

My Body is My Body

Keeping Children Safe

April 2023

MBIMB Foundation



Hope Ambassadors



Chrissy Sykes

I am thrilled to announce that our safeguarding Fundamentals Course has been a great success and our commitment to improving the lives of children doesn't stop there. We are equally excited to introduce our latest offering - the Essential Skills For New Mothers Course.

Becoming a new mother can be an overwhelming and daunting experience, and we understand that parents need support and guidance to navigate this journey successfully. This course provides valuable insights and practical tips to help new mothers develop the necessary skills and confidence to provide the best possible care for their little ones.

We firmly believe that every child deserves to grow up in a safe, healthy, and nurturing environment. We know that when children are provided with the tools and resources they need to thrive, they are more likely to succeed in all areas of life.

By empowering parents and caregivers with the knowledge and skills they need to create safe and supportive environments for children, we are making a positive impact on our communities that will last for generations to come. Thank you all for your wonderful support.

Chrissy Sykes



INTRODUCING OUR MBIMB BOARD



CHRISSY SYKES

TRUSTEE

Founder of the MBIMB Foundation, Chrissy is an award-winning singer/songwriter and recording artist, with a career in South Africa and Nashville, USA.

She developed the MBIMB Program in 1989 in conjunction with various Departments of Education and Departments of Human Services in the United States of America. In 2016 Chrissy (now living in the UK) decided to animate the program songs to reach a worldwide audience.

Chrissy currently works with NGO and school volunteers in over 60 Countries who have reached at least 2 million children with the programme. Another 1.3 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.

She is also the Co-Publisher of the Ambassador Magazine which incorporates work from the Global Goodwill Ambassadors and the MBIMB Ambassadors and holds the position of President of Child Welfare for the Global Goodwill Ambassadors.



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. With specific expertise in "Closing the Gap" for our most vulnerable young people (BME,FSM,CLA) and ensuring equality of opportunity, her approach is non-threatening, based on proven, practical initiatives and successful stories. Dee is also a School Improvement Partner/ Head Teacher appraiser, a trained Ofsted inspector, an evaluator for the Ministry of Education in the Northern Emirates, UAE, an inspector for KHDA/DSIB in Dubai and an inspector/evaluator for British Schools overseas.(Africa and Asia)

Her expertise in child protection, safeguarding, care and support and inclusion is supported by her in-depth understanding of causes and effects of abuse. She has researched, written and delivered courses on breaking the silence, self-harm, eating disorders as well as exogenous and endogenous depression and suicide. She has received numerous nominations and awards for her work including Teacher of the Year, National Mentoring Award, Outstanding Contribution to Community Development, Local Heroes Award and Global recognition of her services to Refugees and Asylum Seekers. She has been appointed Deputy Lieutenant of Gloucestershire by the late Queen Elizabeth II. She is UK GGA Chair for Child Welfare, MBIMB Ambassador, Executive Director of UK Global Goodwill Ambassadors and Managing Director of DGRT Educational Consultancy Ltd.



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. She has specialised in Family and Child Protection for over ten years and has covered all aspects of Child Care post initial assessment through a period of change and uncertainty. Caroline has worked with several Local Authorities through their restructuring and is aware of the impact this can have on both the children and families, as well as the staffing.

Caroline has developed the very successful LinkIndex Keyring, which uses unique QR codes to give instant access to over 2000 targeted resources and is designed for all agencies that support children, adults and families.

<https://qrcoderesources.co.uk/>



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. A thoughtful and compassionate leader who empowers others to lead using their natural passion, strategic communication, and emotional intelligence. Specializes in creating sophisticated software and using automation and AI to reduce expenses and increase performance. Featured on the cover of Auto Dealer Today, I held and excelled at multiple Automotive retail positions, including Sales, F&I, and Sales Manager; with an extensive background in Sales and Marketing. I grew to the position of Digital Director for a 40-store automotive group in Texas before embarking on my own mission... To revolutionize the standard of automotive retail, making buying a car a delightful experience, once and for all.

Space Auto is on a mission to reimagine the car buying journey by streamlining automotive retail tech and elevating the customer experience. From first click to close, Space Auto gives auto dealerships the tools they need to connect with customers, drive sales, and grow business – all in one space.

<https://space.auto/>

www.mbimb.org
Charity Number 1199901



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. Antonia has extensive experience working in various areas of law, including criminal, employment, human rights, litigation, and data protection.

She has also served as a cabinet member at Gloucestershire County Council for seven years. Antonia has experience across a number of other public sector bodies including Health and Wellbeing, Joint Commissioning and Safeguarding Adult and Children boards, Cheltenham Development Task Force, and Community Safety Groups.

Antonia writes a whole range of safeguarding related courses including topic specific such as exploitation and modern slavery. These have been approved by CPD Certification and NSPCC, Football Associations, and we are proud to offer our Free Safeguarding Fundamentals Course written by Antonia here on our website.

<https://www.antonianoble.com>



DR. TUFAIL MUHAMMAD

ADVISORY BOARD- ADVISOR

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.

Dr. Tufail Muhammad has more than 32 years of experience in the field of CAN and Child protection. He has more than 30 research papers to his credit and has presented more than 60 papers at international conferences in several countries worldwide.

Tufail is also currently the Chair Technical Advisory Group on Child Rights, Child and Environment, Asia Pacific Pediatric Association.

He has also co-authored a book (Your amazing baby) on the growth and development of Pakistani infants (published by Save the Children UK).



