known Cochrane review of school-based child sexual abuse prevention programmes, reinforces the value of well-designed, age-appropriate prevention education in helping children build protective knowledge and skills.



Why teachers and Designated Safeguarding Leads love The MBIMB Programme

MBIMB doesn't add "one more thing" to an already overloaded timetable — it supports what schools are already trying to do.

It fits naturally into:

- PSHE / RSHE
- wellbeing and relationships learning
- safeguarding culture-building (not just policy compliance)
- consistent help-seeking pathways ("Who can I tell? How do I tell?")

Most importantly, it helps create a school environment where children feel able to speak up — and where adults have a shared, practical way to reinforce key messages over time.

MBIMB aligns with the INSPIRE framework (Education and Life Skills) and reflects core principles of the UN Convention on the Rights of the Child — including children's right to protection, safety, and to be heard. That matters because safeguarding isn't just a lesson — it's a rights-based commitment.



Children remember what they sing.

Music makes safeguarding education:

- engaging,
- memorable,
- emotionally safe
- it helps children remember what to do when it matters most.

That's why the My Body Is My Body Programme is more than a set of songs. It's a practical, scalable approach that helps empower children early, strengthens protective environments, and supports schools and communities to build safer futures together.

Safeguarding is most effective when it is repeated over time, taught in a child-friendly way, and reinforced by trusted adults. That is what MBIMB is designed to do. If you'd like to bring the programme to your school, club, or community group, explore our free resources and join us in building safer futures together.

Every child deserves to feel safe, heard, and believed.
Find out more about our Free Courses and Resources at
www.mbimb.org

MBIMB Supports Barnsley's "Prioritising Child Sexual Abuse" Roadshow



MBIMB recently took part in the "Prioritising Child Sexual Abuse (CSA) Roadshow" in Barnsley, a vital training event hosted by the Centre of Expertise on Child Sexual Abuse and held at The Civic on 18 November 2025.

The event brought together professionals from across the safeguarding sector to strengthen understanding, confidence, and practical skills in identifying, responding to, and supporting children affected by child sexual abuse. Sessions were led by national experts from the CSA Centre, alongside local partners including BSARCS, highlighting the importance of strong, joined-up, multi-agency working.

Throughout the day, participants explored:

- Expert guidance through presentations and workshops led by specialist practitioners
- Practical skills to help professionals recognise signs of abuse and respond appropriately
- Resource sharing, including access to trusted advice, guidance, and support services
- A strong multi-agency focus, supporting collaboration across education, health, voluntary and statutory services

While this specific roadshow event has now taken place, Barnsley continues to prioritise safeguarding and prevention. Ongoing online and face-to-face training opportunities remain available, with key local priorities including online exploitation, harmful sexual behaviour, and support for vulnerable children and young people, as highlighted in the Barnsley Safeguarding Children Partnership Annual Report 2023–2024.

MBIMB is proud to be part of these important conversations locally. Our work in prevention, education, and early intervention aligns closely with Barnsley's safeguarding priorities, reinforcing the shared commitment to protecting and empowering children, and strengthening lives and communities.

We are grateful to the Centre of Expertise on CSA and all partners involved for creating spaces where learning, collaboration, and child-centred practice can grow.



Buy MBIMB Books Direct From the Printer

Save & Support Our Programme

Printed at cost — no markup.

Every purchase helps us reach more children

Children's Workbook

- 📖 Single Book: £5.22
- 📦 Pack of 10: £2.35 ea
- ❤️ School Bundle (25books): £1.98

MBIMB Body Safety Rules

- 📖 Single Poster: £0.15
- 📦 10 Posters: £0.10 ea
- ❤️ School Bundle (50 Posters): £0.08 ea



Teacher Lesson Plans

- 📖 Single Book: £5.88
- 📦 Pack of 10: £3.63 ea
- ❤️ School Bundle (25books): £3.12

