



MBIMB

AUGUST 2025 Newsletter

**MBIMB International
Ambassadors Of The Year
2024 - 2025**

**Spotlight on an
MBIMB Hero:
Pastor Rose
Papola
South Africa**





**Protecting children
worldwide through music
and positive body
empowerment – because
every child deserves to
grow up safe, strong,
and heard..**



MISSION & VISION



SCAN THIS QR CODE
TO FIND OUT MORE
ABOUT MBIMB

3 million

LIVES CHANGED

380

AMBASSADORS

65

COUNTRIES
REACHED

30

LANGUAGES

Every year, according to the WHO, an estimated 1 billion children — that's half of all children worldwide — experience some form of violence, whether physical, emotional, or sexual. This is why programmes like My Body Is My Body are essential.

The good news? Violence is preventable, and through clear, memorable messaging and community action, we can start breaking this global cycle — one child, one classroom, one song at a time. The My Body Is My Body (MBIMB) Foundation exists to change that. We use the universal power of music, stories, and community action to teach children simple, memorable body-safety messages in over 30 languages.

Through songs, animated videos, workbooks, and workshops, MBIMB helps children:

- Understand what safe and unsafe behaviour looks like
- Build confidence to speak up if something feels wrong
- Learn who they can trust and where to get help
-

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

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Dear Readers,

Welcome to the August edition of the My Body Is My Body (MBIMB) Newsletter. Each month, I am humbled by the extraordinary stories we receive from around the world — stories of children learning to stand tall, of ambassadors going the extra mile in their communities, and of partnerships that bring hope and safety to places that need it most.

This issue is filled with inspiration: from Pastor Rose Papola's powerful work in South Africa, to the launch of our new Standing Strong peer pressure course for young teens, to the incredible recognition of our International Ambassadors of the Year.

Each article is a reminder of why we do what we do — because every child deserves to grow up safe, strong, and heard.

As always, none of this would be possible without the dedication of our ambassadors, partners, and supporters across 63 countries. Together, we are proving that music, education, and compassion truly can change lives.

Thank you for standing with us. Let's keep moving forward, one child, one classroom, and one community at a time.

With gratitude,
Chrissy Sykes (Morongwa)
Founder & Editor

EDITOR'S NOTE

CHANGING LIVES WITH EVERY DONATION



A £5.00 Donation Buys

- 1 x teacher Lesson Plans Book
- 1 x Children's Workbook
- 1 x Classroom Poster

A £50.00 Donation Buys (1 Classroom)

- 1 x teacher Lesson Plans Book
- 30 Children's Workbooks
- 2 Classroom Posters

A £100.00 Donation Buys (2 Classrooms)

- 2 x teacher Lesson Plans Book
- 60 Children's Workbooks
- 4 Classroom Posters



Please support our mission to safeguard children at www.mbimb.org/donate

Corporate Sponsorship Opportunities

Tier Contribution Impact & Benefits

Why MY Body Is My Body (MBIMB) Matters

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

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Understand what safe and unsafe behaviour looks like

Build confidence to speak up if something feels wrong

Learn who they can trust and where to get help

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

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

♥ Blue Champion – £1,000

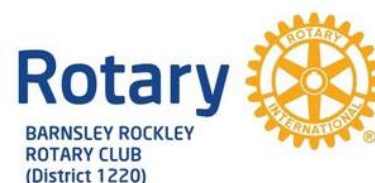
Provides resources for 20 classrooms (600+ children).
Logo placement on MBIMB digital campaign materials.

♥ Blue Guardian – £5,000

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

♥ Blue Visionary – £10,000+

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





united kingdom

NEW

STANDING STRONG

UNDERSTANDING PEER PRESSURE

Our Latest **Free Course** For
Young Teens

We are excited to announce the launch of our brand-new Peer Pressure Course – Standing Strong, now available for free on our website.

This empowering course has been designed especially for young teens to help them recognise, understand, and resist peer pressure in both everyday life and online spaces. Using relatable examples, interactive activities, and practical tools, Standing Strong gives children the confidence to make their own safe choices while knowing where to turn for support.

The course is divided into six easy-to-follow lessons, each focusing on a different aspect of peer pressure. By the end, young people will feel more prepared to handle difficult situations, stand by their values, and support others around them.



NEW

STANDING STRONG

UNDERSTANDING PEER PRESSURE

Our Latest **Free Course** For
Young Teens

Course Lessons

Lesson 1: What Is Peer Pressure?

Children learn what peer pressure means, how it can appear in different forms, and why it can feel so powerful. Through everyday scenarios, they start to spot the signs of being influenced by others.

Lesson 2: Types of Peer Pressure

This lesson explores the many ways peer pressure can show up — from spoken words and unspoken expectations to online challenges. Learners discover the difference between positive and negative peer pressure and how it can affect their choices.

Lesson 3: Online Peer Pressure

Staying Safe in the Digital World

The internet is one of the biggest spaces for peer pressure today. This lesson helps children recognise when they're being pressured online, whether through social media, gaming, or messaging, and gives them safe strategies to respond.



NEW

STANDING STRONG

UNDERSTANDING PEER PRESSURE

Our Latest **Free Course** For
Young Teens

Course Lessons

Lesson 4: Building Confidence and Assertiveness

Children are guided through practical tools to strengthen their self-esteem and practise assertive communication. They learn simple ways to say “no” confidently while still keeping friendships positive.

Lesson 5: Finding Trusted Support

This lesson focuses on the importance of not facing peer pressure alone. Learners explore who they can talk to, how to ask for help, and why trusted adults and friends are important allies.

Lesson 6: Practical Scenarios and Role-Playing

In the final lesson, children practise everything they’ve learned through real-life scenarios. They role-play how to respond in different situations, giving them the chance to build skills and confidence before facing similar challenges in real life.