DAVID ELLIS

ADVISORY BOARD - GRANTS

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. He had held this position since 2010, during which time the charity gained 'Outstanding' awards from both Ofsted and CQC for the services offered. He also oversaw an increase in the scale of the charity's service delivery from £14million p.a. to £35million p.a.

David has held a number of non-executive roles during his career in the voluntary sector, including most recently as a Trustee of the Voluntary Organisations Disability Group (VODG), the umbrella group for disability charities across the UK.



LISA JONES

ADVISORY BOARD- WORLDWIDE COMMUNITY OUTREACH

CEO & Co-Founder of Global Goodwill Ambassadors Foundation, working with humanitarians worldwide to help the marginalized and the needy. GGAF has more than 18,000 people in over 215 nations & territories focusing on the UN SDGs. Lisa's desire to help others less fortunate is the overriding feature of her persona.

This often results in her long working hours, taking on huge responsibilities and facing challenging situations. Her commitment to humanitarianism is unquestionable, and she leads by example.

Lisa is also Co-Publisher of the The GGAF and MBIMB Ambassador Magazine and Dean of the GGAF Learning Institute.

Lisa also serves on the board of the United Nations Association of Minnesota (UNA-MN)

globalgoodwillambassadors.org/

www.mbimb.org
Charity Number 1199901



NANCY HADI

ADVISORY BOARD - AFRICAN DEVELOPMENT

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, a proven track record of planning and managing diverse programs and projects and executing complex administrative assignments contributing to the achievement of predefined organizational goals and objectives.



DR JOHN HARRISON

ADVISORY BOARD - EDUCATION - ASEAN COUNTRIES

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 in several top international CBSE and IB Schools. His expertise lies in education leadership, administration, governance, community service, unlocking the potential of people and helping them find their purpose in life. He has set up three K-12 schools, 6 play schools and over 100 literacy centres in the villages of Haryana, Rajasthan, Uttar Pradesh and Uttarakhand. He is well known as a humanitarian and polymath. He was a professional model in his college days and is also a Mr. India finalist.

His heart is where his treasure is, in serving and empowering his students and staff. He served the YMCA for 21 years as Director Education, Programs and Community Outreach and his work especially with the infants, children, adolescent girls, women and elders in the slums of Delhi, and in over 100 villages of Haryana, Rajasthan, Uttar Pradesh and Uttarakhand was highly appreciated. His surgical interventions in the lives of the women involved in flesh trade in Delhi was distinct and worthy of praise.

Dr. Harrison is a trainer for Value Based Spiritual Education and is an Alumni of IIM Kolkata, has a MBA in HR, a MA in Education, a PG Diploma in Youth Work from Hong Kong apart from a Doctorate in Divinity from USA. He is a Philosopher, Counselor, a voracious reader and an avid writer. He has also served as an Adviser/ Consultant to several top schools in North India.



GGAF and MBIMB COMPETITION



ATTENTION

ALL NGO'S AND SCHOOLS

It's time to unleash your children's creativity and get them involved in a competition that's all about promoting body safety.



Last year, the GGAF and MBIMB held a successful drawing competition for school children, and this year, it's back and better than ever!

With **three categories** to choose from, there's something for everyone to get involved in.



GGAF and MBIMB COMPETITION



1

First up, we have the poster competition.

Encourage your students to get creative and design posters that promote body safety and feature the empowering phrase "My Body is My Body."

2

Next, we have the singing competition.

Let your students showcase their singing skills by singing one of the MBIMB songs. You have six to choose from. You can do this as a class exercise or with a few children. They can even create their own backing track or use the one we provide. Once you have registered, we will send you all the .mp3's to play with.



3

Last but not least, we have the dance competition.

Let your students choreograph a dance routine around any of the "My Body is My Body" songs. Encourage them to be creative and showcase their individuality. Once you have registered, we will send you all the .mp3's to play with.





GGAF and MBIMB COMPETITION



Poster Competition



Dancing Competition



Singing Competition



*So what are you waiting for??
Get your students involved, and let's promote body
safety together. Let's make this year's competition
bigger and better than the last one!*

[Click Here To Register](#)

The Benefits of Outdoor Play for Children:

9 Reasons Why It Matters

In a world increasingly dominated by screens and indoor activities, it's important to remember the many benefits of outdoor play for children. Here are ten reasons why outdoor play matters and how it can benefit a child's physical, mental, and emotional development:

Promotes physical activity:

Outdoor play provides children with opportunities to engage in physical activity, which is essential for healthy growth and development. Running, jumping, climbing, and other physical activities can help children build strength, improve balance and coordination, and develop fine and gross motor skills.



The Benefits of Outdoor Play for Children: 9 Reasons Why It Matters

Encourages creativity and imagination:

The outdoors provides children with endless opportunities for exploration and imaginative play. From building forts to creating imaginary worlds, outdoor play encourages children to use their creativity and imagination in new and exciting ways.



The Benefits of Outdoor Play for Children:

9 Reasons Why It Matters

Boosts cognitive development:

Outdoor play has been shown to enhance cognitive development, including problem-solving, decision-making, and critical-thinking skills. Exposure to new environments and experiences can also help children develop their spatial awareness and perception.



The Benefits of Outdoor Play for Children:

9 Reasons Why It Matters

Supports social and emotional development:

Outdoor play provides opportunities for children to engage in social interactions, including cooperative play and conflict resolution. It also allows children to experience and manage emotions in a natural environment, helping them develop emotional regulation skills.



