



MBIMB

June 2024 Newsletter



Check out our new
BULLY AWARE COURSE
BY Titia Niehorster

**STOP
BULLYING!**

WWW.MBIMB.ORG



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My Body is My Body
Introduction to "Body Safety"
WITH MAKATON IMAGES
www.mbimb.org My Body is My Body Foundation Charity Number 1259961 ©2024

Editor's Note

**MBIMB JUNE 2024
NEWSLETTER**

Exciting Times for MBIMB: Reaching More Children Worldwide

Welcome to the latest edition of the MBIMB Newsletter! These are exciting times for us as we continue to reach more and more children through our wonderful partnerships with Rotary International, NGOs, and various charities around the world.

While we celebrate our progress, we recognize that we still have a mountain to climb in our mission to safeguard children everywhere. It takes all of us working together to make a difference, and we hope that many more people around the world will join us in this crucial mission.

Thank you all for your continuous support and dedication.

Together, we can make a difference!

Chrissy Sykes



HELP US MAKE A DIFFERENCE



Every year worldwide, over a billion children suffer from abuse. Education is our most powerful tool to prevent these tragedies and ensure every child grows up safe and confident.

safe and confident.

www.mbimb.org
chrissey@mbimb.org



DONATE TODAY

www.mbimb.org/donate

Our Commitment.....

*100% of your donations go directly into the printing and distribution of our educational materials in **28 languages** to schools and community organisations worldwide.*



What We Provide

- Children's Workbooks
- Teacher Lesson Plans
- Informational Flyers



PLUS FREE ONLINE COURSES

Empower children around the world with essential knowledge about body safety.



2024

DONATE TODAY

Why We Need Your Support Despite our significant achievements, there is still much work to be done. To continue expanding the reach and impact of the MBIMB Programme, we rely on the generous support of individuals, organizations, and communities.

100% of your donation will directly contribute to:

- Training more educators, community leaders and volunteers to deliver our programme effectively.
- Organizing community awareness sessions and workshops to engage more families and children.
- Printing teacher lesson plans, classroom posters, and children's workbooks for schools and community groups.



HOW YOU CAN HELP

Your donation, no matter the size, will make a significant difference in the lives of children around the world. Here are some ways you can support us:

ONE-TIME DONATION:

A single contribution can help us develop and distribute new materials.

MONTHLY DONATION:

Regular contributions will ensure consistent support for our ongoing projects and initiatives.

FUNDRAISING:

Organize or participate in fundraising events to raise awareness and funds for our cause.

SPREAD THE WORD:

Share our mission with your network and encourage others to support our work.

WWW.MBIMB.ORG

WHAT CAN YOUR DONATION PROVIDE?

Your generous donation of \$100 can make a profound difference in the lives of children. With this amount, we can equip an entire classroom with the necessary resources to fully engage with the My Body Is My Body (MBIMB) Programme. Here's how your contribution will be utilised:

Workbooks for Every Child

Each child in the class will receive their own workbook, enabling them to follow along with the programme songs and participate in the interactive activities. These workbooks are designed to reinforce the lessons and ensure that children retain the important safety information.



Comprehensive Teacher Support

The teacher will be provided with six detailed lesson plans, ensuring they have a clear and structured guide to deliver the MBIMB lessons effectively. These plans are crafted to make the learning process engaging and impactful.

Classroom Poster

A large, vibrant poster will be placed on the classroom wall, serving as a constant reminder of the MBIMB lessons. This visual aid will help reinforce the safety messages and keep the information fresh in the children's minds.



Your support is crucial in helping us reach more children and provide them with the knowledge and tools they need to stay safe. By funding these resources, you are directly contributing to a safer and more informed future for our children.

INTRODUCING

Our MBIMB children's workbook with Makaton images

NEW!



My Body is My Body Introduction to "Body Safety"

WITH MAKATON IMAGES

www.mbimb.org My Body Is My Body Foundation Charity Number 1199901 ©2024



AVAILABLE TO DOWNLOAD ON OUR WEBSITE
WITH SPECIAL THANKS TO THE MAKATON CHARITY FOR THE USE OF
THEIR IMAGES

WWW.MBIMB.ORG

Today we are going to learn about our bodies.

Do you know that
your body
is very special?



It is the only body you
have and it belongs
only to you



Let's talk about feelings

Do you know we all have the same types of feelings?



Sometimes we are happy



Sometimes we are sad



Sometimes we are angry



Sometimes we are excited



Sometimes we are worried



Sometimes we are silly

MY EXPERIENCE VISITING MAKAMA ACADEMY IN BAUCHI STATE, **NIGERIA**

By BALA BAKO



My experience visiting Makama Academy in Bauchi State, Nigeria

BY BALA BAKO

My experience visiting Makama Academy in Bauchi State, Nigeria, was incredibly insightful and inspiring. From the moment I arrived, I was warmly welcomed by the students and staff, all eager to participate in the My Body Is My Body (MBIMB) program. The students' enthusiasm was palpable, and their active engagement in discussions about preventing and reporting sexual abuse was both heartening and encouraging.



My experience visiting Makama Academy in Bauchi State, Nigeria, was incredibly insightful and inspiring. From the moment I arrived, I was warmly welcomed by the students and staff, all eager to participate in the My Body Is My Body (MBIMB) program. The students' enthusiasm was palpable, and their active engagement in discussions about preventing and reporting sexual abuse was both heartening and encouraging.

The impact of the MBIMB program was clear. The student's awareness and understanding of body safety had noticeably increased, and they expressed a newfound sense of empowerment and responsibility. This program is not just educating; it is transforming lives by equipping young people with the knowledge and tools they need to protect themselves and others.

A big thank you to the MBIMB Foundation for bringing this crucial program to Makama Academy. Your dedication and hard work are making a real difference, and it is evident in the confidence and preparedness of these young students.

MBIMB FEEDBACK FROM SCHOOL PRINCIPALS



School Name: BSADP Primary and Secondary School.

Mal. Salisu Abdullahi (Headmaster)

The MBIMB programme has really helped our teachers with stress reduction. The programme not only benefits students but also provides teachers with tools to manage their own stress and enhance their well-being. After introducing this programme to our school.

I personally received 8 reports of sexual abuse cases from my students, unlike before when they were not able to report any abuse-related issues due to fear. I can say this is an amazing programme.

Thank you, MBIMB Foundation.



School Name: Pekman Primary School Tafawa Balewa.

