

December 2025

My Body Is My Body

Annual Impact Overview

————→ 2025



Building Safer Futures Together

My Body Is My Body Foundation
Charity Number 1199901



Building Safer Futures Together



This past year has been one of the most significant and impactful in the history of the My Body Is My Body (MBIMB) Programme and Foundation. It has been a year of growth, credibility, creativity, and most importantly, people coming together to protect and empower children.

Across communities, countries, and cultures, MBIMB has continued to provide free, accessible, music-based safeguarding and well-being education, helping children find their voice, understand their feelings, and know how to seek help when something doesn't feel right.

Our Reach & Impact to Date

Delivered in 63+ countries

Available in 35+ languages

1,100 new learners completed our free online courses in 2025 (6400 Learners in total)

50 new MBIMB Ambassadors joined our global network in 2025 (370 Ambassadors in total)

Over 2 million Views on Youtube



Reached over 3 million children through schools, NGOs, community groups, and media

Every number represents a child, a family, or a community taking steps towards safer futures.

Building Safer Futures Together

Our Digital Reach & Global Impact

Our digital platforms continue to play a powerful role in spreading life-saving body safety messages to children, families and educators across the world. Through a combination of free online resources, music-based learning and global partnerships, the My Body Is My Body Programme is reaching further than ever before.

Our YouTube channel has become a key gateway for children and adults to access our songs and lessons in a safe, engaging and memorable way. Our content has reached audiences in 132 countries, with over 2 million views, helping us support and empower children worldwide. From South Africa to Sweden, from India to Mexico, every view represents a conversation started and another child learning that their body belongs to them and that it is always okay to speak up if something feels wrong.

This growing global impact is made possible by the dedication of our volunteers, translators, teachers and partner organisations who believe in early prevention education and the unique power of music to teach vital life skills.



Building Safer Futures Together

Our Digital Reach & Global Impact

Our digital reach is further strengthened through the generous sponsorship of **Askew AI**, who fully fund and manage the running costs of the My Body Is My Body Foundation website and Learning Management System.

Their ongoing support ensures our digital platforms remain secure, reliable, and child-safe, and that everything runs smoothly behind the scenes. Thanks to Askew AI's expertise and commitment, our website now receives over **3,000 visits per day**, with registered users from **113 countries** accessing our free courses and safeguarding resources.

By covering the full costs of our digital infrastructure and providing continuous technical oversight, Askew AI has removed significant financial barriers, allowing us to scale our outreach globally while keeping all our online resources free and accessible for children, families, educators and communities worldwide.

Their partnership plays a vital role in helping us share our message more widely and sustainably than ever before.

Together, our digital platforms are not just reaching numbers — they are opening conversations, empowering children, and helping to build safer futures for children everywhere.



ASKEW AITM

Building Safer Futures Together

Key Milestones This Year:

Leadership & Governance

Our MBIMB Board has been outstanding this year.

Through their guidance, advocacy, and commitment, they have:

- Built and strengthened key partnerships
- Opened doors to new opportunities
- Supported sustainable, ethical growth
- Ensured children's safety remains central to all decisions

Their leadership provides strong foundations for MBIMB's future.

Partnerships That Strengthen Impact in 2025

We built and strengthened partnerships with organisations and institutions committed to child safety, education, and empowerment, including:

- A Positive Start (CIC) (UK)
- Askew AI (USA)
- Safeguarding Fundamentals (UK)
- Rotary Coimbatore Gaalaxy (RCG) (India)
- Dr NGP Arts and Science College (India)
- Kumaraguru College of Liberal Arts (India)
- Positive You Botswana (Botswana)
- Connect For Freedom (USA)
- Rotary ICC's (Worldwide)
- One Decision (UK)
- Department of Social Work – Holy Arts
- Rotary Girls Empowerment (Worldwide)
- PikaDo (USA and Egypt)
- Kebene (Kenya)
- Doninu International (Malta)
- Life Foundation Aid (LFA) (Kenya)
- Homabay County Peace Network (Kenya)



Each partnership helps extend MBIMB's reach while maintaining quality, trust, and safeguarding integrity.

Building Safer Futures Together

Recognition & Credibility

This year, MBIMB's work received significant external recognition:

- Featured in the Spring Impact Report
- Featured in the ISPCAN 2025 Report
- Awarded Children's Safeguarding NPO of the Year

These acknowledgements reflect the quality, integrity, and impact of our programme.



YORKSHIRE
PRESTIGE AWARDS

2025/2026 WINNER

Children's Safeguarding NPO of the Year



PREVENTING CHILD
SEXUAL ABUSE AT
SCALE: WHAT IT TAKES

Practical insights from 17 organisations
making scale work across Europe



Building Safer Futures Together



Key Milestones This Year:

Leadership Update: Strengthening Our Board & Advisory Team

This year, we were delighted to welcome two outstanding individuals whose experience, values, and commitment to safeguarding children greatly strengthen the leadership of My Body Is My Body.