The Benefits of Outdoor Play for Children: 9 Reasons Why It Matters

Enhances learning:

Outdoor play can support learning across various domains, including science, math, and language. For example, exploring nature can teach children about the environment and the natural world, while playing with sand or water can help them learn about concepts such as volume and density.



The Benefits of Outdoor Play for Children: 9 Reasons Why It Matters

Promotes mental health:

Outdoor play has been shown to have a positive impact on mental health, reducing stress and anxiety, and improving mood and overall well-being. Exposure to natural environments has also been linked to improved attention, memory, and cognitive function.

**Mental
health
matters**



The Benefits of Outdoor Play for Children: 9 Reasons Why It Matters

Builds resilience:

Outdoor play provides children with opportunities to take risks, learn from failure, and build resilience. Children who engage in outdoor play are more likely to be confident and resilient in the face of challenges and adversity.



The Benefits of Outdoor Play for Children: 9 Reasons Why It Matters

Improves sleep:

Exposure to natural light and physical activity can help regulate sleep patterns in children, improving the quality and duration of their sleep.



Fosters a love for nature:

Outdoor play can help children develop a love and appreciation for nature, instilling a sense of environmental stewardship and encouraging them to protect the natural world.



CAN WE PROFILE CHILD SEXUAL ABUSERS?

BY SUHAIL HANIF - NNECA

Since working in CSA Prevention I have been seeking the golden bullet, with countless sleepless nights researching / studying the possibility of identifying a child sexual abuser, before they commit the crime.

This would be life-changing for millions of children who sadly experience child sexual abuse.

The main reason why it is difficult to identify a child sexual abuser or paedophile is that they do not fit a particular stereotype or profile.

I carried out a very large and extensive study interviewing a large number of victims of abuse within the family, or someone known by the family, which sadly represents over 90% of all abuse cases.

In the study, I found some common characteristics; however, it is impossible to use these to profile before the crime; very approachable and takes an interest in you when others don't, seen by family members and friends as gentle and kind, etc.

Contrary to popular belief, paedophiles are not always male, and they do not always have a criminal history.

They can be of any age, gender, ethnicity, or social status. They can be single or married, employed or unemployed, and have varying levels of education.

Moreover, paedophiles are often skilled at hiding their behaviour, and they can go to great lengths to avoid detection. They are very cunning and can often compartmentalise their behaviour.

They may manipulate and groom both the child and their family to gain access to the child and maintain their secrecy. They may also employ various tactics, such as threats, bribes, or gifts, to control and manipulate the child and maintain their secrecy.

Additionally, paedophiles often hold positions of trust, making it challenging to identify their behaviour as abusive.

They may have a professional reputation that makes it difficult for others to believe that they could be engaging in abusive behaviour.

Attempting to create a profile of a child sexual abuser or paedophile can be dangerous, as it can lead to stereotyping and missing the real danger. Profiling can lead to focusing on certain characteristics, such as gender or age, and ignoring others that may be more relevant, such as their behaviour and actions.

CAN WE PROFILE CHILD SEXUAL ABUSERS?

BY SUHAIL HANIF - NNECA

Furthermore, profiling can lead to false accusations and wrongful convictions, which can cause significant harm to innocent individuals and their families. It is essential to approach any suspicions or allegations of child sexual abuse with caution and seek professional help to assess the situation accurately.

The NCA, national crime agency, state that between 550,000 - 850,000 pose a sexual risk to children in the UK, and other stats show the sickening and alarming rate of men who have an interest in children.

<https://nneca.org.uk/>





To all our Ambassadors, Programme Presenters and Supporters in Sudan,

We would like to take a moment to acknowledge the difficult time that you are going through in Sudan. The unrest and uncertainty can be overwhelming and stressful, and we want you to know that you are all in our thoughts and prayers.

Please know that we are sending our love and support, and we hope that you are taking care of yourselves and staying safe. We understand that this situation is not easy, and we are standing with you during this challenging time.

We sincerely hope that things will settle down soon and that you can find some peace and comfort amidst the chaos.

Take care of yourselves, and know that our thoughts and well wishes are with you.



MBIMB IN **SUDAN**

by Ghada Saleh

On April 16th, I embarked on a short vacation to Sudan. Little did I know my trip would spark a chain reaction of events that would lead me to give workshops to various organizations throughout the country. While I was unable to accommodate every request due to time constraints, I was able to hold two workshops on two very important topics: "My Body is My Body" and child prevention programmes.

The first workshop was held in Omdurman, Sudan's second capital city, after I received an invitation from an organization called Nawafiz for Tawasel (Windows for Communication). The session was geared towards professionals in the field of child protection and teachers of Evangelical Schools in different areas of Omdurman. Over 60 attendees were present, making for a very informative and interactive session that was deemed a great success.



MBIMB IN **SUDAN**

by Ghada Saleh

The second workshop was held in Khartoum, after I received an invitation from Care Zone for Psychological Counseling and Rehabilitation at the Ministry of Health in Khartoum State. The workshop was for psychologists, with a focus on defining the psychologist's role in child prevention and how they can protect the mental health of children. During the session, we discussed the three factors that influence a child's behavior and their circle of trust, according to "My Body is My Body." We tackled many important issues and ended by creating a plan to activate their role in their communities.

