My Body is My Body

Keeping Children Safe

December 2023

Featuring:

Yorghas Foundation

Hope Ambassadors

Fostering Open Communication

Children in Orphanage Centres

Future Leaders Initiative

MG Worriors

Mujib Hope Foundation

Our new Ambassadors

Happy 2024!

As we welcome a new year full of hope and possibilities, let's embrace a message of peace and wellbeing for all. Especially for the children of this world. May this year bring an abundance of joy, safety, and endless opportunities to learn and grow. May each day be filled with laughter, love, and the warmth of community, as we work together to create a kinder, more compassionate world for our future generations. Here's to a year of making positive changes, big and small, for the betterment of children everywhere. Thank you to all our amazing ambassadors and supporters, thank you so much for your wonderful support this year.
Best wishes

From The MBIMB Foundation Board of Directors

MBIMB Board Of Directors

CHRISSY SYKES

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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.

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ADVISORY BOARD
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DAVID HAS RECENTLY RETIRED AS THE CHIEF EXECUTIVE AT NATIONAL STAR, A NATIONAL CHARITY WORKING WITH AND FOR YOUNG PEOPLE WITH COMPLEX DISABILITIES.

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Transform Lives, Spread Empowerment
Join us as a MBIMB Ambassador

Find out more at:
www.mbimb.org

NEW AMBASSADOR INDIA

INDU PUNJ

Founder at Stories Matter

My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR SOUTH AFRICA

PHUTI RAGOPHALA

MIE Fellow and Teaching Associate at University of Johannesburg

My Body is My Body Foundation

Charity Number 1199901

NEW AMBASSADOR ITALY

LUCA GOI

Education Professional

My Body is My Body Foundation
Charity Number 1199901

Empowering the Future:

Yorghas Foundation's Pioneering Efforts in Malawi's Education with the GGAF & The MBIMB Programme

YORGHAS FOUNDATION

Empowering the Future:

Yorghas Foundation's Pioneering Efforts in Malawi's Education with GGAF and The MBIMB Programme

In the vibrant heart of Lilongwe, Malawi, a transformative initiative is taking root, reshaping the educational landscape and nurturing a safer, more informed future for children. This is the story of the MBIMB (My Body is My Body) project's groundbreaking journey initiated in Malawi by the **Yorghas Foundation and funded by the Global Goodwill Ambassadors Foundation**. This is a tale of dedication, innovation, partnerships and community empowerment.

A Meeting of Minds: Teachers' Briefing at Malembe School

The story begins at Malembe School in Lilongwe, where over 6000 eager learners fill the classrooms with hopes and dreams. Here, a crucial briefing meeting with the teachers and **Moses Davide Bucher** from **The Yorghas Foundation** marked a turning point. Fourteen dedicated teachers from lower classes gathered, bringing insights and enthusiasm to a project destined to change lives.

The MBIMB Concept: A Beacon of Hope

At the heart of this narrative is the MBIMB project. Vetted through a rigorous process by the Ministry of Education and hailed by experts and NGOs alike, MBIMB stands as a beacon of hope in education reform. Its integration into the curriculum is not just a step, but a leap towards a brighter, safer future for Malawian children.

Expanding Horizons: Inclusion and Community Mobilization

The teachers' recommendations speak volumes. Their unanimous voice highlights the need for inclusivity - bringing boys into the fold to address and prevent abuse. They stress the importance of community mobilization, recognizing that real change stems from the grassroots. Their insights are a clarion call for action beyond the classroom walls.

A Vision for the Future: Recommendations and Requests

The MBIMB project, embraced wholeheartedly by Malembe School, is poised for immediate implementation. Teachers have laid out clear requests: timely delivery of project materials, **(funded by the Global Goodwill Ambassadors Foundation)** T-shirts, manuals, banners, and the introduction of engaging inter-school competitions. These are not just demands, but the building blocks of a transformative educational experience.

Empowering the Future:

Yorghas Foundation’s Pioneering Efforts in Malawi's Education with the MBIMB Programme

The Ripple Effect: A National Project in the Making

As the MBIMB project gears up for expansion beyond Likuni and Dzenza zones, its impact is set to ripple across Malawi. The vision is clear: to embed this project into the very fabric of Malawi's education system, making it a national beacon of child safety and empowerment.

A Journey of a Thousand Miles

The journey of MBIMB is more than a series of meetings and recommendations. It's a movement, a collective dream of a safer, more enlightened future for the children of Malawi. The dedication of teachers at Malembe School and the enthusiasm of the community are a testament to the power of unity and shared vision.

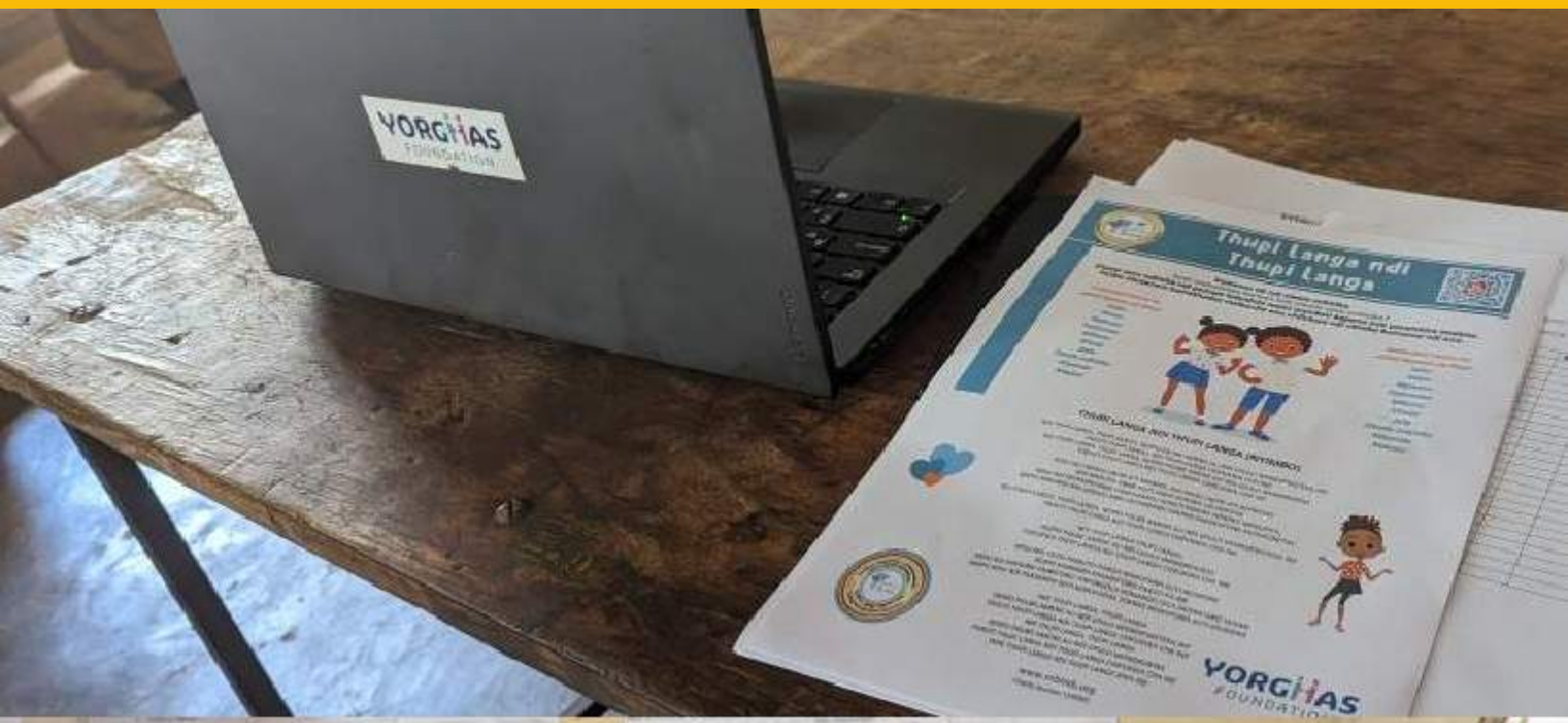
As this inspiring project unfolds, it carries with it the hopes of a nation, the dreams of its children, and the unwavering spirit of a community committed to change. The MBIMB project is not just a curriculum addition; it's a promise of a brighter tomorrow.

