

My Body is My Body

Keeping Children Safe

August 2023

By: Chrissy Sykes





August Newsletter 2023

Greetings and welcome MBIMB Members to our newsletter's latest update!

Excitement is in the air as we find ourselves amidst a whirlwind of activity. Our highly anticipated GGAF and MBIMB Competition is now in full swing, drawing entrants from across the globe. The diversity of participants is truly remarkable, and we're eagerly anticipating the flood of creative entries that will grace our platform.

In line with our commitment to fostering a safer online environment, we are thrilled to announce an upcoming addition to our offerings. Introducing "Digital Discoverers - Young Explorers Navigating The Internet," a course designed to equip the next generation with essential skills for navigating the vast realms of the internet. With a focus on internet safety, this course is tailor-made for children aged 7 and above, ensuring they embark on their digital journeys with knowledge and caution.

The dedication to our cause is unwavering, as evidenced by our continuous growth. We're delighted to introduce an array of outstanding Ambassadors, with many hailing from the esteemed field of education. Their involvement bolsters our mission and propels us forward toward the realization of a safer world for children. As we forge ahead on this meaningful journey, we extend our heartfelt gratitude to each and every one of you. Your steadfast support has been instrumental in driving us toward our goal of creating a haven where children can explore, learn, and flourish free from harm's way.

Here's to a brighter and safer future for our children.

Chrissy Sykes



GGAF and MBIMB COMPETITION



ATTENTION

ALL NGO'S AND SCHOOLS

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



deadline



With **three categories** to choose from, there's something for everyone

Building a Brighter Future for Our Children:



Building a Brighter Future for Our Children:



Navigating the Next Decade

As we peer into the next ten years, many parents and guardians may find themselves wondering what the future holds for their children.

Will they face a world full of opportunities and progress, or will they encounter unprecedented challenges and uncertainties?

While predicting the future with certainty is impossible, we can explore potential developments and identify ways to improve the lives of our children, ensuring a brighter and more promising tomorrow.





Advances in artificial intelligence will revolutionize education

Technological Advancements:

Over the next decade, technology is expected to continue its rapid evolution, shaping the way our children live, learn, and communicate. Advances in artificial intelligence, virtual reality, and augmented reality will revolutionize education, providing personalized and immersive learning experiences. However, these technologies also raise concerns about privacy, digital addiction, and social disconnection. To safeguard our children's well-being, we must strike a balance between embracing innovation and implementing responsible tech usage guidelines.

Climate Crisis and Environmental Sustainability

The impact of climate change will become more pronounced in the coming years, and our children will inherit the consequences of our actions today. As parents and guardians, it is crucial to instill eco-conscious values and sustainable practices from an early age. Emphasizing the importance of renewable energy, responsible consumption, and environmental preservation will equip the younger generation to become responsible stewards of the planet.

Education will remain a cornerstone of societal progress

Quality Education for All:

Education will remain a cornerstone of societal progress, and ensuring equal access to quality education will be vital in the years ahead. Governments and communities must invest in education infrastructure, resources, and teacher training to create inclusive learning environments. Bridging the digital divide and offering remote learning options can also enhance educational opportunities for children in remote or disadvantaged areas.

Social Equality and Inclusivity:

As society progresses, the focus on social equality and inclusivity will intensify. Encouraging diversity, acceptance, and empathy will cultivate a generation of compassionate individuals who value equity and fairness. Challenging stereotypes, breaking down barriers, and promoting representation in media, education, and workplaces will be essential for creating a more inclusive future for our children.

Healthcare Advancements:

Medical breakthroughs and advancements in healthcare will undoubtedly improve the quality of life for future generations. Vaccines, gene therapies, and precision medicine hold promising potential to address diseases and conditions currently considered incurable. However, equitable access to healthcare must be a priority to ensure that all children can benefit from these advancements.

Nurturing Soft Skills:

As automation and AI continue to transform the workforce, soft skills such as critical thinking, creativity, adaptability, and emotional intelligence will become increasingly valuable.

Fostering these skills through play, extracurricular activities, and project-based learning will equip children with the tools they need to thrive in an ever-changing world.



Mental health matters

Mental Health and Well-being:

Mental health issues have become increasingly prevalent among young people in recent years. The next decade demands a concerted effort to prioritize mental health and well-being. Schools, families, and communities must work together to foster supportive environments that encourage open dialogue, reduce stigma, and provide access to mental health resources. Early intervention and proactive approaches to mental health will empower our children to lead happier and more fulfilling lives.



Child Abuse Prevention

Child abuse remains a deeply concerning issue, with long-lasting and detrimental effects on a child's mental health and overall well-being. The next decade must witness a collective effort to prevent child abuse in all its forms, whether physical, emotional, or sexual. Education and awareness campaigns should be widespread to help parents, caregivers, and communities recognize the signs of abuse and the appropriate steps to take when concerns arise.

