

# MBIMB

May 2025 Newsletter

**AMBASSADOR OF  
THE MONTH**

**NEW  
PARTNERSHIPS**

**“MY BODY IS MY  
BODY” LAUNCHES  
IN NYÍREGYHAZA:  
HUNGARY**

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# MBIMB MAY 2025 NEWSLETTER



*Dear Friends, Ambassadors, Partners and Supporters,*

*As I sit down to write this, I just want to say a big, heartfelt thank you to each and every one of you who continues to give your time, your energy, and your love to help keep children safe around the world.*

*This past month has been incredible — full of growth, new connections, and powerful moments that remind me why we do what we do. Whether you're an Ambassador singing with children in your community, a teacher introducing body safety into your classroom, or someone quietly sharing our programme online, please know that your efforts matter. You're making a difference every single day, and I'm so grateful for you.*

*We've also welcomed some amazing new partnerships recently, and I couldn't be more excited. From our growing team in Hungary, to new collaborations with Connect For Freedom in the USA, Homabay County Peace Network in Kenya, and Positive You in Botswana, each one is helping us reach more children, more families, and more communities with our message of safety and empowerment.*

*In India, we're working with two brilliant colleges – Kumaraguru College and Dr. N.G.P. Arts and Science College – helping future social workers bring body safety education into their careers. I would like to thank our Board Member, Darwin Moses, for orchestrating these partnerships.*

*And of course, a big thank you to Compassion International for continuing to support our work and expanding our resources in Thai and Portuguese!*

*None of this would be possible without your support. The love, the commitment, and the kindness you all show is what keeps the MBIMB programme growing. Together, we are creating real change — one child, one classroom, one community at a time.*

*Thank you for being part of this journey with us.  
With love and gratitude,*

On behalf of the MBIMB Board





# 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.





## 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.



# Why MBIMB is Essential

*Child abuse is a global crisis affecting up to 1 billion children annually.  
The MY Body is My Body Programme addresses this urgent need by:*



## **Early Intervention**



*Educating children on body safety from the age of three years*



## **MBIMB Accessibility**



*Available in 28 languages, reaching diverse communities worldwide*



## **Engagement**



*Using music and animation to captivate children's attention*



## **Empowerment**



*Teaching children to recognise and report inappropriate behavior*



# ***Key Benefits***



## ***Cost-Effective***

***All our training and resources are provided free of charge***



## ***Minimal Expenses:***



***The only costs are printing teacher lesson plans,  
children's workbooks, and posters  
and volunteer transportation***



## ***Comprehensive Approach***



***Educates children, parents, and communities***



## ***Proven Impact:***



***Presented to over 2.7 million children in 60+ countries***

Supporting the My Body Is My Body Programme is an investment in the safety and well-being of children. By providing educators and children with the tools they need to understand and prevent abuse, we can create safer, more informed communities. We urge community leaders, educators, and concerned citizens to support this vital initiative and help us spread the message of safety and empowerment.

We invite you to join us in our mission to safeguard children by sponsoring the My Body Is My Body Programme printed materials in schools and community group. Your support will enable us to print the essential materials needed to educate children worldwide about body safety and prevent abuse. Together, we can create a safer world for all children.

**To get started, please visit [www.mbimb.org](http://www.mbimb.org) to learn more about the programme and how you can contribute.**

**Let's make a difference, one child at a time.**



# CHANGING LIVES WITH EVERY DONATION

Please support our  
mission to safeguard  
children at  
[www.mbimb/donate](http://www.mbimb/donate)



**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, AUNT OR UNCLE, GRANNY OR GRANDPA, TEACHER OR PRINCIPAL, COUNSELLOR AT SCHOOL**

**IS IT FEELING UNSAFE? ARE THERE SOME SIGNS FROM MY BODY?**  
If you 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

**PRIVATE PARTS**  
My private parts are covered by my swimsuit.  
1. Nobody should touch my private parts.  
2. Nobody should look at my 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

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# Exciting Partnership with 1decision

## Helping Children

## Stay Safe and Confident







We are delighted to share the exciting news of our partnership with 1decision—a collaboration built on a shared commitment to keeping children safe in today's complex world.

At My Body is My Body (MBIMB), we know that safeguarding children requires more than just good intentions—it takes practical tools, engaging resources, and a dedication to empowering young people with the knowledge and skills they need to navigate life's challenges.



1decision is proud to be partnered with MBIMB both supporting teachers and schools with high-quality PSHE lessons and small group sessions. 1decision's innovative approach uses interactive, "sliding door" style videos that explore real-life social stories faced by children today. These videos allow children to step into different scenarios and explore possible choices and outcomes, helping them learn in a safe, non-personalised way. Through this approach, children build essential knowledge, skills, and vocabulary to keep themselves safe and to speak out when needed.

Currently supporting nearly 2,000 schools across the UK, the 1decision team are committed to high-quality, impactful resources which have recently been recognised with the prestigious Teach Primary Award for Health and Wellbeing.

As we approach the transition term for many year six pupils, we'd love to highlight 1decision's *Worry* topic—a timely resource that helps children understand difficult emotions and develop practical coping strategies. Transition can be an exciting time, but it can also bring worries and fears. This resource empowers teachers to open important conversations with young learners, supporting them not only through transition but in navigating any challenges they may face.

Even more exciting: this topic is just one example of what's available in 1decision's *taster pack*! Schools can also explore the latest topic for Early Years—*Green Moves Up a Year*—designed to help even our youngest children feel confident and prepared for transitions.

We invite all schools to visit the link provided to gain instant access to a wide range of resources—helping you build a safe, supportive, and empowering environment for every child.

<https://www.1decision.co.uk/resources/request-taster-pack>

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# MBIMB SHARED WITH UK DSLS THROUGH **PSHE** SOLUTIONS COLLABORATION

# MBIMB SHARED WITH UK DSLS THROUGH PSHE SOLUTIONS COLLABORATION

We are delighted to share that earlier today, the My Body is My Body (MBIMB) programme was warmly received by a group of UK Designated Safeguarding Leads (DSLs) during a special presentation hosted by John Rees from [PSHE Solutions](#), held at Moorthorpe Primary School in South Elmsall.

This inspiring session provided a valuable opportunity to introduce the MBIMB programme to safeguarding professionals who play a vital role in child protection across UK schools. The group responded with enthusiasm and strong interest, particularly in the comprehensive Teacher Lesson Plans and engaging MBIMB Books, which they praised for their clarity, accessibility, and powerful messaging around body safety and self-worth.

PSHE Solutions, led by esteemed education consultant John Rees, supports schools and educators across the UK in delivering high-impact PSHE education. Through training, consultancy, and resources, they help create safe, supportive environments where children can thrive.

We extend our heartfelt thanks to John Rees for his wonderful support of the MBIMB programme and for making this opportunity possible. His passion for child safeguarding and dedication to empowering educators aligns perfectly with our mission.

This event marks another important step in our journey to ensure every child has the right to feel safe, be informed, and speak out. We look forward to further collaboration and sharing the MBIMB programme with more schools and safeguarding leaders in the future.

Together, we're building a safer world—one child, one classroom, and one conversation at a time.



Improving the learning and life chances of children and young people







# MBIMB EXPANDS IMPACT IN BOTSWANA THROUGH POSITIVE YOU PARTNERSHIP



**Positive You**



We are thrilled to announce a dynamic new partnership between the My Body is My Body (MBIMB) programme and Positive You by Chedza, a youth-focused NGO based in Gaborone, Botswana. This collaboration marks an important step in our shared mission to protect, uplift, and empower children across the African continent.

Founded by Chedza Idani Makombo, Positive You by Chedza is an initiative that promotes mental health, self-awareness, and personal development among young people through motivational content, community outreach, and wellness education. The organization has worked alongside respected institutions such as the University of Botswana, Macmillan Education Botswana, and SOS Botswana. Notable initiatives include participation in World Wellness Weekend Botswana and impactful school-based programs, like the DoveDale Primary School initiative, in partnership with Round Table Botswana Gaborone 4.

# MBIMB EXPANDS IMPACT IN BOTSWANA THROUGH POSITIVE YOU PARTNERSHIP

Positive You



In her own words, Chedza Makombo, founder of Positive You, shares:

*"My name is Chedza Makombo, an Ambassador in Botswana and I am the founder of the NGO Positive You by Chedza. We advocate for children's mental health and their well-being. As an ambassador for MBIMB, I have taken this programme to our national television and radio. I had an interview two weeks ago on Botswana Television (BTV), and today I will be speaking about the MBIMB programme again—this time on Radio Botswana at 12:45. I have also approached the Ministry of Child Welfare and Basic Education to begin introducing this programme in primary schools."*

Chedza's passion for child advocacy and her commitment to bringing MBIMB into the national conversation are already making a powerful impact. Her leadership ensures that more children will have access to vital education on body safety, respect, and self-worth.

In addition to her work with Positive You, Chedza also serves as Secretary at Salbany & Torto Attorneys, is a columnist for The Midweek Sun, and continues to mentor and coach youth across Botswana. Her diverse efforts and unwavering dedication make her a vital part of the MBIMB family.

We look forward to supporting and growing this important partnership, as we work together to bring the My Body is My Body message into schools and communities throughout Botswana.



# SAFEGUARDING CHILDREN

★ A Shared Responsibility ★  
**10 Steps to Keep Children Safe**  
Local Hotline.....



## Recognise the Signs

Learn to spot physical, emotional, or behavioral indicators of abuse (e.g., unexplained injuries, withdrawal, fearfulness).



## Ensure Online Safety

Educate on cyberbullying, grooming, and inappropriate content. Use privacy settings and encourage open conversations about digital activity.



## Teach Body Safety

Empower children with knowledge about body autonomy, consent, and the right to say "No" to uncomfortable situations.