With special thanks to **The Yorghas Foundation** and **Moses Davide** Busher and **The Global Goodwill Ambassadors** for their wonderful support in initiating the MBIMB Programme in Malawi.

Flyers funded by the Global Goodwill Ambassadors Foundation

Empowering the Future:

Yorghas Foundation’s Pioneering Efforts in Malawi's Education with the Global Goodwill Ambassadors and The MBIMB Programme



YORGHAS FOUNDATION

Hope Ambassadors

A VISIT TO SAINT ANGLICAN PRIMARY SCHOOL IN ITOKU OLORUNTEDO

VOL. 2 | MARCH 2022

Hope Ambassadors

A VISIT TO SAINT ANGLICAN PRIMARY SCHOOL IN ITOKU OLORUNTEDO

During a recent mission to monitor the #WaterForLifeProject in Itoku Oloruntedo Village, the Hope Ambassadors team seized the opportunity to engage with the local Saint Anglican Primary School, a cornerstone of education in this remote community.

A key part of our visit was educating the students about the significance of #HandHygiene. Under the banner of our #CleanHandsSaveLives campaign, we emphasized the critical role of maintaining proper hygiene in their daily lives.

Equally important was our advocacy for the #MyBodyisMyBody program. This initiative is crucial in enlightening young minds about Child Abuse Prevention. We stressed the importance of body autonomy, teaching the children to recognize and report any inappropriate behavior, especially concerning their private areas.

Our founders, Amb. Taiwo Olowu and Mandy Olowu, took this opportunity to inspire the students. They emphasized the value of education in securing a bright future and addressed the serious issue of teenage pregnancy and its potential impact on young girls' futures.

To brighten the day further, the children received various gifts, including hand sanitizers, reusable sanitary pads, school bags filled with exercise books, textbooks, pencils, erasers, and festive Christmas items.

This visit was not just a fulfilling experience for us but a rare and joyous occasion for the children, who seldom experience the warmth of external visitors due to the isolated location of their school.

Hope Ambassadors

A VISIT TO SAINT ANGLICAN PRIMARY SCHOOL IN ITOKU OLORUNTEDO

Fostering Open Communication

Fostering Open Communication

Written by Chrissy Sykes

In an age where children are exposed to a myriad of influences and dangers, both online and offline, open communication between adults and children is crucial.

Whether you're a parent, teacher, or caregiver, mastering the art of difficult conversations can be a pivotal factor in safeguarding children and preparing them for life's challenges, including the risk of abuse.

Open communication forms the cornerstone of a child's safety and well-being. It enables children to share their feelings, experiences, and concerns without fear of judgment or reprisal. This transparency is critical in identifying and addressing issues such as bullying, peer pressure, and abuse.

The first step in encouraging open communication is creating an environment where children feel safe and valued. This means actively listening, showing empathy, and validating their feelings. It’s essential to establish trust, so children know they can come to you with anything that concerns them.

Tailoring discussions to suit the child’s age and understanding is vital. For younger children, use simple, clear language and concrete examples. As children grow, conversations can become more nuanced, addressing more complex issues like internet safety, personal boundaries, and the concept of consent.

Fostering Open Communication

Encourage children to ask questions and express theirEquip children with the skills and confidence to thoughts and feelings. This not only enhances theirspeak up for themselves. This includes understanding of difficult topics but also builds theirunderstanding their rights to personal safety, confidence in seeking help and advice when theyrecognizing inappropriate behavior, and knowing need it.who to turn to for help.

When discussing sensitive subjects such as abuse, it's Regular conversations about daily life can pave important to be honest yet reassuring. Emphasizethe way for discussing more challenging topics. that they are not to blame for any uncomfortable orThese check-ins can help adults spot any changes harmful situations they may encounter and that it'sin behavior or mood that might indicate a always okay to say no and tell an adult about anyproblem.
incident that makes them feel uneasy.

Encourage children to ask questions and express their thoughts and feelings. This not only enhances their understanding of difficult topics but also builds their confidence in seeking help and advice when they need it. When discussing sensitive subjects such as abuse, it's important to be honest yet reassuring. Emphasize that they are not to blame for any uncomfortable or harmful situations they may encounter and that it's always okay to say no and tell an adult about any incident that makes them feel uneasy.

If you are looking for a positive and empowering way to start these conversations with young children, why not try our free programme at www.mbimb.org