Creating Safe Spaces

In addition to preventing child abuse, creating safe spaces for children is equally vital. Schools, homes, and communities should prioritize safety measures to protect children from harm and exploitation. Establishing clear policies and protocols, fostering open communication channels, and implementing thorough background checks for adults working with children can contribute to safer environments.

Supporting Child Abuse Survivors

For those who have experienced abuse, providing adequate support and resources is crucial for their healing and recovery. Accessible counselling services, support groups, and trauma-informed care can empower survivors to navigate the emotional challenges they may face. As parents and guardians, it is essential to validate children's experiences, listen to their concerns, and seek professional help when needed.

Promoting Positive Parenting

Promoting positive parenting practices can play a significant role in preventing child abuse. Parenting programs that focus on effective communication, stress management, and non-violent discipline can help parents develop healthy relationships with their children. By supporting parents in their role, we can create a nurturing and supportive environment where children can thrive emotionally and mentally.

Involvement of Communities

Child abuse prevention is a collective responsibility that involves entire communities. Schools, healthcare providers, law enforcement, social services, and community organizations must collaborate to detect, report, and address instances of abuse effectively. Encouraging an environment where children feel safe to speak up about their experiences is essential in identifying and preventing abuse.

Prioritizing child abuse prevention within the framework of mental health and well-being is critical for creating a secure and supportive environment for our children. By raising awareness, promoting positive parenting, creating safe spaces, and providing support for survivors, we can work together to eradicate child abuse and ensure that every child's mental health and well-being are protected. A future where children grow up in nurturing and caring environments is a future that empowers them to lead fulfilling lives and contribute positively to society.

The next ten years present both challenges and opportunities for our children. As parents, educators, and community members, it is our responsibility to actively shape the future they will inherit. By promoting responsible technology use, emphasizing environmental sustainability, prioritizing mental health, ensuring equal access to quality education, championing social equality, embracing healthcare advancements, and nurturing essential soft skills, we can build a brighter and more promising future for our children. Together, let us embark on a journey of progress and compassion, paving the way for a world in which our children can flourish and make a positive impact on generations to come.





If you work with children, here are some top tips from Gavin McCormack

- If a child is misbehaving in class, notice the good in him, and the behaviour will subside.
 - If a child is hurting other people in the playground, sit with him, show him care, and he will tell you why.
- If a child is disengaged during lessons, observe him, and he will show you how he likes to learn.
 - If a child doesn't know how to share, model sharing, and he will soon follow.
- If a child looks sad, give him your time, your hand, and your ear, and his smile will appear.
 - If a child is lying, ask him questions, and he will reveal the truth.
- If a child is skipping school, make it his second home, and he won't ever want to leave.
- If a child is not learning, find his passion, activate his senses, and he will soon start to achieve.
- Getting children to feel safe, secure, and heard is all we need to allow them to thrive in school. It's not about sticker charts, extra playtime, or being the teacher's helper. It's about being heard, feeling safe, and being loved!

That's all they need!

If a child is smiling, you're doing a great job!



Dr. John Harrison

Director cum Principal (Litera Valley School)
MBIMB Board Member

I am truly delighted to receive such positive feedback from Dr. Harrison regarding the My Body is My Body Programme. Here is a glimpse into the sentiments shared by his esteemed teachers.

*** Ms. Sneha Kumari (Computer Teacher Grade 4-5 Teacher)**

"The students absolutely love the MBIMB Class in which they are taught how to say NO to child abuse and how to protect themselves. MBIMB Program has helped them immensely as they now even educate their parents about it."

*** Ms. Rashmi Pathak (Primary Coordinator)**

"The kids absolutely love the MBIMB Songs. They enjoy singing it. SO much of learning through fun happens during the MBIMB Class. The small kids have actually understood a lot about their bodies through this beautiful program."

*** Ms. Rohini Roy (Maths Teacher Grade 9-10)**

"The students have become so aware about this topic. The whole family stands educated. The parents are so grateful that we've educated their kids on this pertinent topic. The students are so respectful now towards one another. All of them have become MBIMB Ambassadors".



By: Papy Makela

The My Body is My Body Programme is represented in the Democratic Republic of Congo by the Social Organization for the Development of Children in their Environment, with Ambassador Papy Makela.

The program focuses on activities in the province of Kongo Central, specifically in the Territory of Songololo KM5, at the New Life Center in Jesus Christ, where Charlene Tendo leads as a teacher and the leader Vulnerable Women of Songololo.