Standing Strong - Presented By Noah

Standing Strong - Presented By Sophie



10



FREE MBIMB ONLINE COURSES

Further Education

Free Online Child Safety Training Programmes

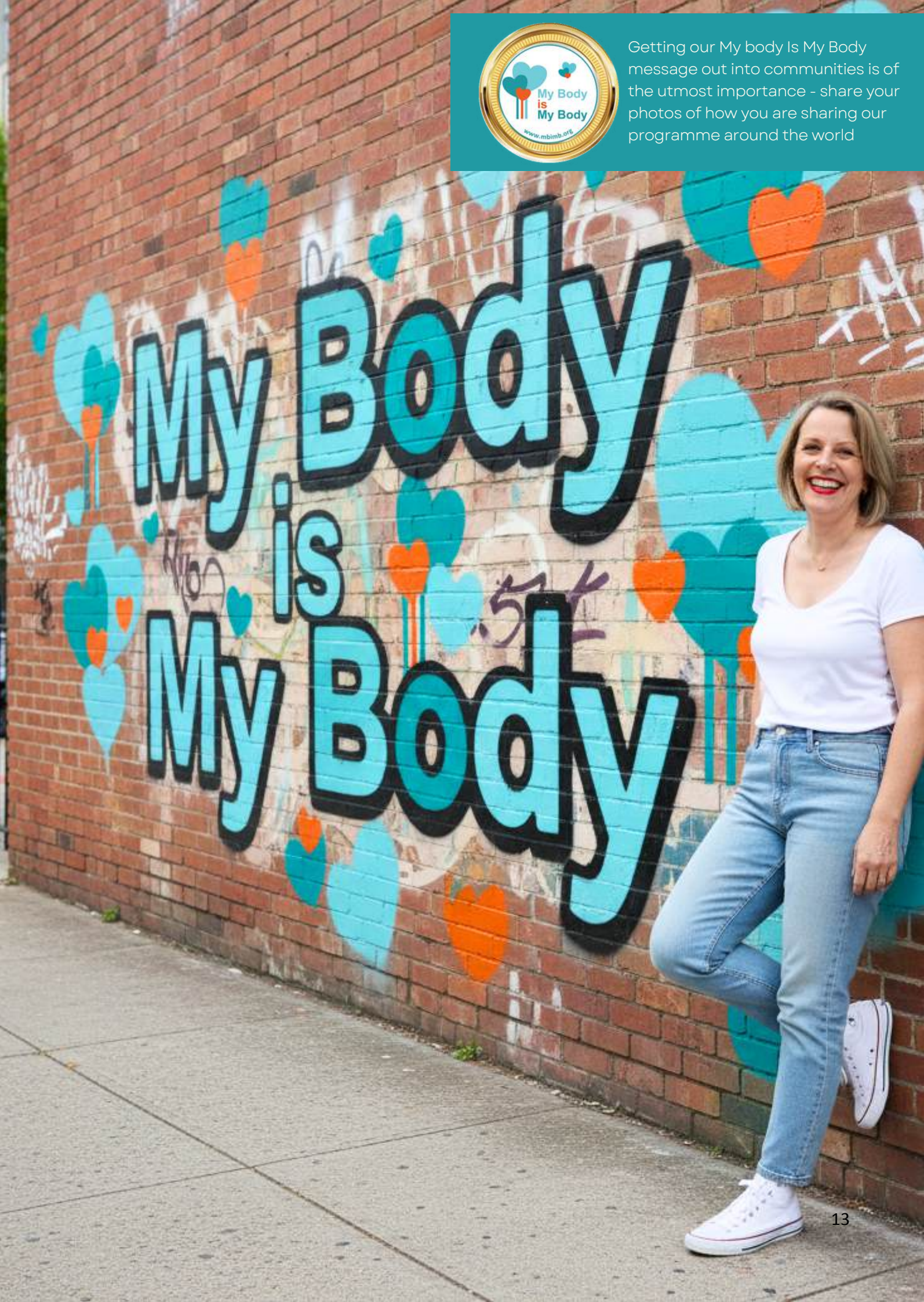
The My Body Is My Body Programme provides FREE online courses to empower communities with essential knowledge on child abuse prevention and safeguarding. These courses include step-by-step guidance on presenting the My Body Is My Body Programme effectively.

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





Getting our My Body Is My Body message out into communities is of the utmost importance - share your photos of how you are sharing our programme around the world



BARNSELEY SCHOOLS RECEIVE MBIMB WORKBOOKS AND TUTORIALS

We are deeply grateful to the Shawlands Trust for generously funding Teacher Tutorials, Children's Workbooks, Body Safety Posters, and Digital Discoverers Books for 15 schools across Barnsley. This support will place vital child safety resources directly into classrooms, empowering teachers and equipping children with the knowledge they need to stay safe. We are excited to hear about the positive difference these materials will make in the lives of both students and educators.



Shawlands Trust



“Safeguarding Fundamentals **Gold Standard** is for organisations that live safeguarding every day and lead with confidence.”

Safeguarding is more than policies and procedures — it’s about building a culture where everyone feels safe, valued, and protected. That’s why Safeguarding Fundamentals (SGF) has created their highest level of recognition: the Gold Standard.

This award goes beyond compliance. It recognises organisations that not only meet safeguarding requirements but also demonstrate leadership, innovation, and a commitment to embedding safeguarding into the heart of their community.

What Makes the Gold Standard Different?

To achieve the SGF Gold Standard, organisations must already hold the Silver Award and then take the next step by:

- Engaging stakeholders — gathering independent feedback from pupils, parents, staff, players, governors, or committee members.
- Demonstrating leadership — showing how safeguarding is prioritised across all areas of the organisation.
- Innovating practice — finding creative, effective ways to ensure safeguarding is lived out daily, not just written in policy.

What Do Gold Standard Organisations Receive?

Gold Standard organisations receive:

- A Gold Award certificate and digital badge.
- An SGF Award plaque.
- A public feature on the #TeamSGF Gold Standard page, showcasing your commitment to safeguarding excellence.
- Priority links to #TeamSGF community members and events.
- COMING SOON: Privileged access to a range of TeamSGF resource designed to support DSLs in education and Welfare Officers - via CPOMS.

This approach ensures safeguarding isn’t just a checklist — it’s a culture.

Why It Matters

Every action in safeguarding has a ripple effect. When organisations choose to go beyond compliance and build a truly safeguarding-first culture, it inspires trust, resilience, and wellbeing across the whole community. The Gold Standard shines a light on those who lead the way — setting an example for others and helping raise the bar for safeguarding everywhere.

DO YOU RESCUE OTHERS AT THE COST OF YOURSELF?



By Deborah J Crozier -A Positive Start CIC

Many of us have learned to put other people's needs above our own — often without even realising it.

We jump in to help, fix, or carry someone else's load... and only afterwards notice the cost: exhaustion, resentment, or that familiar voice of self-criticism saying, "Why did I do that again?"

Where This Comes From

This pattern is often rooted in survival. Maybe you grew up in a home where your worth was tied to keeping the peace, meeting others' needs, or being "the strong one."

Rescuing can feel like love, safety, or duty. But when helping others means abandoning ourselves, it becomes a cycle:

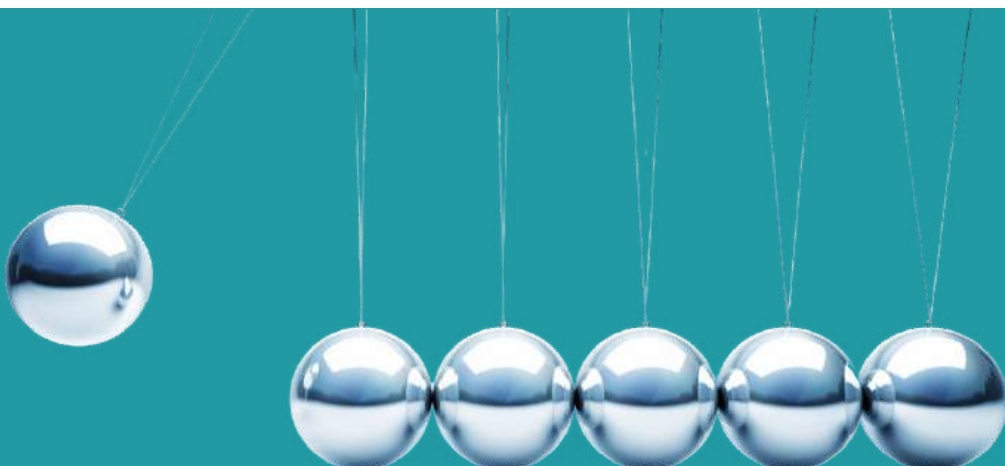
- Saying yes when every part of you wants to say no
- Feeling obligated, guilty, or selfish for setting limits
- Overcommitting until you feel overwhelmed and suffocated
- Then turning the frustration back on yourself



The Truth

Caring for others and caring for yourself are not opposites. In fact, healthy boundaries are what make care sustainable.