## Know Key Contacts

Display and share local safeguarding and emergency contacts so help is always accessible.



## Foster Open Communication

Build trust so children feel safe to share concerns without fear of judgment or punishment. Building trust and being honest is imperative.



## Create a Safety Net

Collaborate with teachers, caregivers, extended family and community members to build a united front for child protection.



## Act Immediately

Suspect abuse? Contact safeguarding authorities, social services, or police right away. Early action saves lives.



## Empower Children to Speak Up

Reinforce their right to say "No" and let them know they can share their concerns with trusted adults. Their voice matters.



## Respect Cultural Sensitivity

Prioritising every child's safety and protection, recognising that valuing cultural differences must never justify harm or mistreatment.



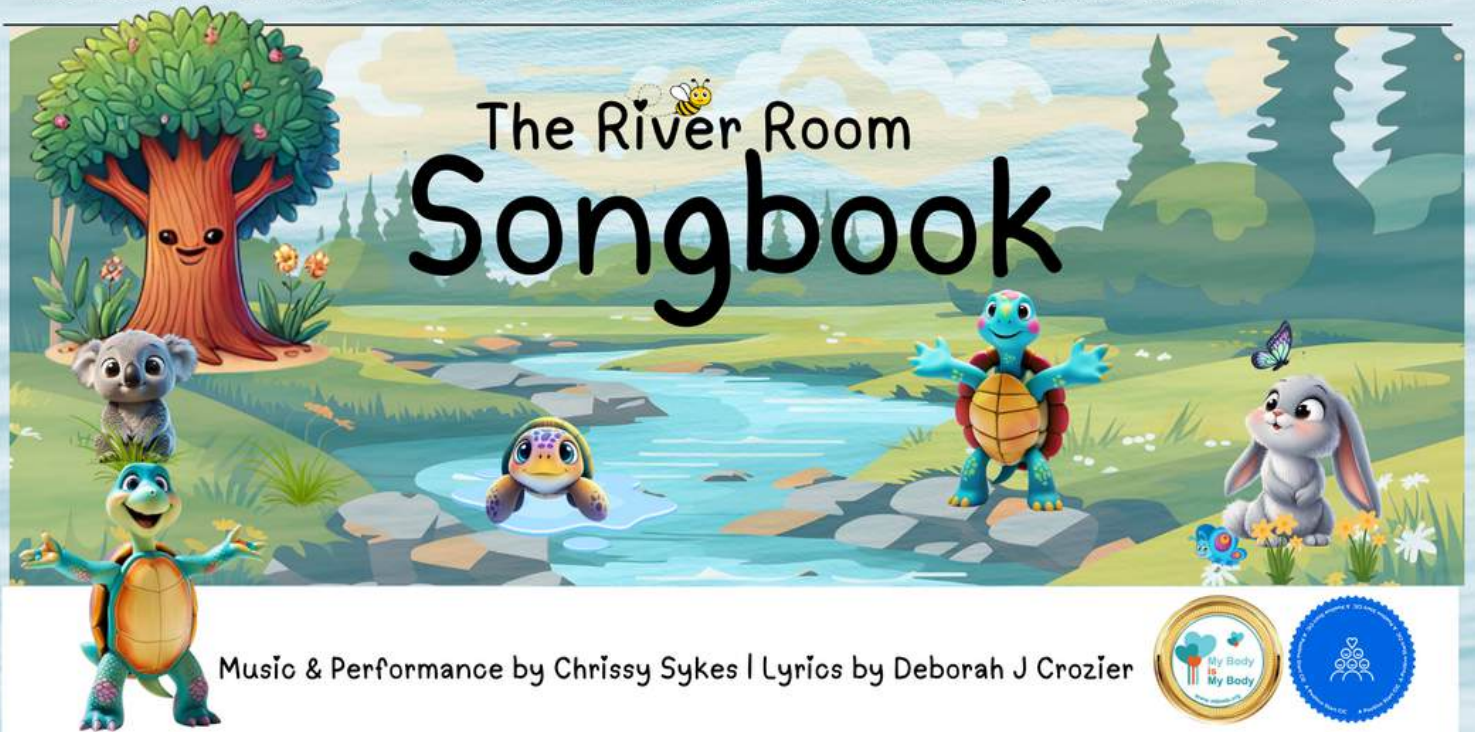
## Promote Safeguarding Education

Advocate for training in schools, sports clubs, and community groups to equip everyone with the tools to protect children.



# Coming SOON

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



Welcome to the River Room Song Book, a heartfelt collaboration between A Positive Start and My Body Is My Body (MBIMB), designed to guide children gently through their emotional landscapes. I am thrilled to share that this collection of six empowering songs that foster safety, self-awareness, and resilience in young hearts will soon be available.



# coming SOON

Each track in this song book is more than just a melody—it's a tool to help children:

***Breathe:***

*Teaches simple breathing exercises to calm the mind and body when big feelings arise.*

***I Am Special:***

*Celebrates each child's unique strengths, boosting self-esteem and reminding them they're valued and loved.*

***The Tapping Song:***

*Invites kids to explore gentle acupressure tapping rhythms, grounding themselves and releasing tension in a playful way.*

***Heart and Tummy Hold:***

*Guides children to listen to their bodies—naming and soothing both anxious “tummy” feelings and heavy “heart” feelings.*

*We're still crafting the final two songs for the programme and can't wait to share all 6 of them with you soon!*

Every song is crafted with simple, uplifting lyrics and catchy, age-appropriate melodies, making it easy for teachers, parents, and community leaders to incorporate into morning circles, wellness breaks, or any moment when children need a safe space to express and regulate. By weaving together music, movement, and mindfulness, the River Room Song Book empowers educators and caregivers to:

- Engage children in open conversations about feelings and bodily safety
- Protect their emotional well-being through consistent, playful practice
- Educate them on healthy coping strategies that last a lifetime

We've seen firsthand how songs light up children around the world—sparking smiles, calming tears, and building trusting relationships. Whether you're leading a small group or a large assembly, the River Room Song Book is your portable, joyful toolkit for creating moments of connection, confidence, and care. Let's sing, breathe, and grow together!

# HELP US MAKE A DIFFERENCE



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

[www.mbimb.org](http://www.mbimb.org)  
[chrissy@mbimb.org](mailto:chrissy@mbimb.org)



## DONATE TODAY

[www.mbimb.org/donate](http://www.mbimb.org/donate)



### ***Our Commitment.....***

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



### **What We Provide**

- Children's Workbooks
- Teacher Lesson Plans
- Informational Flyers
- PLUS FREE ONLINE COURSES



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

MY BODY IS MY BODY FOUNDATION - CHARITY NUMBER 1199901



# **Volunteer Needed:** **Sing Our 6 MBIMB** **Children's Songs** **in Hungarian!** 🇭🇺

✉ Contact Chrissy at [chrissy@mbimb.org](mailto:chrissy@mbimb.org) to get involved!







**MBIMB Ambassadors**





## **“My Body Is My Body” Launches in Nyíregyháza: Empowering Children Through Music, Storytelling, and Safety Education**

By: Dr. Péntes Marianna

*Dear Chrissy,*

*I would like to inform you about the launch of the My Body Is My Body programme in Nyíregyháza, Hungary.*

*This programme was love at first sight—not only for me, but also for a wonderful team of preschool teachers and professionals. We began by organising a professional workshop and inviting experts connected to the topic, including kindergarten teachers, social workers, psychologists, NGOs, and a church organisation that supports foster parents. Alongside discussions about the reality of child abuse, we explored the importance and possibilities of prevention. It was during this workshop that the idea was born to organise a conference to present the My Body Is My Body programme, and to invite internationally recognised speakers, local experts, students, and parents.*





The conference was organised in collaboration with the **University of Nyíregyháza**, and in addition to the Dean and department heads, many university students attended. The event, titled **"Let All Children Be Safe!"**, featured a keynote presentation by renowned international expert on children's rights, Dr. Mária Herczog, who spoke on "The State of Child Protection in Hungary and International Trends."

In smaller breakout groups, we introduced both the My Body Is My Body programme and the No Bad Kids school prevention programme. Two governors of the Hungarian Rotary District also attended the conference: **Erzsébet Kovácsné Gila**, who discovered this wonderful programme, and **Júlia Molnár**, the current governor, who is deeply committed to supporting its introduction across Hungary.

**Governor Júlia Molnár beautifully summarised the programme:**

"This programme can be introduced in any kindergarten in any city. What do the little ones learn during the fairy tale and music sessions? For example, the magic phrase: 'My body is mine, and I decide what happens to it.' If a hug, a touch, or a kiss makes them uncomfortable, they can say no. And the children participating in the programme do so without hesitation."



"Kényszerített ölelés"

**Forced Hug**



### **One parent wrote a heartfelt reflection:**

*"For me, recognising and expressing problems—even at kindergarten age—is incredibly important. My older son faced peer pressure and difficult play situations when he was younger but didn't have the words or confidence to share what was happening. Children at this age don't always know how to say 'No,' or recognise when something isn't okay. That's why this programme is so valuable. Through age-appropriate play and discussion, children learn to protect themselves and build their self-esteem. They also learn the crucial difference between secrets and surprises, and the importance of unconditional love. It has even helped us as parents, with practical guidance on how to have these important conversations at home."*

### **She continued:**

*"After one session, my younger son stood in the yard with his brother and said: 'My body is mine, and I don't want to play that. I'm saying NO.' Another day, I reminded him he had a 'My Body' session, and he confidently corrected me: 'No, not your body—my body! I decide what happens to it!'"*

Idegen bácsi ajándékot kínál...