Overall, both sessions were incredibly interactive, with attendees fully engaged and committed to processing the information. It was an absolute pleasure to be a part of these workshops and to have made a positive impact in Sudan.



MBIMB IN SUDAN



CONGRATULATIONS TO ALL - MBIMB Course 1 Passes

Abbas Altigani Hussein Mohamed
Abdallah Mohamed Hussein Osman
Abdelrahman Adam Ishag Thabit
Abrar Muhmoud Osman Mohammed Ali
Afraa Hammad Abaker Mohamed
Ahmed Abdelrhman Abdalla Dawod
Alkhair Khater Mahmoud Adam
Alnazir Ahmed Khalaf Alla Awad Akarim
Amal Mohamed Mustafa Mohmoud
Amani Abdelraouf Sabahelkhair Hamednalla
Amira Ibrahim Elamin Mohamed Kheir
Arwa Alsmami Almobarak Ahmed
Ayat Muhmoud Osman Mohammed Ali
Azba Salah Khidir Khalaf Alla
Azza Yahia Ibrahim Mohamed
Azza Yahia Ibrahim Mohamed
Bakhita Gordon Bol Shang
Barbarh Ishag Hussein Kunda
Duha Abdullah Oamr Abdulrahem
Elisabith Romany Ayad Elyas
Eman Alsadig Loog Wegan
Fadwa Ahamed Adam Khaleifa
Fatima AwadElssed Mohamed Modawi
Fatima Nosor Bargo Karwa
Freweini Ghebreatab
Ghazi Adam Hussein Abdalla
Hadeel Omer Ahmed Madani
Hagir Yousif Ali Mohammed
Hamid Siddig Eisa Kabashi
Hanna Gordon Bol Shang
Hatim Idress Salih
Hiba Adam Haroun Adris
Hiba Adam Hirun Idris
Ibrahim Al-Sadiq Ibrahim Muhammad
Ikhlal Fawzy Fadul Fawzy
Intisar Mohamed Lateef Khairallah
Ishak Yacoub Mohammed Haroun
Ismael Obaed Abakar Fadeel
Jaddah Osman Abaker Omer
Jamal Yhea Khalil Ali
Khalid Abdelrahman Hamid Mohamednour
Maarij Abd Alltef Ahmed Mohamed Ali
Malaz Mohamed Hussein Mahmoud
Manal Abdalrahman Yagoub Ishag
Manaslak Azhri Mosa Altaib
Mariam Shandini Gadai Saboun
Marwa Hassan Ali Babiker
Matsem Adress Osman
Mawda Gibreil Osman Adam
Mogahid Mustafa Ahmed Elfaki
Mona Abdelwahid Fadlemola Hamid
Mona Ahmed Hassan Mohamed Ahmed

Mujahid Angelo Ali Suleiman
Muzamil Mohammed Haroun Ali
Nabiha Abeker Musa Abdallah
Nasreen Elsir Hassan Elobied
Nemat Ahmed Abdallah Mahmoud
Nosiba Ibrahim Khalil Hassan
Nusiba Mohammed Alfadil Rahamtallah
Omaima Ibrahim Ahmed Mohamed
Omaima Kamal Ali Saeed
Omnia Hashim Mohammed Mohammed Ibrahim
Omnia Shams El-Deen Ahmed
Peter Wal Keat Wal
Rafea Hassan Hamdalla Mohammed
Rania Abdelrhman Mohammad Alsaemt
Rawia Mohammed Mukhtar Yousif
Rawya Abayazeed Mohammed Taher
Rayan Mohammed Ismail Abdalrhman
Razan Marghani Alamin
Roghia Musa Abd Elrahman Ahmed
Rogi Omer Mustafa Omer
Rowuida Aldoma Abobakir Aldoma
Safa Abbas Ali Ahmed
Safa Altahir Norain Adam
Safia Musa Abdallah Musa
Sahar Mohammed Bakri Yassen
Sajde Ahmad Sulaiman Ahmad
Salami Ramzi Musa Arbab Alnor
Salima Mohamed Abd Almola Mohamed
Samah Namer Ali Fadalalla
Samia Samir Najeeb Estphanos
Sanaa Sadig Gundi Rofaeel
Sara Abdalla Albshier Mohmmed
Sara Bushra Omer Ahmed
Sarah Mohammed Haroun Ali
Sawsan Mahmoud Mohammed Abdelrasol
Shama Kalfalla Muhmmed Ahmed
Shimaa Maki Meeri Tebry
Tasneem Gamal Mahmoud Ibrahim
Waffaa Babiker Abdalmajeed Babiker
Wegdan Abdelaziz Maki Toto
Wheeba Adam Ibrahim Abdalla
Wheeba Adam Ibrahim Abdlla
Wisal Zakaria Abdalla Mohammed
Zahir Altip Alpshir Apozaid
Zahra Jamal Ahmed Heren
Zakaria Haruon Alshak Ali

Safeguarding Fundamentals Course Passes

A. Louw
Adiba Jan
Adigun Temitayo
Adrian Hunt
Aisha Bukar
Anhar Sayed Ahmed Mohamed
Ann Marie Langeveldt
Ashitha Ban Shijas
Aysel Alijanova
Bala Bako BD
Catherine Hartnett
Colleen Koss
Craig Higham
Dee Russell Thomas
Denis Okuru
Favour Bamidele Ojo-Omoniyi
Gaganjot Bassi
Ghada Saleh
Ian Anderson
Isa Oluwakemi
Ivan Banga
Jamiu Badamasi
Jesse Wall
Karishma Samtani
Martin Adaway
Mary Baxter
Melanie Judd
Mercy Makondetsa
Mohamed Manseray
Moses Debbie
Muhammad Umar
Musugusi Azeedi
Nirjala Poudel
Oluwadamisi Tayo-Ladega
Rodgers Kapasa
Simon Sekate
Susan Tipton
Tania Sen
Veronica Nyirongo