Please donate

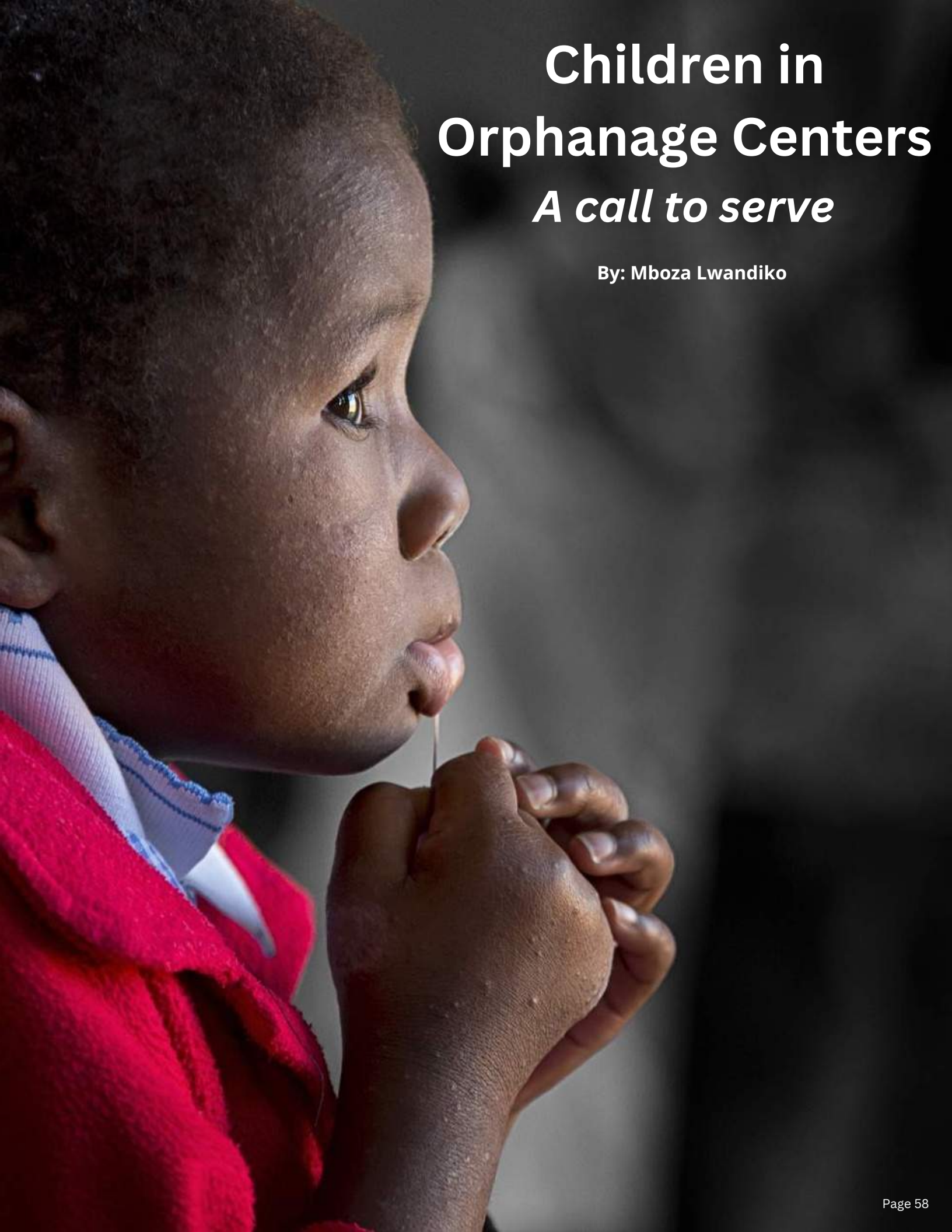
My Body is My Body Flyers and Workbooks

Empowering and protecting children from abuse is at the heart of our mission with the My Body Is My Body Programme. While we proudly offer this life-changing program for free, the journey doesn't end with our presentations. To truly embed our message of safety and empowerment in young minds, we need to leave behind something they can hold onto – our informative booklets and flyers.

These printed materials are more than just paper; they are lasting reminders for children about the importance of body safety and autonomy. They serve as valuable references for children to revisit the lessons learned and reinforce the crucial messages of self-protection and speaking up.
Your generous donations can make a significant impact. They will directly contribute to printing these essential booklets and flyers, ensuring that every child we reach through our program has the resources to remember and apply these vital lessons in their daily lives.

Your support helps us not just educate, but also equip our young learners with the tools they need to stay safe and healthy. With each booklet and flyer you help provide, you're investing in a child's safer future. Let's work together to continue illuminating young lives with knowledge and empowerment. Every contribution brings us closer to a world where children are better protected and more confident in their right to personal safety.

Donate through:
MBIMB Foundation



Children in Orphanage Centers

A call to serve

By: Mboza Lwandiko

Children in Orphanage Centers A call to serve

By: Mboza Lwandiko

Orphanage centers have been existing throughout the years, everywhere in most countries in the World. These centers are particularly recognized to have a task of keeping orphans and vulnerable children safe, to an environment where they can at least be secured and acquire their basic needs. The question to ask ourselves is: Do they really find protection in these orphanage centers and are the facilities attained satisfactory?

Children in Orphanage Centers
A call to serve

Many might be in a view that all orphanage centers are always assured to receive grants from the government and other well-known companies for their operation; in fact, such a notion is not exactly true to most of the orphanage centers. This article mostly uses documentary analysis in elaborating how several orphanage centers operate, especially in developing countries, and through such enlighten, it appeals to individuals, families, groups, associations, companies and organizations to act accordingly.

Introduction:

Orphanage centers, care systems or alternative care; refers to residential institution, total institution or group home, devoted to the care of orphans and children who, for various reasons, cannot be cared for by their biological families. The parents may be deceased, absent, or abusive. There may be substance abuse or mental illness in the biological home, or the parent may simply be unwilling to care for the child. The legal responsibility for the support of abandoned children differs from country to country.

With regard to the United Nations Children's Fund - UNICEF data 2021; around 2.9 million children are estimated to be living in residential care, based on the available data, Eastern Europe and Central Asia have the highest regional rate of children in residential care at 585 per 100,000 children while East Asia and the Pacific has the largest number of children estimated to be in residential care as well as the third highest rate at 131 per 100,000. Some of the countries that have the highest orphan rates in the world include Russia, Iran, Colombia, Brazil, Mexico, South Africa, and Peru. These countries have seen a significant increase in their orphan rates since the start of the coronavirus pandemic.ii

Brief History of orphanage operation:

Recognition of orphans care arose and continued in a vast of ways to date. During 1570's – 1660, Orphans started to be acknowledged. The Romans formed their first orphanages around 400 AD. Jewish law prescribed care for the widow and the orphan, and Athenian law supported all orphans of those killed in military service until the age of eighteen. Plato (Laws, 927) says: "Orphans should be placed under the care of public guardians. Men should have a fear of the loneliness of orphans and of the souls of their departed parents. A man should love the unfortunate orphan of whom he is guardian as if he were his own child. He should be as careful and as diligent in the management of the orphan's property as of his own or even more careful still."iii

Children in Orphanage Centers
A call to serve

Examples of Organizations in concern of orphans and vulnerable children:
Children have the right to grow up in an environment that supports their physical, psychological, social and emotional development. UNICEF; with governments and partners develop policies and programs aimed at preventing unnecessary family-child separation and protecting children deprived of parental care. UNICEF focuses on the root causes of family child separation, while strengthening child protection systems and supporting children's transition from institutional care to community and family based alternative care. SOS Children's villages; is the world's largest organization focused on ensuring that children and young people without parental care or at risk of losing it grow up with the care, relationships and support they need to become their strongest selves. SOS Children's Villages International comprises more than 130 national SOS Children's Villages associations. As members of the federation, each SOS Children's Villages association is committed to applying the federation's statutes, standards for quality child care, and stringent financial and administrative practices.v to mention a few, other include; Alliance for Africa's Orphanages and Communities, Children of the Nations, Global Orphans Foundation (GOF), Orphan Life Foundation and Center for Excellency for children's care and Protection World Orphans.

Significant detected findings for caution:

Though a well immediate good option of providing help to an orphan or vulnerable child is to place him or her in an orphanage center. It should be noticed with attentiveness that, there are a number of challenges in some orphanages, therefore keenness first on observing their genuine operation is crucial, especially to most of the developing nation's orphanage centers, with regard to a number of challenging circumstances. Here are some stated problematic conditiondiscovered:
Visitors to developing countries can be taken in by orphanage scams, which can include orphanages set up as a front to get foreigners to pay school fees of orphanage directors' extended families. Alternatively, the children whose upkeep is being funded by foreigners may be sent to work, not to school, the exact opposite of what the donor is expecting. The worst even sell children. In Cambodia, from 2005 to 2017, the number of orphanages increased by 75%, with many of these orphanages renting children from poor families for $25/month.

Families are promised that their children can get free education and food here, but what happens is that they are used as props to garner donations. Some are also bought from their parents for very little and passed on to individuals in various countries, who pay a large fee to adopt them. This also happens in China.

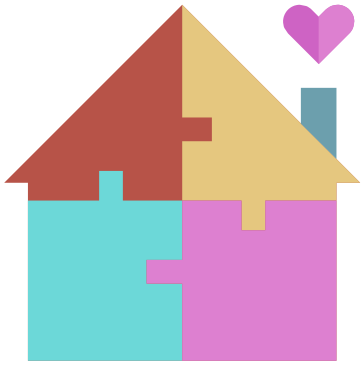
Children in Orphanage Centers
A call to serve

Van Doore & Nhep, (2023); examines the intersections of orphanage trafficking, a form of child trafficking and modern slavery, and the sale and sexual exploitation of children with reference to the Sustainable Development Goals. It outlines the contextual challenges of these intersections highlighting the special protection needs of children residing in institutions and outlines how orphanage tourism and funding undermine care reform efforts of national authorities.