The River Room Songbook

- 📖 Single Book: £6.55
- 📦 Pack of 10: £3.02 ea
- ❤️ School Bundle (25books): £2.53



MBIMB Children's Workbook A4 Landscape (2025)

A fun, interactive workbook that helps children learn about body safety through songs, activities, and colourful illustrations. Designed to support the MBIMB lessons. Download a preview copy here: mbimb.org/mbimb-resources

£5.22

Add to basket



Other products



MBIMB Body Safety Rules A4



MBIMB Teacher Lesson Plans (2025)



MBIMB Trauma Informed Children's Workbook A4 Landscape (2025)



The River Room Songbook

My Body is My Body Safety Rules

MY BODY IS MY BODY

My body belongs to me
and only to me.
Nobody should hurt me.
Nobody should touch my private parts
I am the boss of my own body!!



IF IT DON'T FEEL RIGHT DON'T DO IT

If people try to get me to do
things I know are wrong,
or that make me feel uncomfortable
I will say "NO".
THEN I WILL TELL A SAFE ADULT



**WHO CAN I TELL IF I HAVE
A PROBLEM?
I CAN TELL A SAFE ADULT**

MOMMY OR DADDY,
AUNT OR UNCLE
GRANNY OR GRANDPA,
TEACHER OR PRINCIPAL
COUNSELLOR AT SCHOOL

ARE YOU FEELING UNSAFE? HERE ARE SOME WARNING SIGNS FROM YOUR BODY

Your face or your hands
might start to sweat
Your mouth could feel dry
You might feel sick in your tummy
Your heart could beat fast
You could start crying
You could feel scared
Your legs could feel wobbly

If you are feeling any of these warning
signs, find a Safe Adult you can talk to
and tell them you are feeling unsafe.



PRIVATE PARTS

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

1. Nobody should touch my private parts
2. Nobody can ask me to touch their private parts
3. Nobody should take pictures of my private parts.

SAY NO TO SECRETS

If someone is hurting you,
bullying you or doing anything
that makes you feel
uncomfortable, and they ask
you to keep it a secret -

Say No To Secrets
THEN TELL A SAFE ADULT





MBIMB Visit to Station House Thurnscoe

MBIMB recently had the great pleasure of visiting Station House in Thurnscoe, where we delivered a fun, engaging, and deeply important workshop for parents and staff.

A very big thank you to Charlotte Williams for inviting us and making this visit possible — your support helped us bring MBIMB's messages directly to the families and staff who benefit most.

Station House is a valued local community setting, supporting families and young children through a welcoming, nurturing environment. With a strong focus on care, connection, and early support, Station House plays an important role in helping children feel safe, supported, and able to thrive.

The session was led by Chrissy Sykes, who brought MBIMB's messages to life through music, conversation, and practical guidance. Parents and staff took part enthusiastically, learning simple, age-appropriate ways to talk to children about body safety, feelings, boundaries, and how to ask for help.

There was a real sense of shared purpose in the room — a reminder that keeping children safe works best when families and professionals learn and work together. The songs, in particular, sparked smiles, discussion, and moments of reflection, showing just how powerful music can be in helping children understand important messages in a gentle and memorable way.

For those who were unable to attend — or who would like to explore the resources further — My Body Is My Body offers a wide range of songs, tips, and tools for families and professionals alike. You can find out more at:

👉 <https://mbimb.org/>

MBIMB is incredibly grateful to the team at Station House for their warm welcome and commitment to safeguarding and early prevention. Visits like this reflect our shared belief that when we work together, we can protect and empower children — strengthening lives and communities.



Station EST. 1985 House

Supporting children & their families





MBIMB Visit to Station House Thurnscoe

We would also like to extend our sincere thanks to the Dearne Family Hub for generously providing their facilities for the MBIMB presentation. Their support enabled us to deliver the programme in a welcoming, accessible community space, helping to bring parents, staff, and safeguarding professionals together around the shared goal of protecting and empowering children.