That's why I've created a simple tool using our **STAND** framework. (Stop, Think, Act, Never Doubt) designed to help you pause before rescuing, check in with your own needs, and make a choice that honours both compassion and self-respect.



DO YOU RESCUE OTHERS AT THE COST OF YOURSELF?



By Deborah J Crozier -A Positive Start CIC

You'll notice the STAND image looks like Newton's cradle (those swinging silver balls).

When one ball swings out, another reacts — because every action has a ripple.

In the same way, when we abandon ourselves to rescue others, something in us gets “knocked” — often our energy, peace, or sense of worth.



Why Newton's Cradle?

You'll notice the STAND image looks like Newton's cradle (those swinging silver balls).

When one ball swings out, another reacts — because every action has a ripple.

In the same way, when we abandon ourselves to rescue others, something in us gets “knocked” — often our energy, peace, or sense of worth.

STAND is the pause that helps you catch that swing and choose a gentler movement — one that honours both you and the other person.

Free Resource

You can download the printable STAND Worksheet here:
[STAND Worksheet Printable PDF](#)

It includes reflection prompts and space to write, so you can begin noticing the moments when you abandon yourself — and practice standing for you.

***“Between the stimulus and the response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.” – Viktor Frankl***

***That space is the heart of STAND —
the pause between S – Stop and T – Think.***

Did you know that our Body Safety Rules are available in 30 Languages?

[Click Here to access our Resources in 30 Languages](#)



My Body is My Body Safety Rules



MY BODY IS MY BODY

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



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

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



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

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

FEELING UNSAFE? HERE ARE SOME WARNING SIGNS FROM YOUR BODY



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

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



PRIVATE PARTS

My private parts are the areas covered by my swimsuit or underwear.

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



SAY 'NO' TO SECRETS

If someone is hurting you,
bullying you, or making you
feel uncomfortable and they
ask you to keep it a secret,
say "No!"
THEN TELL A SAFE ADULT

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



MAAPP

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

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

Introductory Offer:

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



<https://maappuk.co.uk>

BACK TO SCHOOL

By: Dee Russell Thomas

✨ Back to School Reminder for our young people (and grown-ups too!)

The schools are starting again after the summer break.

Some will be returning from traumatic holidays; some will be nervous, and some will be excited.

This applies to both teachers and students.

A message to you all:-

💛 **Be Kind** – A smile, a kind word, or a small act of friendship can change someone's whole day.

👁️ **Look Out for the Lonely** – If you see someone sitting alone or feeling left out, be the one who includes them. It could mean the world.

💪 **Stand Up, Don't Stand By** – If someone is being bullied, don't join in or stay silent. Speak up, stand beside them, and tell a trusted adult. Let's raise children who lead with kindness, include others, and stand up for what's right.

And for those who are returning to school after receiving results that may have been disappointing — remember, this is a new beginning.

Go forward with confidence, determination, and belief in yourself.

From all of us, good luck, best wishes, and kindness to you all as this school year begins.

Be the person who looks out for others



The kind teacher and the kind student



PARENT & TEACHER ALERT

THE WORD “BOP”

WHY THIS SLANG TERM MATTERS FOR YOUR CHILD'S SAFETY

There has been a noticeable upsurge in the harmful usage of the slang term "bop" among teens in 2025. Recent sources report that the expression "bop" or "la la bop" has risen to prominence over the past year, with widespread use on social media—especially TikTok—to shame young women for perceived promiscuity. This increased usage has led to growing concern among parents, educators, and mental health professionals due to its role in cyberbullying and public shaming. The trend has become highly visible in both digital and school environments throughout 2025.

Why it's harmful:

Damages self-esteem and confidence
Spreads quickly online = public humiliation
Reinforces unfair double standards, especially for girls
Can trigger anxiety, isolation, and depression

Concern Amongst Parents and Teachers

What you can do:

- ✓ Talk early and often—ask if your child has heard the word
- ✓ Create a safe space so they can open up
- ✓ Teach empathy—words matter more than likes and shares
- ✓ Encourage upstanders, not bystanders

Let's work together to stop reputation shaming before it harms more children.

Because no child should ever be reduced to a cruel label.



WORLD SAFEGUARDING NEWS

1 Education Funding Cuts

Global Education Funding Cuts Could Leave 6 Million Children Out of School

A new UNICEF analysis warns that steep reductions in global education aid may force an additional 6 million children to lose access to school in the coming year.

[Forbes](#)

2 Children Suffering

Children Suffer in Aftermath of Eastern Afghanistan Earthquake

A 6.0-magnitude earthquake struck near Jalalabad on 31 August. Early reports reveal heavy losses of life—including many children—along with widespread destruction and displacement.

[UNICEF](#)

3 Childhood Dwindles in Gaza City

UNICEF warns Gaza City is becoming a place where childhood “cannot survive,” with fear, displacement, and funerals dominating the lives of nearly 1 million remaining residents.

[UNICEF](#)

4 MP Demands Action Tackle Child Sexual Exploitation

In Warrington North, MP Charlotte Nichols is calling for full implementation of the IICSA report’s recommendations and the launch of a national independent inquiry into child sexual exploitation.

[Warrington Worldwide](#)

5 Nigeria Urged to End Child Labour

A newly released study highlights the urgent need for Nigeria to strengthen child protection laws to stem the link between child labor and sexual abuse.

[Blueprint Newspapers Limited](#)

6 38% of Schoolchildren in Jharkhand

CIn India’s Jharkhand state, a shocking report reveals that abuse—including verbal, physical, sexual, and cyber—has caused over one-third of schoolchildren to abandon education. Knowledge of legal protections remains extremely low.

[The Times of India](#)



Let all voices be heard.

Soprano - **Claire Rutter**
Mezzo soprano - **Angharad Lyddon**
Tenor - **Wynne Evans**
Baritone - **Mark Llewelyn**
Violinist - **Kerenza Peacock**
Accompanist - **Jane Samuel**
Choir of the world



November 15th 2025, 7pm
All Souls Church, London. W1B 3DA



[CLICK HERE TO PURCHASE TICKETS](#)

Hosted by international opera star Mark Llewelyn Evans, alongside a very special guest, Voices of Hope promises a breath-taking line-up of performances, featuring:

- Wynne Evans - Britain's favourite tenor
- Claire Rutter - Soprano, Royal Opera House
- Angharad Lyddon - Mezzo-soprano, Welsh National Opera
- Kerenza Peacock - Internationally acclaimed violinist
- Choir of the World Community - Queen's Platinum Jubilee - BAFTA Award Winners.

This is more than just a concert-it's a call to action.

All proceeds will go directly to three life-changing charities:

- **ABC - Any Body Can: Empowering children through music and storytelling**
- **White Ribbon UK: Working to end violence against women and girls**
- **My Body is My Body Foundation: A Global Musical Child Safety Programme led by Chrissy Sykes**

Backed by the Antiquities Order of Shlomoh Kings 1-11, and set within one of London's most atmospheric venues, Voices of Hope is a celebration of courage, compassion, and the unshakable power of community



egypt

Back-to-School Kits Bring Hope and Smiles to Orphans in Egypt



Today marked a special milestone as 50 Back-to-School Kits were delivered to one of the orphanages in Egypt. The excitement in the room was contagious — the children's smiles were priceless as they received their new backpacks, each one filled with essential school supplies.

What made the moment even more meaningful was that the children themselves took part in packing their own kits. This simple act gave them a sense of ownership and pride in preparing for the school year ahead. Each backpack also included a flyer from the **My Body is My Body** child safety programme (in Arabic), offering children vital guidance on how to protect themselves from abuse and harassment.