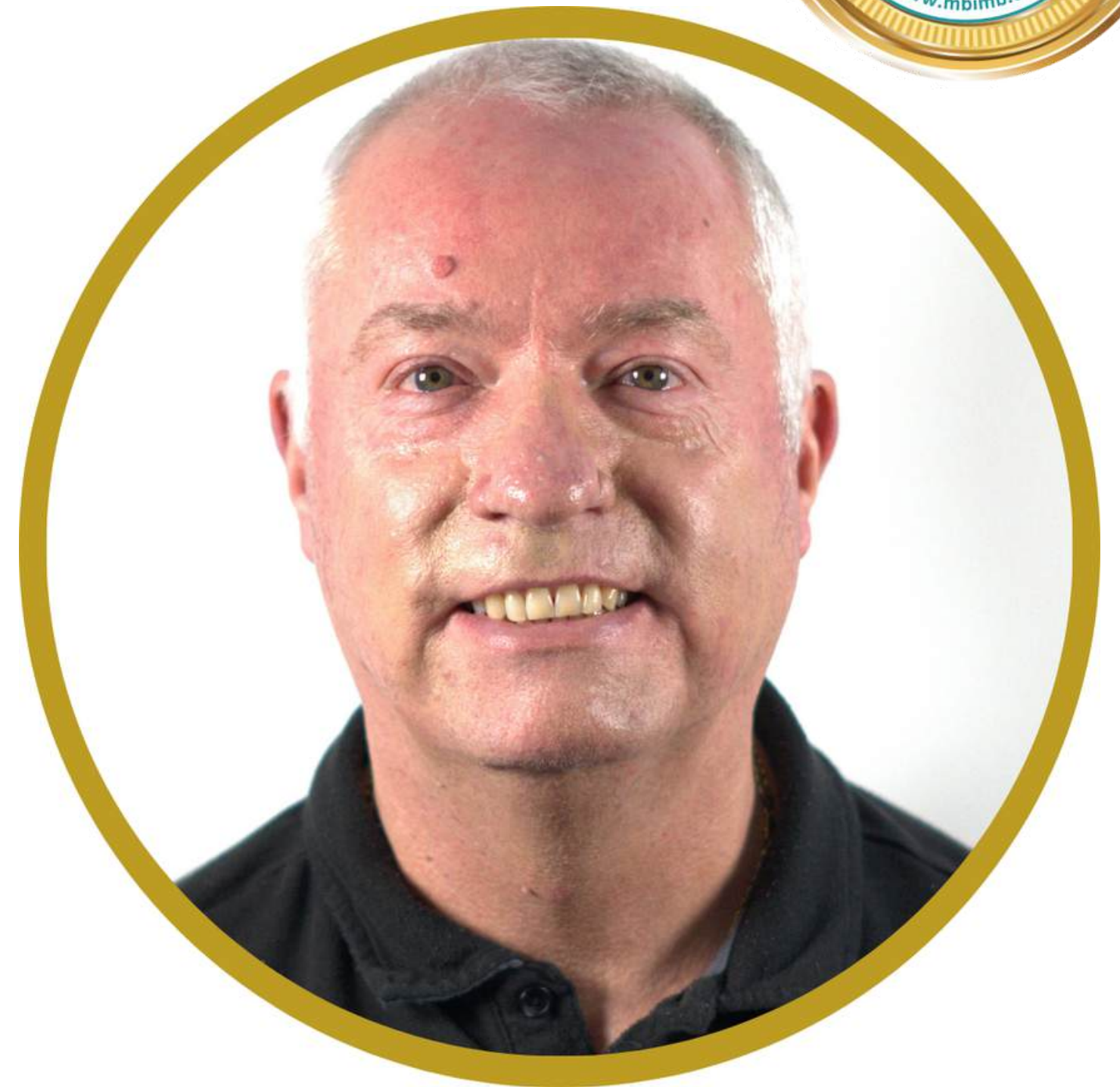
Nick Gazzard OBE

Trustee – My Body Is My Body Foundation

Nick Gazzard MBE joined MBIMB this year as a Trustee, bringing with him extensive experience in safeguarding, advocacy, and systems change.

Nick is a nationally respected safeguarding leader and campaigner who has dedicated his career to improving child protection practice, policy, and accountability. He is widely recognised for his work supporting survivors, challenging institutional failures, and driving cultural change across education, policing, and safeguarding systems.

As a Trustee, Nick provides strong strategic oversight, professional insight, and an unwavering commitment to keeping children's safety at the heart of governance and decision-making.



Building Safer Futures Together

Key Milestones This Year:

Deborah J Crozier

Advisory Board Member – My Body Is My Body Foundation

Deborah is the founder of A Positive Start and is highly regarded for her trauma-informed, person-centred work supporting children, young people, and adults with emotional regulation, resilience, and wellbeing through compassionate, evidence-informed approaches.

She has worked as a school counsellor and has extensive experience supporting children and young people directly, while also working with adults, families, and professionals to help create safe, nurturing environments in which emotional understanding and regulation can develop and flourish.

Deborah has been a key creative and professional partner in the development of the River Room Songbook, bringing together her professional experience, lived insight, and nervous-system-informed perspective to ensure the programme supports children in calming their bodies, understanding feelings, and developing gentle, lifelong self-soothing skills.

Her contribution strengthens MBIMB's emotional wellbeing work and helps ensure all resources remain safe, ethical, and genuinely child-centred.



Building Safer Futures Together



MBIMB Safeguarding Conference – March

On 25th March 2025, we were absolutely thrilled to host the first-ever MBIMB Safe Spaces, Safe Futures Conference – and what an unforgettable day it was! With over 60 passionate attendees, the room was buzzing with energy, purpose, and commitment. We welcomed a diverse and inspiring group of professionals, community leaders, and changemakers, all united by one powerful mission: to build safer, stronger communities where every child can thrive. We were honoured to welcome speakers from across the UK, including Northern Ireland, Scotland, Lancashire, Gloucestershire, and South Yorkshire – each bringing their unique expertise and powerful insights to the day.

Our Inspiring Line-Up of Speakers:

Chrissy Sykes – Founder, My Body Is My Body Programme

Dr. Paul Stewart – Former professional footballer & survivor advocate

Douglas Blackwood – Safeguarding in Sport

Antonia Noble – Safeguarding in the Community

Caroline Flynn – Developer of the MAAPP LinkIndex Tool

Deborah J Crozier - Founder of A Positive Start CIC

Tracey Hughes - Barnsley CVS and Healthwatch

The day truly was a rollercoaster of emotion – full of meaningful conversations, valuable learning, and deeply moving moments. The most powerful stories came from Dr. Paul Stewart, who bravely shared his lived experience, and Caroline Flynn, whose insights into safeguarding systems brought new clarity and urgency to our mission.

The most meaningful takeaway was found in the one word echoed across almost every feedback form: **INSPIRED**

Thank you to everyone who joined us, shared, listened, and stood up for Change. Let's continue building safe spaces, nurturing futures, and protecting every child, everywhere.



Building Safer Futures Together



The River Room Songbook – Emotional Wellbeing Through Music

The River Room Songbook is a collaborative creation by Deborah J. Crozier of A Positive Start CIC and Chrissy Sykes, founder of the My Body Is My Body (MBIMB) Programme.

Launched this year, the River Room Songbook brings together a collection of gentle, therapeutic songs and a thoughtfully designed course to support parents, teachers, and children. We are incredibly proud of the music and resources created, all designed to help children understand, express, and care for their emotions in a safe and nurturing way.