Staying Safe, Strong and Happy



New Download: “Staying Safe, Strong and Happy” Safeguarding Made Simple for Children

We're excited to share our brand-new downloadable resource created in collaboration with Antonia Noble from [Safeguarding Fundamentals](#) — “Safeguarding for Children (Ages 5–8): Staying Safe, Strong and Happy.”

This colourful and positive PDF helps teachers, parents, and community leaders introduce safeguarding in a gentle, age-appropriate way. Using clear language and cheerful illustrations, it guides children to understand what it means to feel safe, who keeps them safe, and what to do if something makes them feel uncomfortable.

Children will learn simple, memorable messages such as:

- “Your body is special and should always be safe.”
- “We don’t keep secrets, only happy surprises!”
- “Always tell a trusted adult if something worries you.”

It’s a wonderful tool to open conversations about safety, kindness, and trust — helping every child feel Safe, Strong and Special!

[Click Here To View and Download](#)





MAAPP

MAAPP - The Home Of LinkIndex A Safeguarding Toolkit for Professionals and Families

LinkIndex – is a game-changing safeguarding toolkit designed for professionals and families. In a world overflowing with digital resources, LinkIndex brings clarity and convenience. Its smart keyring, powered by QR codes, gives instant access to carefully curated, trusted safeguarding materials — anytime, anywhere. Whether you're supporting a child at home or in a professional setting, MAAPP puts the right tools at your fingertips when they're needed most.

Introductory Offer:

Available at £1.00 per month, valid for 12 months only.



<https://maappuk.co.uk>



Uganda

His Grace Orphans Ministry



This month, His Grace Orphans Ministry has been actively delivering the My Body Is My Body (MBIMB) program—one of the world’s leading child-safety and abuse-prevention curriculums. Through this program, we are reaching children, parents, schools, and the wider community here in Masaka, helping to build a safer, stronger environment for all.

What we have been teaching

My Body Is My Body (MBIMB) is a free, child-friendly program designed to teach children how to protect themselves from abuse in a safe, engaging, and memorable way. Using songs, storytelling, and interactive learning, MBIMB empowers children to understand:

- Their bodies belong to them
- The difference between safe and unsafe touching
- How to say NO
- How to tell a trusted adult
- That secrets about touching are never okay

Making an Impact in Masaka

Through MBIMB, children are learning valuable life skills in a way that is fun, accessible, and age-appropriate. Parents and caregivers are also engaged, gaining practical tips to support children’s safety at home and in the community. By building awareness and confidence, MBIMB strengthens families, empowers children, and contributes to a safer society for all.