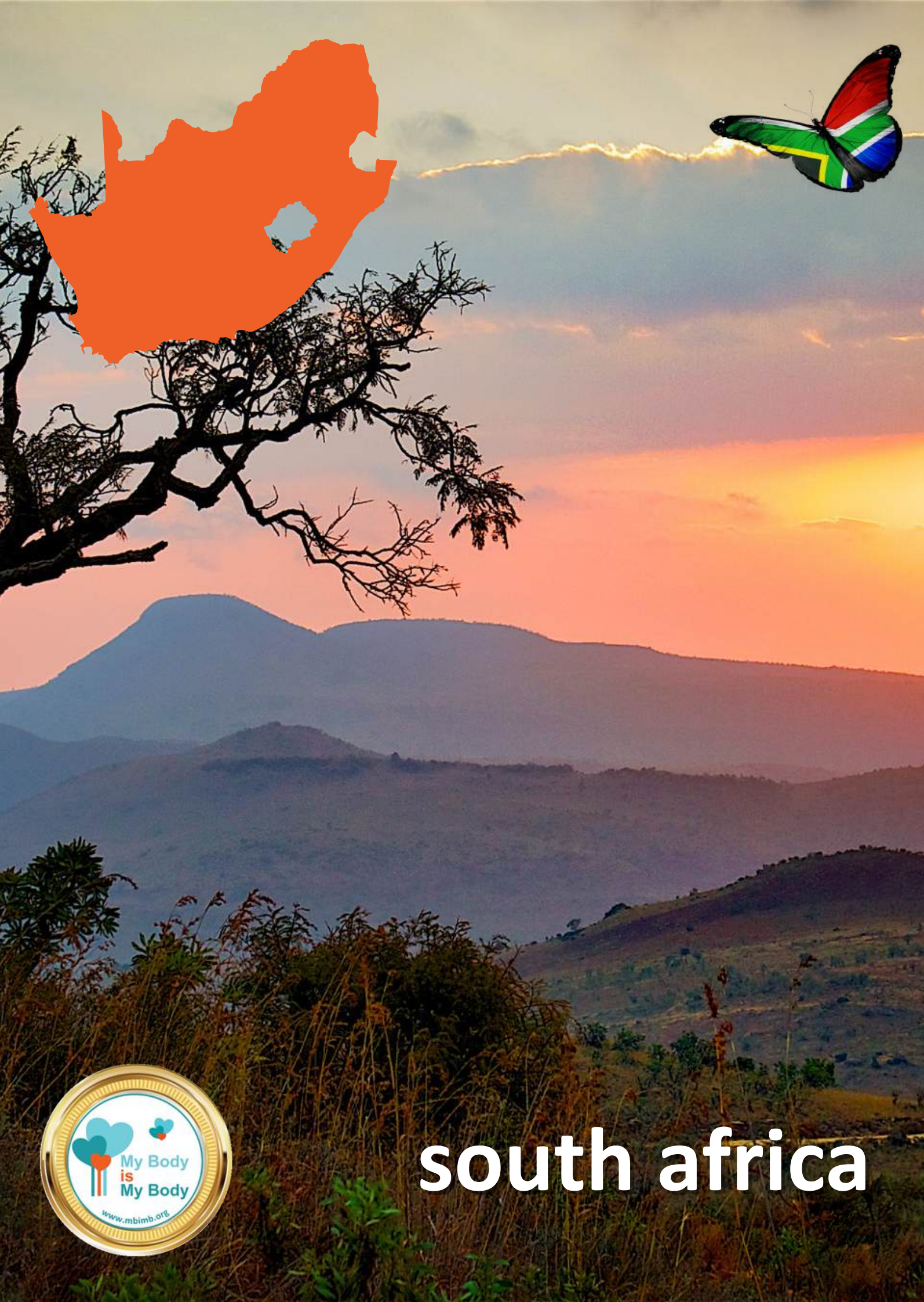
This initiative was lovingly organised by our MBIMB Ambassador and Board Member, **Nancy Abdelhadi**, whose dedication and compassion made this project possible.

This initiative is more than just school supplies. It represents hope, dignity, and opportunity. For children in orphanages across Egypt and Uganda, these kits are a reminder that they are valued, cared for, and capable of achieving great things.

Thanks to a few generous connections, we received a big discount on the book bags and supplies — which means that \$25 now provides not one, but TWO complete back-to-school kits!

Back-to-School Kits Bring Hope and Smiles to Orphans in Egypt





south africa

SPOTLIGHT ON AN MBIMB HERO: PASTOR ROSE PAPOLA

In South Africa, one of our most inspiring My Body is My Body (MBIMB) Ambassadors, Pastor Rose Papola, is creating remarkable change in her community.

Pastor Rose shares how the MBIMB programme has become a lifeline for children and parents alike:

“The MBIMB programme is making a remarkable impact in our community. It is not only transforming children’s lives but also bringing parents together, reinforcing social cohesion and unity.”

Music That Transforms Lives

The MBIMB songs have become “daily bread” in Rose’s community. Children sing them joyfully, and their lyrics are sparking positive behavioural change—especially among girls. Songs such as “My Body is My Body”, “I’m Not Gonna Keep Your Secrets”, and “The River Songbook – I Am Special” have become powerful tools of empowerment.

Rose explains how the **Girls’ Empowerment Programme**, twinned with MBIMB, has built a strong group of young people who positively influence one another. This natural momentum gave rise to a Peer Education Programme, where children began inviting their friends to join and share what they had learned.



Pastor Rose Papola and Zama Buthelezi at the Women’s Dialogue in Polokwane City, convened by Capricorn District Municipality and hosted by the Executive Mayor, with stakeholders and the Commission on Gender Equality.



We are grateful to share that today our journey was elevated to another level alongside Limpopo's talented book authors, musical artists, poets, and songwriters. With our songs, we energized the atmosphere — bringing something fresh, creative, and truly unique to the environment.

From Peer Education to Mentorship

The Peer Education initiative quickly grew into a Mentorship Programme, based on the principle “Each one, teach one.” During school holidays, Rose’s team took things further by enrolling teenagers in MBIMB’s free online courses.

Through this effort, 20 teenagers completed the entire MBIMB programme and are now confidently teaching it themselves. Each young leader has chosen an area of passion, focusing on vital issues such as:

- Child Abuse
- Teenage Pregnancy
- Substance Abuse
- Emotional Intelligence
- Educational Support
- Music

These peer educators are now leading sessions and supporting their community in powerful ways

Education, Care, and Community Spirit

Another ripple effect has been the creation of after-care and extra lessons. After school, children gather to study together before going home refreshed and prepared for the next day.

Despite lacking proper facilities, resources, and funds, the young people stay committed and focused. Parents, impressed by the programme’s impact, offer whatever little support they can—strengthening the movement further.



Lasting Change in Behaviour and Society

The MBIMB programme has sparked visible behavioural changes, especially among girls, with boys now joining steadily too. Pastor Rose describes her community as being transformed into a safer, more positive environment.

“I stand fulfilled and proud to say the Girls Empowerment twinned with My Body is My Body is a powerful tool for community development.”



Pastor Rose Papola



Zama Buthelezi,

A Team Effort

Pastor Rose also credits her fellow MBIMB Ambassador, Zama Buthelezi, for her courage, creativity, and dedication in content creation, planning, and coordination. Together, their leadership is inspiring young people to rise up and create change.