Children today are facing more pressures, faster changes, and bigger emotions than ever before. Many don't yet have the words to explain what they feel — and even fewer have been taught simple, safe ways to calm their bodies when life feels overwhelming. The River Room Songbook Course has been created to give children those tools in the most accessible way possible: through songs, movement, rhythm, and warm self-soothing exercises that make emotional learning feel natural, safe, and even fun.

Each lesson is built around a song that teaches one emotional skill at a time — calming the breath, naming feelings, soothing the body, shifting unhelpful thoughts, or knowing when to pause and protect your boundaries. These songs become little anchors children can return to at school, at home, or in moments when their emotions feel “too big.”

This course gently supports the nervous system, strengthens emotional resilience, and gives children the confidence to say, “I can handle this feeling.” It empowers them to recognise their experiences, nurture themselves with kindness, and build inner safety — which complements everything MBIMB stands for: empowerment, emotional awareness, body safety, and seeking help.

[Click Here To Access The Course:](#)

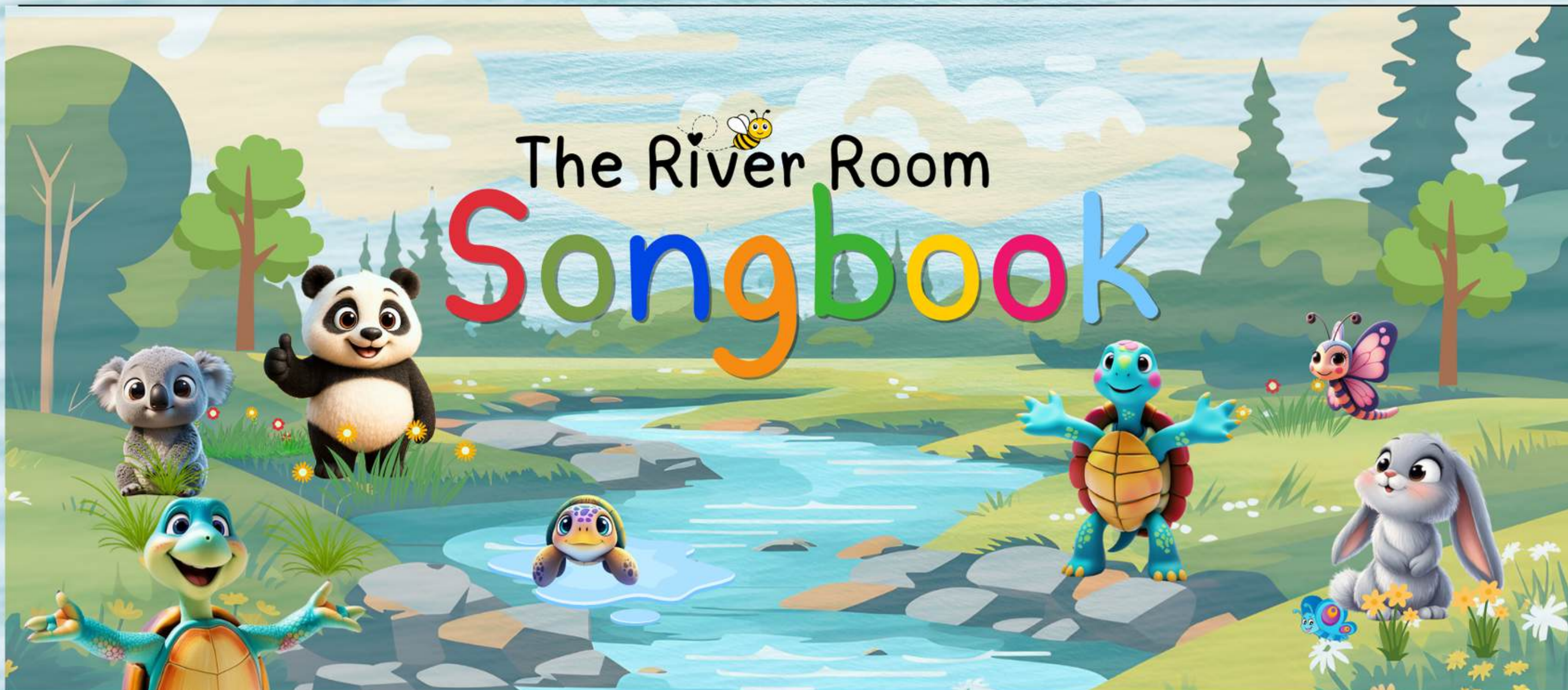
[Click here To Access the River Room Songbook](#)





SONGS & ACTIONS TO HELP CHILDREN TO RECONNECT, REGULATE & JUST BE

The River Room Songbook



Music & Performance by Chrissy Sykes | Lyrics by Deborah J Crozier



'Welcome to the River Room Songbook'
Meet our friends



Gentle Gemma

"Hi, I'm Gentle Gemma, reminding you to nurture yourself with a calming heart and tummy hold."



Sensitive Spike

"Hi, I'm Sensitive Spike. Together we can learn to Recognise, Accept, Investigate and Nurture our feelings with care."



Brave Bella

"Hello, I am Brave Bella. I'm here to remind you just how very special you are."

'Welcome to the River Room Songbook'
Meet our friends



Relaxed River

Welcome to the River Room Songbook, where big feelings are always welcomed, and so are you.



Calm Cal

"Hi, My names Calm Cal. I'm here to remind you to take a breath. Breathing is perfect for calming down"



Friendly Flutter

"Hi there, I'm Friendly Flutter. Come tap along with me! Tapping gently on special points can help those feelings move and let us feel better."

Purpose of "Heart & Tummy Hold"

Song No. 4

Theme:
Self-soothing and body connection

Why it matters:
This gentle touch-based song teaches children to place one hand on their heart and one hand on their tummy. This technique is believed to calm the nervous system, increase oxytocin (the 'love hormone'), and bring feelings of comfort and safety. It's especially useful for children who may feel overwhelmed or disconnected.