One of the key elements of the program is empowering children aged 3 to 14 from the New Life Center Orphanage in Jesus Christ. These children, a total of 25, have responded positively to the lessons. They are motivated, and caring, and show a keen interest in understanding the program's message, which emphasizes the importance of personal boundaries: "It is My Body, My Body, and no one has the right hurt me because My Body Belongs To Me. It is My Body, My Body, and no one has the right to touch Me because My Body is My Body, and I have control over it.

We are thrilled to witness the expansion of our MBIMB Program into the Democratic Republic of Congo (DRC) region, and we are optimistic that it will attract greater participation from individuals willing to





A True Story About Bullying

By Nirjala Poudel

MBIMB Ambassador Nepal

Once upon a time, in a small town, there lived a young girl named Lily. She had just moved to a new school and was determined to make friends and fit in. Maya, a popular and charismatic girl, complimented Lily's appearance, and that was the beginning of their friendship. Lily was thrilled and felt like she had found her place.

Lily's talent for art shone brightly, and her teacher recognized her potential, selecting one of her pieces for a prestigious national competition. Suddenly, Lily found herself admired and accepted by many of her peers. Life seemed perfect, but little did she know that a storm was brewing. One day, while innocently changing her clothes, Lily overheard her supposed friends, Jaya and Sina, mocking her behind her back. Their hurtful words about her body, skin, and teeth left Lily devastated. She tried to brush it off at first, but their cruel words haunted her mind, making it difficult for her to focus on her studies or maintain her self-confidence.

Seeking comfort, Lily confided in Maya about the hurtful gossip. However, Maya's response surprised her. She simply smiled and said nothing, leaving Lily feeling even more alone and confused. As days passed, the gossip intensified, and Lily couldn't escape the realization that her friends were criticizing her appearance in the cruelest way.

A True Story About Bullying

By Nirjala Poudel
MBIMB Ambassador Nepal

With each passing day, Lily's self-esteem plummeted. She looked in the mirror and saw herself through the lens of their hurtful words. She became hyper-aware of her thin frame, skin shade, and what they called "imperfect" features. She had never felt so uncomfortable in her own skin before. Unable to confront her friends or express her feelings, Lily gradually distanced herself from her social circle.

As Lily isolated herself, even Maya eventually drifted away, finding new friends and leaving Lily feeling abandoned. With her support system gone, Lily's life took a downward spiral. Her once bright academic performance dimmed as her confidence shattered. She lost interest in art, the very passion that had once defined her. Lily's infectious smile faded away, replaced by a constant mask of insecurity.

Desperate to fit in and change her appearance, Lily tried everything she could think of to improve her looks. She tried various beauty products, attempted to gain weight, and even considered changing her skin tone. But despite all her efforts, she couldn't alter her natural features or change who she was at her core. In an attempt to shield herself from their judgment, she began covering her body as much as possible, wearing oversized clothes and even masks, caps and glasses to hide.

As time passed, Lily realized that she had lost herself in the pursuit of an unattainable standard of beauty. She had neglected her talents, dreams, and true identity and all above this she forgot to love herself, all for the acceptance of others who didn't truly care about her.

One day, during a moment of self-reflection, Lily realized that she had to stop seeking validation from others and start accepting and loving herself for who she was. She began to rebuild her self-esteem and reconnect with her love for art. Slowly but steadily, she found a new circle of friends who appreciated her for her personality, talents, and the kindness in her heart.

Lily learned an important lesson through her difficult journey. Bullying and body-shaming not only hurt the victim's confidence but also hinder their true potential. She vowed never to let anyone's hurtful words define her worth again. Lily's strength and resilience transformed her, and she emerged from the darkness as a stronger, more confident young woman.

And so, Lily's story serves as a reminder to everyone that we should treat each other with kindness and respect. Beauty lies in diversity, and true friend's value and support each other for who they are on the inside, not just their outward appearance. It is through acceptance and love that we can create a world where everyone can shine brightly, just like Lily did once she rediscovered herself.



**When a
Child is Abused**

When a Child is Abused

(A cognitive/communicative treatment)



*By Wanda Holding
MA, Clinical Psychology
MBIMB Ambassador USA*



Before any Therapeutic sessions can occur, all legalities of the issue(s) must be understood and followed according to the law where the abuse took place. Do not take the law into your own hands.

There are many different opinions about the best way to communicate with children; especially how to communicate with children who have been abused in one or more ways. Some children require specialized hospital treatment. Others need to be separated from abusive family members; some need a foster family for a period of time during treatment.

This is a Cognitive / Communication

Treatment Modality for children with at least average intelligence. Children should be at least 6 years old. The efficacy of this modality increases with age.

Counselors of abused or troubled children must be prepared in multiple areas and have a trusted and comprehensive list of contacts to attend to the child's needs.