Rose’s Dream Is Clear

“If I had the opportunity, I would make the MBIMB programme mandatory in every community and every school. It is our prayer and our vision that it reaches that level.”

Pastor Rose Papola’s work is a shining example of how the MBIMB programme empowers communities from within—through music, mentorship, and a shared vision for children’s safety and wellbeing.





SCHOOLS EMBRACING MBIMB WITH ENTHUSIASM

We are thrilled to share some wonderful feedback from a recent school visit by one of our dedicated ambassadors, Meltonia Sethosa in South Africa.

On 14 August 2025, Meltonia presented the My Body Is My Body Programme to learners, educators, the School Governing Body, and other stakeholders at JOHN NRIMBA Primary School.

The school reported that the presentation was received with great enthusiasm and interest. The impact was so strong that four staff members immediately expressed an interest in enrolling for our Ambassador Training Programme. This means that not only are children being empowered through MBIMB, but teachers themselves are stepping forward to take the programme further into their communities.



Meltonia Sethosa.

The school wrote:

“Our learners and staff were very much empowered, and we hope this was just the beginning and more is still to come.”

This is exactly the ripple effect we hope for at MBIMB — that one presentation sparks a wider movement, with schools, teachers, and communities embracing child safeguarding as their shared responsibility.

We are deeply grateful to our ambassadors like Meltonia, who bring the programme into schools, and to the educators who are choosing to become part of our growing global network of ambassadors. Together, we are building a safer world — one child, one school, one community at a time.

JOHN NRIMBA PRIMARY SCHOOL

Enquiries: MMATLI R.A (Principal)

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Email:johnnrimbapprimary@gmail.com

19 August 2025

To whom it may concern

This letter serves to confirm that **Ms Meltonia Sethosa** in her capacity as ambassador of **My Body is My Body program** did a presentation about the program at our school on Thursday the 14th of August 2025. She presented to the learners, educators, SGB and other stakeholders of the school. The presentation was received with great enthusiasm and interest such that about four of our staff members have expressed interest in enrolling for the ambassador training in the program.

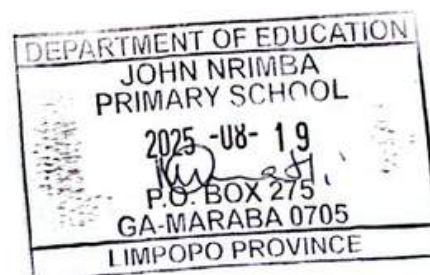
We really express our sincere gratitude for being one of the schools to be reached out to. Our learners and staff were very much empowered. We hope that this was just the beginning and more is still to come.

Thank you once more for engaging us in the program.

Yours Faithfully

Mmatli R.A.

Principal





**Meltonia Sethosa at
JOHN NRIMBA PRIMARY**



HONOURING ANNEMARIE MOSTERT A TRUE CHAMPION FOR CHILDREN

MBIMB
INTERNATIONAL
AMBASSADOR OF THE YEAR
2024-2025

This certificate is proudly awarded to

Annemarie Mostert

In recognition of your exceptional dedication, commitment, and passion in promoting the My Body is My Body Programme. Your tireless efforts, advocacy, and compassion have empowered children, supported communities, and strengthened our mission to create a safer world for every child.

Chrissy Sykes

CEO
MBIMB Foundation



Dee Russell Thomas

Trustee
MBIMB Foundation

HONOURING ANNEMARIE MOSTERT A TRUE CHAMPION FOR CHILDREN

8th September 2025 – The My Body Is My Body Foundation (MBIMB) is delighted to announce PDG Annemarie Mostert as one of our 2 International Ambassadors of the Year.

Annemarie's extraordinary commitment to empowering children and communities has brought the MBIMB Programme to new heights through the power of Rotary. Her leadership and belief in our mission have opened doors across continents, creating opportunities for children to learn, grow, and thrive in safety.

Through her tireless work with Rotary Inter Country Committees (ICCs), alongside James Onions, Annemarie has helped MBIMB reach the Caribbean, spanning numerous countries and languages including Dutch, Spanish, Haitian Creole, English, and French – all supported by our full programme and songs.

In South Africa, Annemarie was instrumental in establishing an inspiring Girls' Empowerment team, led by Maggie Moruntshi, with over 90 dedicated ambassadors. This team has taught the MBIMB Programme in more than 150 schools over the past year, reaching thousands of children, including vulnerable street children, with vital messages of body safety and empowerment.

Her work with Rotary ICCs has also created connections with Hungary, Kenya, Romania, and Nigeria – expanding MBIMB's reach to even more communities worldwide. Annemarie has also played a pivotal role in the creation of a groundbreaking partnership with the new Rotary Action Group for Girls' Empowerment (RAGGE). This global hub, initiated under RI President Stephanie Urchick's leadership, is set to sustain and scale efforts to empower girls through international partnerships, resources, and programme support.

Importantly, Annemarie doesn't just represent MBIMB in formal settings — she shares our message with nearly everyone she meets, ensuring that conversations about child safety, empowerment, and the power of music reach a global audience far beyond conferences and boardrooms.

HONOURING ANNEMARIE MOSTERT A TRUE CHAMPION FOR CHILDREN

Chrissy Sykes (Morongwa), Founder of MBIMB, said:

“Annemarie’s belief in our programme has been nothing short of transformative. Through her introductions, guidance, and passion, MBIMB has reached communities we could never have imagined. She is a connector, a changemaker, and a true ambassador for children’s safety.”

Annemarie’s Rotary journey is itself remarkable. A past District Governor (D9400), she has received global recognition, including being honoured at the United Nations as one of only six Responsible Business Owners worldwide, and hosting Rotary’s African Centennial Celebrations which reached more than 32 million people across media platforms. She is a social entrepreneur, philanthropist, and lifelong advocate for women, girls, and vulnerable communities.

The My Body Is My Body Foundation is deeply honoured to recognise Annemarie Mostert as International Ambassador of the Year, celebrating her vision, leadership, and unwavering dedication to protecting children around the world.



WANT TO MAKE A REAL DIFFERENCE?

Become a My Body Is My Body Ambassador

Protect Children. Empower Communities. Be the Change.

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

Why become an MBIMB Ambassador?

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

Safeguarding First

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

This is not just volunteering.