Mrs. Sama'ila Jemimah (Headmistress)

The introduction of the MBIMB programme to our school has increased emotional intelligence among our students and teachers who were privileged to participate. I can assure you that the MBIMB programme has promoted self-awareness, empathy, and compassion, which are key components of emotional intelligence.

We have now recorded four different cases of sexual abuse, which have been reported to the police for proper investigation.

Thank you, MBIMB Foundation.



With special thanks to Bala Bako from Hope Ambassadors for the wonderful work he is doing in his communities in Nigeria



MBIMB FEEDBACK FROM SCHOOL PRINCIPALS



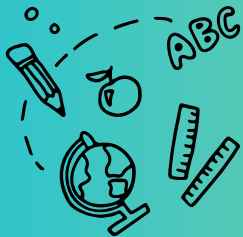
School Name: Salama International School.

Mrs. Serah Paul J (Headmistress)

This programme has improved our students' social skills. All our students who participate in the MBIMB programme often show improved interpersonal relationships, communication skills, and conflict resolution abilities. Our students have become more comfortable reporting cases that make them feel uncomfortable to their teachers. I am very happy with this improvement. The staff of this school are always giving positive remarks about this programme, looking at the impact it has had on the lives of our students.



Thank you, and we hope to see you again, MBIMB Foundation.



School Name: Central Primary School Tafawa Balewa

Mr. Damundi Lukka (Headmaster)

The MBIMB programme has increased our students' ability to concentrate and focus, leading to better academic performance. This is an amazing programme.



Thank you, MBIMB Foundation UK.



With special thanks to Bala Bako from Hope Ambassadors for the wonderful work he is doing in his communities in Nigeria

ROTARACT CLUB OF COIMBATORE UNITY

FAMILY OF ROTARY CLUB OF COIMBATORE EAST

CLUB ID: 91594 | GROUP 6 | RI DISTRICT 3201

Jointly with

MY BODY IS MY BODY FOUNDATION



MOU SIGNING WITH MY BODY IS MY BODY FOUNDATION FOR
AWARENESS SESSION

DATE : 01.07.2024 | TIME : 01:00 PM | VENUE : SITRA

Rtr Sowmya
EVENT CHAIR

Rtr Muruganandam
PRESIDENT (2024-2025)

Rtr Kavipriya
SECRETARY (2024-2025)

Rtr Rajalakshmi
PRESIDENT (2023-2024)



Signing of an MOU between MBIMB and The Rotaract Club of Coimbatore Unity India
Left to Right: President Elect Rtr.Muruganandam (signing the MOU), Shri. Sathyanarayanan from Silcal Foundation, and Dr Darwin Moses (MBIMB Board Member)



My Body Is My Body Foundation is proud to announce the signing of an MOU with The Rotaract Club of Coimbatore Unity India.

The signing was hosted by Shri. Sathyanarayanan at his office premises followed by a luncheon for all.

We are excited to form this partnership and anticipate reaching many children in this area. We will also be working on the Tamil language for the children with the help of The Rotaract Club of Coimbatore Unity India.

The My Body is My Body Foundation would like to extend a heartfelt thank you to Rotary Club of Stainborough President Derek Housley and all the wonderful members of the club, for their generous donation of £450.00. Your support will significantly aid us in expanding our programme throughout the Barnsley area, helping us to educate and empower more children on the importance of body safety.

Thank you



FOR HELPING US PROTECT CHILDREN
FOR HELPING US PROTECT CHILDREN



Rotary



Intercountry Committees

Rotary



Inter-Country Committees
Comités Inter-Pays



Inter-Country Committees: Opening Opportunities for Peace

Rotary



Abdul Hamid EL AWA and Annemarie Mostert in Singapore with a presentation on ICC's



ROTARY CONFERENCE IN SINGAPORE HIGHLIGHTS MBIMB PROGRAMME'S GLOBAL IMPACT

At the 2024 Rotary International Convention in Singapore, the world witnessed a significant moment for child protection and education as Annemarie Mostert presented the transformative “My Body Is My Body” (MBIMB) programme. This collaboration between Rotary’s Intercountry Committee (ICC), zones, and districts with MBIMB has yielded a substantial positive impact, illustrating the power of global partnerships in creating safer communities.



MBIMB's Objectives and Rotary's Involvement

The MBIMB programme, founded 34 years ago, has been dedicated to creating supportive programmes for safe, inclusive, environments in child protection using music. Operating in over 60 countries, MBIMB has engaged more than 2 million children aged 3-12 years through its programs, offered in 27 languages.

The programme aligns seamlessly with Rotary's action plan and leverages Rotary's global network of volunteers to amplify its reach and effectiveness.

Through simple messages and music, MBIMB fosters an environment where children feel secure and respected. The core objectives of the programme, which contribute to positive peace, include:

- Safeguarding Children
- Promoting Body Autonomy and Empowerment
- Encouraging Saying No to Secrets
- Building Trustworthy Support Networks Within Communities
- Educating Parents and Teachers



Peacebuilding and Conflict Prevention

Peacebuilding must start at the foundational level, and MBIMB's educational approach has immense potential for promoting peace and preventing conflict. By teaching body safety and empathy, promoting nonviolent communication skills, and breaking the cycle of abuse, MBIMB equips children, families, and schools with the tools to resolve conflicts constructively and foster peaceful interactions.

The programme's focus on these principles helps build resilient communities where respect, safety, and nonviolence are the norms. This foundational work is crucial in creating long-term, sustainable peace.

Call to Action

Together, we can create substantial change and be proactive in our approach to positive peace. Annemarie Mostert's presentation at the Rotary International Convention underscored the vital need for collaborative efforts. She showcased a powerful video of children from around the world singing the MBIMB signature song, a testament to the programme's global impact and reach.

Let's join forces, share our knowledge, and work collaboratively to nurture environments where children can thrive, free from the threat of abuse and conflict. Through our collective efforts and your guidance, we can make a lasting impact and pave the way for a more peaceful world.

International humanitarian Graça Machel and Rotary International President R. Gordon R. McNally urged attendees to take action towards creating a more equitable and peaceful world. Our "My Body Is My Body" (MBIMB) programme, actively embraced and implemented in communities and schools across over 60 countries, was highlighted as a shining example of how education and empowerment can drive lasting positive change. This success is a testament to the powerful partnership with Rotary's Inter Country Committee's (ICC), demonstrating the profound impact of collaborative efforts in fostering safer and more supportive environments for children worldwide.