Purpose of "Tapping Song"

Song No. 3

Theme:
Emotional Freedom Technique (EFT), acupressure

Why it matters:
This playful song introduces children to EFT tapping - a safe, body-based way to let go of stress or big feelings. By tapping on specific points on the face and body, children learn they can release stuck emotions, feel more in control, and calm their nervous systems.



Building Safer Futures Together

Standing Strong: A Course for Young Teens on Navigating Peer Pressure

By: *Chrissy Sykes, founder of the My Body Is My Body (MBIMB) Programme.*

Standing Strong, is a thoughtfully designed course created to support young teens as they begin to navigate the challenges of peer pressure with confidence and self-belief.

The teenage years are filled with excitement, friendships, and new experiences — but they can also bring moments of uncertainty, especially when young people feel pressured to fit in or make choices that don't feel right. Standing Strong gently guides teens to understand what peer pressure is, how it shows up in everyday life, and how to respond in ways that feel safe, respectful, and empowering.

Through clear explanations, relatable examples, and practical activities, the course explores the difference between positive peer pressure — such as encouragement to try something new or healthy — and negative peer pressure, where boundaries may be tested. Young people are taught how to say “no” with confidence, how to trust their instincts, and how to recognise when and where to seek support from trusted adults or friends.

By practising real-life scenarios, teens are given tools they can use at school, with friends, and online — helping them stay true to themselves while building resilience, confidence, and strong decision-making skills.

Standing Strong is an important step in empowering young teens to feel confident in who they are and the choices they make.

[Click Here To Access The Course:](#)



NEW

Building Safer Futures Together

Staying Safe, Strong and Happy

A Child-Friendly Safeguarding Resource

Staying Safe, Strong and Happy is a bright, age-appropriate safeguarding booklet created in conjunction with **Safeguarding Fundamentals** to help children aged 5–8 understand body safety in a calm, positive, and empowering way. Using friendly characters, simple language, and engaging visuals, it introduces essential safeguarding messages without fear or distress.



The booklet explains what it means to feel safe, who helps keep children safe, and why their bodies are special and deserve respect. Clear Body Safety Rules reinforce that nobody should hurt them, touch their private parts, or take photos of them, and that children should always tell a trusted adult if something makes them feel worried, sad, or uncomfortable.

. A strong focus is placed on speaking up and getting help, including the child-safe message “Say no to secrets – only keep happy surprises.” The resource also introduces early understanding of kind and unkind behaviour, bullying, and basic online safety, helping children recognise when something does not feel right and what to do next.

. Designed for use in schools, early years settings, safeguarding sessions, or at home with parents and carers, Staying Safe, Strong and Happy supports children to feel listened to, protected, and confident to speak up when they need help.

Building Safer Futures Together



Our Ambassadors: The Heart of MBIMB

Our MBIMB Ambassadors remain at the heart of everything we do.

This year, they continued to share the programme in schools, NGOs, parent groups, community settings, and grassroots initiatives — always with safeguarding, care, and integrity at the centre.

A heartfelt thank you to every Ambassador , your dedication is making a real difference in communities around the world



Building Safer Futures Together



Our Ambassadors: The Heart of MBIMB

Our MBIMB Ambassadors remain at the heart of everything we do.

This year, they continued to share the programme in schools, NGOs, parent groups, community settings, and grassroots initiatives — always with safeguarding, care, and integrity at the centre.

A heartfelt thank you to every Ambassador , your dedication is making a real difference in communities around the world



Building Safer Futures Together

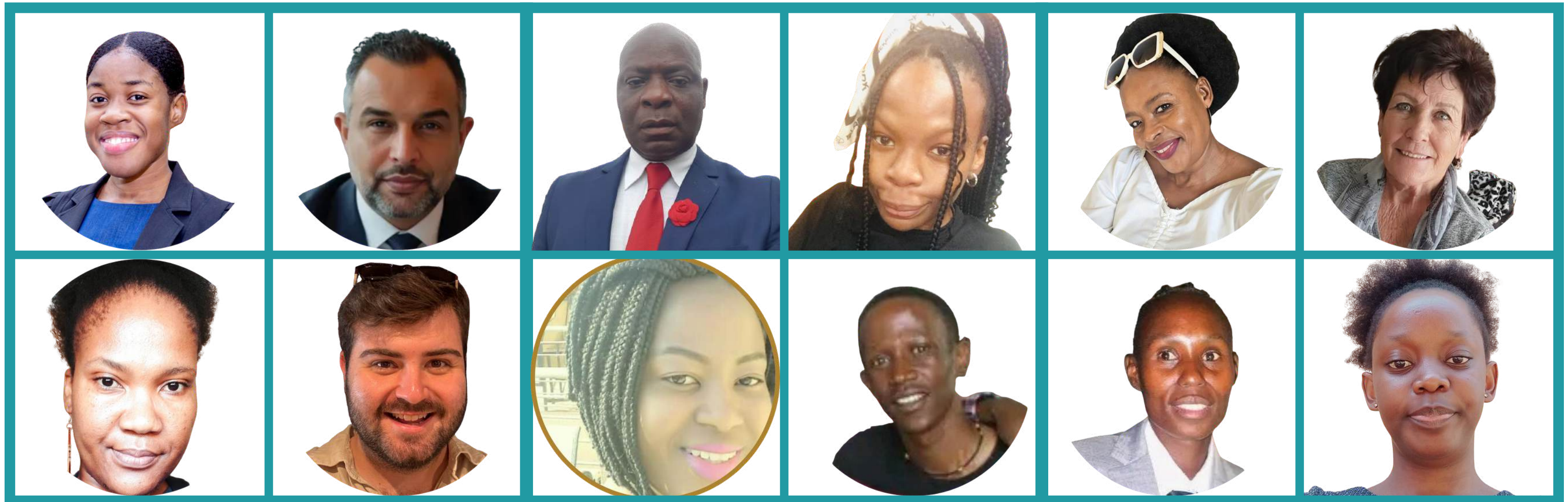


Our Ambassadors: The Heart of MBIMB

Our MBIMB Ambassadors remain at the heart of everything we do.

This year, they continued to share the programme in schools, NGOs, parent groups, community settings, and grassroots initiatives — always with safeguarding, care, and integrity at the centre.