Recommendations from further navigation on orphanages environment:
Orphanages have enormous challenges, yet they are worth it. With regard to a number of testimonies found from those who grew from orphanages and from an example of a popular story of McKenzie, which articulates that: Richard McKenzie was 10 years old when he and his brother were dropped off at an orphanage in North Carolina. Their mother had committed suicide and their alcoholic and abusive father could not care for them. The Home, as everyone called it, provided the children with the stability they needed to build character and self-respect. Some were orphans, but most were victims of poverty and neglect, and the home provided them with a safe shelter. McKenzie stayed until he finished high school and went on to college, as did most of the orphans. He is a professor of economics and the author of twenty-five books. Remarkably most of his friends at The Home have had similar successes. Today, the foster care system is strained beyond capacity; countless children languish in broken families with insufficient means. McKenzie shines a refreshing clear light on the ongoing debate about the proper fate of these children. His story reminds us that institutional care can be the best choice for children trapped in horrible circumstances (McKenzie, 1996).

A call for assistance:
A call to Governments, civil society, NGOs, Community Based organizations private sector, scientific and technological organizations, institutions, academia and other individuals is of paramount importance to the big need required. By your support, these children will enjoy nourishing meals, have safe places to sleep and receive door opening educations. They will also have access to professional counseling. Acquire all the services crucial for their well-being and so contribute anyhow in giving and raising awareness of the urgent need to strengthen the capacity of countries to improve national systems for counting, monitoring and reporting about these vulnerable children.

Children in Orphanage Centers A call to serve



Research indicates that orphanage centers, despite their intentions, may not be the optimal solution for the care of orphans and vulnerable children. This article highlights various shortcomings of such institutions and suggests a shift towards integrating these children into family environments, where they can receive more personalized and nurturing care. However, with such a resolution, there will always be a number of other children to whom such an option might not be appropriate or applicable to them, due to their different problematic circumstances, as orphans and vulnerable children have all different problematic situation backgrounds. Orphanage centers can still be managed well as long as the challenges to them are noticed. The better solution to abide by, is to keep the orphanages and concentrate on strategies to assure their wellbeing, in handling them accordingly, in all areas required (including the severe challenges), for example through assuring the right policies are set and guided correctly for their effective operation. Also, having organized and sustainable services for their effective operation, which requires the efforts of many for their success. Therefore, the fact that other orphans and vulnerable children could be best handled to families, is a good opportunity. Nevertheless, it is totally not wise to eliminate orphanage centers completely as it can be a very good chance for other children.

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McKenzie, R. (1996). The home: A memoir of growing up in an orphanage. Basic Books.
Van Doore, K. E., & Nhep, R. (2023). Orphanage Trafficking and the Sustainable Development Goals. Institutionalized Children Explorations and Beyond.
i https://en.wikipedia.org/wiki/Orphanage
ii https://worldpopulationreview.com/country-rankings/countries-with-the-most-orphans
iii http://www.newadvent.org/cathen/11322b.htm
iv https://www.unicef.org/protection/children-in-alternative-care
v https://www.sos-childrensvillages.org/who-we-are.

World Children's Day 2023

A Celebration of Dignity & Inclusive Education

FLI SL- we protect, promote, empower & educate

Celebrating the Triumphs of World Children's Day 2023

By: Ibrahim S Bangura

A Reflection by Future Leaders Initiative SL

The Future Leaders Initiative SL (FLI SL), a non-profit organization devoted to eradicating violence against children, women, and girls in Sierra Leone, proudly recounts the success of our World Children's Day 2023 event. Held on November 20th, this year's event was a testament to our unwavering commitment to the safety and well-being of children in various environments including schools, homes, and communities.

Event Highlights

Empowering Discussions:

The event was marked by the participation of 22 school children who shared their experiences and insights. These powerful narratives were expertly moderated by Saffiatu Barrie from the C2C community support group.

Panel Discussion:

A panel of over 10 teachers delved into the critical topics of Dignity and Inclusive Education. The discussion, moderated by Ibrahim S. Bangura, was a profound exploration of these essential themes in education.

Artistic Expressions:

Adding a creative flair to the event, children from the C2C community presented a poignant poem, showcasing the power of artistic expression in advocacy.

Musical Performance: A special highlight was the children's rendition of "My Body Is My Body" by the My Body is My Body Foundation. This performance underscored the importance of child safety and the prevention of abuse. Chrissy Sykes also presented a pre-recorded video about the MBIMB Programme and World Children’s Day.

Interactive Sessions:
The event also featured interactive sessions where pupils and stakeholders made a collective pledge towards inclusive education. This was symbolized by the distribution of over 60 No Hit Zone signages, reinforcing the message of non-violence in learning environments.

Future Plans and Initiatives:
Looking ahead, the enthusiasm and commitment displayed by organizers, teachers, and attendees have set the stage for future events focused on dignity and inclusive education. The momentum generated by this year's event is just the beginning.

Impact and Future Initiatives:
FLI SL remains dedicated to harnessing this momentum and translating it into tangible actions. We are set to launch several projects aimed at furthering children's well-being and continuing our fight against violence and abuse.

Expressions of Gratitude:
We extend our heartfelt thanks to Professor Lucien Lombard and Friends, along with our organizational partners and all those who contributed to the success of this event. Your support and collaboration have been invaluable.

Stay Connected:
We invite you to stay connected with us for our upcoming newsletter, which will feature more insights, event photos, and videos. Keep an eye out for updates as we continue to champion the cause of children's safety and education.

Together, with initiatives like the My Body is My Body programme and the support of our community, we are making strides towards a safer and more inclusive future for our children.

MG Warriors

By: Ms. Mamta Godiyal

Dance Competition

The MG Warriors, in a collaborative effort with MBIMB, took a creative stride in the fight against child abuse in India. They orchestrated a dance competition that centred around the theme of child abuse prevention, ingeniously incorporating the song "My Body Is My Body" by Chrissy Sykes.

This approach brought an engaging and dynamic aspect to the program, allowing children to participate actively while absorbing vital messages in a fun and enjoyable way. The response to the initiative was overwhelmingly positive. Children not only relished the experience but also gained a deeper understanding of the subject matter.

Such innovative methods, blending artistic expression with educational content, prove to be effective in embedding crucial lessons about child abuse prevention in young minds. We extend our heartfelt gratitude to Chrissy Sykes and MBIMB for introducing this novel and inspiring educational method.

Children's Day

MGWarriors

MG Warriors Spearhead Child Abuse Prevention Program on Children's Day

In a heartfelt celebration of Children's Day, the MG Warriors group embraced the spirit of awareness and advocacy through a special "Child Abuse Prevention Program," designed by "The My Body Is My Body Foundation ." This event stood out as a beacon of hope and education in the community, highlighting the importance of safeguarding our children.

Central to the day's festivities was a drawing competition, ingeniously crafted with the objective of raising awareness about child abuse. This competition was not just an artistic endeavour but a platform for children to express their understanding and emotions regarding this critical issue.

Leading the charge of this impactful project was **Mr. Pipal Nath**, whose dedication and organizational skills were instrumental in bringing this event to fruition. Under the vigilant guidance of Ms. Mamta Godiyal, the program was a blend of creativity and social responsibility, resonating deeply with both participants and onlookers.

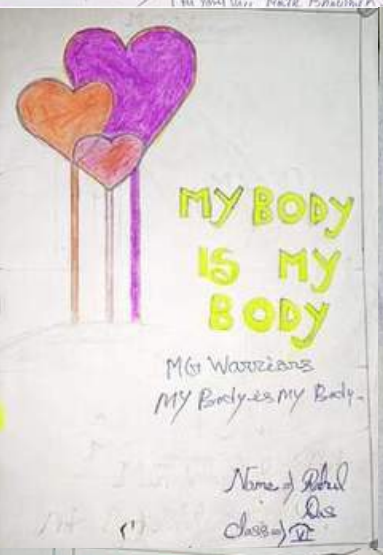
The event underscored the importance of empowering children through creative mediums, offering them a voice and a canvas to illustrate their perspectives on child abuse. It served as a reminder that awareness and prevention start with engagement and understanding, principles that MG Warriors and "My Body Is My Body" champion with unwavering commitment.