## A Stranger Offers A Gift

### One parent wrote a heartfelt reflection:

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### She continued:

*"After one session, my younger son stood in the yard with his brother and said: 'My body is mine, and I don't want to play that. I'm saying NO.' Another day, I reminded him he had a 'My Body' session, and he confidently corrected me: 'No, not your body—my body! I decide what happens to it!'"*



"Nem vagyunk egyedül!"



**We Are Not Alone**

**One parent wrote a heartfelt reflection:**

*These moments prove that he not only understood what was discussed in the kindergarten sessions, but that he internalised the lessons and can now apply them in real-life situations.*

*I'm extremely grateful that my child is learning these essential lessons in an age-appropriate way, through play, while still in kindergarten. I believe that early childhood is the ideal time for children to absorb these messages in colourful and engaging ways. These lessons can then be deepened at home through loving conversations. I'm confident that the knowledge and confidence they gain will have a lasting impact on their self-esteem, self-image, and emotional and physical well-being. At this age, children love to make decisions and naturally enjoy having some control over their world. That's why I believe the programme's motto—  
'I decide'—is so powerful."*



*The teachers and head of the kindergarten each received Rotary T-shirts featuring the "My Body Is My Body" slogan.*

*We are thrilled that the programme will soon be presented at a national conference, and I'm certain many more professionals will be inspired to implement it. Our future plans include introducing the programme to university students studying to work with children—because every child deserves to grow up feeling safe, heard, and respected.*

***Thank you so much for your inspiration, guidance, and ongoing support.  
We are truly grateful to be part of the My Body Is My Body movement.***

Dr. Péntes Marianna






### **A Heartfelt Thank You from All Of Us At MBIMB**

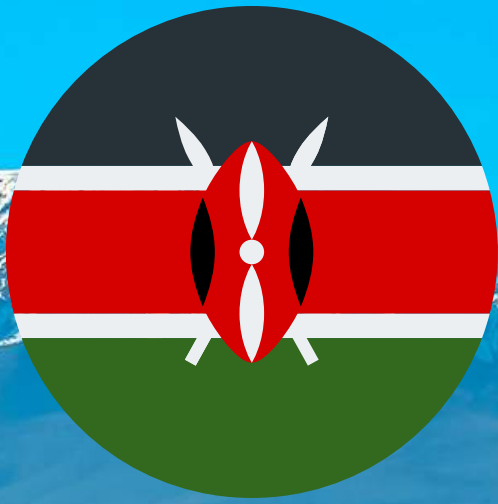
All of us at My Body is My Body would like to express our deepest gratitude to **Dr. Péntes Marianna, Erzsébet Kovácsné Gila, Júlia Molnár**, and your incredible team for so beautifully featuring the My Body is My Body Programme at your recent conference. Your passion, professionalism, and commitment to child safety are truly inspiring.

A very special “Thank You” goes to **Dr. Péntes Marianna and Erzsébet Kovácsné Gila** for the extraordinary time and care you’ve dedicated to translating all of our programme materials into Hungarian. Your efforts have opened the door for countless children, families, and educators in Hungary to benefit from these important lessons.

Together, we are creating a safer world for every child—  
and we are honoured to walk this journey with you.

With heartfelt thanks,  
Chrissy Sykes &  
The MBIMB Team 





**MBIMB Ambassadors**



# EXCITING NEW PARTNERSHIP WITH HOMABAY COUNTY PEACE NETWORK CBO – KENYA

We are proud to announce a new and meaningful partnership with the Homabay County Peace Network CBO in Kenya, marked by the signing of a Memorandum of Understanding (MOU) with Director Selly Omondi Manyala. This collaboration represents a significant step forward in our shared commitment to fostering peace, promoting social cohesion, and empowering communities through education and grassroots engagement.

## **About Homabay County Peace Network CBO**

Homabay County Peace Network is a community Based Organisations founded in response to Kenya national cohesion and integration commission an independent body which is responsible for conflicts resolutions and prevention of recurrent elections violence in 2021. It's a non profit and non-Partisan organisation which is made of Volunteers willing to change societies within and beyond Kenya.



# EXCITING NEW PARTNERSHIP WITH HOMABAY COUNTY PEACE NETWORK CBO – KENYA



Through community dialogues, training workshops, and stakeholder forums, the organization has made significant strides in building trust and unity across diverse groups within Homabay County. Their initiatives have supported peaceful co-existence, especially in areas historically affected by tensions, political rivalry, and socio-economic challenges.

## **What This Partnership Means**

By signing an MOU with Homabay County Peace Network, we are joining hands to expand our impact and reach in East Africa. This collaboration will enable us to:

- Support community education and child protection initiatives, particularly in remote and underserved areas.
- Share expertise and training resources to strengthen local capacity in peace education, leadership development, and rights-based programming.
- Co-organize outreach campaigns and workshops focused on body safety, child rights, and family wellness.
- Promote a culture of peace and non-violence through community storytelling, music, and dialogue sessions.

We believe that sustainable peace starts with informed and empowered communities. With the Homabay County Peace Network's deep roots and trust within the region, we are confident that our joint efforts will lead to meaningful, long-term change.

## **Looking Ahead**

Over the coming months, we will begin working closely with the team in Homabay to roll out pilot programs in local schools and community centers. These initiatives will blend our expertise in child safety education with their established networks and local knowledge. Together, we aim to build safe, inclusive environments where every child and community member can thrive.

We are excited about this journey and look forward to sharing updates as the partnership unfolds.



# EXCITING NEW PARTNERSHIP WITH HOMABAY COUNTY PEACE NETWORK CBO – KENYA



Selly Omondi Manyala Founder of HCPN CBO

HCPN (Human Centred Participatory Network) is a dynamic community organisation working on vital initiatives that include:

1. Women and Girls' Economic Empowerment
2. Governance and Oversight
3. Gender-Based Violence Prevention
4. Child Protection and Safety

Their programmes are driven by community participation, equity, and a deep commitment to safeguarding the most vulnerable.

## **Meet Selly Omondi Manyala**

A passionate human rights advocate and community leader, Selly is a 36-year-old Kenyan citizen whose impact has resonated both locally and globally. Through his leadership, HCPN CBO has grown to include 80 ward volunteers across the 40 wards of Homabay County and 16 Sub-District Volunteers, creating a robust grassroots network dedicated to social justice and empowerment.

Homabay County, located in the Nyanza Province of Kenya, is one of the 47 counties in the country, and Selly's tireless efforts are making it a model for child protection and community engagement.

Selly's leadership and dedication to children's rights are further recognised through his numerous prestigious roles:

- Child Advisory Committee Member – Ndhiwa District
- Ndhiwa Law Court Integrity Committee Member
- Secretariat – Kenya National Commission for UNESCO (Culture and Heritage)
- Global Chair & Founder – Diaspora Call for Africa, operating in 33 African countries
- Country Representative – World Sustainable Development Goals Organisation, promoting all 17 SDGs



## **MAAPP UK- Supporting Health, Education, Social Care, Police and Families.**

**No family should be left without support. No professional should be left without tools.**

At MAAPP UK, we believe safeguarding must reflect the complex, real-life needs of the people we serve. It's not just about ticking boxes, it has to be about Informing, Empowering, Connection, Knowledge, and Timing.

When Burns advocate Kristina Stiles approached us, we listened and co-created a dedicated Burn Survivors category in our national safeguarding toolkit.

Not just for those in recovery, but for the practitioners and families who walk beside them.

This is just one example of how we shape our work, through lived experience and professional collaboration. We've also worked alongside healthcare, educational, police, social care professionals and families to introduce essential categories such as:

- Supports for Burn Survivors
- Diabetes Support
- Renal Care & Dialysis
- Mental Health & Trauma
- Addictions
- Domestic Abuse
- ACEs (Adverse Childhood Experiences)
- Debt Management
- Child to Parent Abuse



Supports for Burn Survivors

...and now with over 25 categories, we are hosting over 3,000 trusted resources from across health, education, policing, and social care.

**And we are incredibly proud to share that The NHS Safeguarding Team have been true champions of the MAAPP LinkIndex.**

**They've not only supported our mission they've publicly stated that "this is saving lives." Their backing speaks to the impact this tool is already having across frontline services.**

### **What is the MAAPP LinkIndex?**

A QRCode safeguarding and support toolkit, built by frontline professionals for professionals. It provides fast, direct access to:

- National organisations
- Short training videos
- Trusted printable PDFs
- Signposting links for families, carers, and practitioners

### **The MAAPP LinkIndex is used across the UK by:**

- Health practitioners
- Police and youth justice teams
- Social workers
- Educators
- Charities and community services



### **MAAPP Membership**

To support learning and reflection, MAAPP also offers membership:

- Monthly learning briefs
- Trauma-informed and relational content
- Real-life case applications
- A safe forum for questions and professional development

For just £3/month or £1/month for LinkIndex holders

For every 100 memberships sold, we donate 10 to your chosen charity. Single and corporate sales.