It's a movement

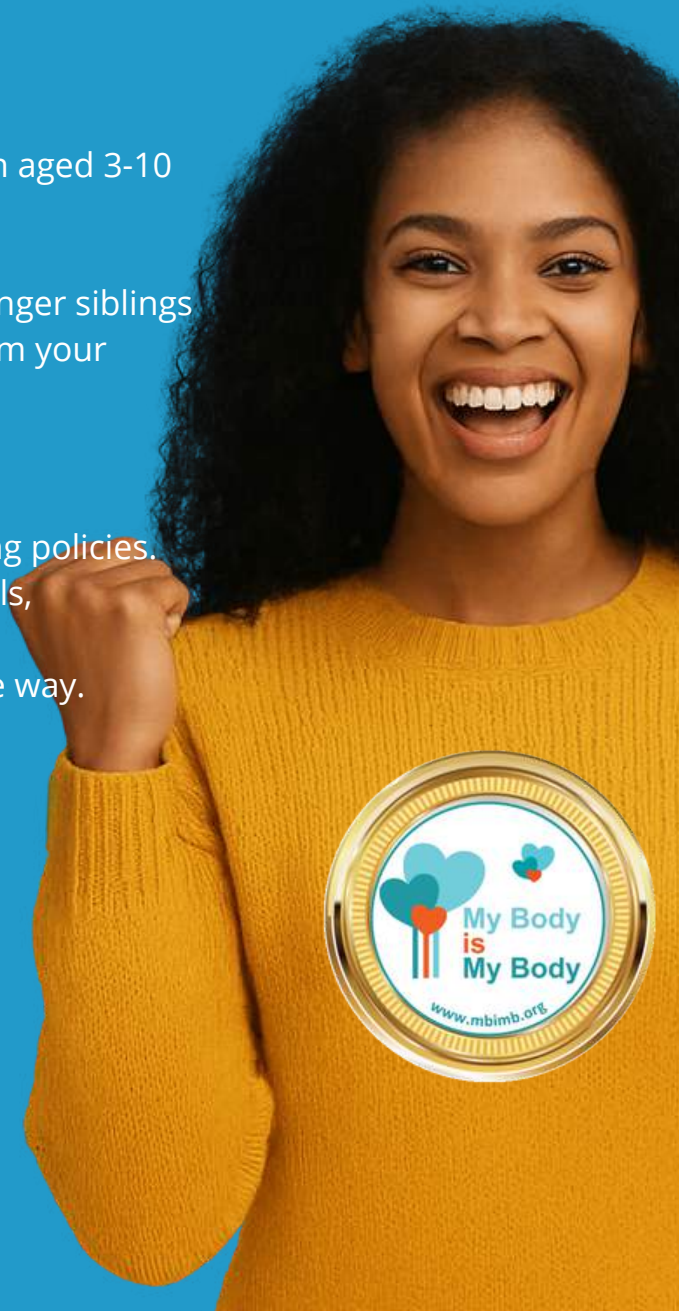
No child should suffer in silence.

As an MBIMB Ambassador, you will be helping to break cycles of abuse and open channels of communication to build a safer world - one child, one family, one community at a time.

Ready to become a voice for change?

Apply to become an MBIMB Ambassador

Visit www.mbimb.org/ambassador



**Apply to become an
MBIMB Ambassador**

SAPSAC CONFERENCE



Empowering Children Through Music:

Chrissy Sykes Presents at SAPSAC's National Child Abuse Conference

On 6 August 2025, the South African Professional Society on the Abuse of Children (SAPSAC) hosted its 23rd Annual National Child Abuse Conference in South Africa under the theme “Strengthening Systems, Safeguarding Futures: A Multidisciplinary Approach to Child Protection.”

SAPSAC is recognised as one of South Africa’s leading professional societies dedicated to protecting children from abuse and neglect. Each year, its annual conference serves as a vital platform for multidisciplinary collaboration, bringing together social workers, psychologists, educators, medical professionals, law enforcement officials, legal experts, policymakers, NGO leaders, and researchers. By sharing knowledge and practical insights, SAPSAC strengthens the systems that safeguard children and drives forward evidence-based solutions to child abuse.

As part of this influential programme, Chrissy Sykes (Morongwa), Founder of the My Body Is My Body Foundation (MBIMB) and Distinguished Advisory Council Member of ISPCAN, delivered a powerful 30-minute online presentation: “Empowering Children Through Music-Based Safeguarding Education.” Chrissy introduced delegates to the My Body Is My Body Programme, a free, award-winning safeguarding initiative now available in 30 languages and reaching over 2.7 million children worldwide. She demonstrated how music and animation break down barriers around sensitive topics, making it easier for children aged 3–10 to learn vital body safety rules in an age-appropriate and memorable way.

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SAPSAC CONFERENCE



The presentation featured songs from different schools including Tiny Tods In Johannesburg

Empowering Children Through Music:

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She demonstrated how music and animation break down barriers around sensitive topics, making it easier for children aged 3–10 to learn vital body safety rules in an age-appropriate and memorable way.

The six original MBIMB songs equip teachers, parents, and community leaders to:

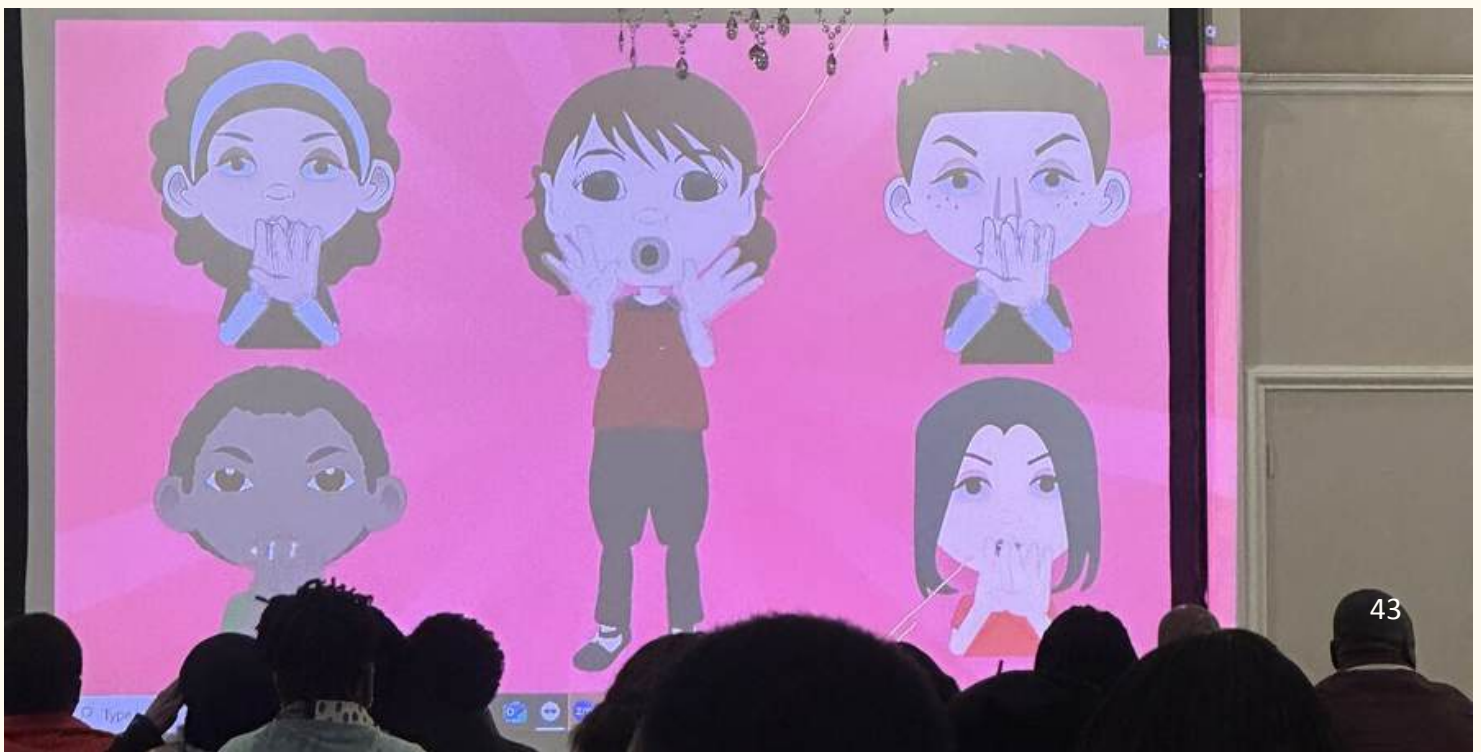
- Help children recognise unsafe situations and know how to respond.
- Open safe channels of communication between children and adults.
- Teach children to say “no” to secrets, unsafe touches, and harmful peer pressure.
- Build children’s confidence to seek help from trusted adults.