MBIMB Course 1 Passes

Aditi Guha
Aishwarya
Aishwarya Bose
Aniket Chakraborty
Anjan Dey
Arpita Roy
Asiimwe David
Bidisha Ghosh
Catherine Hartnett
Chandraie Sarkhel
Chiranjit Nandi
Dalia Mondal
David Thomas
Debdatta Sur
Devpriya Dutt
Dipankar Baidya
Goutam Biswas
Henri-Dunant Chikuru
Irena Chaudhuri
Ishani Kundu
John Fernandes
Karishma Samtani
Madan Kumar Patra
Meena Roy
Monalisa Chatterjee
Moumita Chowdhury
Mrinal Mitra
Naba Sadhu
Nditewoh Clara Mumeh
Neil Gnanadinakaran
Ojonugwa Oguche
Olly Chatterjee
Pabitra Das
Porsiya Paul
Poulomi De
Poulomi Mukherjee
Priya Bhakat
Pryianka Kayal
Punam Das
Ria Saha
Rima Das
Riya Basu
Rohini Roy

MBIMB Course 1 Passes

Rossey Sengupta
Sanchari Chakraborty
Sangeeta Chakraborty
Saptarshi Chakraborty
Sayani Bhowmik
Sayani Chakraborty
Shrabana Mukherjee
Shrawan Kumar Singh
Shreyasi Banerjee
Soubhik Dey
Srabani Dutta
Sramana Sarkar
Sudip Nag
Sujata Srivastava Srivastava
Sumana Das
Sumedha Ray Chattopadhyay
Sunetra Banerjee
Suprakash De
Susan Tipton
Sutanima Mukherjee
Sayed Ahmed Mohamed Anhar
Tanusree Roy Choudhury
Zainab Hadis

MBIMB Course 2 Passes

Elizabeth Muli
Karishma Samtania
Neil Gnanadinakaran
Susan Tipton
Henri-Dunant Chikuru

Essential Skills For New Mothers Course Passes

Annie Jackson
Dee Russell Thomas
Aysel Alijanova
Musugusi Azeedi





HOPE AMBASSADORS



Bala Bako and the Hope Ambassadors in Bauchi, Nigeria are making a significant impact in promoting child safety and empowerment through their My Body is My Body Programme.

During a recent visit to Bakari Dukku Academy, the team introduced the MBIMB Foundation, a child abuse prevention program aimed at teaching children about body autonomy and safety. The children were taught the My Body is My Body song, empowering them to make decisions about their bodies and recognize when something is wrong or unsafe.

Creating a safe and healthy environment for children to learn and grow is crucial, and the My Body is My Body Programme helps to achieve just that. We applaud the amazing outreach efforts of the Bauchi team led by Bala Bako BD, with support from Precious Paul, Princess Priscilla Paul, and Joy Barinaatomkeh.

Hope Ambassadors is inviting volunteers to join them in creating a safer and healthier world for children. If you are passionate about promoting child safety and empowerment and would like to volunteer in Nigeria, reach out to Olaoluwa Olayemi on LinkedIn. Together, we can make a positive impact on the lives of children in Nigeria and beyond.





HOPE AMBASSADORS



The wonderful work of Bala Bako and Hope Ambassadors with the My Body is My Body Programme in Bauchi, Nigeria is truly commendable.

Recently, the team visited Sapphire Learn Lead Academy to advocate for good hand hygiene practices and child abuse prevention. The MBIMB Foundation provided the team with the necessary tools to help the children recognize abuse and understand the steps to take, as well as the importance of safety networks. The children also sang the My Body is My Body song with the team.

The Hope Ambassadors advocacy program is vital in promoting good hygiene practices and child abuse prevention in schools and communities. The team encourages parents to be involved in promoting healthy living and child abuse prevention as well.

Hope Ambassadors is now calling on volunteers who are passionate and ready to reach out to children and parents in schools, streets, churches, mosques, and the community as a whole.

We extend our heartfelt congratulations and kudos to the entire Bauchi team, including Bala Bako BD, Precious Paul, Princess Priscilla Paul, and Joy Barinaatomkeh, for their impact on promoting child safety and good hygiene practices.



Wonderful Wanda






MY BODY IS MY BODY FOUNDATION

ASL Sign Language

 Play Songs

 Download Workbook



Welcome to My Body Is My Body Musical Body Safety Programme.

It is one of the most successful, positive and fun musical “Body Safety” programmes around. Our program is animated so that it can be shared with children in schools, nursery schools and homes. All resources are free to use and share.

We want to give a huge shoutout to the talented Wanda Holding (MA Clinical Psychology) who generously contributed her skills and time to make this new resource possible. With her help, we can ensure that no child is left behind in our mission to educate and empower young people. We’re extremely grateful for Wanda’s incredible work and want to express our heartfelt thanks.