His Grace Orphans Ministry



10



FREE MBIMB ONLINE COURSES

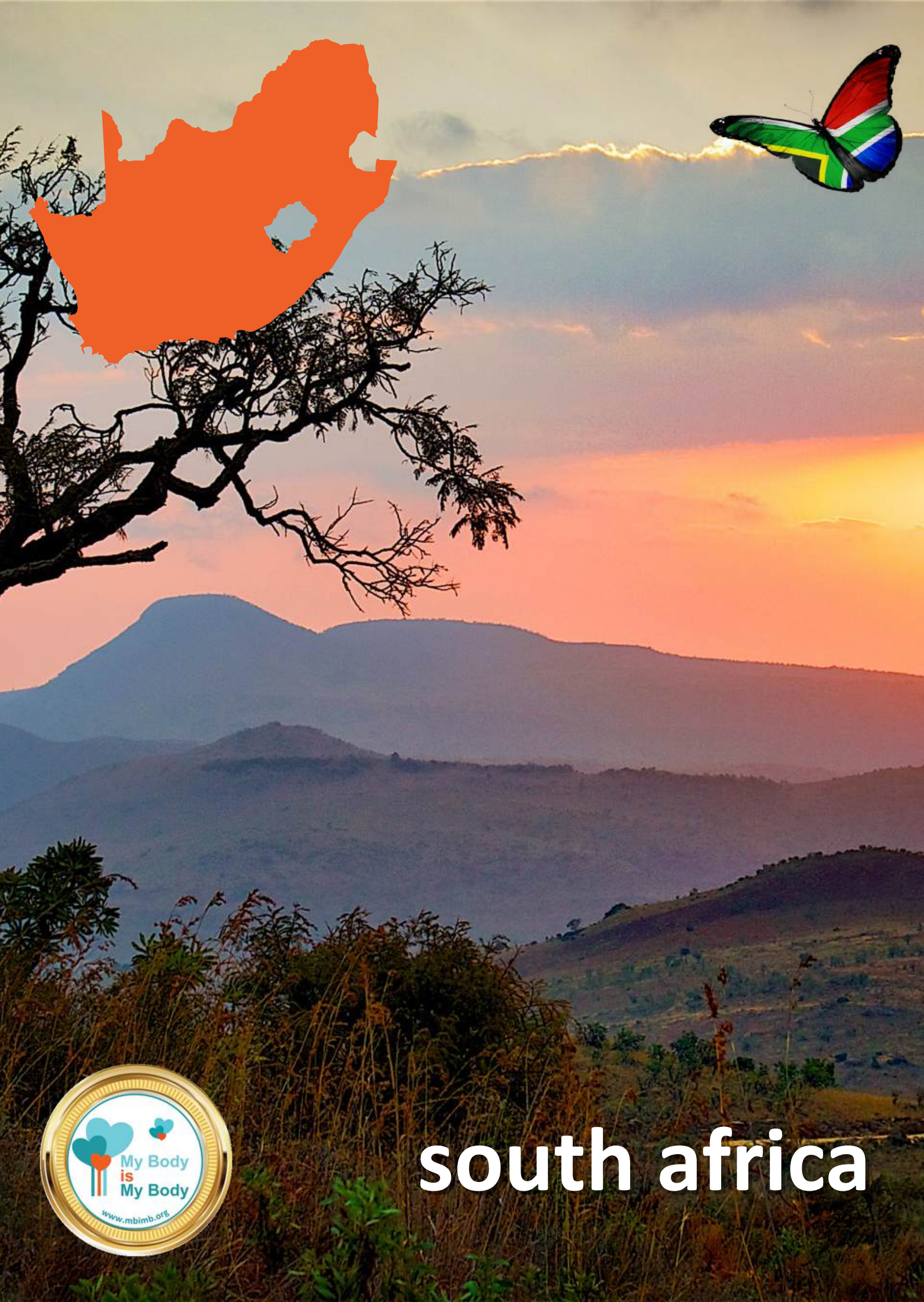
Further Education

Free Online Child Safety Training Programmes

The My Body Is My Body Programme provides FREE online courses to empower communities with essential knowledge on child abuse prevention and safeguarding. These courses include step-by-step guidance on presenting the My Body Is My Body Programme effectively.

1. Introduction to Child Maltreatment & Safeguarding
2. How to Present the MBIMB Programme
3. Digital Discoverers
4. Children's MBIMB Programme
5. Safeguarding Fundamentals
6. Essential Skills for New Mothers
7. MBIMB Presenter Next Steps
8. Bully Aware
9. Standing Strong With Noah
10. Standing Strong With Sofia





south africa

Water, Safety, and Voice

Unity Water Foundation

By Sarah van Heerden



Unity Water
Foundation



WATER, SAFETY, AND VOICE

By Sarah van Heerden, Unity Water Foundation

Everything begins with water and is sustained by water. Water is life, and unlike the air we need to breathe to survive, it is not always freely available or easily accessible. It is a fundamental human right as it is essential to every human's survival. But why are we talking about it here? Give me a moment to explain.

In the past 14 months, I've had the privilege of meeting over a hundred women from some of the most rural and under-resourced areas in South Africa. These are women living on or near the poverty line, none of whom have had a stable supply of water near their homes. Through countless conversations, their stories paint a clear picture: the physical burden of water collection has profound implications not just on health, but on safety and dignity.