BREAKING NEWS!



Annemarie Mostert, our MBIMB Board Member and a highly experienced and dedicated Rotarian, has taken on the role of Executive Council Chairperson for the Intercountry Committee (ICC) for 2026-2028. Known for her strong leadership and commitment to fostering international cooperation, Annemarie Mostert is expected to enhance the ICC's mission of promoting cultural exchanges, understanding, and peace-building.

Reflecting on her new position, Annemarie Mostert shared her enthusiasm and commitment: "I am deeply honoured to be elected as the Executive Council Chairperson. This is a unique opportunity to continue the incredible work of my predecessors and align with Rotary International's vision and action plan. I am fully committed to fostering positive peace and understanding across cultures and nations, and I look forward to the journey ahead."

During her term, Annemarie Mostert will lead initiatives to strengthen ties between Rotary clubs and districts worldwide, facilitate large-scale international projects, and expand the ICC's reach. With 721 operational sections in 109 countries, the ICC network continues to grow and make a significant impact, thanks to the dedicated efforts of national coordinators, district governors, and expansion task forces.

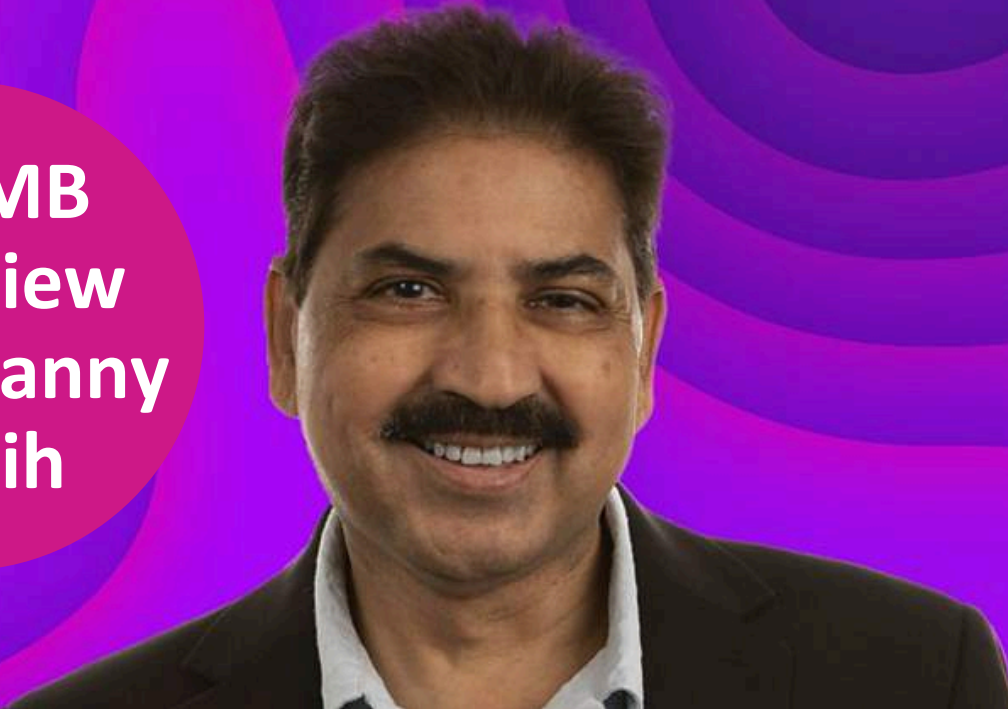
At the recent ICC Executive Council meeting in Agadir, Morocco Annemarie Mostert emphasised the importance of collaboration and innovation: "Our strength lies in our unity and our shared vision for a more peaceful world. By working together and embracing innovative approaches, we can overcome challenges and make a lasting impact."

The election of Annemarie Mostert marks a new chapter for the ICC, promising continued growth and increased effectiveness in international service. Under her leadership, the ICC is poised to reach new heights in promoting peace, understanding, and cooperation among nations.

Annemarie Mostert expressed her gratitude and vision for the future: "Together, we will continue to break down barriers and build bridges of friendship and understanding. I look forward to working with all of you to create a more harmonious and connected world."

Together, we will continue to expand our reach, invest in positive peace, and leave a meaningful legacy, one club, one district, one country at a time. Thank you for this incredible opportunity. I also extend my gratitude to our ICC Chairperson Mohamed Ghammam for his profound leadership. You have elevated the ICC brand as a great Rotary resource."

MBIMB Interview with Manny Masih



Introducing Manny Masih: A Diverse and Accomplished Leader

We are thrilled to introduce Manny Masih MSc CertEd JP DL, who interviewed Dee Russell Thomas and Chrissy Sykes about the My Body is My Body Programme ([Click Here to listen to the interview](#))

Manny is a remarkable individual with a wealth of experience and a dedication to community service. He moved from India to Swindon in 1967 at the age of 10 and later relocated to Gloucestershire in 1979. His career journey has been incredibly diverse, encompassing roles as a computer programmer, IT lecturer, IT consultant, pub landlord, restaurateur, homework tutor, and, more recently, a maths lecturer.

In 1995, Manny transitioned from his role as a Flight Lieutenant in the Air Training Corps to become a local radio presenter for BBC Radio Gloucestershire. His commitment to public service is further highlighted by his tenure as a magistrate from 1995 to 2008.

In recognition of his significant contributions to the community, Manny was appointed Deputy Lieutenant of Gloucestershire in 2007. His extensive background and dedication make him an invaluable asset to our community.



Dee Russell Thomas and Chrissy Sykes from the MBIMB Foundation had the great pleasure of being interviewed by Manny Masih for BBC Radio Gloucestershire.

Thank you Manny for your time and interest in our work to safeguard children.

***Listen to the interview
Join Manny Masih on BBC Radio
Gloucestershire.
next Monday 8th July at 19:00***



STUDENTS EMPOWERED TO SAY NO TO UNSAFE REQUESTS

On the 20th of May, 2024, the Kano State Team conducted the “My Body Is My Body” Program at Alhuda Wa Annur International School, Kano State, Nigeria. The program reached a total of 150 students, both girls and boys, from primary and secondary levels.

Hannatu Nura Adam kicked off the session with an introduction, followed by an overview presentation about the MBIMB program. The students were empowered with the confidence to firmly say “No” to anyone who asks them to engage in activities that make them feel unsafe. They learned essential skills to protect their bodies, especially focusing on the importance of safeguarding their private parts.