As we reflect on the success of this Children's Day event, it becomes clear that such initiatives are vital in building a safer, more informed future for our children. The MG Warriors, along with the guidance of **Ms. Mamta Godiyal**, have set a commendable example of how community involvement can make a significant difference in the lives of our youngest and most vulnerable.

HER FIGHT
IS MY FIGHT
MG Warriors.
My Body is My Body.

I AM A
WARRIOR
CHILD ABUSE AWARENESS

MG Warriors.
My Body is My Body.
STOP
CHILD ABUSE
Name->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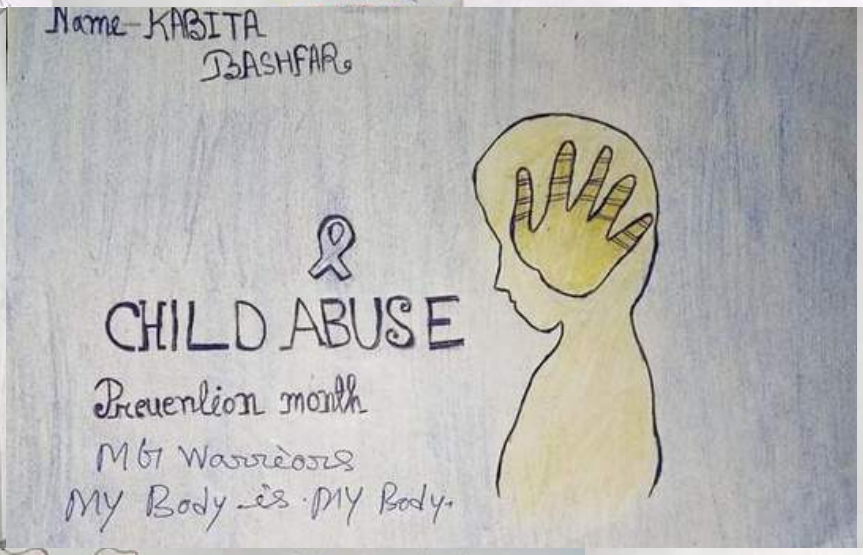
IS MY
BODY
MG Warriors
My Body is My Body.

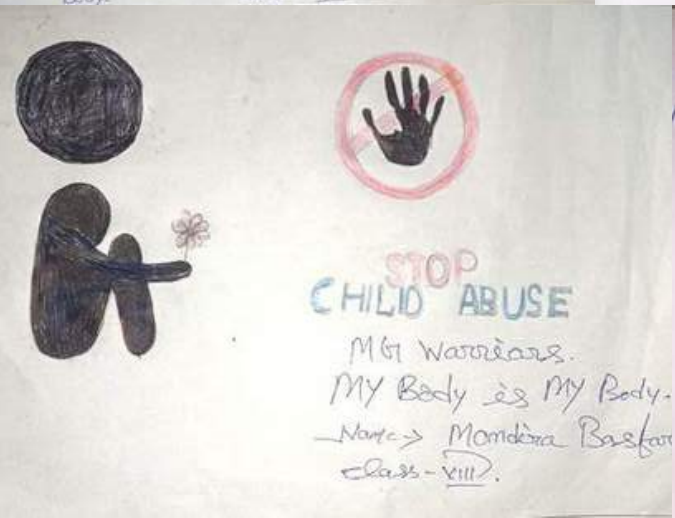

Name-KABITA
BASHFAR.
CHILD ABUSE
Prevention month
MG Warriors
My Body is My Body.

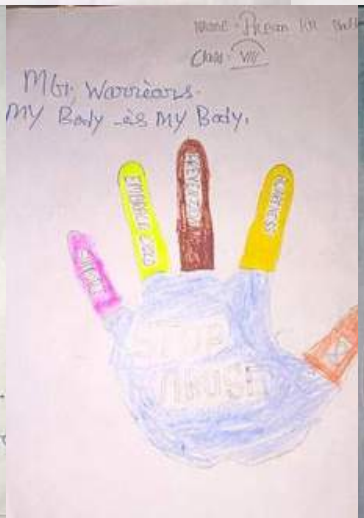
MG Warriors.
My Body is My Body
STOP
NAME = Bishal Das

MG Warriors
My Body is My Body.
Zia choudhury

MG Warriors
My Body is My body.
Name: Ayush Das
Child abuse

Child abuse awareness Poster drawing
MG Warriors
My Body is My Body
NAME Ponku


STOP
CHILD ABUSE
MG Warriors.
My Body is My Body.
Name-> Mondira Bashfar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My Body is My Body.

STOP
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My Body is My
Child Abuse

My Body
is
My Body

STOP
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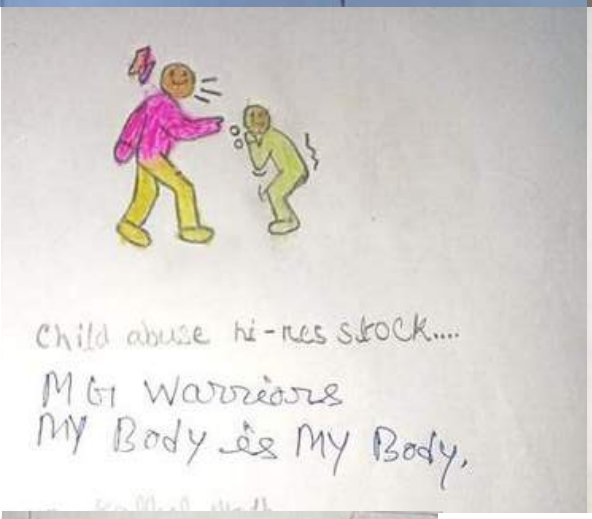
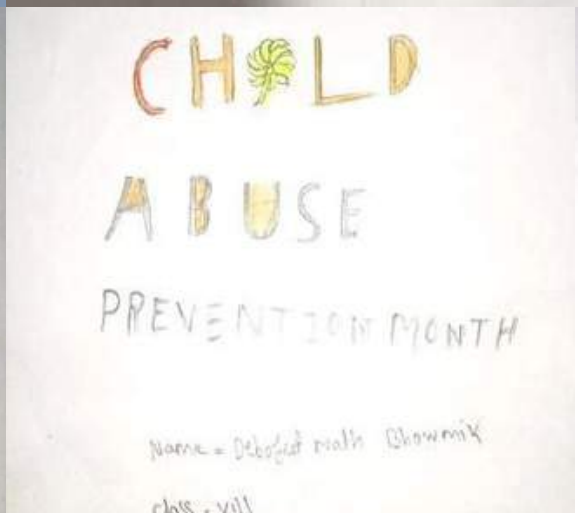

Child abuse hi-res stock....
MG Warriors
My Body is My Body.