Chrissy also shared real-life examples of how MBIMB has been integrated in schools, community groups, and Rotary initiatives across the globe, highlighting its cultural adaptability and universal impact.

“No child should suffer in silence. By empowering children through music, we give them the words, the confidence, and the courage to speak up — and that is the first step in safeguarding their futures,” Chrissy told delegates.

Her presentation was warmly received and reinforced the central aim of the SAPSAC Conference: to unite professionals across sectors in building stronger, safer systems for children.

SAPSAC CONFERENCE





india



HONOURING DR DARWIN MOSES – A TRUE CHAMPION FOR CHILDREN

MBIMB
INTERNATIONAL
AMBASSADOR OF THE YEAR
2024-2025

This certificate is proudly awarded to

Dr Darwin Moses

In recognition of your exceptional dedication, commitment, and passion in promoting the My Body is My Body Programme. Your tireless efforts, advocacy, and compassion have empowered children, supported communities, and strengthened our mission to create a safer world for every child.

Chrissy Sykes

CEO
MBIMB Foundation



Dee Russell Thomas

Trustee
MBIMB Foundation

HONOURING DR DARWIN MOSES – A TRUE CHAMPION FOR CHILDREN

When we speak about dedication, vision, and service to children and society, one name shines brightly: Dr Darwin Moses.

Over the past year, Darwin's tireless work has transformed the reach of the My Body Is My Body (MBIMB) Programme, opening doors across India through his remarkable ability to build bridges and partnerships. Thanks to his commitment, MBIMB has signed Memorandums of Understanding (MOUs) with leading institutions, including:

- Rotary Coimbatore Galaxy
- Kumaraguru College of Liberal Arts & Science
- Dr. N.G.P. Arts and Science College, Coimbatore
- Bharathiar University – Department of Social Work
- Holy Cross College
- Rotaract Club of Coimbatore Unity

These partnerships have not only brought MBIMB into classrooms and universities but have also ensured that thousands of young people, educators, and future social workers are empowered with vital knowledge to protect children.

One of Darwin's most pioneering contributions was working with the Deaf Leaders Foundation to translate and perform MBIMB's songs in sign language. This breakthrough has made the programme accessible to children with hearing impairments, ensuring that every child, regardless of ability, has the opportunity to learn the crucial message: "My Body is My Body."

Darwin's impact is not confined to this year alone. His decades of service in inclusive development, disability empowerment, disaster relief, and community outreach speak to a lifetime of commitment. From advocating for accessible education and livelihoods, to organising inclusive sports like wheelchair and blind cricket, to leading post-disaster rehabilitation in Kerala, Bihar, and Andhra Pradesh – his career is defined by compassion in action.



HONOURING DR DARWIN MOSES – A TRUE CHAMPION FOR CHILDREN

Recognised with awards such as the Humanitarian Service Award (2019), the Dr B.R. Ambedkar Ratan National Award (2017), and the CBM Inclusion Award (2013), Darwin continues to inspire with his humility and unwavering belief that children must be protected, included, and given every chance to thrive.

Because of his work, countless children today know that their voices matter, their safety is important, and their future is worth protecting. The MBIMB Foundation, and indeed society as a whole, are richer because of his efforts.

We cannot thank Dr Darwin Moses enough for his extraordinary service and his vision to build a safer, more inclusive world for every child.



MoU Signing with PG Department of Social Work, Holy Cross College, Nagercoil, Kanyakumari District-629004



Rotaract Club Of Coimbatore Gaalaxy

**The Rotaract Club of Coimbatore Gaalaxy, in collaboration with the
My Body is My Body Foundation, conducted a child safety awareness session
at Government Higher Secondary School, Pichanur,
engaging Grade 7 and Grade 9 students**

**Rtr. Vijayaragavan | Director - International Service
Rtr. Susanna | Secretary Administration 2025-26
Rtr. Srivarshan | President 2025-26
Rtr. Yuvaraj | Secretary Communication 2025-26**

SAARAL

Event Name : Saaral

Event Date : 30.07.2025

Event Time : 10.00 AM

Event Venue/Platform : Pichanur Gvmt.
Hr. Sec. School

Event Chair : Rtr. Ganesh Balaji

Event With : My Body Is My Body
Foundation

Avenue Of Service : International
Service

Event Description : The Rotaract Club of Coimbatore Gaalaxy, in collaboration with My Body is My Body, conducted a child safety awareness session at Government Higher Secondary School, Pichanur, engaging Grade 7 and Grade 9 students. (70+)



Event Purpose :

The session aimed to educate school children about body safety, child abuse prevention, and the importance of speaking up, using age-appropriate songs, interactive discussions, and activities based on the globally recognized My Body is My Body program.



EVENT OUTCOME

“

Children were not only engaged but left with a better understanding of their rights and resources

”



This awareness session empowered students with essential knowledge about child abuse prevention, uncomfortable touch and how to protect themselves in difficult situations.

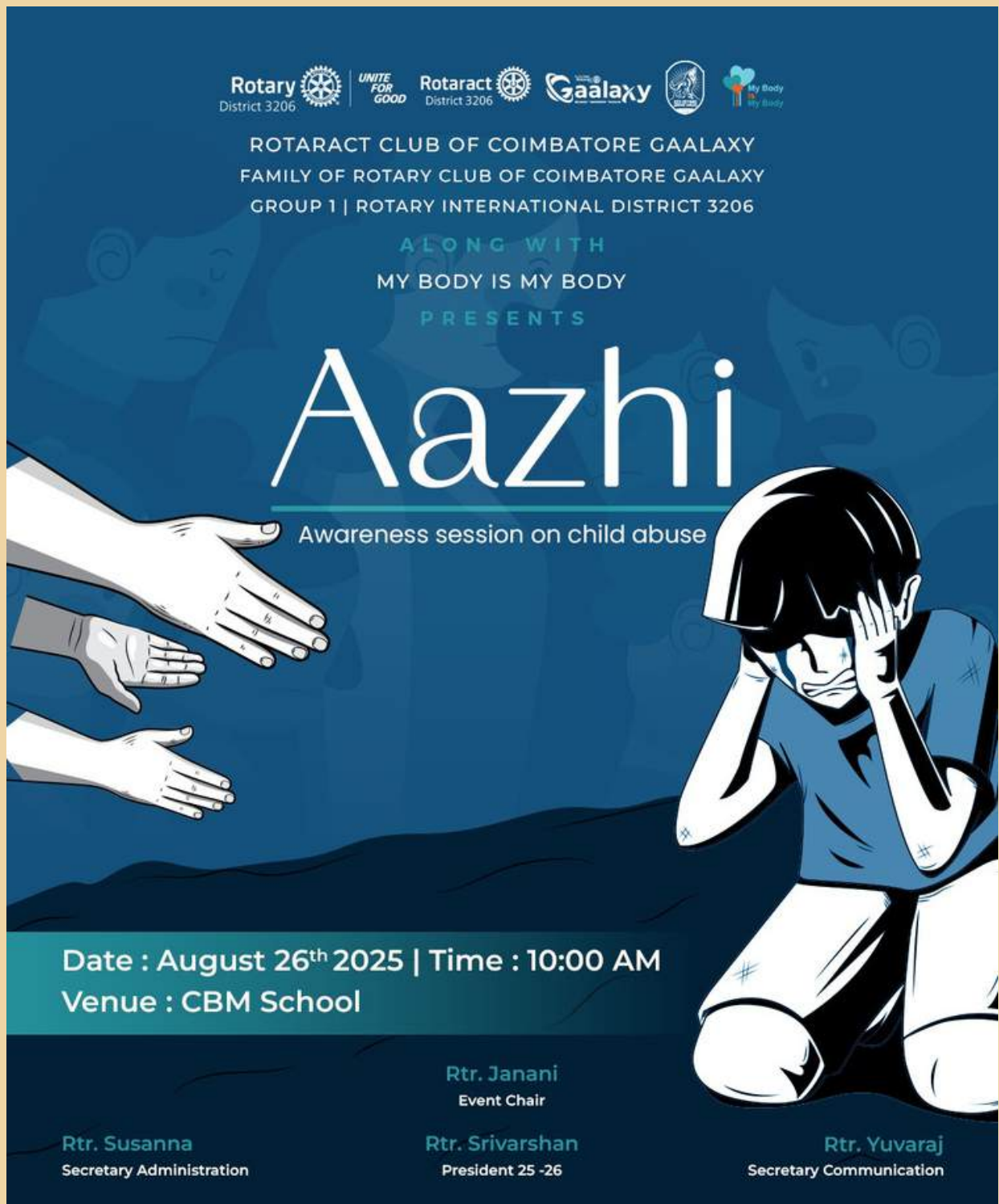
The session began with official MBIMB songs, creating a safe, engaging atmosphere. Rtr. Susan led the awareness talk, clearly explaining key safety messages in a relatable manner. The team also facilitated energisers and interactive games to maintain involvement and comfort among the students.