**We Build Categories FREE of charge and we keep them updated, so it remains updated and relevant.**

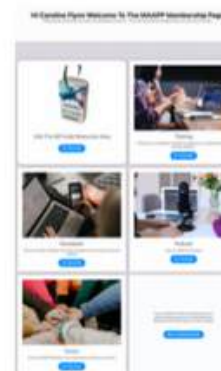
**SCAN- INFORM- EMPOWER- Making every contact count.**

**Be Curious. Be Equipped. Be Connected.**

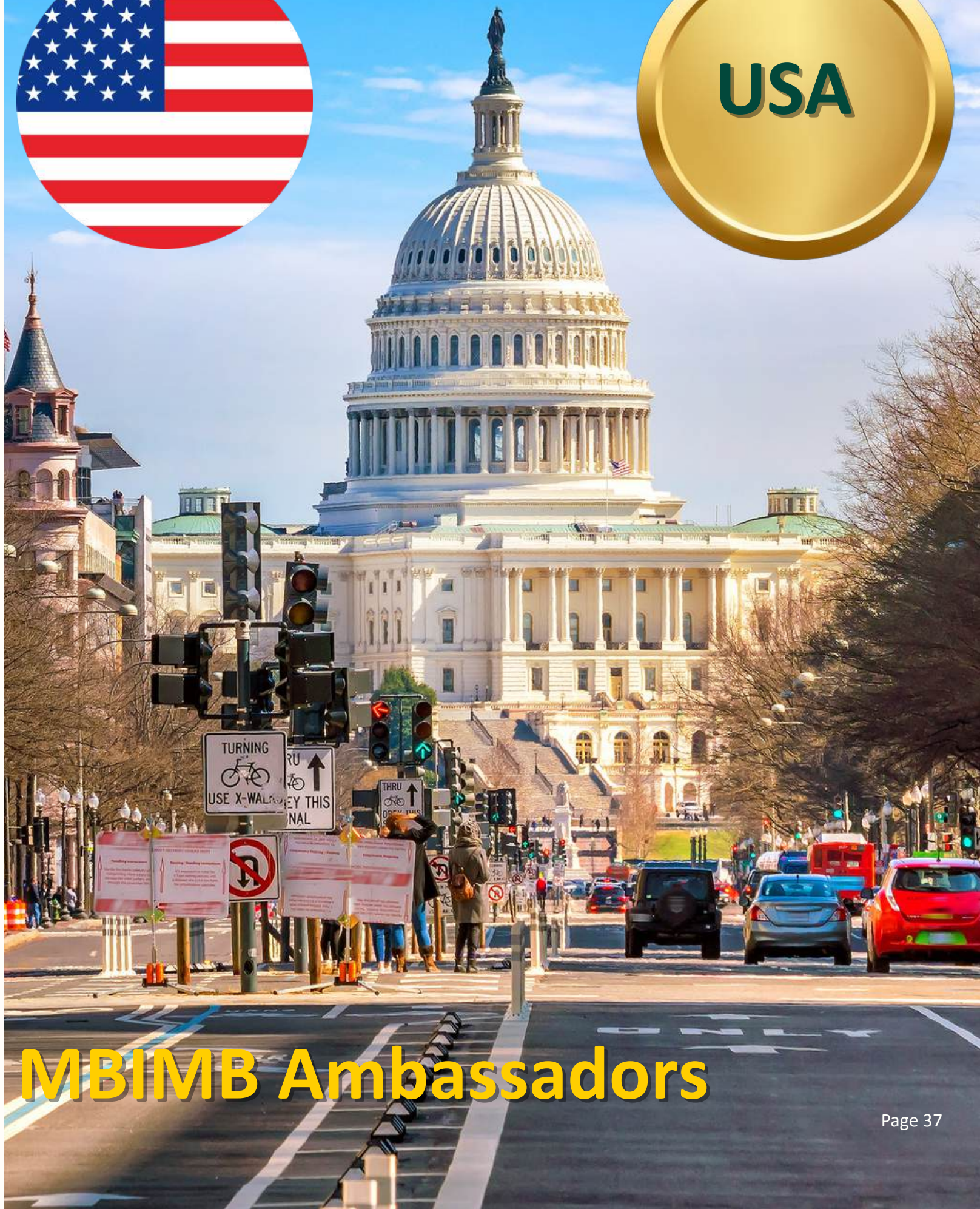
**Visit: [www.maappuk.co.uk](http://www.maappuk.co.uk)**

**Or call us on: 0800 246 5456**

**MAAPP UK – Bringing systems together. Safeguarding made clear.**







**MBIMB Ambassadors**



# CONNECT *for* FREEDOM END HUMAN TRAFFICKING

***Building Safe  
Communities Through  
Global Partnerships  
MBIMB Partners with  
Connect For Freedom in  
New Jersey, USA***

We are delighted to announce our new partnership with Connect For Freedom, a passionate organisation based in New Jersey, USA, working at the grassroots level to prevent child trafficking and promote body safety education.

Together, we are uniting efforts to empower children, parents, and educators with the tools they need to help keep young people safe.





*Building Safe Communities Through Global Partnerships*  
*MBIMB Partners with Connect For Freedom in New Jersey, USA*

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As part of their outreach, Connect For Freedom is currently collaborating with the FIFA World Cup Committee to provide age-appropriate human trafficking awareness and safety education to K-12 schools across their region. With several World Cup matches scheduled near New Jersey, this is a vital time to raise awareness and equip communities with prevention strategies.

In searching for a programme that could engage elementary-aged children in a school assembly setting, Connect For Freedom's CEO Mimi Feliciano was introduced to the My Body is My Body programme through our wonderful friend and partner Philippa King from It's A Penalty. Mimi and her team saw the value in using music and animated videos to open up conversations around body safety, unsafe touch, and how children can seek help if something feels wrong.

Through this partnership, Connect For Freedom will be actively promoting the MBIMB website and free programme to schools throughout their region. Their team is encouraging schools to adopt MBIMB as a vital tool for teaching young learners about body autonomy, personal safety, and the importance of speaking up.

We are truly honoured to be working alongside such a dedicated team, and we look forward to supporting them as they share our materials with educators across New Jersey. We also want to extend our heartfelt thanks to Mimi Feliciano and her team for believing in the power of prevention and education—and for ensuring that children are protected, heard, and empowered.

As always, Together We Can – Build a World Safe for Every Child! ❤️



# **CELEBRATING SIX YEARS OF PARTNERSHIP WITH COMPASSION INTERNATIONAL EMPOWERING CHILDREN TOGETHER**

At My Body is My Body (MBIMB), we believe that collaboration is the heartbeat of lasting change—and over the past six years, one of our most impactful partnerships has been with Compassion International.

Compassion International is a leading global child development organisation, renowned for its commitment to lifting children out of poverty and helping them grow into responsible, fulfilled adults. With a strong foundation rooted in love, protection, and dignity, Compassion works with over 8,000 local church partners to support more than two million children across 29 countries. Their comprehensive child development model focuses not just on education and nutrition, but on the emotional and spiritual well-being of each child.

One of their most transformative initiatives is the For Children Platform—a powerful global resource hub designed to equip frontline child advocates, educators, and caregivers with the tools they need to protect and nurture children in their care. Through the platform, Compassion promotes holistic development by offering culturally relevant and evidence-based content in multiple languages. It has become a vital source of child protection materials and has made an incredible difference in how safeguarding is approached globally.

We are honoured that our MBIMB Programme has been featured on the For Children Platform, and we are thrilled to share that Compassion International has recently enhanced this collaboration by adding a fantastic suite of new Portuguese and Thai translations to our growing library of child protection resources.





# CELEBRATING SIX YEARS OF PARTNERSHIP WITH COMPASSION INTERNATIONAL EMPOWERING CHILDREN TOGETHER

## **New Resources Now Available:**

### **In Portuguese:**

- MBIMB: 9 Rules Quiz
- MBIMB: Introduction for Educators
- MBIMB: Introduction to the Programme
- MBIMB: Keeping Children Safe on the Internet
- MBIMB: Let's Start the Conversation about Child Abuse Prevention
- MBIMB: Teacher Lesson Plans

### **In Thai:**

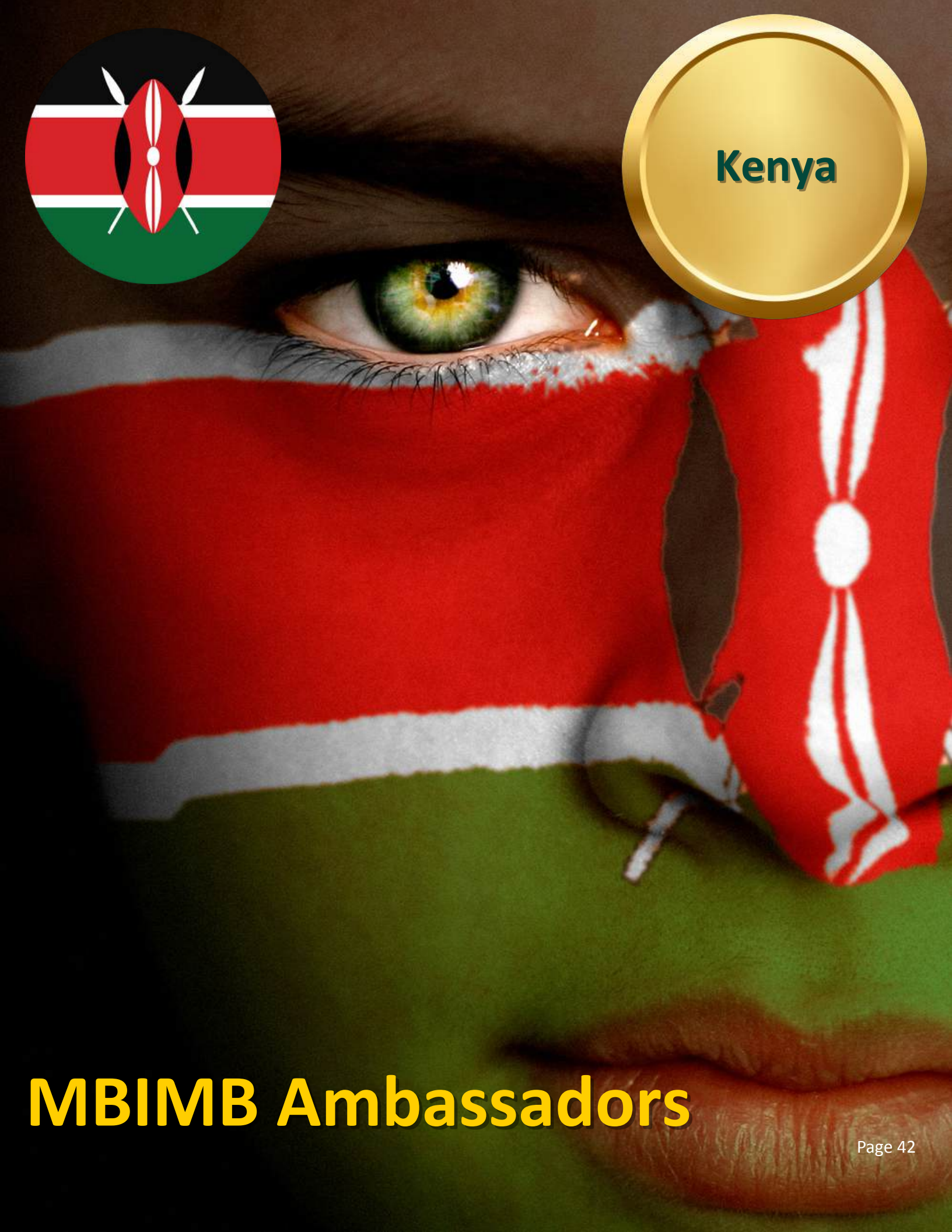
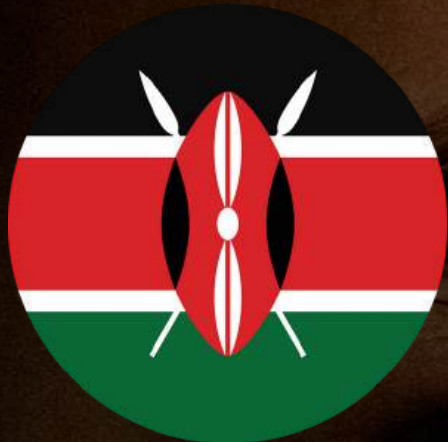
(All of the above Portuguese resources, plus:)