CHILD
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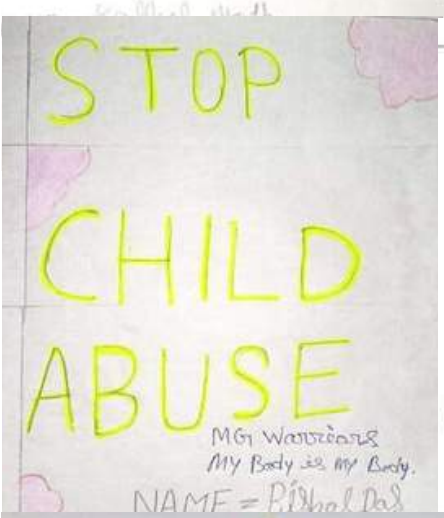
PREVENTION MONTH

STOP!
CHILD ABUSE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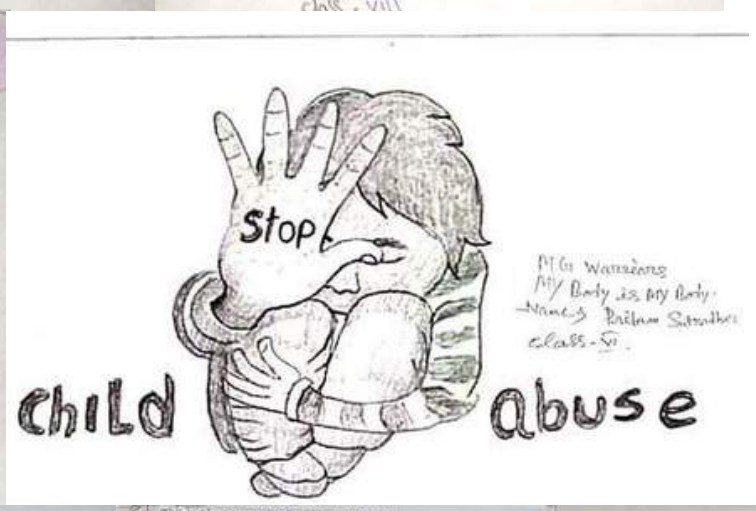
MG Warriors
My Body is My Body.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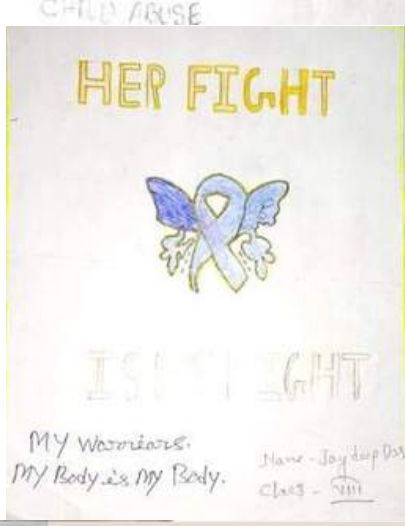
child abuse
MG Warriors
My Body is My Body.


HER FIGHT
MY Warriors.
My Body is My Body.

Finish
STOP
CEASE
STOP
Child abuse
MG Warriors.
My Body is My Body.

MG Warriors
My Body is My Body.

MG Warriors
Name-> Rahul Das.
class - VI.

MG Warriors
Serving Smile & Happiness

Yunish Gurung Honored at School Assembly

In a recent school assembly, a moment of pride and celebration unfolded as Yunish Gurung, a deserving student, was recognized for winning the drawing section of the GGAF and MBIMB 2023 Competition. The Global Goodwill Ambassadors Foundation generously donated a cash prize,
marking this occasion as a significant milestone in Yunish's academic journey.

The acting principal, Mr. Atiram KC, played a pivotal role in the ceremony. He not only presented Yunish with these well-deserved accolades but also took this opportunity to introduce the students to the My Body is My Body (MBIMB) program. This introduction was a valuable addition to the assembly, aligning with the school's commitment to student welfare and safety.

Following the award presentation, our ambassador, Mr. Ganesh Timilsina, took the stage to deliver an enlightening talk about the MBIMB program. He emphasized the importance of body safety rules, a topic that is crucial for the well-being of all students. His speech was not just informative but also a call to action, encouraging students to be aware and proactive about their personal safety.

The assembly was captured in a series of photographs, which we are excited to share in this newsletter. These images not only showcase the joy and pride of the award ceremony but also the engaging and informative session conducted by Mr. Ganesh Timilsina.

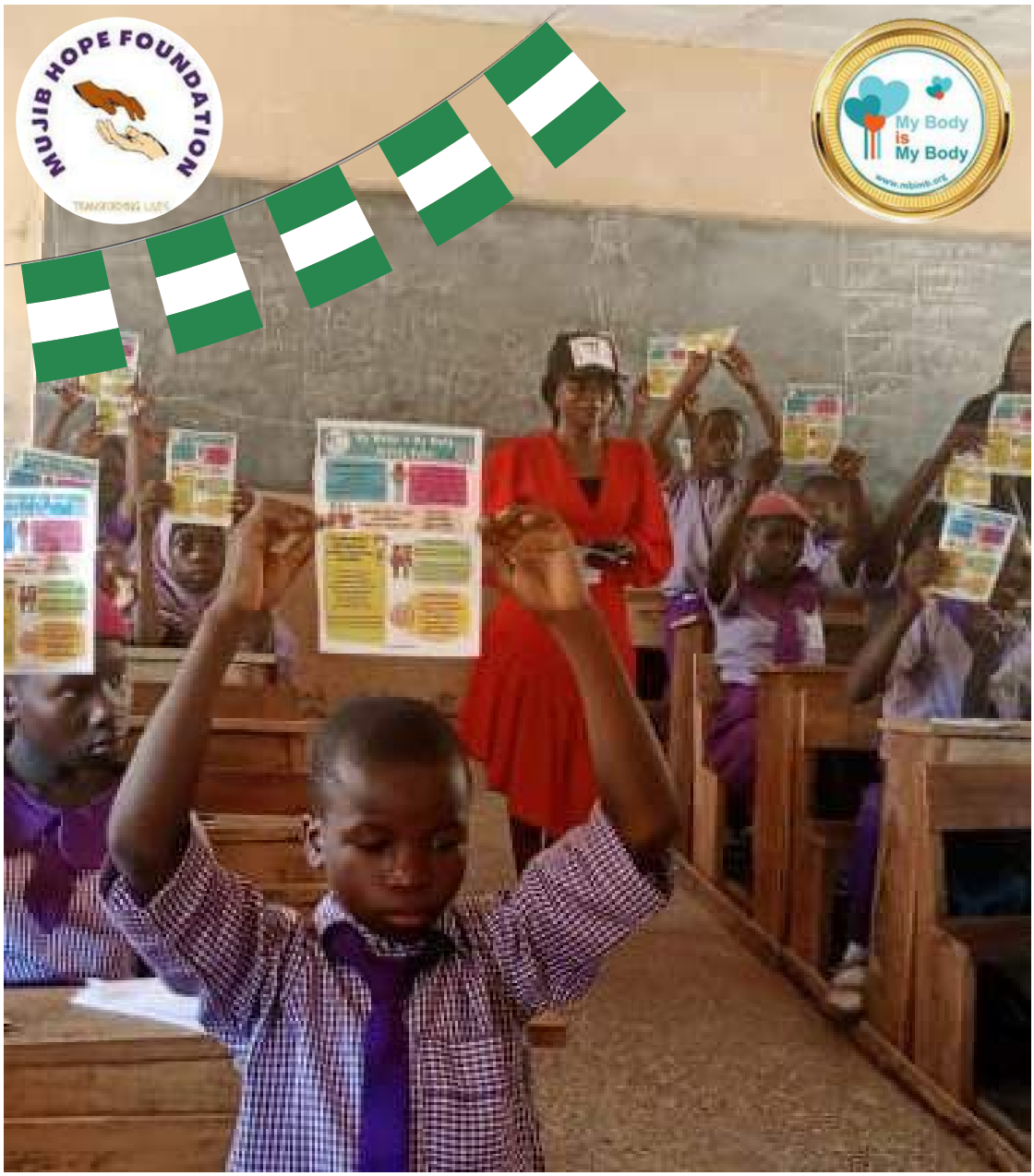
As we celebrate Yunish's accomplishment, we also recognize the invaluable contribution of the Global Goodwill Ambassadors Foundation and the MBIMB Foundation. Their support not only acknowledges individual achievements but also fosters a culture of learning and safety awareness within the school community.