A heartfelt thank you to every Ambassador , your dedication is making a real difference in communities around the world



Building Safer Futures Together



Our Ambassadors: The Heart of MBIMB

Our MBIMB Ambassadors remain at the heart of everything we do.

This year, they continued to share the programme in schools, NGOs, parent groups, community settings, and grassroots initiatives — always with safeguarding, care, and integrity at the centre.

A heartfelt thank you to every Ambassador , your dedication is making a real difference in communities around the world



Building Safer Futures Together

Our Ambassadors: The Heart of MBIMB

Our MBIMB Ambassadors remain at the heart of everything we do.

This year, they continued to share the programme in schools, NGOs, parent groups, community settings, and grassroots initiatives — always with safeguarding, care, and integrity at the centre.

A heartfelt thank you to every Ambassador , your dedication is making a real difference in communities around the world

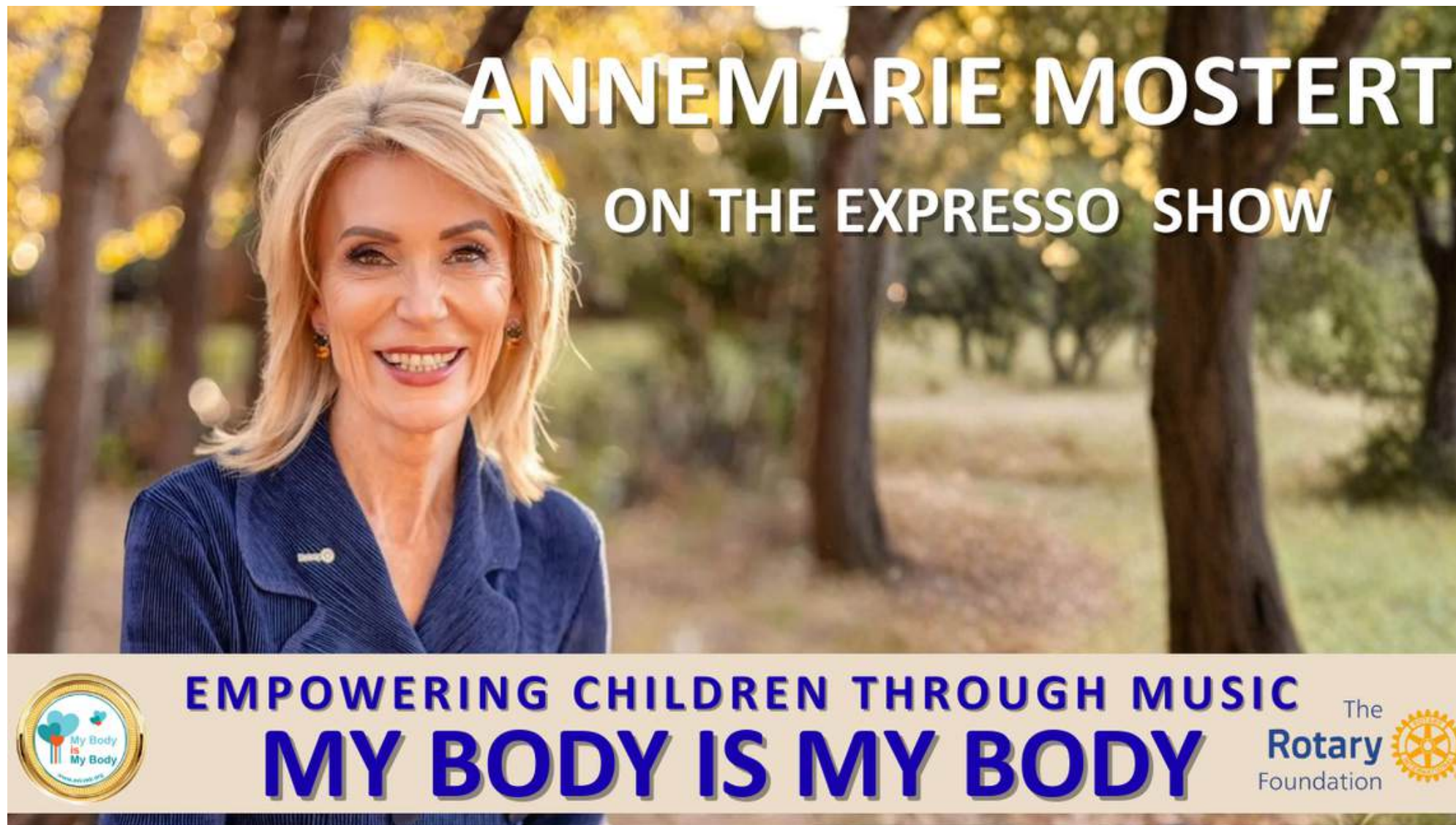


Building Safer Futures Together



International Visibility

- MBIMB was featured on Espresso TV (South Africa) through International Board Member Annemarie Mostert
- MBIMB videos have been secured for South African television broadcast for the next two years, significantly increasing reach and awareness



[Click Here To View The Video](#)



Building Safer Futures Together



Language Access & Global Collaboration

We continued to remove barriers to access by expanding language availability and cultural relevance.

- New translations supported by Compassion International:

Bahasa

Portuguese

Thai

Spanish



- With the support of **Rotary Inter Country Committees (ICCs)**, MBIMB is now available in Hungarian, with special thanks to:

- Fordította Kovácsné Gila Erzsébet
- Dr. Péntes Marianna (Rotary International ICC)



- We have ongoing collaborations with **Rotary Inter Country Committees (ICCs) to complete,**
 - European Portuguese
 - Hungarian
 - Romanian

Building Safer Futures Together



New South African Languages we are working on:

Afrikaans
Ndebele
Sesotho
Setswana
Shona
Tsonga
Venda
Xhosa
Zulu



We are currently looking for Volunteer Singers to sing our Children's Songs in:

German
Polish
Hungarian
Romanian
Setswana



Building Safer Futures Together



Rotary Girls' Empowerment Twinning With MBIMB- South Africa

We proudly recognise our exceptional Girls' Empowerment Team in South Africa, led by the amazing Maggie Moruntshi. Together , this amazing team has reached over 10,000 children this past year.