**[Our new ASL Sign Language Website is now available](#)
[Click Here to go to the website:](#)**



 Download Tutorial

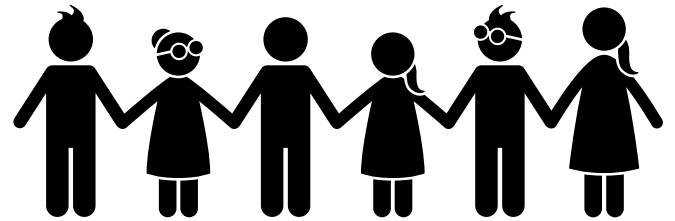


 Download Tutorial



SERVE

www.servelk.org



In Sri Lanka, a group of 50 children who attend government schools are members of SERVE children's clubs. These clubs have been implementing the My Body is My Body Programme, which teaches children about their rights to protect their bodies from abuse.

The parents of these children have given a highly positive response to the program, as they recognize the importance of this information being taught in a creative manner. Through initiatives like SERVE, the youth in Sri Lanka are gaining valuable knowledge and skills to protect themselves and others from harm.

The MBIMB video introductions were recorded by Shenaya de Mel, and songs were sung by Kruthya Ratnayake in Sinhala. With special thanks to Sanjeeva de Mel who is the Executive Director of Serve.

SERVE



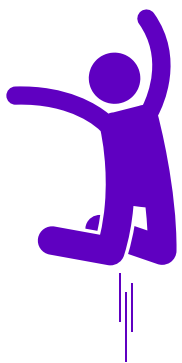


Train The Trainer

May 4th 3pm BST

Join us in making a powerful impact in your community this year by becoming a champion for child abuse prevention!

By educating parents, teachers, social workers, community leaders, and children, we can create a safer and more nurturing environment for our children to thrive. And the best part? Our program is entirely free of charge. We'll even share some cost-effective ways for you to spread this important message. Together, we can make a real difference. So let's do this!



This month we will be talking about
WHY DO WE NEED TO
ADDRESS THE SUBJECT OF CHILD ABUSE PREVENTION?
HOW DO WE INTEGRATE
THE MBIMB PROGRAMME INTO OUR COMMUNITIES?



So Please join us:
[Click Here To Register](#)

Looking for a fun and engaging way to teach children about personal safety?

Look no further than

"Eric and his personal space bubble"



This charming children's book tells the story of Eric, a young boy who learns about the importance of personal space bubbles at school. With the help of his mom, he learns how to set boundaries and protect his personal space from unwanted intrusions.

Along the way, he teaches his cousin Jake and sister Alicia about the concept of personal space and how it applies to everyone, including family members.

With playful illustrations and relatable scenarios, this is the perfect book to help kids understand the importance of consent and personal safety.

Order your copy today and start exploring your own personal space bubble!

100% of profits go to the MBIMB Foundation

[Click here](#) to purchase from Amazon

All About Eric Books

Eric and his
personal
space bubble



Written and illustrated by Chrissy Sykes
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MBIMB Foundation Course

www.mbimb.org

BECOMING A MOTHER ESSENTIAL SKILLS FOR NEW MOTHERS

NEW



MBIMB Foundation
Charity Number 1199901



BECOMING A MOTHER ESSENTIAL SKILLS FOR NEW MOTHERS

Returning home with your new baby

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

Crying Babies

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

Baby Hygiene

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

How can I tell if my newborn baby is sick?

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

Extra Tips

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

Enroll at www.mbimb.org

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

Sign up at
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for this **FREE**
Course



**From Despair to
Empowerment: How Hope
Can Change Women's Lives**



FROM DESPAIR TO EMPOWERMENT: HOW HOPE CAN CHANGE WOMEN'S LIVES

By Chrissy Sykes

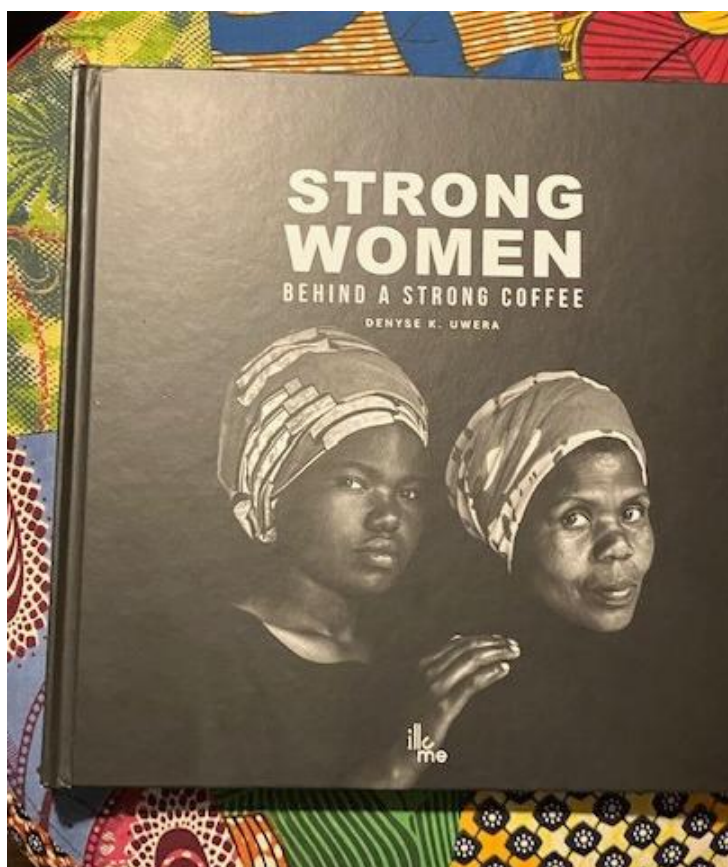
When women feel hopeless, it can be hard to see a way forward. The challenges they face can seem insurmountable, and the obstacles in their path can feel overwhelming. However, by instilling hope, we can help women transform their lives and become empowered to create positive change.