Traditionally, in many parts of Africa and elsewhere in the world, women and even children are expected to carry heavy water containers on their heads over long distances and have been doing so since before the stone age. It is literally a stone age problem in a 21st century world. The common assumption is that this practice causes no lasting harm because women and children have done it from a young age. However, the women I've spoken to tell a very different story. Almost all of them report chronic pain, from headaches and migraines to neck aches, back and shoulder pain, even hip and knee problems. The physical toll is real and it's constant.

Beyond the physical strain, there is a darker side to water insecurity: the heightened risk of Gender-Based Violence. Researchers are encouraging the world to recognise this and call it Gender-Based Water Violence. In the work we do through the **Unity Water Foundation** we have heard many stories from women and organisations operating in the Gender-Based Violence space, and they all share a common thread. Women and children travelling to distant water points are frequently being attacked or harassed. In some horrific cases, there have been reports of women and children being coerced into unwanted acts in exchange for access to water. In some cases, this violence doesn't end at the water source, it follows them home, when unmet water expectations fuel domestic conflict.

WATER, SAFETY, AND VOICE

By Sarah van Heerden, Unity Water Foundation

This is why we at the Unity Water Foundation believe that connecting water with programs like those of My Body is My Body is crucial. While MBIMB focusses on child abuse prevention, their teachings empower children to speak up, understand the difference between secrets and surprises, and know who to turn to when something is wrong. By incorporating this kind of education into our water security initiatives, we can do more than provide water, we can help build a culture where women and children can safely raise their voices.

In essence, addressing water insecurity is about far more than infrastructure; it's about safety, health, and the right to live free from violence. In our work we believe in more than the right to water, we believe the dignity and protection of the most vulnerable is non-negotiable.