Stay tuned for more updates and inspiring stories in our upcoming newsletters, as we continue to highlight the remarkable endeavours and initiatives within schools around the world.

Nirjala Poudel, Yunish Gurung and Ganesh Timilsina

WINNER
WINNER CERTIFICATE
YOU ARE A
MY BODY IS MY BODY
CHAMPION
Yunish Gurung
GLOBAL GOODWILL AMBASSADORS
FOUNDATION
diligamus nos curae sumus participes
My Body
is
My Body
www.mbimb.org

MUJIB HOPE FOUNDATION



MHF Team Leads Empowering Sensitization Session on MBIMB at GDJSS Karewa Yola

The My Body is My Body Programme (MBIMB) recently received a significant boost in Adamawa state, thanks to the dedicated efforts of the MHF team. A noteworthy sensitization session was carried out at GDJSS Karewa Yola, marking a pivotal step in child safety and awareness education.

The event began with a warm welcome from the school's principal and vice-principal, demonstrating the school's commitment to student welfare. The senior master facilitated the event by allocating a classroom for the session, ensuring an optimal environment for this important discussion.
The sensitization focused on educating students about personal body safety.

MHF Team Leads Empowering Sensitization Session on MBIMB at GDJSS Karewa Yola

The key message conveyed was the importance of body autonomy, emphasizing that students should not allow anyone to touch their bodies, especially their sensitive parts. An important aspect of the session was encouraging open communication; students were advised to inform their parents or a trusted adult if they ever found themselves in an uncomfortable situation and were discouraged from keeping secrets from their parents.

A highlight of the session was the introduction of the MBIMB song. The catchy and meaningful lyrics resonated with the students, who enthusiastically embraced the tune, singing along and internalizing its vital message.

This interactive element added a memorable and enjoyable aspect to the learning experience.
The success of the event was evident in the appreciation expressed by the principal and staff members of GDJSS Karewa Yola. Their support underscored the importance of collaborative efforts in promoting child safety education.

The MHF team, comprising Atetiya Manga, Tanyisu Robert, Esther Peter, and Ajiri Mukoro, played a crucial role in the success of this session.
Their dedication and commitment to the MBIMB mission were instrumental in making this sensitization session both impactful and engaging.
This initiative is a testament to the power of community engagement in safeguarding the well-being of our children. The MHF team's efforts at GDJSS Karewa Yola represent a significant stride towards creating a safer and more informed society for our younger generations. Stay tuned to our newsletter for more updates on such inspiring initiatives and the continued progress of the MBIMB program.

Mujib Hope Foundation and MBIMB Inspire Young Minds at Demonstration Nursery and Primary School, Kaduna

In a heartwarming event filled with learning and enthusiasm, the Mujib Hope Foundation, in partnership with My Body is My Body (MBIMB), recently conducted a Sensitization session at the Demonstration Nursery and Primary School in Ungwan Pama, Kaduna State, Nigeria. The day began with a warm reception from the head teacher and the dedicated faculty members, setting a tone of collaboration and support. The head teacher's initial address to the pupils not only prepared them for the session but also highlighted the importance of the day's lessons.

During the school's moral instructions assembly, a perfect platform for such crucial discussions, the pupils were engaged in an interactive session. They delved into understanding who a stranger is and the vital importance of not allowing anyone to touch their private parts. The session was not just informative but also interactive, with the pupils actively participating and expressing their desire for the session to continue longer.

A key moment of the event was the introduction of the MBIMB song. This catchy and meaningful tune was taught to the pupils, who embraced it with joy and enthusiasm. The song's message about personal safety and empowerment resonated with the children, making the learning experience both enjoyable and impactful.

The session's reach was impressive, with a total of 198 students from Primary 3 to 6 actively participating. This wide coverage ensured that a significant number of students received these crucial lessons.

Leading the session was MHF staff member Amangwai Lois Joshua, whose dedication and efforts were integral to the success of the day. The commitment of the MHF team in spreading awareness and empowering children about personal safety is commendable.

Mujib Hope Foundation and MBIMB Inspire Young Minds at Demonstration Nursery and Primary School, Kaduna

This sensitization session at Demonstration Nursery and Primary School is a shining example of how collaborative efforts can make a profound impact in educating and safeguarding our children. The enthusiasm and engagement of the students were clear indicators of the session's success and the ongoing need for such vital education in our communities.

Stay tuned for more inspiring stories in our newsletter as we continue to share the impactful journey of MHF and MBIMB in making a difference in the lives of children.

Knowledge is Power for
Keeping People Safe From Abuse

By Linda Sage

Gaslighting is a psychological manipulation tactic that can be particularly insidious in toxic relationships. It involves the abuser attempting to make the victim doubt their own perceptions, memories, or sanity. Understanding gaslighting is crucial, as it often occurs in various forms in abusive relationships, including those leading to domestic violence.

Gaslighting Dynamics:
Gaslighting typically unfolds in a series of steps. It often begins subtly, with the abuser making small, seemingly innocent comments to create doubt in the victim's mind. Over time, these comments escalate into more overt forms of manipulation. The goal is to make the victim question their reality, memory, and even their own sanity.

Psychological Impact:
In the realm of criminal psychology, it's important to recognize the severe psychological impact of gaslighting. Victims may experience anxiety, depression, and a loss of self-esteem. Understanding these consequences is crucial not only for supporting survivors, but also for developing preventive measures against domestic abuse.

Gaslighting and Power Dynamics:
Gaslighting is closely linked to power dynamics in toxic relationships. The abuser seeks control by undermining the victim's confidence and independence. Analysing these power imbalances is essential for comprehending the underlying dynamics that contribute to the cycle of abuse.

Knowledge is Power for
Keeping People Safe From Abuse

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Recognizing Gaslighting Behaviours:
Educating the public about the signs of gaslighting is vital. Traits such as manipulation, denial, and projection are common in gaslighters.

Preventing Gaslighting:
Empowering individuals with knowledge about healthy relationships, communication skills, and assertiveness can serve as a protective factor against falling victim to gaslighting.

Legal Implications:
In cases where gaslighting escalates to more severe forms of abuse, understanding the legal implications is crucial, victim support, and the role of law enforcement in addressing gaslighting within the broader context of domestic violence.

Conclusion:
Gaslighting is a complex phenomenon deeply rooted in the dynamics of toxic relationships which needs more awareness, understanding and thought.

The 2023 United Nations Climate Change Conference or Conference of the Parties of the UNFCCC, more commonly known as COP28, was the 28th United Nations Climate Change conference, held from 30 November until 12 December at Expo City, Dubai, United Arab Emirates.

ATTENDING COP 28 IN DUBAI, UAE DECEMBER 2023

By Dee Russell Thomas (MBIMB Trustee)

This year the Cop 28 was held in the UAE. Some might find that controversial as this country produces vast amounts of oil, others might think this is an opportunity to highlight important fossil fuel issues in an area where it is deemed very important. A chance to discuss, share and move forward.

Climate change affects us all. With global warming comes noticeable changes and these are ever increasing. The use of fossil fuels, deforestation, and certain agricultural and industrial practices serve to increase greenhouse gases (carbon monoxide and methane). these gases get trapped in the earth's lower atmosphere resulting in global warming.