We used the messages written on the fliers and supplemented them with our knowledge on how children can protect their bodies against physical, social, or psychological harm. Furthermore, we highlighted the Five Safety Network of trusted adults, providing students with a solid framework to ensure their safety.

The programme was met with overwhelming appreciation from the students, beneficiaries, and the school head. The positive feedback highlights the significant impact of this initiative in fostering a safer and more aware school environment.



TRANSFORMING LIVES



SUCCESSFUL IMPLEMENTATION OF “MY BODY IS MY BODY” PROGRAM AT ABDULKARIM MAGILI PRIMARY SCHOOL

On the 16th of May, 2024, the Mujib Hope Foundation Kano State Team conducted the “My Body Is My Body” (MBIMB) program at Abdulkarim Magili Primary School in Kano State, Nigeria.

The program directly reached 30 beneficiaries and indirectly impacted 150 more, as each child took home an extra flyer to share with family and friends. The children learned essential skills to protect their bodies from harm, with a special focus on recognizing and responding to unsafe situations.

The team also emphasized the importance of the Five Safety Networks, providing a solid framework for the children to ensure their safety.

At the end of the session, the children made a strong commitment to say a big NO to anyone who asks them to do something that makes them feel unsafe.

The positive reception and active participation of the students highlight the significant impact of the MBIMB program in fostering a safer and more aware school environment.

Volunteers:

Hannatu Nura Adam & Umar Aminu



TRANSFORMING LIVES

NEW
MBIMB
ONLINE
COURSE



Available Now

WWW.MBIMB.ORG/COURSES



- **CHILDREN WILL LEARN WITH OUR FREE BULLY AWARE COURSE HOW TO:**
- UNDERSTAND BULLYING
- RECOGNISE BULLYING
- RESPOND TO BULLYING



By: Titia Niehorster

BULLY AWARE: EMPOWERING COMMUNITIES TO REDUCE BULLYING

By Titia Niehorster



Bully Aware:



Empowering Communities to Reduce Bullying

In today's world, bullying remains a sensitive issue that affects countless children, families, and communities. Bully Aware, an educational platform, is making significant strides in preventing this problem. Through an inclusive range of digital content and videos, Bully Aware is dedicated to educating children, parents, teachers, and caregivers on how to effectively prevent and handle bullying situations. This initiative not only provides practical tools but also fosters a culture of respect, kindness, and resilience.

Bullying Statistics

In 2024, bullying sadly still continues to be a significant concern, with alarming statistics emphasizing its impact. Recent studies show that approximately one in five students experience bullying in schools. This figure has remained relatively steady over the past decade. Youth who reported frequent involvement in bullying (either as a perpetrator or as a victim) are more likely to report high levels of suicide-related behaviour. Students who bully others are also at increased risk for substance use, academic problems, and violence later in adolescence and adulthood. Cyberbullying has seen a notable increase, affecting nearly 42% of LGBTQ+ youth who report being targeted online, and 29% of youths aged 9-12 have experienced harassment via social media. Reports indicate that bullying contributes to severe emotional and psychological distress, with victims being 2.5 times more likely to experience anxiety, depression, and suicidal thoughts. Furthermore, schools with comprehensive anti-bullying programs have shown a 25% reduction in bullying incidents, which shows the importance of continued efforts in prevention and intervention. Up to 57% of bullying situations stop when a peer intervenes on behalf of the student being bullied. Despite these strides, the persistent rates of bullying underscore the need for ongoing education, awareness, and support to create safer environments for all children. * Source: <https://gitnux.org/bullying-statistics/>

The Founder

Titia Niehorster, the founder of Bully Aware, born and raised in the Netherlands, was inspired to start the movement due to her own painful experiences with bullying during her childhood. As a mother of six, Titia faced the heartbreak of seeing two of her own children endure bullying, which fueled her determination to make a difference. Feeling powerless and refusing to allow her children to suffer as she did, Titia launched Bully Aware in 2018 to raise awareness and provide practical solutions for dealing with bullying. Her mission is to empower children, parents, and teachers with the knowledge and tools needed to effectively handle bullying situations, fostering a safer and more supportive environment for all.

A Comprehensive Approach to Anti-Bullying Education

Bully Aware now also offers thoroughly structured courses tailored for both children and parents. These courses are designed to equip participants with the skills and confidence necessary to address bullying head-on.

Here are some highlights:

- Building Confidence and Resilience: Children learn how to walk with confidence, maintain eye contact, and develop a strong, positive mindset to ward off bullies.
- Practical Strategies: The courses include effective steps to avoid and manage bully situations, such as avoiding bully hotspots, ignoring hurtful comments, using humor, and standing tall while setting clear boundaries.
- Seeking Help: Emphasizing the importance of seeking help, children are encouraged to use their voice to ask for assistance from trusted adults and to persist until they receive the help they need.
 - - Supporting Parents: Parents receive guidance on fostering a positive mindset, boosting their children's confidence, strengthening family bonds, addressing bullying directly, and building new friendships for their children.