You only get to make a first impression once. Counselors, make it count! The Counselor always brings their attitude into each session and it most often sets the mood for the whole session.

An Overview

The focus in this first section of treatment is the Atmosphere, which includes the Counselor's attitude; a comfortable and orderly meeting place: not too clinical and arranged for the comfort of the child.

Being knowledgeable about the child's history and possible needs, the counselor should then take time to become fully mindful of the child and not their grocery list or their own issues.

One thing is certain: the more comfortable the Counselor is, the more comfortable the child will be. The Counselor in this treatment modality must prepare to be the receptacle of this child's pain. An abused child is accustomed to making the abuser "happy."

By far the best way to communicate now is to encourage a gentle back and forth conversation. Speak from your heart which has a logical base. Many children will respond. Do not try to hug or hold the child. The abused child will be helpless and hopeless, especially if the abuse has continued for a long period of time. This is true even if the child is exhibiting angry behavior. The Counselor must be prepared with stories or short videos that help the child to feel they have an appropriate share of the control of the communication - they need to be heard. The first session may not address the abuse directly - that is okay. The focus is establishing an atmosphere of trust. It will not be easy, but it can be done. Schedule another appointment as soon as possible.



**DARREN
HART
FOUNDATION**



Darren Hart Foundation





Darren Hart Foundation

On 24th July 2023. The Darren Hart Foundation (DHF) and the Global Goodwill Ambassadors Foundation (GGAF) made this visit to Memorial Home. We would also like to thank GGAF for donation to make this event a success.

Twenty members of DHF and GGAF confirmed their attendance and turned up. The purpose of the visit was to spend time with the children, donate various items such as cereals flour, bars of soap, books, and provide financial support for their daily needs. But ultimately it was to share and well in God's love together. The visit was to a large extent supported by the GGAF and organized through a collaborative effort of the DHF members who contributed towards transport, lunch, and various donations for the children. We as well give credit to the well wishers who rallied and contributed in one way or another.

The Memorial Children's Home was founded by Monica a loving caretaker who dedicated her life to serving God by helping in bringing up the children. The home has about 80 children who are vulnerable, some are abandoned and some total orphans, ages 1-13 years.

However, due to the lack of food in the area, the home sometimes hosts over 200 children who come solely for a meal from vulnerable homes within Naivasha. The children go there to learn and are taught basic but valuable life skills, such as washing utensils, maintaining cleanliness in their environment and proper hand washing techniques for the little ones. The centre is located about 7km from the Naivasha. The centre provides the children with donations and food when they are in school.





Darren Hart Foundation

After the arrival there was a mentorship program for all the children on, "My Body is My Body." They were made aware of saying no to secrets and the abuses they can receive such as being beaten too hard, kicked, burnt, punched as well as touched inappropriately. They were sensitized on having a right to their body and in any case they are abused, they should report it to a safe adult.

The response received from the children's home visit was really motivational, the children were really happy and open to us and could not hide their joy, they were open to expressing their feelings and ideas and were really bold in how they interacted with us.

In the afternoon during the event day, there were many games and those with various talents were given chances and gifts given in the process.

On cooking, the members split up into teams so as to tackle all planning needed more efficiently. The team purchased all ingredients needed to cook on the previous day and hence we managed to cook enough food to feed both the hosts and the members. We then left the food that can sustain the home for two months.





Darren Hart Foundation

CHALLENGES

The first being a need for transportation to reach the location since it was quite far. We were not able to pay for the examination fees of some of the children due to our small budget, so we concentrated more on food.

RECOMMENDATIONS

Enhancement of the budget.
Encourage more members to be involved.
Have more involving activities with the children.
Consistent visits to the children's home after the visit

CONCLUSIONS

The visit to Monica Memorial home was a success. Members had a good time with the children and it was concluded that they were not to be left alone visitations are to be made regularly in future. The program was well coordinated. Gifts were given, along with donations. The hosts welcomed us with open arms and ultimately the members and hosts were able to bond and most if not all of the objectives were achieved.





EMPOWERING THE FUTURE:
"MY BODY IS MY BODY"
INITIATIVE REACHES
LUGGERE COMMUNITY, JIMETA



MUJIB HOPE FOUNDATION

By Muniratu Jibrin

In a remarkable display of commitment to child welfare, the Mujib Hope Foundation's Adamawa Team embarked on a transformative journey on July 10th, 2023. The sunlit streets of Luggere community in Jimeta, Yola, Adamawa State, Nigeria, bore witness to the impactful "My Body is My Body" Child Abuse Sensitization Program.