- MBIMB: Safety Rules
- MBIMB: Signs of Abuse
- MBIMB: Children's Workbook
- 

These valuable resources will help even more educators, caregivers, and community leaders across Brazil, Thailand, and beyond to share life-saving knowledge in a language and format that children can understand and relate to.

We extend our deepest gratitude to **Babilibile Yonli, Senior Program Design Specialist – Child Protection, Global Program at Compassion International**, for her unwavering dedication to this mission. Babilibile's expertise, encouragement, and coordination have played a vital role in expanding access to our programme, helping us collectively reach more children in need of protection, education, and empowerment. Together, with partners like Compassion International, we are making the world a safer, more hopeful place for every child. Here's to many more years of friendship and shared purpose.

With heartfelt thanks,  
The My Body is My Body Foundation Team



# MBIMB Ambassadors





# From Victim to Victor: Robert Njue Namu's Inspiring Journey

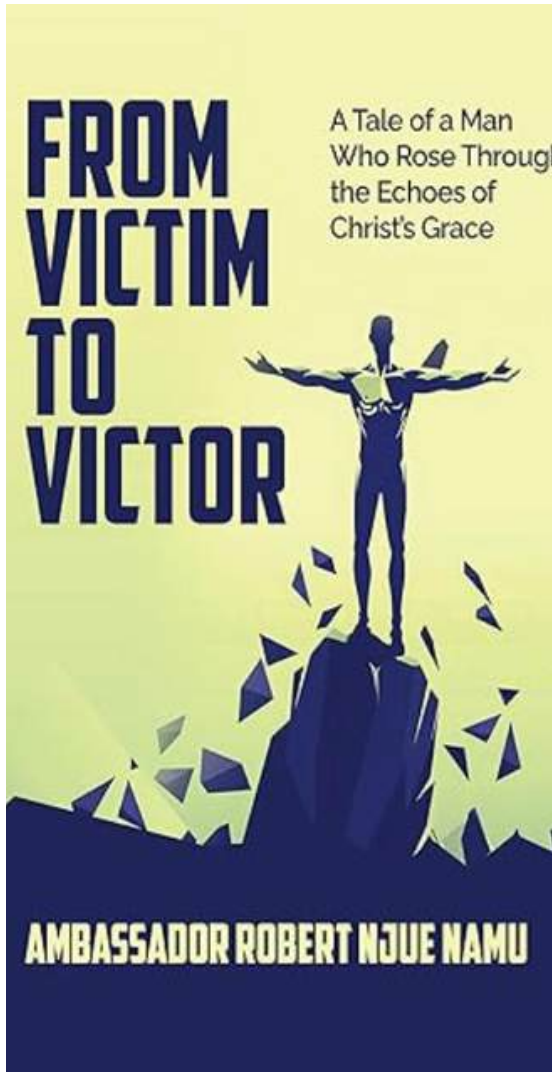
We are honoured to spotlight Ambassador Robert Njue Namu, a beacon of resilience and a passionate advocate for child safety in Kenya. As the Founder and President of the Christ Ambassadors Mission Team (CAMT-Kenya), Robert has dedicated his life to uplifting vulnerable communities through education, empowerment, and faith-based initiatives.

Robert's personal journey from trauma to triumph is profoundly captured in his book, *From Victim to Victor*. In this compelling narrative, he shares his experiences of overcoming deep pain and rejection, transforming them into a powerful force for good. His story serves as a testament to the human spirit's capacity for healing and growth. In his role as an MBIMB Ambassador, Robert has been instrumental in bringing the My Body Is My Body programme to children across Kenya. His recent work at the Tabitha 3 Christian Rescue Centre, which supports children of incarcerated parents, exemplifies his commitment to ensuring that every child understands their right to safety and dignity. Through interactive lessons and heartfelt engagement, Robert empowers young learners with the knowledge and confidence to protect themselves.

Beyond his advocacy, Robert's leadership extends to various community development projects, including vocational training, water initiatives, and spiritual mentorship. His multifaceted approach addresses the holistic needs of the communities he serves, fostering environments where children can thrive.

Robert's unwavering dedication to child safety and empowerment embodies the core values of the My Body Is My Body programme. We are deeply grateful for his contributions and proud to have him as part of our global family.

From victim to victor — Robert, your journey inspires us all.  
Thank you for shining your light for so many





**MBIMB Ambassadors**



# A HEARTFELT THANK YOU TO OUR BOARD MEMBER DARWIN MOSES



At My Body is My Body, we are incredibly fortunate to have board members who not only believe in our mission but actively help us grow it.

Today, we want to extend our deepest gratitude to Darwin Moses, whose dedication and leadership have opened new pathways for body safety education in India.

Thanks to Darwin's efforts, we are now proudly partnering with two outstanding institutions – Kumaraguru College of Liberal Arts and Science and Dr. N.G.P. Arts and Science College. Through these partnerships, future social workers are being empowered with the knowledge and tools to integrate child protection and body safety education into their careers – creating a ripple effect of impact across communities.

Darwin's professional background in disability and inclusive development spans over 19 years, with expertise in Special Education, Inclusive Education, Livelihood, Advocacy, and Networking – all of which shine through in the meaningful work he brings to MBIMB.

Darwin, thank you for your unwavering support, your heart for inclusion, and your vision for safer futures for every child. We are so grateful to have you on this journey with us.



# MBIMB Partners with Kumaraguru College of Liberal Arts & Science



In a significant stride towards enhancing child safety education, the My Body is My Body (MBIMB) Foundation has proudly signed a Memorandum of Understanding (MoU) with the Kumaraguru College of Liberal Arts & Science (KCLAS), Coimbatore. This collaboration aims to integrate the MBIMB programme into the curriculum of KCLAS's Master of Social Work (MSW) students, equipping them with essential tools to advocate for children's rights and safety within their communities.





### About Kumaraguru College of Liberal Arts & Science (KCLAS)

Established in 2018, KCLAS is a forward-thinking institution affiliated with Bharathiar University. It offers a diverse range of undergraduate and postgraduate programs, emphasising interdisciplinary learning and community engagement. The college is part of the esteemed Kumaraguru Institutions, known for their commitment to academic excellence and societal impact.

### Notable Achievements of KCLAS's School of Social Work:

- **Prestigious Internships:** Students have secured internships at renowned institutions like the National Institute of Mental Health and Neuro Sciences (NIMHANS) and the Oil and Natural Gas Corporation (ONGC), reflecting the department's strong industry connections. [kclas.ac.in](http://kclas.ac.in)
- **Academic Excellence:** MSW students have presented award-winning research papers at national conferences, including those organized by Loyola College and the Indian Council of Social Science Research (ICSSR). [kclas.ac.in](http://kclas.ac.in)
- **Community Engagement:** Through the Community Engagement Programme (CEP), students collaborate with local organizations on projects addressing menstrual hygiene, water conservation, and anti-tobacco awareness, directly impacting communities in Coimbatore and the Nilgiris. [kclas.ac.in+1](http://kclas.ac.in+1)
- **Recognition:** KCLAS has been honored with the QS I-GAUGE Diamond rating, making it the first arts and science college in India to achieve this distinction.

### Impact of the Collaboration

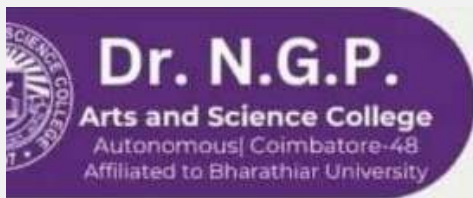
Through this partnership, MSW students at KCLAS will receive specialized training in the MBIMB programme, enabling them to:

- **Educate:** Deliver body safety education to children in schools, community centers, and other child-focused environments.
- **Advocate:** Promote awareness about child abuse prevention within their professional and personal networks.
- **Empower:** Equip children with the knowledge and confidence to speak up against abuse and seek assistance.

### A Shared Vision for Child Safety

This MoU signifies a shared commitment between MBIMB and KCLAS to foster a safer environment for children. By integrating the MBIMB programme into the academic journey of future social workers, the collaboration ensures that the message of body safety reaches diverse communities, creating a ripple effect of awareness and protection.