Empowering Parents, Teachers, and Caregivers

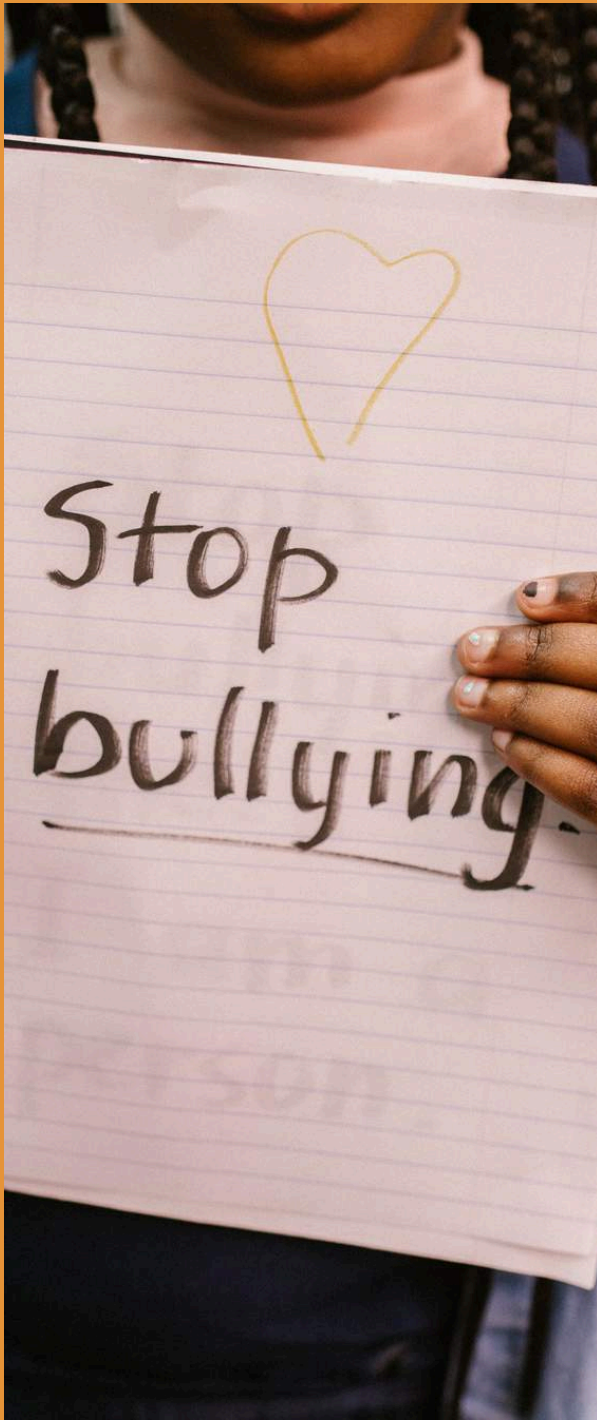
Bully Aware's content isn't just for children. The platform provides valuable resources for parents, teachers, and caregivers, offering practical tips on how to support children through bullying situations, create a positive school culture, and promote youth empowerment.

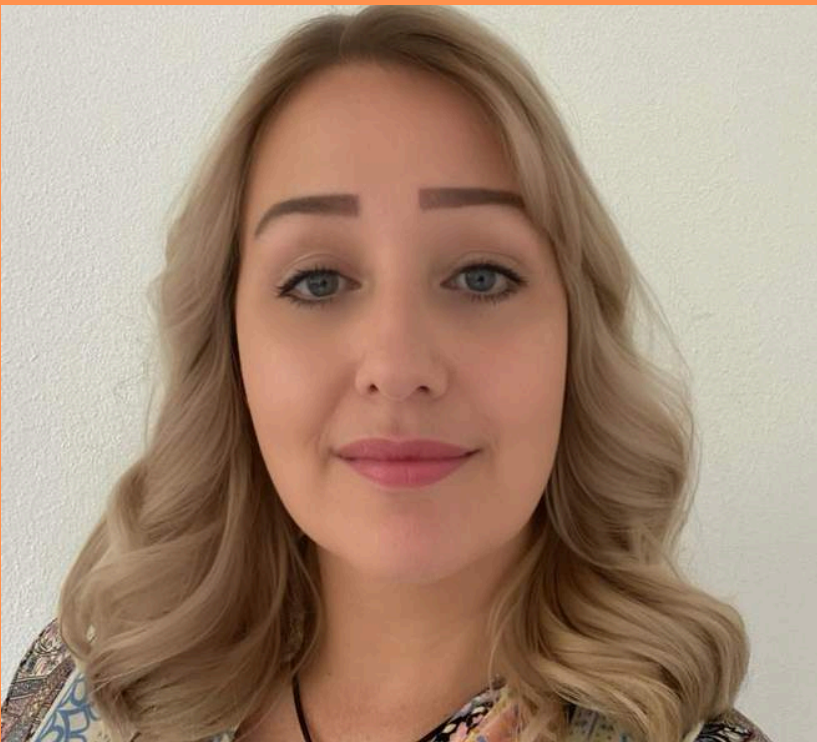
Free Access to Courses and Content

Recently launched on the My Body My Body website (Free Courses), Bully Aware makes most of its courses and content freely accessible to a global audience.

This initiative ensures that valuable anti-bullying strategies and resources reach those who need them most, regardless of location or financial situation. By subscribing to the Bully Aware channel, viewers can stay updated with the latest videos, tips, and strategies to combat bullying effectively.

[Click Here to access the BULLY AWARE COURSE](#)





Titia Niehorster



SATURDAY

**3RD AUGUST 2024
2PM LONDON TIME**

JOIN US BULLY AWARE

Join Chrissy Sykes and Titia Niehorster from BULLY AWARE for a much-needed discussion on Bullying.



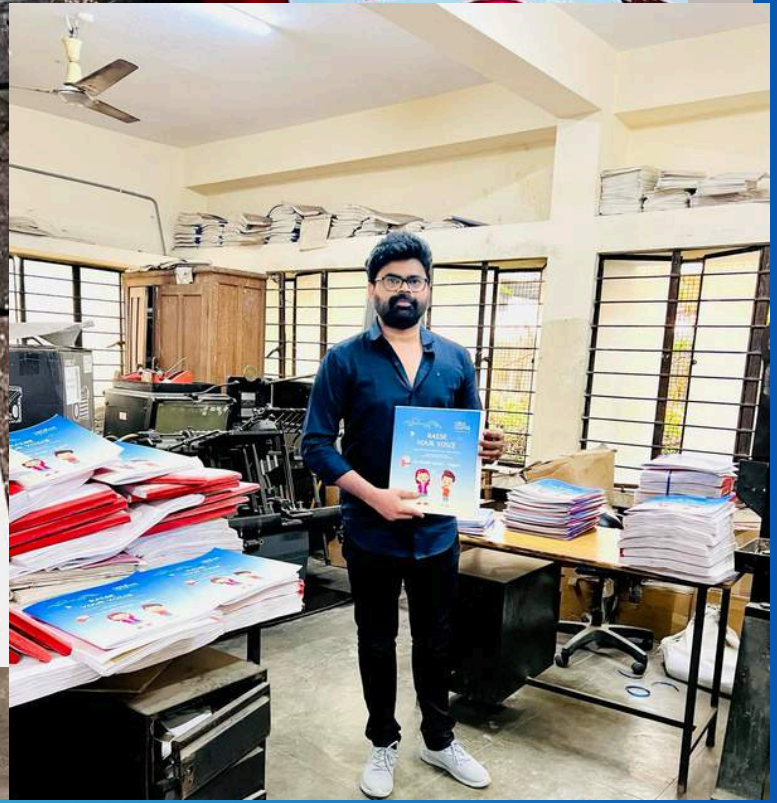
Chrissy Sykes



REGISTER NOW

[CLICK HERE](#)
[TO REGISTER](#)

Empowering Blind Children: The “Raise Your Voice” Braille Storybook Initiative.