The children of Luggere gathered to participate in an enlightening day that would forever change their understanding of personal boundaries and self-empowerment. Under the nurturing wings of the Mujib Hope Foundation, these young minds were guided towards an essential lesson – the safeguarding of their bodies.

The children were not just informed, but inspired, to recognize the value of their bodily autonomy. Through engaging in discussions and thought-provoking activities, they learned to identify and combat inappropriate actions that may encroach upon their well-being. The power of speaking out was emphasized – a powerful tool against any form of abuse or bullying.

In this nurturing environment, the concept of a safety network took root. The children discovered the importance of confiding in trusted adults who form a protective circle around them. The profound "Say No to Secret" rule further solidified their understanding, arming them with the courage to stand up against any attempts to shroud wrongdoing in secrecy.

A symphony of voices rose as the children enthusiastically sang the "My Body is My Body" song, echoing their newfound knowledge and self-assurance. The atmosphere was electric with the promise of a safer, more secure future for each child present.

Guiding this transformative journey was the capable hand of Tanyisu Roberts, whose passion and dedication radiated through every moment of the program. As the anchor of this profound initiative, Roberts ensured that the message of empowerment resonated deeply with every young heart.

The "My Body is My Body" Child Abuse Sensitization Programme leaving an indelible mark on the hearts and minds of Luggere community's children. Through this event, the Mujib Hope Foundation's Adamawa Team not only educated but also ignited a spark of resilience and self-worth in the next generation, paving the way for a brighter, safer world for all.



MUJIB HOPE
FOUNDATION



The Impact of the MBIMB Flyers

Please donate

By Muniratu Jibrin

On behalf of Mujib Hope Foundation, I am writing to express how the MBIMB flyers on safety tips helps to fight child abuse using the MBIMB programme educative materials. It has been transforming the lives of countless children, parents and teachers in the North Eastern Nigeria through the school and community sensitizations carried out by Mujib Hope Foundation.

The headmistress of **Luggere Primary School**, Jimeta-Yola Adamawa State Nigeria mentioned that the MBIMB fliers distributed in her school were helpful and there have been a change in bullying amongst children of the school. She said more flyers are needed to reach the children who couldn't get flyers.

Fintana Fidelis, a parent and beneficiaries of the MBIMB Program from Malamre community, Jimeta-Yola Adamawa state Nigeria mentioned that her home has changed as she has set up body safety rules and enlightened her children about MBIMB program using the educative materials given.

Gift Edison, a parent and beneficiary from Jambutu Community confessed to having a positive lifestyle in her home where parents check on their children often and ask how they feel about what happened in school each day.

Chrissy, Your support means the world to us and the individuals we serve. Once again, thank you from the bottom of our hearts for your incredible contribution. Together, we can create a world where compassion and solidarity prevail.

We give special thanks to the GGA Foundation for funding the flyers for Mujib Hope Foundation and would like to encourage others to **donate** through MBIMB Foudation website or GGA Foundation website to the printing of our flyers, it makes such a difference in communities.



**CULTIVATING CHILD SAFETY:
EMPOWERING PARENTS AND
CAREGIVERS THROUGH
MEANINGFUL
CONVERSATIONS"**



MUJIB HOPE FOUNDATION

By Muniratu Jibrin

The collaboration between the Mujib Hope Foundation and the My Body is My Body Foundation yielded an impactful initiative focused on raising awareness about child abuse. This vital program was broadcasted on NAS FM Radio 89.9 at 4 pm on Monday, July 24th, 2023. The heartwarming response from listeners in Adamawa State, Nigeria, has been truly appreciated.

The program featured an enlightening discussion on child abuse and shed light on the crucial roles that parents and caregivers play in safeguarding children. The significance of this conversation cannot be overstated, as it has the potential to make a lasting difference in the lives of countless children.

In the aftermath of the broadcast, the response has been overwhelming. Calls poured in from listeners spanning various states across Nigeria, each expressing their commendation for the program and its valuable insights. The impact was profound, with listeners eager for more such content in the future.

We were particularly touched by the positive feedback received from individuals who reached out to us via WhatsApp. Their words of encouragement and support served as a reminder of the importance of our mission and fueled our determination to continue advocating for the safety and well-being of children.

To the dedicated team at Mujib Hope Foundation, we extend our heartfelt appreciation. Your commitment to driving positive change through insightful programs is commendable. The engagement and interest that the initiative has garnered so far are a testament to the power of informed discussions in bringing about meaningful transformations.

Every effort made to participate is a step toward creating a safer environment for our children.

We encourage the Mujib Hope Foundation to carry forward this momentum and consider planning additional episodes on this critical subject. The enthusiasm and eagerness of your audience demonstrate a genuine hunger for knowledge and awareness in this domain.