# Empowering the Next Generation of Social Workers: MBIMB Partners with Dr. N.G.P. Arts and Science College



Department of Social Work

Signed MoU

My Body is My Body Foundation, England





# Empowering the Next Generation of Social Workers: MBIMB Partners with Dr. N.G.P. Arts and Science College

We are delighted to announce a powerful new collaboration between the My Body is My Body Foundation (MBIMB) and the Department of Social Work at Dr. N.G.P. Arts and Science College, Coimbatore, India.

Through the signing of a Memorandum of Understanding (MoU), this partnership marks a pivotal step in integrating the internationally acclaimed MBIMB child safeguarding programme into the education and training of future social work professionals. This collaboration is designed to enhance their understanding of child protection, body safety education, and community-based prevention strategies.

## About Dr. N.G.P. Arts and Science College

Established in 1997 and affiliated with Bharathiar University, Dr. N.G.P. Arts and Science College is a prestigious institution committed to academic excellence, innovation, and social responsibility. With a reputation for empowering students through holistic education and practical experience, the college's Department of Social Work plays a key role in shaping compassionate professionals equipped to make a meaningful impact in communities.

## Why This Partnership Matters

Social workers are on the front lines of child protection and community outreach. Equipping them with the My Body is My Body programme ensures they are not only well-versed in safeguarding theory, but also skilled in delivering age-appropriate, trauma-informed body safety education that can reach children in a powerful and memorable way.

## Through this MoU:

- Students and faculty will gain access to MBIMB's free, multilingual resources.
- Training sessions will be organised to help embed MBIMB's musical and interactive content into fieldwork and community engagement.
- Collaborative opportunities for research, outreach, and advocacy will be explored to further child protection across Tamil Nadu and beyond.
- 

We believe this partnership will empower student social workers to become champions for child safety, better equipped to recognise, respond to, and prevent abuse and exploitation.

A heartfelt thank you to the leadership and dedicated faculty at Dr. N.G.P. Arts and Science College for your commitment to building a safer world for children. Together, we are making a lasting difference.

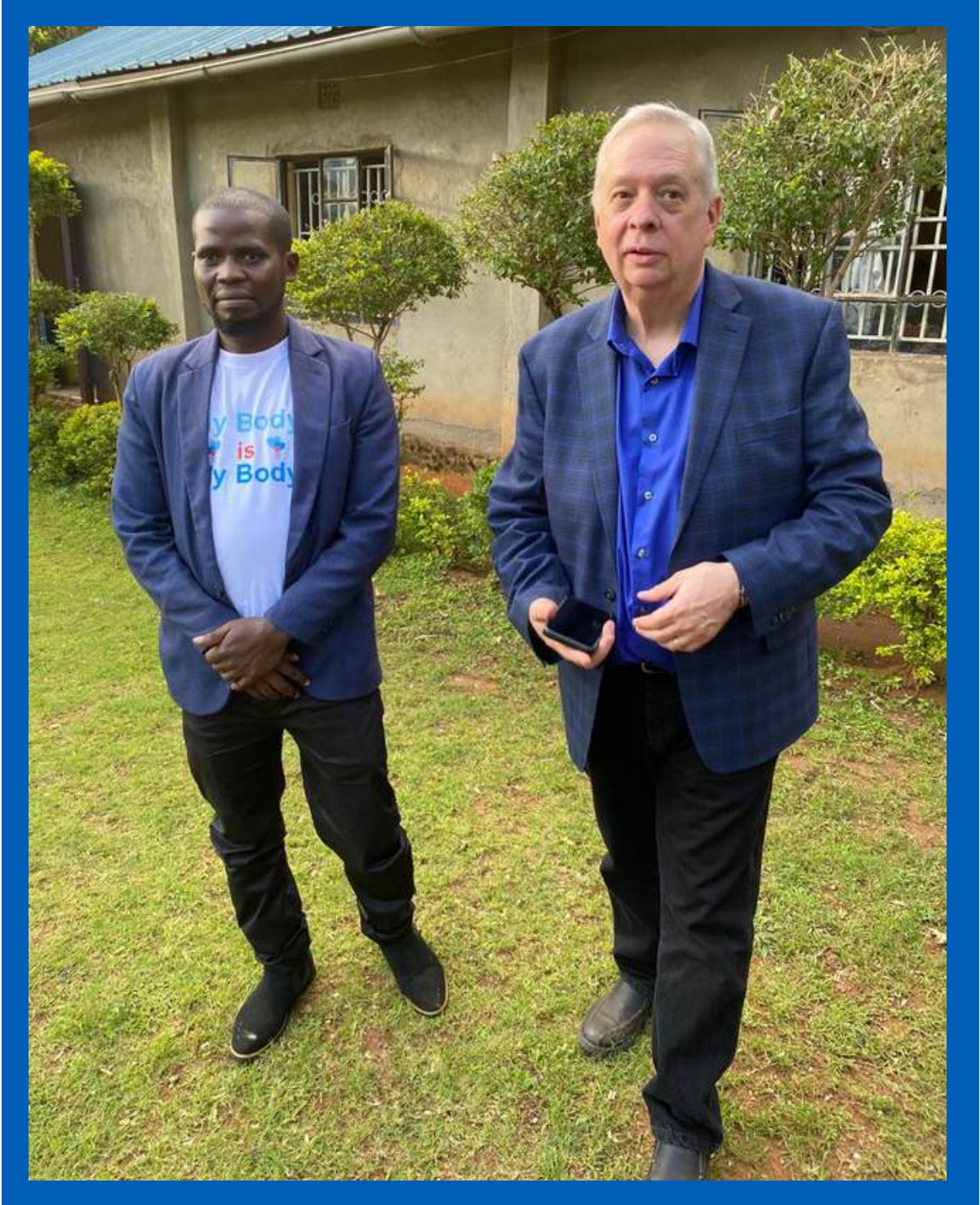


**MBIMB Ambassadors**



# A SPECIAL DAY WITH THE WOMEN OF INNER WHEEL

By Stephen Ssengoba





It was a great honour for us at His Grace Orphans to welcome the wonderful women of Inner Wheel to our school. Their visit brought so much joy, encouragement, and warmth to our children and team.

As part of their visit, I had the privilege of presenting the My Body is My Body (MBIMB) Programme, which we use to teach children about their rights, body safety, and how to protect themselves from harm. With the help of our amazing children, we shared songs from the programme, danced together, and showed how important these lessons are in building children's confidence and voice.

The women of Inner Wheel were incredibly supportive and engaged. It was heartwarming to see their appreciation for the work we are doing — their smiles, kind words, and encouragement meant the world to us.

I want to thank each of them for taking the time to visit, for their interest in the wellbeing of our children, and for standing with us in our mission to educate and protect. Together, we are making a real difference.

With heartfelt gratitude,  
Stephen Ssengoba  
Founder, His Grace Orphans  
MBIMB Ambassador – Uganda