Feedback collected at the end showed the children were not only engaged but left with a better understanding of their rights and resources, especially the importance of the helpline 1098.

The session fostered trust, boosted confidence, and delivered a lasting impact, reinforcing the club's commitment to child protection and advocacy.

Aazhi Event – Empowering Students in Coimbatore

The Rotaract Club of Coimbatore Gaalaxy, in collaboration with My Body Is My Body, recently hosted a special event named Aazhi at CBM Matriculation Higher Secondary School, Kovaipudur, Coimbatore. The session, presented by Rtr. Janani with the support of Rtn. Rtr. Jayakishore, reached 70 enthusiastic students. Through music, stories, and discussion, the children learned vital body safety messages in an engaging and age-appropriate way. Events like these show the power of collaboration between Rotary and MBIMB in bringing safeguarding education directly into schools and communities.



Rotary District 3206 | UNITE FOR GOOD | Rotaract District 3206 | Gaalaxy | My Body Is My Body

ROTARACT CLUB OF COIMBATORE GAALAXY
FAMILY OF ROTARY CLUB OF COIMBATORE GAALAXY
GROUP 1 | ROTARY INTERNATIONAL DISTRICT 3206

ALONG WITH
MY BODY IS MY BODY
PRESENTS

Aazhi

Awareness session on child abuse

Date : August 26th 2025 | Time : 10:00 AM
Venue : CBM School

Rtr. Janani
Event Chair

Rtr. Susanna
Secretary Administration

Rtr. Srivarshan
President 25 -26

Rtr. Yuvaraj
Secretary Communication



sudan

SPREADING CHILD SAFETY IN SUDAN THROUGH RESILIENCE AND CREATIVITY

Despite the ongoing civil war in Sudan, which began on 15 April 2023 and has wrought devastating humanitarian impact—displacing over 13 million people and causing widespread hunger and suffering—our mission continues with unwavering commitment under Regional Representative Ghada Saleh’s leadership.

From Setbacks to New Beginnings

Before the war erupted, Ghada assembled a remarkable team of MBIMB Programme presenters who were actively educating children in safe and joyful ways. Tragically, the conflict disrupted much of this crucial work. But in the true spirit of resilience, Ghada has now rebuilt a dedicated new team to continue sharing body safety education—this time under even more challenging circumstances.



Ghada Saleh

A Bright Moment of Hope: Summer Camp for Sudanese Children

Ghada’s new team has already begun making a meaningful impact. Among their efforts, an MBIMB Presenter, Awatif Alkhazeen, led an inspiring session at a summer camp.



SPREADING CHILD SAFETY IN SUDAN THROUGH RESILIENCE AND CREATIVITY

Her method of using color signals—red for danger and green for safe—helped children grasp key body safety messages in a creative, interactive, and memorable way. Through this approach, Awatif delivered essential lessons in a way children could readily understand and internalise.

Why This Matters

- Empowerment in crisis: Even in conflict, these sessions offer children emotional connection, knowledge, and a sense of safety.
- Innovation in teaching: Simple, vivid methods—like color coding—break barriers and make learning feel accessible and fun.
- Resilience through leadership: Ghada's ability to not only sustain the programme but help it flourish in a time of crisis speaks to her extraordinary dedication.

We are deeply grateful to Ghada and her team—including Awatif—for their remarkable courage and creativity in continuing **MBIMB's** vital work in Sudan. Their actions are a testament to the power of hope, education, and community—even in the hardest times.





NEW AMBASSADOR NIGERIA



Ambassador Aiya Vivian



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR SOUTH AFRICA



Ambassador Akhona Shongwe



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR CAMEROON



Ambassador Otu Emmanuel Sakwe



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR SOUTH AFRICA



Ambassador Khutso Puseletso



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR SOUTH AFRICA



Ambassador Kgothatso Freddy Mothapo



My Body is My Body Foundation
Charity Number 1199901



MBIMB Board Of Directors

CHRISSY SYKES

CEO AND FOUNDER

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

DEE RUSSELL - THOMAS

TRUSTEE

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

ANTONIA NOBLE

TRUSTEE

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

NICK ASKEW

TRUSTEE

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

NICK GAZZARD OBE

TRUSTEE

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



CAROLINE FLYNN

TRUSTEE

CAROLINE IS THE VICE CHAIR FOR THE BASW ENGLAND LONDON BRANCH BRITISH ASSOCIATION OF SOCIAL WORKERS. SINCE 2006 CAROLINE HAS WORKED AS A LOCUM SOCIAL WORKER, CONSULTANT SOCIAL WORKER, MANAGER AND CHILD PROTECTION CHAIR THROUGHOUT THE UK.



DR. TUFAIL MUHAMMAD

ADVISORY BOARD

DR. TUFAIL MUHAMMAD (MD, MCPS, DCH, DCPATH) IS A PAEDIATRICIAN BY PROFESSION. CURRENTLY, HE IS THE CHAIRMAN OF THE CHILD RIGHTS & ABUSE COMMITTEE, PAKISTAN PEDIATRIC ASSOCIATION AND DIRECTOR OF THE REGIONAL TRAINING INSTITUTE PESHAWAR. HE HAS POSTGRADUATE QUALIFICATIONS AND TRAINING IN PEDIATRICS, CLINICAL PATHOLOGY, PUBLIC HEALTH AND REPRODUCTIVE HEALTH.



NANCY ABDELHADI

ADVISORY BOARD

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



ANNEMARIE MOSTERT

ADVISORY BOARD

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



DR. DARWIN MOSES

ADVISORY BOARD DIRECTOR OF INCLUSION AND ACCESSABILITY SERVICES

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



Join our MBIMB Community

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my-body-is-my-body.teemill.com

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