Cop 28 brings together delegates from nearly 200 countries in an attempt to compile an agreement that will help to reduce global average temperatures.

UN Climate Change conferences (or COPs) take place every year and are the world's only multilateral decision-making forum on climate change with almost complete membership of every country in the world. To put it simply, the COP is where the world comes together to agree on ways to address the climate crisis, such as limiting global temperature rise to 1.5 degrees Celsius, helping vulnerable communities adapt to the effects of climate change, and achieving net-zero emissions by 2050

I was fortunate enough to attend this year's event and was able to listen to a range of discussions, panel debates, individual interviews and exhibitions. It was an enlightening experience. I was also fortunate enough to be introduced to a Sheikh who is also a highly talented sculptor. His wooden throne was an amazing piece of work crafted from a single piece of wood. We enjoyed conversing and he kindly showed me his recycled garden. It consisted of a whole range of art works, hobbit houses, statues made from pieces of microwaves and wonderful organic treehouses and play areas all made from cast-off items. Such a humble man with great insight.

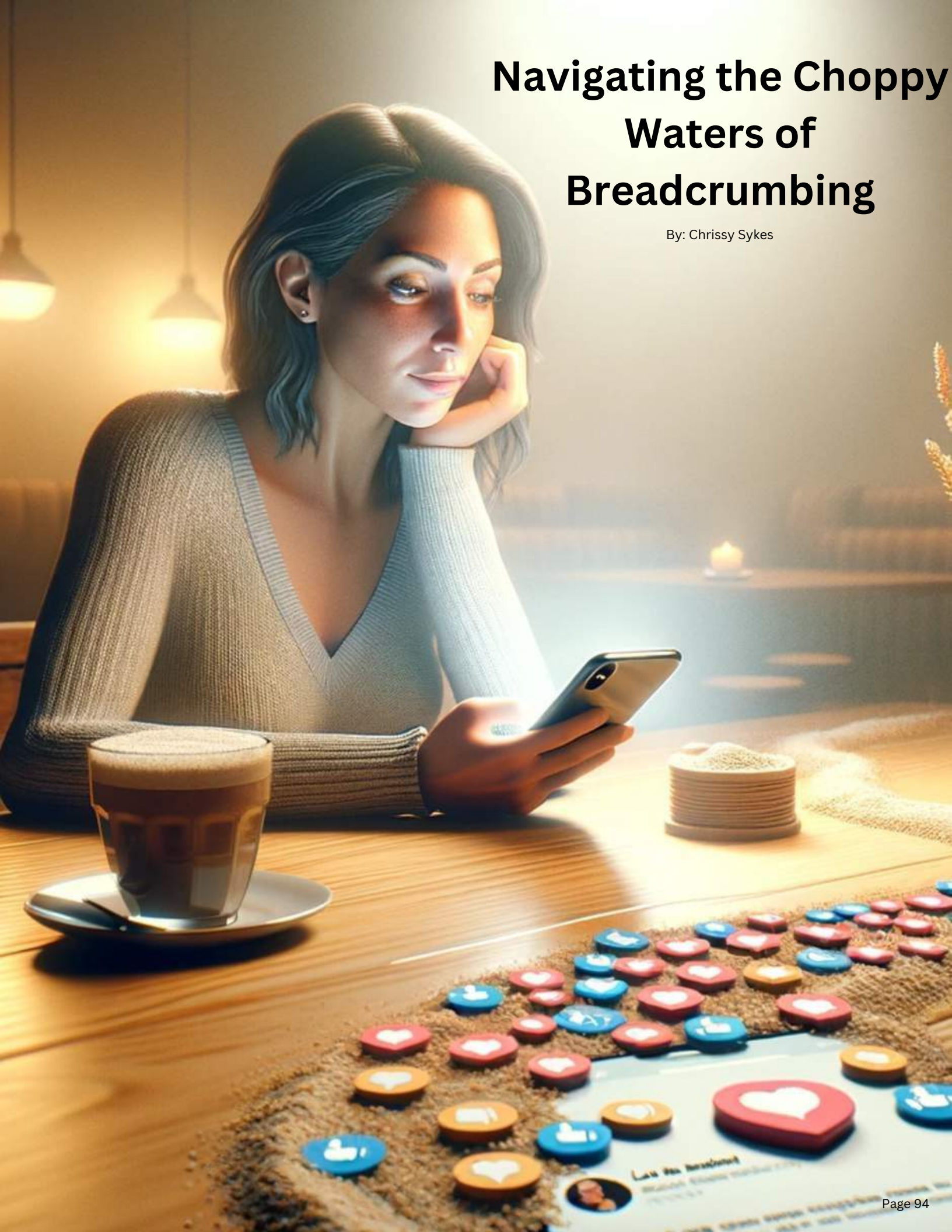
Some might argue that it is just all "hot air" but the final quote should be left to one made in the summing up of the event: -

"Whilst we didn't turn the page on the fossil fuel era in Dubai, this outcome is the beginning of the end," said UN Climate Change Executive Secretary Simon Stiell in his closing speech.
"Now all governments and businesses need to turn these pledges into real-economy outcomes, without delay."

We may not have all the answers, we may not always agree but it is important that we never stop talking about the issues, that we listen to our scientists, our inventors as well as our politicians and that we each play a part in keeping our planet, our creatures, our vegetation and ourselves safe.

Navigating the Choppy Waters of Breadcrumbing

By: Chrissy Sykes



Navigating the Choppy Waters of Breadcrumbing

Introduction In the ever-evolving landscape of modern dating, a new phenomenon has emerged, leaving many feeling confused and frustrated: **breadcrumbing.** This term, which conjures images of Hansel and Gretel leaving a trail of breadcrumbs, aptly describes a behavior increasingly common in today's digital communication era.

What is Breadcrumbing? Breadcrumbing occurs when someone sends sporadic, non-committal messages to keep another person interested, without intending to pursue a genuine relationship. These crumbs of attention – a text here, a like there, perhaps a flirty emoji – are enough to spark hope but insufficient to foster a real connection.

Why Do People Breadcrumb? The motivations behind breadcrumbing vary. For some, it's a way of keeping options open; for others, it's a desire for attention without commitment. In an age where digital interactions outweigh face-to-face ones, the ease of sending a message without investing emotionally has made breadcrumbing an all-too-common trend.

The Emotional Toll For the recipient, breadcrumbing can be an emotional rollercoaster. The sporadic nature of contact can create a sense of uncertainty and insecurity. Hope ignited by a sudden message can quickly turn to disappointment when it leads nowhere, creating a cycle of emotional highs and lows.

Signs of Breadcrumbing Recognizing breadcrumbing is crucial. Some telltale signs include:

- Inconsistent communication
- Non-committal responses
- Flirtatious messages without plans to meet
- Last-minute cancellations or vague excuses
- Focus on physical intimacy over emotional connection

Handling Breadcrumbing If you suspect you're being breadcrumbed, here are some strategies:

1.Seek Clarity: Direct communication about intentions can sometimes clear the air.
2.Set Boundaries: Know your worth and what you're looking for. Don't settle for less.
3.Focus on Self-Care: Invest time in activities and relationships that uplift you.
4.Know When to Walk Away: If the pattern continues despite your efforts, it may be time to move on.

Breadcrumbing is a challenging aspect of modern dating, but understanding and recognizing it is the first step toward healthier relationships. In a world where genuine connections seem rarer, valuing oneself and seeking meaningful interactions is more important than ever.

Wishing you all a happy, healthy and peaceful 2024

My Body is My Body Foundation
Charity Number 1199901