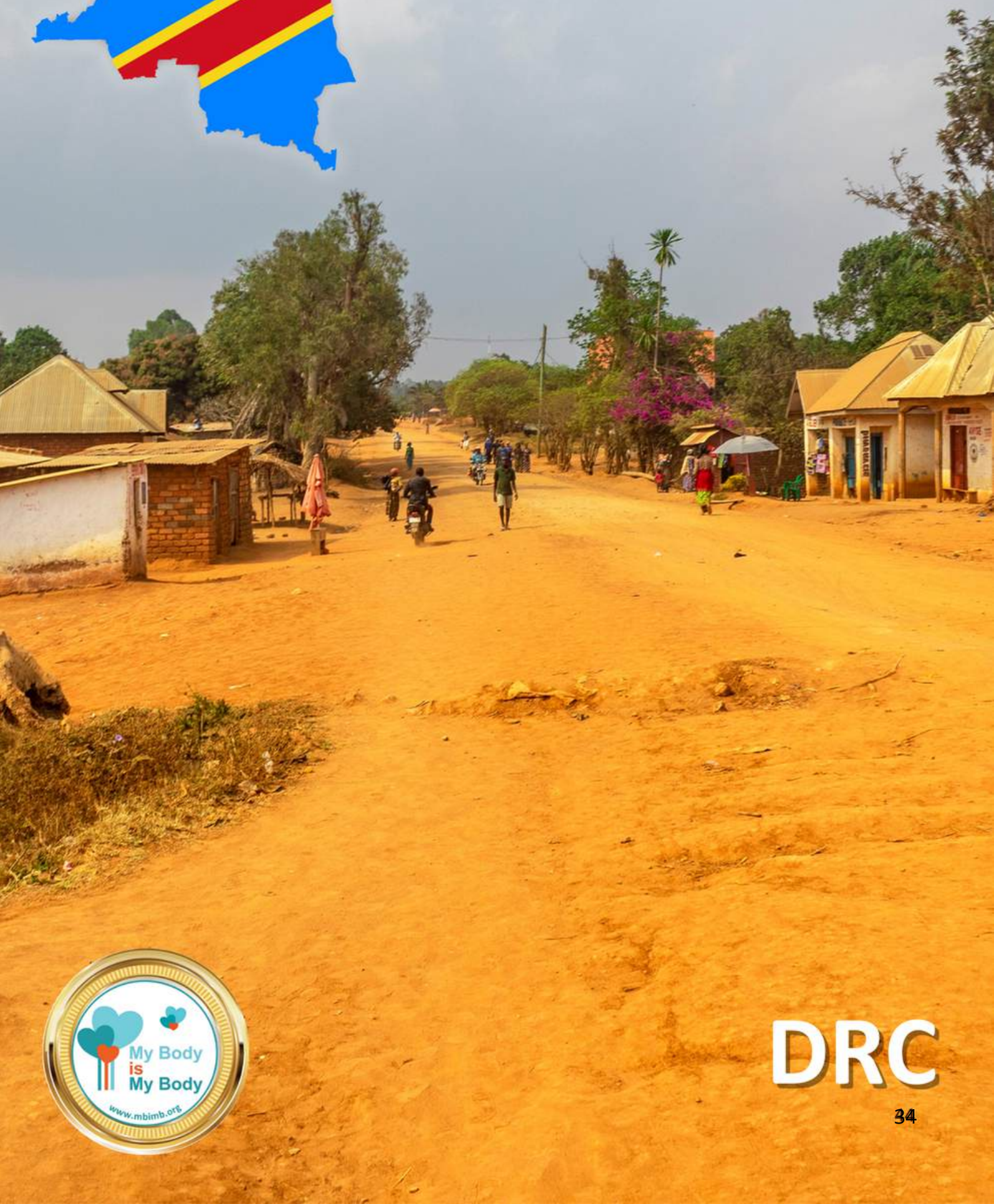
www.unitywater.life



WATER, SAFETY, AND VOICE

By Sarah van Heerden, Unity Water Foundation





DRC

Expanding the MBIMB Programme in Eastern DRC

We are delighted to celebrate the work of our MBIMB Ambassador in the Democratic Republic of Congo, Nicolas Mbilika, whose dedication continues to make a meaningful difference in the communities he serves.

We are proud to congratulate Nicolas Mbilika on receiving an Honorary Doctorate in recognition of his outstanding contribution to World Peace. This honour reflects years of commitment to education, protection, and peacebuilding in challenging environments.

Through his work with MBIMB in Eastern DRC, Nicolas is helping teachers and community leaders empower children with knowledge, confidence, and language around body safety and self-protection. His leadership has inspired educators to take action, embedding MBIMB principles into their daily work and strengthening safeguarding at a community level.

Nicolas's efforts demonstrate how protecting children and building peace are deeply connected. By supporting prevention, education, and empowerment, MBIMB is contributing to safer, more resilient communities across the region.

We offer our sincere congratulations to Nicolas on this well-deserved recognition and thank him for his continued commitment to the MBIMB mission.



NEW AMBASSADOR SOUTH AFRICA



Lehlogonolo Mothoa



My Body is My Body Foundation
Charity Number 1199901



Girls' Empowerment Rotary Action Group



RAG4GE: MBIMB CHAMPIONS PROGRAM





QR Code For Onboarding and Learning Schedule.

RAG4GE:

MBIMB Champions

ONBOARDING AND LEARNING SCHEDULE

January 24th, 2026	2:00 – 3:00 pm (London Time)
March 14th 2026	2:00 – 3:00 pm (London Time)
May 16th 2026	2:00 – 3:00 pm (London Time)
July 18th 2026	2:00 – 3:00 pm (London Time)
September 19th 2026	2:00 – 3:00 pm (London Time)
November 14th 2026	2:00 – 3:00 pm (London Time)

Time zone: Europe/London

[Click Here To Register](#)

DO **YOU** WANT TO MAKE A **REAL DIFFERENCE?**

Become a My Body Is My Body Ambassador

Protect Children. Empower Communities. Be the Change.