In conclusion, we applaud the Mujib Hope Foundation, and all those who tuned in for their collective efforts in promoting child safety and raising awareness about child abuse. Let us continue to work together to create a brighter and safer future for our children. Your contributions, whether large or small, play a significant role in shaping the world we wish to see.



CULTIVATING CHILD SAFETY:
EMPOWERING PARENTS AND
CAREGIVERS THROUGH
MEANINGFUL
CONVERSATIONS"



MUJIB HOPE FOUNDATION



The young man at the front of the photo is Jeremy Agoyi. He is a Young Ambassador for MBIMB Programme and is the son of Muniratu Jibrin.

He teaches everyone around him the song and how to keep safe.

He has also participated in the MBIMB Competition.

(Well done Jeremy, we are proud of you - Chrissy)



**EMPOWERING THE YOUTH:
"MY BODY IS MY BODY
SENSITIZATION" RESONATES
AT ST. THERESA ACADEMY**



MUJIB HOPE FOUNDATION

By Muniratu Jibrin

The Mujib Hope Foundation's Adamawa Team orchestrated a transformative event on July 17th, 2023. The prestigious grounds of St. Theresa Academy in Jimeta-Yola, Adamawa State, Nigeria, witnessed the impactful "My Body is My Body Sensitization" Child Abuse Sensitization Program.

As the program unfolded, an air of dedication and purpose enveloped the students. Guided by the Mujib Hope Foundation's expertise, these young minds absorbed an essential lesson – the protection of their own bodies and voices. With unwavering commitment, the foundation imparted the significance of safeguarding personal boundaries and speaking out against any threats to their well-being.

Through an engaging blend of discussions, interactive activities, and creative expression, the students understood the essence of self-protection. They not only comprehended the importance of recognizing and resisting inappropriate actions but also realized the power of their voices in dismantling abuse and bullying.

At the heart of the program lay the concept of a safety network – a web of trust that envelops each child. The students discovered the strength of reaching out to safe adults, who stand as pillars of support, bolstering their confidence to confront and conquer adversity. The vibrant "Say No to Secret" rule, vividly captured on MBIMB fliers, added an extra layer of empowerment, enabling them to rise against secrecy and injustice.

The program's rhythm reverberated through the heartfelt rendition of the "My Body is My Body" song. The harmony of their voices echoed their newfound knowledge and empowerment, encapsulating the essence of the day.

The esteemed Director, Rev. Fr. Lawrence, along with the dedicated Headmaster and staff, radiated enthusiasm as they welcomed the Mujib Hope Foundation's team. Their appreciation for the foundation's choice to conduct the program within the school's walls resonated deeply, as they recognized the transformative impact it had on their students.

Guiding this transformative journey were the commendable members of MHF, including Mr. Emmanuel Wassankudi, Miss Tanyisu Roberts, Miss Atiya Manga, Miss Jennifer Ilokwu, and Mr. Abel Kwandodzuat Everest. Their presence infused the event with expertise and passion, driving home the significance of the day's message.

The "My Body is My Body Sensitization" Child Abuse Sensitization Program transcended the boundaries of a traditional lecture, forging an enduring bond between education and empowerment. Through this event, the Mujib Hope Foundation's Adamawa Team not only educated but also ignited the flames of courage and self-worth in the hearts of St. Theresa Academy's students. The future shines brighter as these young minds stand tall, equipped to safeguard their bodies, voices, and dreams.





INTRODUCING STEPHEN SSENGOBA



A Story of Hope: His Grace Orphanage Ministry and the Angel Carol

My Body is My Body Foundation is proud to share the story of our latest Ambassador from Uganda, Stephen Ssengoba. His vision with the My Body is My Body Programme is reaching out to all children and young mothers to teach and educate through child protection to promote body safety and to create a better place for Children in Uganda.

In the bustling town of Masaka, Uganda, lies a tale of triumph over adversity, a story that has touched the lives of many and brought hope to the hopeless. This is the story of His Grace Orphanage Ministry and its founder, Ssengoba Stephen, whose life was transformed by an angel named Carol.

Born into a world of poverty, alcoholism, and neglect, Stephen's early years were marked by hardship and sorrow. Left home alone at the tender age of two, he found himself living on the unforgiving streets, abandoned by his father and with his mother struggling to make ends meet. The scars of his turbulent childhood would stay with him forever, but a chance encounter with an angel named Carol changed everything.

Carol saw a young boy on the streets, surviving on dirty, leftover food from rubbish pits. Instead of turning away, she chose to extend her hand and offer Stephen a lifeline. Taking him under her wing, she treated him with love and care, providing him with nourishment, clean clothes, and a place to call home. Through Carol's unconditional love and guidance, Stephen discovered the gift of God and the promise of a better future.