Hope is a powerful force that can make a significant impact on women's lives. It provides a sense of purpose, direction, and motivation, which can help them to overcome adversity and achieve their goals. By giving women hope, we can help them to move from a place of despair to a position of strength and empowerment.

There are many ways in which hope can change women's lives. For example, hope can inspire women to pursue their dreams, even in the face of significant obstacles. It can motivate them to seek out new opportunities, take risks, and push beyond their comfort zones.

Hope can also help women to develop resilience and cope with the challenges that life throws their way. By believing in themselves and their abilities, women can weather even the toughest of storms and emerge stronger on the other side.

In addition to its individual benefits, hope can also have a positive impact on communities and society as a whole. When women feel empowered and hopeful, they are more likely to take action and create change. They can become role models for others, inspiring those around them to believe in themselves and their abilities.



Photos By dee russell thomas

FROM DESPAIR TO EMPOWERMENT: HOW HOPE CAN CHANGE WOMEN'S LIVES



Here are some ways we can provide hope to women who need it:

Listen to them:

Often, women who are struggling just need someone to listen to them without judgment. By giving them a safe space to share their experiences and feelings, we can show them that they are not alone and that we care about them.

Provide resources: Access to resources such as healthcare, education, and financial support can be critical to giving women hope for the future. By connecting them with resources, we can help them to feel more in control of their lives and better equipped to tackle their challenges.

Offer encouragement: Simple words of encouragement can go a long way in giving women hope. Whether it's a compliment, a note of appreciation, or a message of support, positive words can help to lift their spirits and inspire them to keep going.

Be a role model: Sometimes, seeing someone who has overcome similar challenges can be incredibly motivating. By being a role model for women who are struggling, we can show them that it's possible to overcome adversity and achieve their goals.

Help them set goals: Setting goals and working towards them can be incredibly empowering. By helping women set achievable goals and supporting them as they work towards them, we can give them a sense of purpose and direction.

Celebrate their successes: Celebrating even small successes can be a powerful way to give women hope. By acknowledging their achievements, we can help them to see that their efforts are paying off and inspire them to keep going.

Provide hope through storytelling: Sharing stories of other women who have overcome challenges and achieved their goals can be a powerful way to give women hope. It can show them that their struggles are not unique and that they too can overcome their challenges.

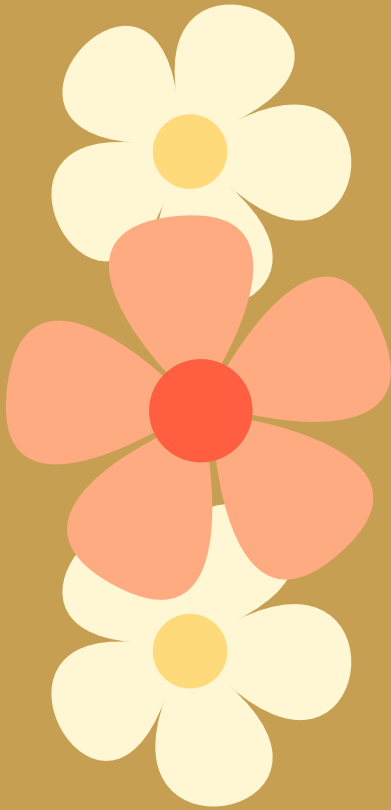
Overall, giving hope to women who are struggling requires us to be empathetic, supportive, and understanding. By providing resources, encouragement, and positive role models, we can help women to feel empowered and inspired to create positive change in their lives.



Photos By dee russell thomas

Hope conquers despair...we are in this together!

By dee Russell-thomas



There are times when our todays are just too hard to face
Because the yesterdays were tough and tomorrow's much afearred
But with wisdom and experience we are taught that all things pass
And the sun will shine again as the storms will soon be cleared

There are times when we can marvel at tenacity of others
Whilst despairing of our own regret and doubt
But hope is our salvation and the waiting is our strength
As we watch the darkness lifting and we blow the embers out

Our patience reaps the dividends when we rise from flames of death
As we spread our wings and welcome helping hands
from those who gently lifted us from hopeless, endless depths
and guided us to stronger, kinder lands.

So let us all be thankful for the chances we are given
And ensure we share our fortune with our sisters in despair
'Tis our duty to provide a smoother pathway in the future
Women warriors we are here and were not going anywhere!

I've Learned

By: Maya Angelou

I've learned that no matter what happens, or how bad it seems
today, life does go on, and it will be better tomorrow.

I've learned that you can tell a lot about a person by the way he/she
handles these three things: a rainy day, lost luggage, and tangled
Christmas tree lights.

I've learned that regardless of your relationship with your parents,
you'll miss them when they're gone from your life.

I've learned that making a "living" is not the same thing as making a
"life"?

I've learned that life sometimes gives you a second chance. I've
learned that you shouldn't go through life with a catcher's mitt on
both hands; you need to be able to throw something back.