By Jakeer Hussain Shaik

Dear Readers,

I am thrilled to share a remarkable initiative spearheaded by the Child Chapter Association that is making a profound impact on the lives of blind children. They have developed the “Raise Your Voice” storybook in Braille, a groundbreaking resource designed to empower blind children to stand against abuse and protect themselves with confidence.

About the Child Chapter Association and Its Founder Mr. Jakeer Hussain Shaik :

The Child Chapter Association, led by its passionate founder Mr. Jakeer Hussain Shaik, is dedicated to fighting against child abuse across India. As a renowned child rights activist, Mr. Jakeer Hussain Shaik has committed his life to educating children on how to stand against abuse, protect themselves, and help others in abusive situations. His mission is to ensure that every child in India is equipped with the knowledge and courage to stand against child abuse, ultimately aiming to eradicate this scourge from society.

Raise Your Voice Braille Storybook Initiative Moved by this incident:

This initiative finds its roots in a deeply moving and tragic incident witnessed by Mr. Jakeer Hussain Shaik, the founder of the Child Chapter Association. One day, Mr. Jakeer Hussain Shaik encountered the heartbreaking story of a six-year-old girl who was being sexually abused daily by her neighbor. She did not understand what was happening to her body or whether it was right or wrong. One evening, after returning from work, her parents found the girl brutally raped and lying in a pool of blood. This harrowing experience profoundly affected Mr. Jakeer Hussain Shaik, igniting his determination to educate children about abuse, including those who are blind, who are often more vulnerable to such atrocities.

Moved by this incident, Mr. Jakeer Hussain Shaik was inspired to create the “Raise Your Voice” braille storybook to ensure blind children are also equipped with the knowledge to protect themselves. The Child Chapter Association is distributing these books free of charge to children studying in government schools across India. The mission is to ensure that blind children in India benefit from this crucial initiative, fostering a safer and more secure environment for all. The vision is clear: a world where every child feels safe, heard, and empowered to defend their dignity and rights.

About Raise Your Voice Braille Storybook:

The “Raise Your Voice” braille storybook is more than just a book; it is a beacon of courage and a shield of protection for blind children. This invaluable resource educates them on how to safeguard themselves, recognize abuse, and report it to trusted individuals without fear. It aims to instill bravery in their hearts, enabling them to boldly say “stop” and “no” to abusers. Blind children are often easy targets for abuse, and this initiative underscores the unwavering belief that every child, regardless of ability, deserves access to the essential knowledge and tools for self-protection.

This initiative is a significant step toward creating a safe and joyful childhood for every child in society. With projects like the “Raise Your Voice” braille storybook, the Child Chapter Association is moving closer to achieving this vital goal. Together, we can ensure that every child grows up in a world filled with love, safety, and the courage to speak out against injustice.

The “Raise Your Voice” storybook stands as a testament to the commitment to empower blind children against abuse, enabling them to live their lives with confidence and dignity. This effort is a crucial stride toward building a future where every child, regardless of their abilities, is equipped with the strength and knowledge to protect themselves and assert their rights.

Recognizing that children who read braille cannot see the pictures, colors, or titles on the title page, the Child Chapter Association has thoughtfully printed some copies with color titles and others without. The color titles are for sighted individuals to better understand the Braille books initiative, but the blind children, who are the main beneficiaries, cannot see these visuals. Therefore, 80% of the books have been printed without color title pages, focusing on the needs of the children themselves.

Under the leadership of Mr. Jakeer Hussain Shaik, the Child Chapter Association is making significant strides in creating a safer and more nurturing environment for all children. This noble endeavour is a testament to their dedication to ensuring that every child is cherished, protected, and empowered to speak out against any form of abuse.

Let us join hands in this mission, creating a world where every child is cherished, protected, and empowered to speak out against any form of abuse. Together, we can make a difference and pave the way for a brighter, safer future for all children.