INTRODUCING STEPHEN SSENGOBA



A Story of Hope: His Grace Orphanage Ministry and the Angel Carol

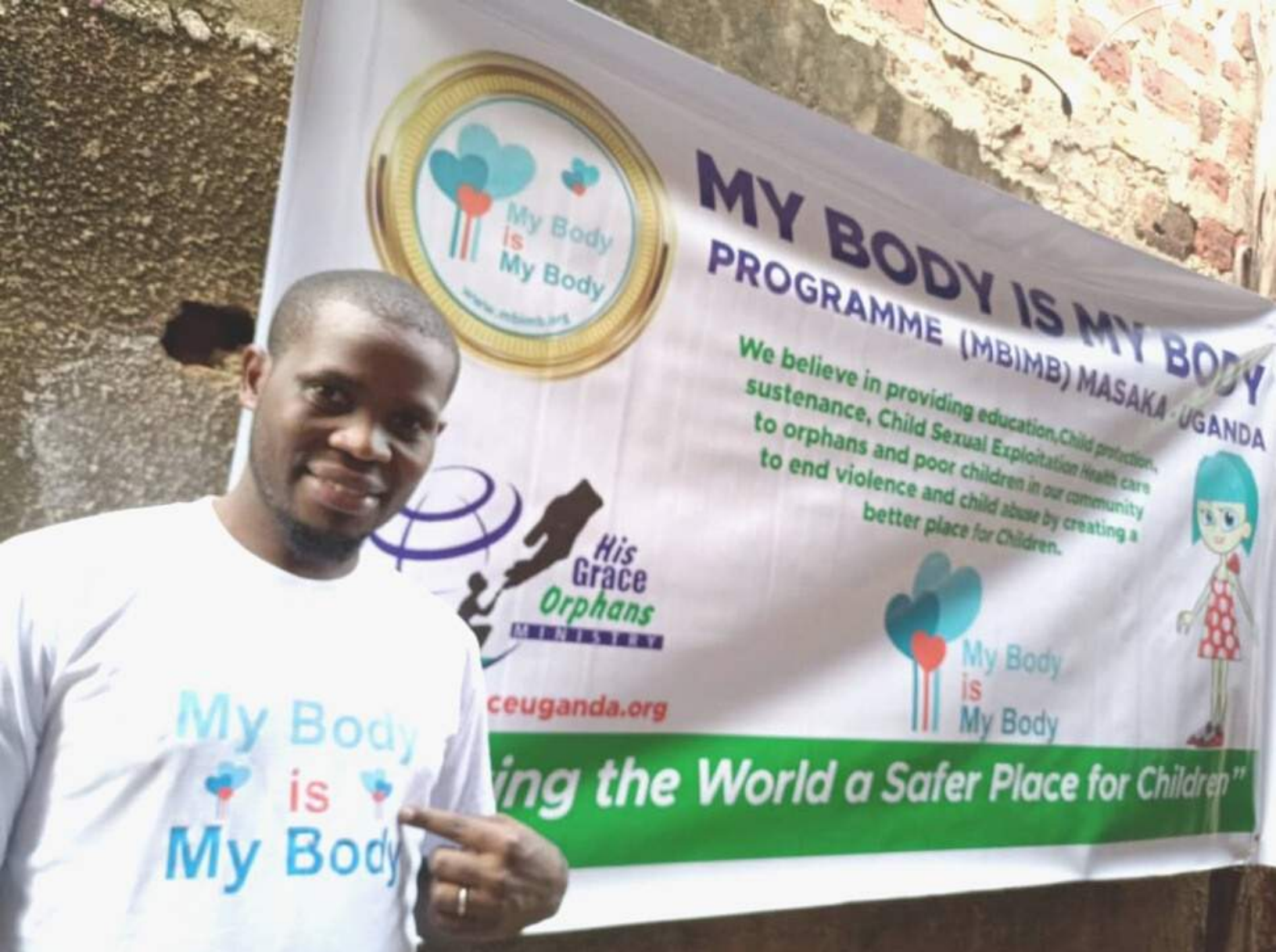
As Stephen grew, Carol became his rock, his mentor, and the mother he never had. She nurtured him not only physically but spiritually as well, sharing the teachings of the Bible and instilling in him a sense of purpose and hope. It was through her teachings that he found solace and decided to embrace Jesus Christ as his Lord and Savior.

Carol's devotion knew no bounds. She supported Stephen through his education, ensuring that he had access to schooling from primary one to high school. Her unwavering belief in him fueled his determination to succeed, and Stephen thrived in his studies. But tragedy struck when Carol was taken from this world in a devastating accident. Despite the immense loss, her impact on Stephen's life endured.