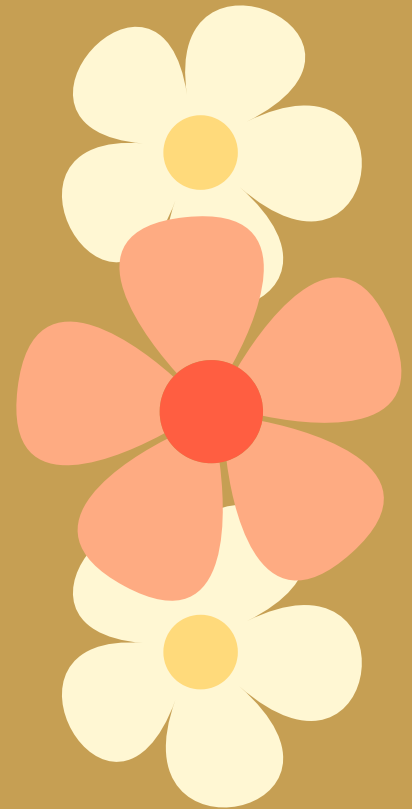
I've learned that whenever I decide something with an open heart, I
usually make the right decision.

I've learned that even when I have pains, I don't have to be one.

I've learned that every day you should reach out and touch
someone. People love a warm hug, or just a friendly pat on the back.

I've learned that I still have a lot to learn.

I've learned that people will forget what you said, people will forget
what you did, but people will never forget how you made them feel.



Love this still learning....



NEW!

MBIMB COURSE

Safeguarding Fundamentals

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

The course has been written especially for MBIMB Foundation by Barrister and Safeguarding Specialist Antonia Noble. During her 25 years as a Barrister, Antonia not only developed a deep understanding of the law but the ability to process and present information logically and clearly. What's more, it's what she is passionate about. She cares deeply about justice, fairness and liberty and loves nothing more than helping individuals and organisations find their voice and reach better outcomes. Antonia has extensive experience working in various areas of safeguarding, law, including criminal, employment, human rights, litigation, and data protection.

www.mbimb.org



SAFEGUARDING FUNDAMENTALS

Introduction





Joseph Gakuu

*Visited Sidon Children's Home in
Nairobi Kenya to celebrate his birthday
this month of April.*

*They prepared a lunch for the children
and shared it together.*

*Joseph also shared the **My Body is My
Body Programme** with the children and
everyone had lots of fun.*

Thank you Joesph and Happy Birthday !!





Arambagh Girls' College



Arambagh Girls' College, founded in 1995, is a renowned girls' college located in Arambagh, Hooghly district, India. The college provides undergraduate courses in arts and is affiliated with the University of Burdwan. It has established itself as a prominent institution for women's education, attracting students from Hooghly district as well as neighbouring districts such as Burdwan, Bankura, and Purba Medinipur.

The college has consistently achieved good results in the University examination at various levels, and its alumni have gone on to pursue higher studies and excel in the job market.

Overall, Arambagh Girls' College is a reputable institution that continues to provide quality education to young women in the region.

We are so proud of the **My Body is My Body Programme** initiative implemented by the college Principal **Dr. Syed Sajidul Islam** which has engaged over 1000 of his students teaching children from local secondary schools and primary schools in six districts' villages. The students went into each class teaching the basic safety elements of the programme and the MBIMB signature song.

What a great way to initiate the programme and increase community awareness about the subject of body safety, giving the children the life skills that they need. Please have a look at all the wonderful images.



Thank you Arambagh Girls' College





জেরাট নিম্ন বুনিয়াদি বিদ্যালয় K.W-53
সবশিক্ষা অভিযান
সবার শিক্ষা সবার উন্নতি



বাবুলাল প্রাথমিক বিদ্যালয়
স্থাপিত - ১৯২৫ সালে
স্বামিজীবনপুর - পশ্চিম মেদিনীপুর
সবশিক্ষা নিম্নম প্রকল্পের সৌজস্য-২০০৭

সব শিক্ষা অভিযান
সবার শিক্ষা সবার উন্নতি
সব শিক্ষা অভিযান
সবার শিক্ষা সবার উন্নতি















Check out our Programme Languages



Arabic – جسدي هو جسدي

ASL Sign Language

Bengali – আমার শরীর শুধুই আমার

Chichewa – Thupi Langa ndi Thupi Langa

Croatian – Moje Tijelo je Moje Tijelo

Dutch – Mijn Lichaam Is Mijn Lichaam

English – My Body is My Body

Farsi – بدن من، بدن من است

French -Mon Corps Est Mon Corps

German – Mein Körper ist mein Körper

Greek – Το σώμα μου, μου ανοίκει

Haitian Creole -Kò Mwen se Kò Mwen

Hindi – मेरा शरीर मेरा शरीर है

Italian – Il mio corpo è mio!

Mandarin -我的身体是我的身体

Marathi – माझे शरीर माझे शरीर आहे

Polish -Moje Ciało Jest Moim Ciałem

Portuguese – Meu Corpo é Meu Corpo

Russian – Мое тело – это мое тело

Setswana – Mmele Wame Ke Wame

Sinhala-මා සිරුර මා සතුයි

Spanish – Mi Cuerpo Es Mi Cuerpo

Swahili – Mwili Wangu Ni Mwili Wangu.

Swedish – Min kropp ä min kropp

Tamil – என் உடல் என் உடல்

Telugu – నా శరీరం నా శరీరం

Urdu – میرا جسم میرا جسم ہے

Xhosa -Umzimba wam Ngumzimba wam