**CHILD
CHAPTER**
www.ChildChapter.org



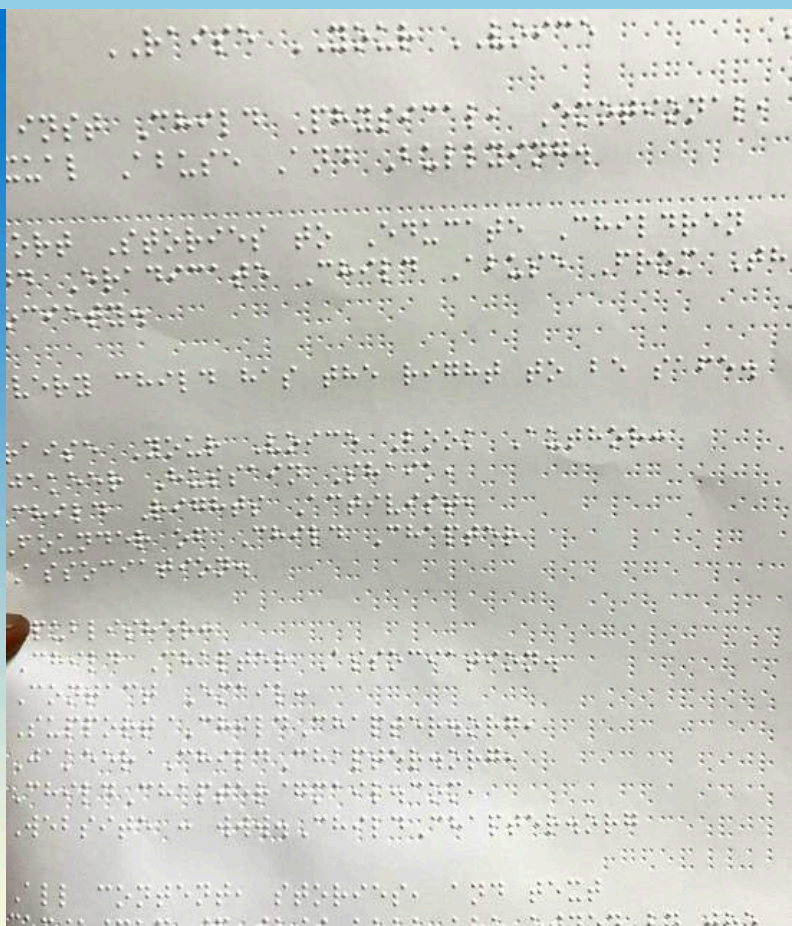
RAISE YOUR VOICE

Against Child Physical, Emotional, Sexual Abuse And Bullying

Short Stories to Educate Children
And Eradicate Child Abuse From The Society



In Braille Script - English



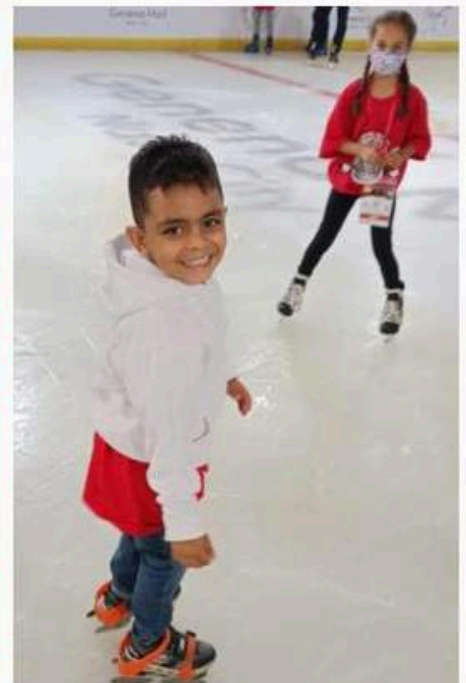


EGYPT ICE HOCKEY CARES EVENT



JULY 5, 2024 FROM 2:00-6:00 PM
AT SUN CITY MALL, HELIOPOLIS, CAIRO

OVER 150 ORPHANED AND DISPLACED CHILDREN FROM EGYPT, PALESTINE, SUDAN, SOUTH SUDAN AND SYRIA ARE INVITED TO ENJOY A FUN-FILLED DAY OF ICE SKATING. THEY WILL ALSO HAVE DINNER TOGETHER AND RECEIVE TOYS, GIFTS AND OTHER ESSENTIAL ITEMS. THE CHILDREN WILL ALSO RECEIVE INFO ABOUT THE MY BODY IS MY BODY SAFETY PROGRAM



CONTACT: NANCY@IBISME.COM OR +19739800836 FOR MORE INFORMATION OR IF YOU WOULD LIKE TO CONTRIBUTE



Welcome to the home of the Safeguarding Quality Mark.



The *Safeguarding Fundamentals Quality Mark* is a pioneering standard dedicated to transforming the safety and well-being of children across all organisations. The Safeguarding Fundamentals Quality Mark is the brainchild of a senior barrister with a global reputation in safeguarding, and inspirational England international footballer Paul Stewart. Paul's personal journey from survivor of childhood abuse in the sport to advocate, imbues Safeguarding Fundamentals' mission with profound authenticity and first-hand experience.

The *Safeguarding Fundamentals Quality Mark* is not just a certification; it is a commitment to great practice in safeguarding. It provides organisations with the tools, knowledge, and support needed to create environments where children are safe, respected, and nurtured.

Safeguarding Fundamentals works across the spectrum of organisations involved with children, from dance and arts, cubs and brownies to sports clubs.

The *Safeguarding Fundamentals* system has been designed to work alongside and support all governing body safeguarding requirements.

safeguardingfundamentals.com

Join us in our mission to set a new standard in child protection and welfare. Together, we can make a lasting difference in the lives of children, ensuring they thrive in environments that are safe, supportive, and empowering.

Take a look at the videos or audio version for an overview of the SGF Silver Quality Mark and then simply click on the button to get your organisation the SGF Silver Quality Mark accreditation



MBIMB NEW COURSE FOR CHILDREN

QUIZ!



FUN!

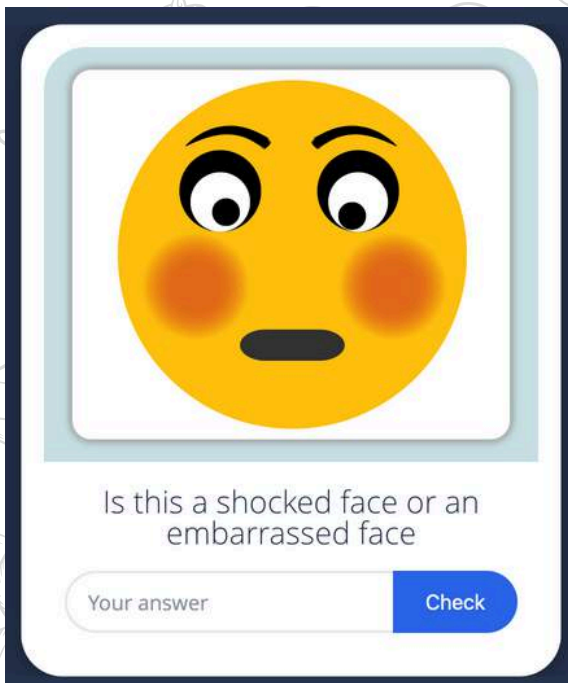




MBIMB NEW COURSE FOR CHILDREN

We are thrilled to introduce our new addition to our My Body is My Body Programme – an engaging, interactive course designed specifically for children. This innovative course offers a unique blend of education and fun, aimed at empowering kids with knowledge about body safety in a manner that's both entertaining and memorable.

The activities are tailored to keep children engaged while they learn crucial life skills. Featuring a series of fun quizzes that test their understanding, interactive drag-and-drop exercises that enhance their learning, and a "What Face Is This?" activity to help them express and identify emotions, this course is packed with creative ways to engage young minds.



A highlight of our course is the inclusion of our six fun animated songs, each crafted to reinforce important messages about body safety and self-awareness. Through these catchy tunes and vibrant animations, children will learn to recognize their value and the importance of consent and personal boundaries.

Furthermore, the course encompasses the entire My Body is My Body Programme, ensuring a comprehensive learning experience. Children will explore various sections, each designed to address key aspects of body safety and emotional intelligence, with plenty of interactive elements to keep them involved and excited about learning.



MBIMB NEW COURSE FOR CHILDREN

This course is an invaluable resource for parents and teachers alike, offering a platform to discuss sensitive topics in a way that's accessible and appropriate for children. It's a tool to open up conversations, encourage questions, and foster a safe environment for learning and growth.

We invite you to explore this new course with your children or students.