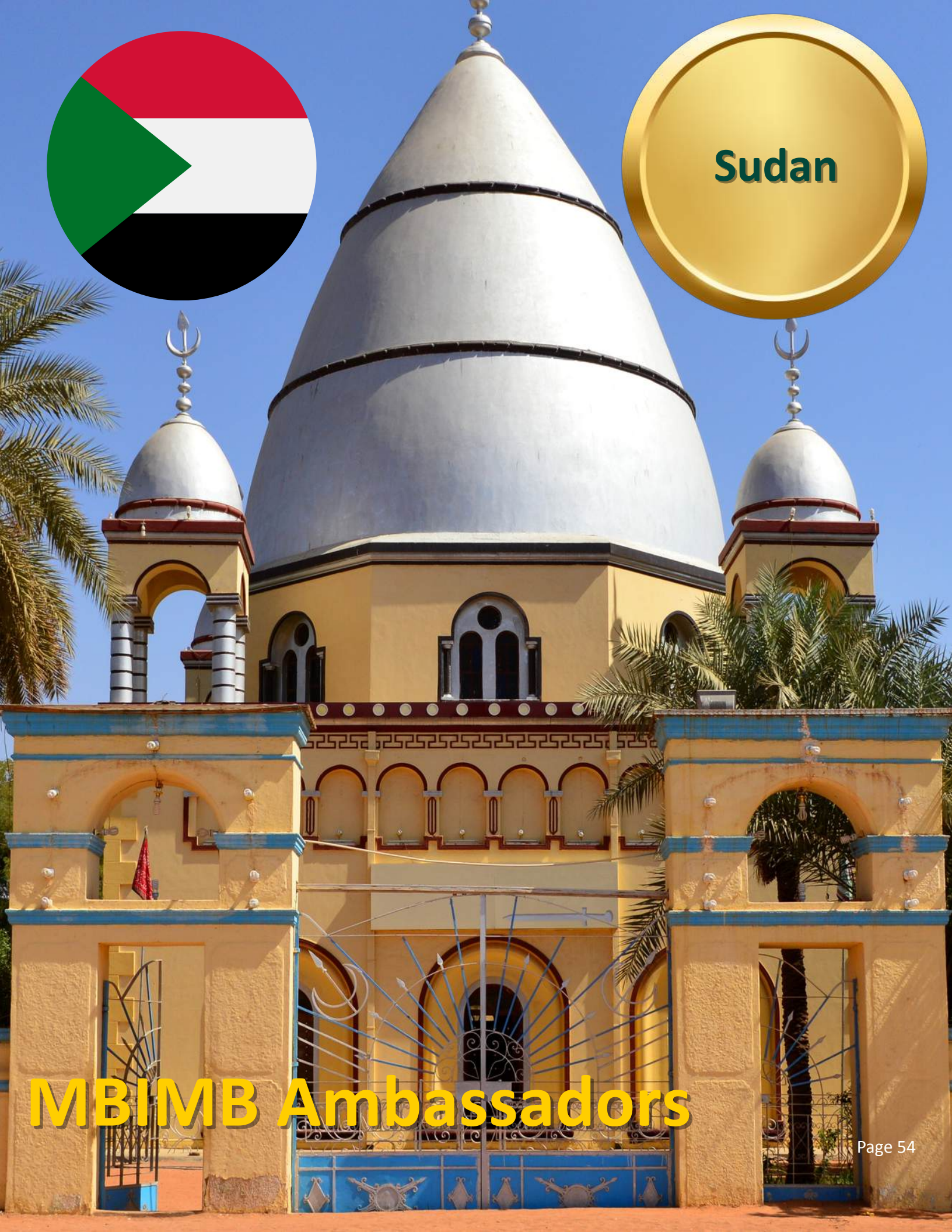




# Working Together







**MBIMB Ambassadors**



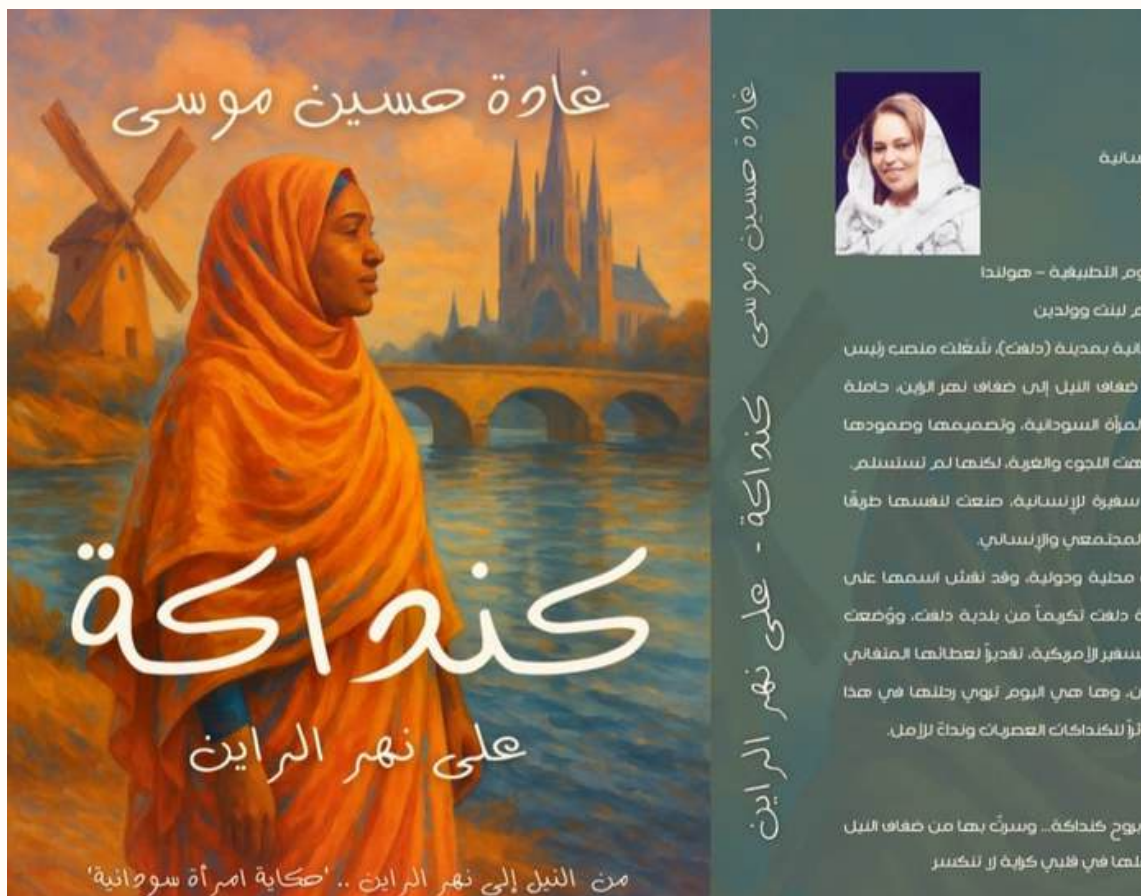
غارة حسين موسى

# كنه اكة

على نهر الراين

من النيل إلى نهر الراين .. 'حكاية امرأة سودانية'

المصرية السودانية الإماراتية



## From the Nile to the Rhine: Celebrating MBIMB Ambassador Ghada Saleh and Her Debut Book

We are incredibly proud to shine a spotlight on one of our inspiring My Body is My Body Ambassadors, Ghada Saleh, a passionate advocate for women's and children's rights, and now a published author.

Her debut book, *Kandaka on the Rhine: From the Nile to the Rhine... The Story of a Sudanese Woman*, is a powerful memoir that weaves together a journey of transformation, migration, and resilience. From a childhood of comfort along the banks of the Nile to a life reshaped in the heart of Europe, Ghada's story speaks to the inner strength of a modern Kandaka—the title historically given to warrior queens of Sudan.

In this deeply personal account, Ghada reflects on the struggles and triumphs that shaped her into a woman of strength, clarity, and purpose. Her words are a tribute not only to her own journey, but to the courage and dignity of women across cultures who continue to rise, rebuild, and lead.

📖 Now available in Arabic

📖 Coming soon in English and Dutch

As a writer, community leader, and MBIMB Ambassador, Ghada's work is a shining example of how personal storytelling can become a force for change—encouraging others to speak up, embrace their identity, and advocate for justice.

We are honoured to have Ghada as part of our global MBIMB family. Her voice and vision are making the world a better, safer place for women and children everywhere.



# Hope in the Midst of Hardship: MBIMB Ambassadors Shine a Light for Children in Sudan



*At a time when war has torn through communities and upended lives in Sudan, a group of brave, determined individuals have quietly continued their mission to protect the most vulnerable — the children.*

Led by the unwavering strength of **Ghada Saleh**, our My Body is My Body (MBIMB) Regional Ambassador for Sudan and the Netherlands, these ambassadors are choosing courage, compassion, and action in the face of unimaginable challenges.

A few years ago, before the conflict escalated, Ghada built a thriving MBIMB Ambassador network across Sudan. They worked with passion and purpose in schools and refugee camps, even reaching Ethiopian children displaced by conflict, teaching them about body safety, self-worth, and how to speak up when something doesn't feel right. It was an extraordinary example of grassroots child protection in action.

***Then the war came.  
And everything changed.***

Schools shut down. Communities were displaced. Fear gripped families. But even amid this chaos, the commitment of our Sudanese ambassadors never wavered. Now, Ghada has reignited that spark — rebuilding her team, training new leaders, and reintroducing the MBIMB programme with renewed urgency.



## A Revival of Purpose

Over the past months, 30 dedicated individuals, many of whom are trained psychologists, have completed our MBIMB safeguarding courses in Arabic. These courses equip them with the skills to teach children about body autonomy, recognising unsafe situations, and knowing how and where to seek help. Among them, 14 participants have proudly completed the MBIMB Programme Presenter Course, a hands-on qualification where they must present three of the MBIMB songs to groups of children — singing with them, engaging them in conversation, and helping them build the confidence to speak up.

***Their work is not just educational — it is healing.  
It is protective. It is hope-filled.***

## Courage in Crisis

One story that moved us deeply is that of a presenter currently living in a conflict zone controlled by the Rapid Support Forces in Western Sudan, where the security situation is dangerously unstable, and the rate of sexual violence is alarmingly high. Despite having his phone searched and facing frequent internet blackouts, this ambassador managed to record and submit his presentation — all while ensuring the children in his care had access to these critical messages of safety and empowerment.

Though the technical quality of his submission was limited by circumstances, the courage, heart, and commitment behind his effort speak louder than any video resolution ever could.

## A Salute to Resilience

To Ghada Saleh, whose leadership continues to light the way from Sudan to the Netherlands, and to every MBIMB Ambassador who dares to make a difference despite fear, instability, and isolation — we salute you. Your work is not only changing lives — it is saving them.

You are proof that even in the darkest times, there are people who will rise up for children. Who will sing with them, protect them, and remind them that their voices matter.

Thank you for standing tall when it would have been easier to stay silent.

Thank you for choosing love over fear, and education over despair.

The MBIMB family is proud to walk beside you.