I would like to give special thanks to PDG George Senosha ,who gave us his unwavering support, Pastor Rose Papola, Zama Buthelezi, Meltonia Sethosa, Mokgaetji Hlaka and Lehlogonolo Lillian Sonyane, all of whom have been outstanding and unwavering in their pursuit to safeguard children.

This outstanding team has worked tirelessly to:

- * Empower girls with knowledge, confidence, and life skills
- * Create safe spaces for conversation and learning
- * Support girls to speak up and believe in themselves



Their work is a powerful example of safeguarding and empowerment working hand in hand.

Building Safer Futures Together



Building Safer Futures Together

SAPSAC Conference

“Strengthening Systems, Safeguarding Futures: A Multidisciplinary Approach to Child Protection,” reflected a shared commitment to collaborative, evidence-based responses to child abuse and safeguarding

In August 2025, My Body Is My Body (MBIMB) was honoured to contribute to the 23rd Annual National Child Abuse Conference, hosted by the South African Professional Society on the Abuse of Children (SAPSAC). The conference took place on 6–7 August 2025 and brought together multidisciplinary professionals committed to strengthening child protection systems across South Africa

Chrissy Sykes, was invited to serve as a keynote speaker, recognising MBIMB’s growing international impact in empowering children, strengthening prevention education, and supporting safeguarding practice.

Her keynote address aligned closely with the conference’s core focus on collaboration, prevention, and strengthening professional practice. Delegates highlighted the relevance of MBIMB’s approach in translating complex safeguarding concepts into accessible, child-centred education.

According to the SAPSAC Conference Committee,

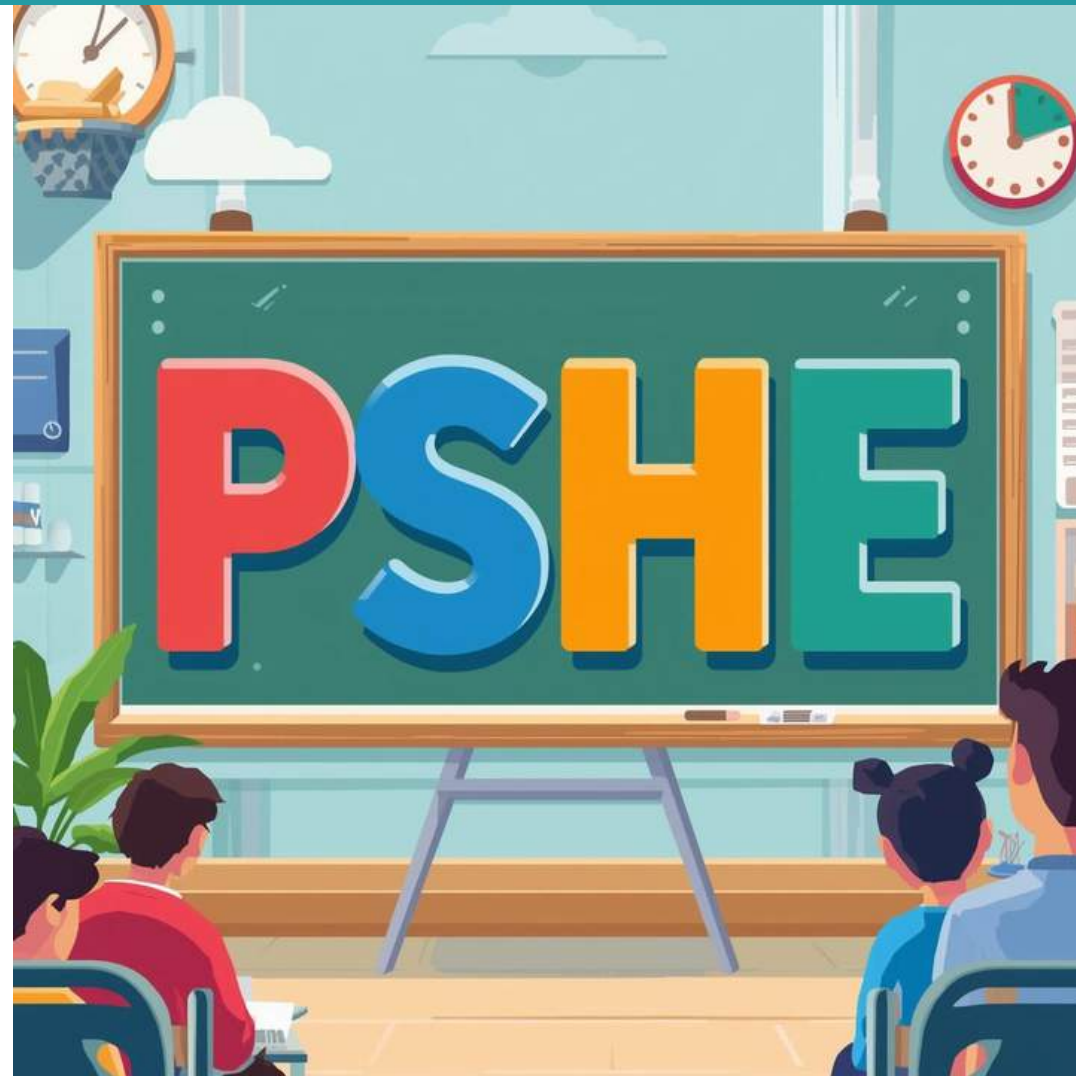
“We have received overwhelmingly positive feedback from attendees, many of whom shared how your keynote enriched their knowledge, inspired reflection, and contributed meaningfully to their ongoing work in the field.”

Building Safer Futures Together



[Click Here to Watch The Video](#)

Building Safer Futures Together



PSHE In Schools

I would like to say a special thank you to John Rees from PSHE Solutions for introducing us to the **National PSHE & Healthy Schools Network**. From this presentation and the wonderful support from Saira Mumtaz-Jones (Lead For Health and Wellbeing Services Leeds Council) we have been invited to speak at many PSHE and RSHE meetings including:

Kirklees Schools

Nottinghamshire Schools

Leeds Schools

DSL's In Schools Barnsley

We would also like to say a big thank you to Karen Harrison from Barnsley Council for her support. Karen invited us to share our programme with the DSL Forum in Barnsley twice this year. We shared the MBIMB Programme and also our new River Room Songbook and Course. From these presentations we have had many Barnsley Schools interested in our My Body Is My Body Programme to support their lessons. Karen also invited us to take part in the Prioritising Sexual Abuse Roadshow where we received much interest from many local organisations.