Together, we can make a significant impact on their understanding of body safety, empowering them with knowledge and confidence.

Who Is A Safe Adult You Can Talk to?



- Mommy
- Daddy
- Aunty
- Uncle
- Granny
- Grandpa
- School Head
- Teacher
- Police Officer

Check

Highlight the words from the grid

W	N	F	H	M	O	M	M	Y
T	E	A	C	H	E	R	I	F
T	I	G	R	A	N	D	P	A
O	G	D	G	R	A	N	N	Y
T	H	A	D	A	N	P	M	U
U	B	D	N	U	R	S	E	U
P	O	D	U	N	C	L	E	A
M	U	Y	G	T	E	I	G	K
J	R	P	Y	Y	C	Q	B	B

Find the words

- Mommy
- Daddy
- Aunty
- Uncle
- Granny
- Grandpa
- Teacher
- Neighbour
- Nurse

Time Spent : 0:00

0 of 9 found

Check

We invite you to explore this new course with your children or students. Together, we can make a significant impact on their understanding of body safety, empowering them with knowledge and confidence.

[Click Here To Access This Course](#)

My Body is My Body

QR Codes for the 6 MBIMB Songs



Song 1
My Body Is My Body



Song 2
If It Don't feel Right



Song 3
The What If Game



Song 4
If You've Got A Problem



Song 5
Love Is Gentle



Song 6
Say No To Secrets

NEW AMBASSADOR KUWAIT



Dr. Lilas AlAsfahani

Cape Child Abuse and Prevention Educators



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR DRC



Mike Nsuka

Community Development Volunteer



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR INDIA



Shri Sathyanarayanan
Director - SILCAL Foundation



My Body is My Body Foundation
Charity Number 1199901

Parents wake-up call

by dee russell-thomas

Talk to your children, dear parents; I mean talk some meaningful talk.

Do listen to their stories and have eyes like wary hawk.

Don't leave them on the laptop with an open invitation-

You wouldn't dump them overseas without an explanation!

There's a "not so brave new world" out there and it needs some careful thought.

There's a spider's trap awaiting and they're at risk of being caught.

It's a minefield where they're treading and you need to take on board

that technology is changing and cyber-crimes have soared.

We know your knowledge differs, but don't leave it all to chance.

These predators are clever and can lead a dangerous dance.

There are sites that are explicit; there are groomers at the ready.

You've got to be one step ahead and keep the balance steady.

*So, have the conversation and explain why filters matter
and show them what can happen in the sexual land of chatter.*

*Don't criticise their friendships but explain the types of fake
that certain adults demonstrate and what they then can take.*

*As guardians you're responsible for making sure they're safe-
that their home is well protected and is not a frightening place.*

Forewarn them of the dangers just as you would warn of fire.

Allow your children to explain without being labelled "liar".

They need you to take real control and know what lurks around.

Whilst youngsters' heads are in the clouds you must take firmer ground.

Vet those media sites and all the links to darkest places

They must not meet with strangers or be conned by photo faces

And don't forget to spread the word including Gramps and Grans

'Cos they may not be quite as smart and could scupper best laid plans.

It's easy just to leave to chance and hope that all is well

but one false move can lead your kids to a secret, living hell.

So, talk and listen; protect and share; your kids deserve the best.

Check out their "friends", insist on truth. Your diligence can't rest.

It's an area we shirk from; it's a modern danger zone

It's on electronic tablets and is rife on every phone.

We cannot just ignore it in the hope it won't reach us

Because it can and will and does – this isn't foolish fuss.

The innocence of children needs our constant strong protection

So, type this into Google and you'll get some clear direction.....

www.mybodyismybody.com

**Please... keep your children safe from the Internet dangers ...
thank you!**



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

DR. JOHN HARRISON IS AN EDUCATOR PAR EXCELLENCE, AN ALUMNI OF THE SO CALLED OXFORD OF INDIA - THE PRESTIGIOUS ST. STEPHEN'S COLLEGE, DELHI UNIVERSITY, WHO IN HIS 30 YEARS ILLUSTRIOUS CAREER HAS SERVED IN DIRECTOR LEVEL POSITIONS HEADING SEVERAL TOP INTERNATIONAL CBSE AND IB SCHOOLS IN INDIA, G D GOENKA WORLD SCHOOL - GURGAON, THE VENKATESHWAR SCHOOL - GURGAON, INDUS INTERNATIONAL SCHOOL - HYDERABAD TO NAME A FEW.



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 WILL ALL TYPES OF DISABILITIES.



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.



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.

www.qrcoderesources.co.uk

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.



Sweden 2024

August 18-21st

We bring together the brightest minds in child protection from every sector to innovate and share best practices. Join us to keep pushing the boundaries of research and practice to ensure that all children have the chance to thrive no matter what their experience.

Working together to protect children in times of crisis

The international congress provides keynotes, panels, breakouts, workshops, speaker Q&A sessions, wellness, social programs and an expo hall. Sessions will be led by leaders who are pioneering research and practices in various countries and complex situations across a wide range of sectors. The keynotes will feature industry luminaries as well as speakers from various sectors who will share the learnings from their initiatives. Typically over 65 countries delegates attend.

The goal is to give regional and global leaders the tools and practices they need to develop and deploy improvements to child protection and improve outcomes for children and families.

ACTIVE BYSTANDER CONFERENCE 10TH JULY 2024



Active Bystander

We hear from leading industry and academic experts on how Active Bystander training can bring about empowerment and positive transformation in the community. How we can foster a culture of intervention and support, equipping individuals from all walks of life with the tools to stand up against harassment, abuse, and violence.



**Hartpury University
and College**

Hartpury, Gloucester GL19 3BE



Time

9:00am - 4:00pm

Speakers include:

Rachel Fenton

Associate Professor Exeter University

Dr Nathan Eisenstadt

Kindling Interventions

Dawn Burke

Principal Newent Community School

Lesley Worsfold

Deputy Principal Hartpury College & University

Rupert Walters

Chair of Race & Equality Commission
Gloucestershire

The Rt Revd Rachel Treweek

Bishop of Gloucester

Paul Street

Colmore BID

Office of the Police & Crime
Commissioner Gloucestershire

**Tickets only £50 per Delegate
includes lunch (Limited to 100)**

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Newent
Community School
and Sixth Form Centre

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



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EXPLORE OUR RANGE OF
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AND TOTES

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

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Join our MBIMB Community
www.mbimb.org

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

www.space.auto