# Congratulations



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**Mona Khalifa Mahmoud Altom**

Has successfully completed the training and is hereby  
recognised as a

**My Body is My Body Programme  
Presenter**

3rd June 2025



*Chrissy Sykes*

Chrissy Sykes  
Creator and Founder Of  
The My Body is My Body Foundation  
Charity Number 1199901

*Ghada Saleh*

Ghada Saleh  
MBMB Country Ambassador Sudan



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**HAJIR ABDELWAHID SAEED**

Has successfully completed the training and is hereby  
recognised as a

**My Body is My Body Programme  
Presenter**

3rd June 2025



*Chrissy Sykes*

Chrissy Sykes  
Creator and Founder Of  
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Charity Number 1199901

*Ghada Saleh*

Ghada Saleh  
MBMB Country Ambassador Sudan



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**Nosaiba Salih Mohammed Sabir**

Has successfully completed the training and is hereby  
recognised as a

**My Body is My Body Programme  
Presenter**

3rd June 2025



*Chrissy Sykes*

Chrissy Sykes  
Creator and Founder Of  
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Charity Number 1199901

*Ghada Saleh*

Ghada Saleh  
MBMB Country Ambassador Sudan



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**Rania Yasin Ibrahim Babiker**

Has successfully completed the training and is hereby  
recognised as a

**My Body is My Body Programme  
Presenter**

3rd June 2025



*Chrissy Sykes*

Chrissy Sykes  
Creator and Founder Of  
The My Body is My Body Foundation  
Charity Number 1199901

*Ghada Saleh*

Ghada Saleh  
MBMB Country Ambassador Sudan



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**Sama Fakhreddin Saeed Rawah Al-Yousefi**

Has successfully completed the training and is hereby  
recognised as a

**My Body is My Body Programme  
Presenter**

3rd June 2025



*Chrissy Sykes*

Chrissy Sykes  
Creator and Founder Of  
The My Body is My Body Foundation  
Charity Number 1199901

*Ghada Saleh*

Ghada Saleh  
MBMB Country Ambassador Sudan



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**SHAZA OMER ALI ABDALLA**

Has successfully completed the training and is hereby  
recognised as a

**My Body is My Body Programme  
Presenter**

3rd June 2025



*Chrissy Sykes*

Chrissy Sykes  
Creator and Founder Of  
The My Body is My Body Foundation  
Charity Number 1199901

*Ghada Saleh*

Ghada Saleh  
MBMB Country Ambassador Sudan

# Congratulations



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**Somiaa Salim Orabi Lasheen**

Has successfully completed the training and is hereby  
recognised as a

**My Body is My Body Programme  
Presenter**

3rd June 2025



Chrissy Sykes  
Creator and Founder Of  
The My Body is My Body Foundation  
Charity Number 1199901

Ghada Saleh  
MBMB Country Ambassador Sudan



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**Yageen Faroug Mobasher Mohamed**

Has successfully completed the training and is hereby  
recognised as a

**My Body is My Body Programme  
Presenter**

3rd June 2025



Chrissy Sykes  
Creator and Founder Of  
The My Body is My Body Foundation  
Charity Number 1199901

Ghada Saleh  
MBMB Country Ambassador Sudan



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**Tasneem Mutasim Salahadeen Mustafa**

Has successfully completed the training and is hereby  
recognised as a

**My Body is My Body Programme  
Presenter**

3rd June 2025



Chrissy Sykes  
Creator and Founder Of  
The My Body is My Body Foundation  
Charity Number 1199901

Ghada Saleh  
MBMB Country Ambassador Sudan



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**TANZEEL ABDALWAHAB MUSTAFA HAMZA**

Has successfully completed the training and is hereby  
recognised as a

**My Body is My Body Programme  
Presenter**

3rd June 2025



Chrissy Sykes  
Creator and Founder Of  
The My Body is My Body Foundation  
Charity Number 1199901

Ghada Saleh  
MBMB Country Ambassador Sudan



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**Mona Alhdi Abdalla**

Has successfully completed the training and is hereby  
recognised as a

**My Body is My Body Programme  
Presenter**

3rd June 2025



Chrissy Sykes  
Creator and Founder Of  
The My Body is My Body Foundation  
Charity Number 1199901

Ghada Saleh  
MBMB Country Ambassador Sudan



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**MOATAZ ADAM SABEEL MOHAMMD**

Has successfully completed the training and is hereby  
recognised as a

**My Body is My Body Programme  
Presenter**

3rd June 2025



Chrissy Sykes  
Creator and Founder Of  
The My Body is My Body Foundation  
Charity Number 1199901

Ghada Saleh  
MBMB Country Ambassador Sudan



# Congratulations



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**Daralnaeem Sagiroom Adam Malik**

Has successfully completed the training and is hereby  
recognised as a

**My Body is My Body Programme  
Presenter**

3rd June 2025



*Chrissy Sykes*

Chrissy Sykes  
Creator and Founder Of  
The My Body is My Body Foundation  
Charity Number 1199901

*Ghada Saleh*

Ghada Saleh  
MBMB Country Ambassador Sudan



## CERTIFICATE OF ACHIEVEMENT

This certifies that

**BEDOOR MADANI MOHAMED SALIH**

Has successfully completed the training and is hereby  
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**My Body is My Body Programme  
Presenter**

3rd June 2025



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Creator and Founder Of  
The My Body is My Body Foundation  
Charity Number 1199901

*Ghada Saleh*

Ghada Saleh  
MBMB Country Ambassador Sudan





# INTERNET SAFETY RULES



## ASK BEFORE YOU CLICK

Ask a safe adult playing a new game or visiting a new website.



## KEEP YOUR PASSWORDS SAFE

Never share your full name, address, school, or passwords.



## TALK ONLY TO PEOPLE YOU KNOW

Only talk to friends and family you've met in real life.



## USE KIND WORDS ONLINE

Just Like You do in real life



## STOP IF SOMETHING FEELS WRONG

If a message or picture makes you feel uncomfortable or confused — stop!



## TELL A GROWN-UP

If something goes wrong, tell someone you trust right away





# Inspiring Change: Our Amazing Girls Empowerment Team is now Worldwide







**MBIMB Ambassadors**





## Welcoming Kim Geyser: A Champion for Child Safety in South Africa

We are thrilled to welcome Kim Geyser, President of the Rotary Club of Centurion, South Africa, as a new My Body is My Body (MBIMB) Ambassador!

Kim brings with her a deep commitment to service, a heart for community upliftment, and a passion for protecting vulnerable children. Within just a short time of joining the MBIMB family, she has already made a meaningful impact by supporting the training of 10 dedicated caregivers who serve in an informal settlement near Centurion.

These caregivers recently completed Course 1: Introduction to Child Maltreatment and Safeguarding Children — the foundational MBIMB course that empowers adults with essential knowledge to help keep children safe, supported, and heard.

Working in under-resourced communities is never easy, but with leaders like Kim championing awareness and training, these caregivers are now better equipped to recognise signs of abuse, provide safer environments, and become trusted adults children can turn to.

Kim's involvement embodies the spirit of "Together We Can" — showing how small steps can lead to lasting change.

We are proud to have her as part of the MBIMB global team and look forward to all the amazing things to come as she continues her journey with us.

# One song, one child, one street at a time

In the heart of Polokwane, Limpopo, something extraordinary happened during Child Protection Week. It wasn't a march of protest. It wasn't a moment of silence. It was a celebration of courage, led by the fearless Pastor Rose Papola and her inspiring team.

A group of children from Ward 14 took to the streets, not with placards, but with purpose. With radiant smiles and powerful voices, they sang and danced their way through the community, carrying a message that echoed far beyond the roads they walked:

***"My Body is My Body."***

Every lyric they sang told a story.

Every dance step declared their right to be safe, heard, and loved.

What made this moment unforgettable was not just the boldness of the message, but the joy in the children's eyes. In a world where too many young voices are silenced or ignored, these children stood tall — reminding us all that change starts when we listen, when we care, and when we act.

Their song wasn't just music.

It was a call to action.

It was a promise of a safer tomorrow.

To Pastor Rose and her amazing team — thank you. Your dedication to uplifting and protecting children is truly inspiring.

And to the children — thank you for your strength, your smiles, and your song. You reminded us that your voices are powerful, your stories matter, and your future is worth everything.

**One song, one child, one street at a time — together, we can build a safer world.**

## Video





Our Girls' Empowerment twinning with MBIMB Ambassadors have been busy with various projects over this past month - what a great team. Thank you each and every one of you for your dedication to child safety.







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**Protect a Child.  
Change a Future.**



# 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](http://www.mbimb.org/ambassador)





# AMBASSADOR OF THE MONTH



## MBIMB AMBASSADOR OF THE MONTH

May 2025

THIS CERTIFICATE PRESENTED TO

*Zama Buthelezi*

Your dedication to spreading the message of child safety and empowering communities is truly inspiring. Thank you for being a shining example of the positive impact we can make together!

*Chrissy Sykes*

CHRISSY SYKES  
CEO MBIMB FOUNDATION

*Margaret Morontshi*

MARGARET MORONTSHI  
DISTRICT CHAIR GIRLS'  
EMPOWERMENT







## Ambassador of the Month: Zama Buthelezi

We're proud to shine a spotlight on our Ambassador of the Month, Zama Buthelezi, whose incredible work with Early Childhood Development (ECD) children is truly making a difference. Her passion, commitment, and heartfelt dedication continue to inspire everyone around her. Zama's efforts are helping to lay a strong foundation for a safer, more empowered future for our youngest learners.





# NEW AMBASSADOR SOUTH AFRICA



Sylvia Akpotue



My Body is My Body Foundation  
Charity Number 1199901



# NEW AMBASSADOR SOUTH AFRICA



**Maltonia Sethosa**



My Body is My Body Foundation  
Charity Number 1199901

# NEW AMBASSADOR ETHIOPIA



**Gebreeggziabher Tadele Desalegn**





# NEW AMBASSADOR SOUTH AFRICA



Kim Geyser



# NEW AMBASSADOR INDIA



Shalini Nair





# My Body is My Body

## QR Codes for the 6 MBIMB Songs



Song 1  
My Body Is My Body



Song 2  
If It Don't feel Right



Song 3  
The What If Game



Song 4  
If You've Got A Problem



Song 5  
Love Is Gentle



Song 6  
Say No To Secrets

# HELP SUPPORT OUR WORK AT MBIMB

Each purchase helps us continue our #MBIMB work to educate and protect children worldwide, making a real difference one shirt at a time.

100%

Of Profit made on sales  
will go to the MBIMB Foundation





# SUPPORT MBIMB

## EXPLORE OUR RANGE OF T-SHIRTS, JUMPERS, HOODIES AND TOTES

Each purchase helps us continue our #MBIMB work to educate and protect children worldwide, making a real difference one shirt at a time.

[MY-BODY-IS-MY-BODY.TEEMILL.COM](http://MY-BODY-IS-MY-BODY.TEEMILL.COM)





Join our MBIMB Community  
[www.mbimb.org](http://www.mbimb.org)

[my-body-is-my-body.teemill.com](http://my-body-is-my-body.teemill.com)



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

[www.space.auto](http://www.space.auto)