Other areas that have shared our programme:

Hackney Schools

Barnet HSL and HEYL

Somerset

North Northamptonshire

Croyden

Hull

Building Safer Futures Together



Local Impact: Making a Difference Close to Home

While My Body Is My Body continues to reach children around the world, we are equally committed to creating meaningful change locally — building strong, safeguarding-aware communities where children live, learn, and grow.

This year, we made significant strides forward across Barnsley and the surrounding areas.

Supporting the Early Years Workforce

We delivered training at Barnsley College to students preparing to work in the early childhood sector, equipping future practitioners with the knowledge, confidence, and tools to embed body safety and emotional wellbeing from the very start of their careers. Books and Lesson Plans were sponsored by the CO-OP.

Reaching Local Schools

Through Designated Safeguarding Lead (DSL) meetings, we introduced the MBIMB Programme into Barnsley schools. As a result, 18 local schools have now adopted the MBIMB Programme, embedding preventative safeguarding education into their settings.

Working in Partnership to Support Families

We worked in collaboration with Barnardo's, with books for staff, parents, and children sponsored by The Co-op and the Shawlands Trust, helping families access child-friendly safeguarding resources in supportive, trusted environments.

Building Safer Futures Together



Community & Youth Engagement

- We sponsored books and training at the YMCA, enabling them to take the MBIMB Programme directly into local schools.
- We delivered safeguarding training for local DSLs with the support of PSHE Solutions, strengthening professional practice across the area.
- We stood alongside Lessons4Life in a landmark moment for education reform, supporting shared goals around prevention, life skills, and child wellbeing.

Supporting Parents and Early Intervention

- We delivered the MBIMB Programme to Birth, Bump and Beyond in Rotherham, with excellent engagement and positive feedback from both staff and families, books and lesson plans sponsored by Shawlands Trust
- We worked with Station House in Thurnscoe, delivering the programme to staff, parents, and children. The response has been overwhelmingly positive — with two MBIMB songs now used as weekly songs for the children, embedding body safety and emotional learning into everyday routines again the books and lesson plans were sponsored by Shawlands Trust.

Why Local Work Matters

These local partnerships demonstrate how MBIMB works best:

- Embedded into trusted services
- Delivered consistently
- Supported by trained adults
- Reinforced through music, repetition, and conversation

By strengthening safeguarding practice locally, we create models of good practice that can be shared, adapted, and scaled elsewhere.

Building Safer Futures Together

BSL (Barnsley Volunteers)

We are excited to share the "My Body Is My Body" program video in BSL with you! We extend our heartfelt thanks to Natalie Davies for her dedicated efforts in signing our song. Her invaluable contribution makes it possible for many more children to understand and embrace our important message. We are deeply grateful for her commitment to making our content accessible and engaging.

[Click Here To Watch The Video](#)



BSL (Barnsley Volunteers)

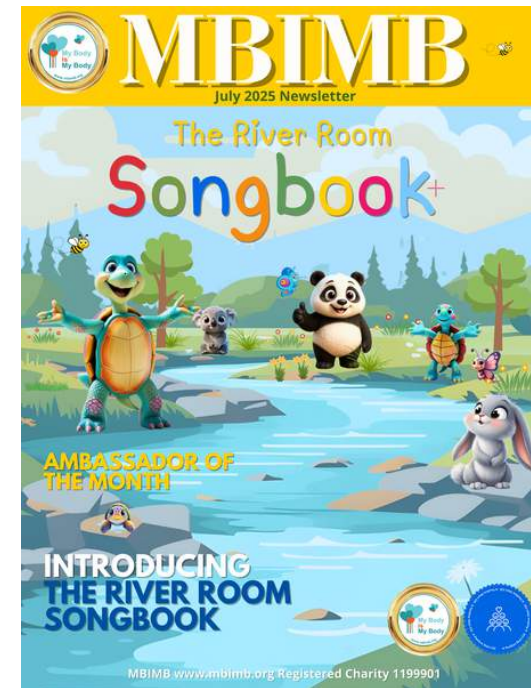
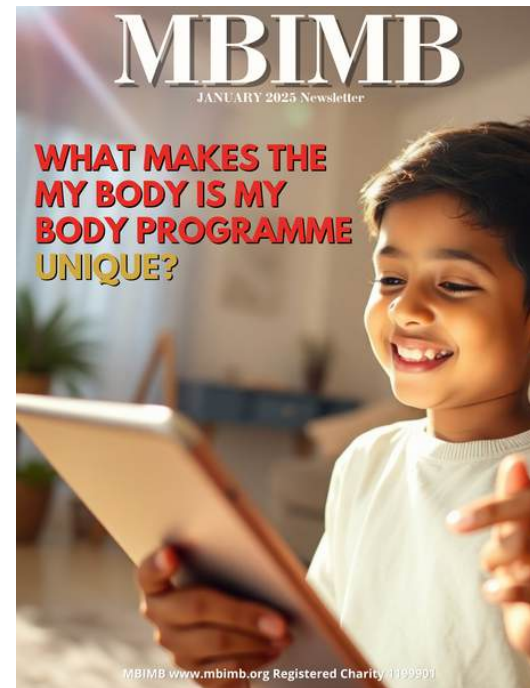
We're proud to share another important milestone in making My Body Is My Body accessible to all children "Say No To Secrets". This song carries one of the most important safety messages we teach children. Our heartfelt thanks go to Measha Harris for her care, professionalism, and commitment to inclusion. Your contribution helps ensure that no child is excluded from learning about their right to feel safe and speak up.

[Click Here To Watch The Video](#)



Building Safer Futures Together

2025 Newsletters



[Click here to view MBIMB Newsletters](#)

[You will be able to see all the wonderful work our Ambassadors are doing around the world.](#)

Building Safer Futures Together



Corporate Sponsors

ASKEW AiTM



Shawlands
Trust



BETTER
BARNLEY

Building Safer Futures Together - 2026



MBIMB Ambassadors 2026 Global Strategy Framework

Theme: Building Safer Futures Together

In 2026, our mission is simple, powerful, and life-changing:

We will focus on educating as many adults as possible with the MBIMB Programme because when adults understand body safety, far more children will be protected.