My Body Is My Body is a free, musical body safety programme that helps children learn how to protect themselves from abuse in a fun, age-appropriate way — and we need people like **YOU** to help share it.

Why become an MBIMB Ambassador?

- Share our animated musical programme with children aged 3-10
- Host awareness sessions for parents and caregivers
- Use social media to spread life-saving information
- Help teens share body safety messages with their younger siblings
- Inspire others through photos, videos, and stories from your

Safeguarding First

All Ambassadors agree to uphold our strict safeguarding policies. Presentations must be done through recognised schools, NGOs, or approved community organisations. We are here to support and guide you every step of the way.

This is not just volunteering.

It's a movement

No child should suffer in silence. As an MBIMB Ambassador, you will be helping to break cycles of abuse and open channels of communication to build a safer world - one child, one family, one community at a time.

Ready to become a voice for change?

Apply to become an MBIMB Ambassador

Visit www.mbimb.org/ambassador



**Apply to become an
MBIMB Ambassador**



[Click Here to ready our
Year End Report and find
out the great work we
have been doing this past
year](#)

December 2025

My Body Is My Body

Annual Impact Overview

→ 2025

Building Safer Futures Together

My Body Is My Body Foundation
Charity Number 1199901



MBIMB Board Of Directors



CHRISSY SYKES

CEO AND FOUNDER

CHRISSY CURRENTLY WORKS WITH NGO'S AND SCHOOL VOLUNTEERS IN OVER 60 COUNTRIES WHO HAVE REACHED AT LEAST 2.5 MILLION CHILDREN WITH THE PROGRAMME. ANOTHER 1.8 MILLION PEOPLE HAVE BEEN REACHED ON YOUTUBE. CHRISSY SPENDS HER TIME TEACHING VOLUNTEERS, SCHOOL TEACHERS AND COMMUNITY LEADERS HOW TO INTRODUCE THE SUBJECT OF CHILD ABUSE PREVENTION INTO THEIR COMMUNITIES USING THE MBIMB PROGRAMME.



DEE RUSSELL - THOMAS

TRUSTEE

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



ANTONIA NOBLE

TRUSTEE

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



NICK ASKEW

TRUSTEE

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



NICK GAZZARD OBE

TRUSTEE

NICK GAZZARD OBE IS A NATIONALLY RESPECTED CAMPAIGNER, SPEAKER, AND FOUNDER OF THE HOLLIE GAZZARD TRUST. HIS PIONEERING WORK ON DOMESTIC ABUSE AND STALKING PREVENTION HAS SAFEGUARDED THOUSANDS THROUGH AWARENESS PROGRAMMES, TRAINING, AND INNOVATIVE SAFETY TECHNOLOGIES. HE BRINGS INVALUABLE EXPERTISE AND PASSION TO PROTECTING CHILDREN WORLDWIDE.



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.



NANCY ABDELHADI

ADVISORY BOARD

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



ANNEMARIE MOSTERT

ADVISORY BOARD

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



DR. DARWIN MOSES

ADVISORY BOARD DIRECTOR OF INCLUSION AND ACCESSABILITY SERVICES

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



DEBORAH J CROZIER

ADVISORY BOARD HEAD OF SCOTLAND

DEBORAH CROZIER IS A PERSON-CENTRED COUNSELLOR, CHARTERED FELLOW MEMBER OF THE ACCPH, AND TRAUMA-INFORMED PRACTITIONER DEDICATED TO CREATING SAFER, MORE COMPASSIONATE COMMUNITIES. SHE IS THE FOUNDER OF A POSITIVE START CIC, A SOCIAL ENTERPRISE SUPPORTING COMMUNITY MENTAL HEALTH AND EMOTIONAL REGULATION ACROSS THE SCOTTISH BORDERS.



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