Every workshop, every conversation, and every awareness event creates safer homes, safer classrooms, and safer communities for children everywhere.

Together, we can reach more adults.
And by reaching more adults...
we safeguard many more children.

We focus on raising awareness and giving knowledge to:

- Teachers
- Early years staff
- Youth workers
- Parents and caregivers
- Community leaders
- NGOs
- Churches and women's groups
- Anyone who works with children

[**DOWNLOAD YOUR MBIMB AMBASSADOR STRATEGY 2026 HERE**](#)



LET'S START THE CONVERSATION MBIMB

Fundraising Guide



A Worldwide Week of Action to Protect Children
My Body Is My Body Global Week Fundraiser

Date of Event: 1st to 7th June 2026



#MBIMBGlobalWeek2026

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

My Body is My Body Foundation
Registered Charity 1199901



DONATE NOW QR CODE



[Click Here To For More Information And To Download Our PDF's](#)

JOIN THE BLUE CREW MBIMB




Corporate
Sponsorship Guide

A Worldwide Week of Action to Protect Children

MBIMB Global Week Fundraiser

Date of Event: 1st to 7th June 2026

#MBIMBGlobalWeek2026

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



DONATE NOW QR CODE

[Click Here To For More Information And To Download Our PDF's](#)

Building Safer Futures Together - 2026

What Is MBIMB Global Week?

From the 1st to the 7th June 2026, communities across the world will come together to **“Start the Conversation” with MBIMB**

Why MBIMB Global Week Matters

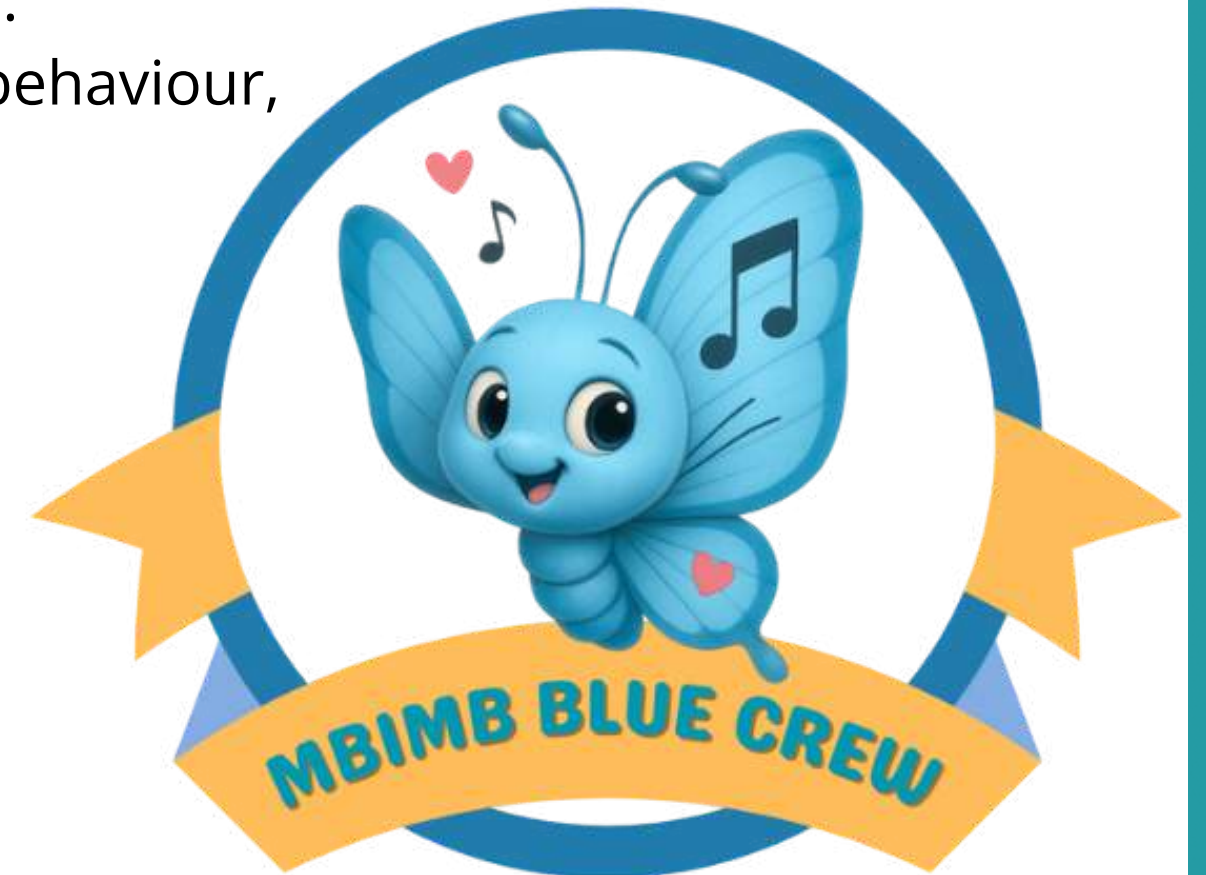
MBIMB is the perfect way to start important protection conversations with children. Our simple songs and simple lessons help children learn how to recognise unsafe behaviour, trust their feelings, and reach out to safe adults when something doesn't feel right.

This week is more than an event — it's a global invitation to talk openly with children about listening to their feelings, speaking up, and getting help when something feels wrong.

Your involvement during Global Week helps us:

- Provide children's workbooks to local schools
- Deliver training for teachers and community leaders
- Share free body-safety resources with families and small charities
- Support local safeguarding events and workshops
- Reach more communities that need protection education

To learn more about MBIMB Global Week - Click Here



[Click Here To Make A Donation](#)

December 2025

Thank you for an *Amazing Year*

→ With Thanks

To our Board, Ambassadors, partners, translators, Rotary ICC's, Girls' Empowerment teams, supporters, and friends — thank you. Your belief in prevention, education, and children's voices makes this work possible.

Together, we are building safer futures — one child, one conversation, one community at a time.



Building Safer Futures Together

My Body Is My Body Foundation
Charity Number 1199901