With the support of Carol's church and community, Stephen found the strength to carry on. He completed his high school education and emerged as a beacon of hope and inspiration for others in similar circumstances. The seed of compassion planted by Carol had taken root and blossomed into His Grace Orphanage Ministry, founded by Stephen at the young age of 30.

Determined to pay forward the kindness shown to him, Stephen established the ministry to provide neglected and orphaned children with love, care, education, and, most importantly, hope. His Grace Orphanage Ministry has become a sanctuary for the vulnerable, a place where young hearts find solace, and dreams are given wings to soar.





INTRODUCING STEPHEN SSENGOBA

Today, His Grace Orphanage Ministry stands as a testament to the resilience of the human spirit and the transformative power of love and compassion. Stephen's journey from a destitute child on the streets to a beacon of hope for others is a testament to the strength of the human spirit and the power of kindness.

In every child who finds shelter and warmth at His Grace Orphanage Ministry, Carol's legacy lives on. And in every life Stephen touches, the echo of her angelic presence resonates, reminding us all that one act of love can change a life forever.

As we reflect on this extraordinary tale, let us remember that in the darkest of times, angels may appear in unexpected forms, and hope can blossom from the most unlikely places. His Grace Orphanage Ministry is a living testament to the belief that every child deserves love, care, and the chance to blossom into their full potential. Together, let us continue to spread love and kindness, for it is in those acts that we create a brighter, more compassionate world for all. Thank you Stephen for joining our mission to create a Safer World For Children.



INTRODUCING FARHEEN LODHI

A Journey of Strength, Identity, and Resilience

By Farheen Lodhi

MBIMB Ambassador for Pakistan

GGAF for Pakistan

Being a daughter is a pride not a shame. I was 13 years old when both my father's hands were badly burned in an electric short. At that young age, I decided to be a son of the house and even saw it as a son. I Worked day and night with hard work and dedication for better earnings. I also continued my education and performed the duties of a son.

As good as this world looks, it is also cruel at that young age, I saw the behaviours and lack of respect of people which made me weak for a while, but I gained such independence and courage that I became like a rock. Even at that time, people used to say that Farheen could do only one thing either to become her father's arm or to get an education and make her own identity. But thanks to Allah and the prayers of my parents, who brought me to a place where maybe those who have a strong support behind them can go in peace. And when peace came in life, life gave me another shock. My husband died 15 days after my marriage. Once again I was shattered, but perhaps this accident taught me the lesson that I am humanity and promote by keeping it in front. Because life is very non-standard and unpredictable, you don't know when someone's evening will be, but do something in such a way that you are remembered in hearts, you are mentioned in someone's prayers. That is why my mission now is humanity and ethics. I think it is enough that now I am the pride of my parents. This is my story of transformation.

WHY DON'T CHILDREN USE THEIR INSTINCT & SPEAK UP?



NNECA
NATIONAL NETWORK TO END CHILD ABUSE



Why Don't Children Use Their Instinct & Speak Up?

By: Suhail Hanif - NNECA



Over the years so many parents and teachers / carers have asked me this question.

It's crucial to shed light on the issue of why children don't use their instincts in situations of danger and abuse. According to statistics, 1 in 10 children will experience sexual abuse before the age of 16.

Parents often wonder why their child did not run or shout out when they sensed danger or were being abused. The truth is, children do have instincts like adults, but when experiencing trauma, they cannot act upon them. Trauma can cause the body to freeze, dissociate or disconnect from their senses, making it difficult for them to react.

It is our responsibility as trusted adults to educate children about their instincts, senses and gut feeling, and how their second brain works to warn them of danger. However, we must also understand that few children will be able to act while suffering the horrific trauma of sexual abuse.

As CSA professionals and teachers, we can use techniques like imagining happy and scary scenarios to help children recognise the physical sensations in their bodies when they feel happy, scared, nervous, or hurt. These include butterflies in the stomach, a fast heartbeat, inability to move, chills up the spine, hot and sweaty, and weak knees. By identifying these sensations, children can learn to recognise and trust their instincts.

But the most critical aspect is listening to children and hearing what isn't being said. It is essential to create a safe space for children to share their experiences without judgment or blame. According to research, only 10% of children who experience sexual abuse disclose it, and it takes an average of 20 - 30 years for survivors to disclose their abuse. We must create an environment where children feel comfortable to share their experiences and be believed.

In conclusion, it is crucial to educate children about their instincts, create a safe space for them to share their experiences, and listen and believe them when they do. As a society, we must work towards preventing child sexual abuse and supporting survivors in their healing journey.

TEACHER & PARENT
RESOURCE

COURSE OBJECTIVES

9 LESSONS

YEARS 5+



COMING SOON

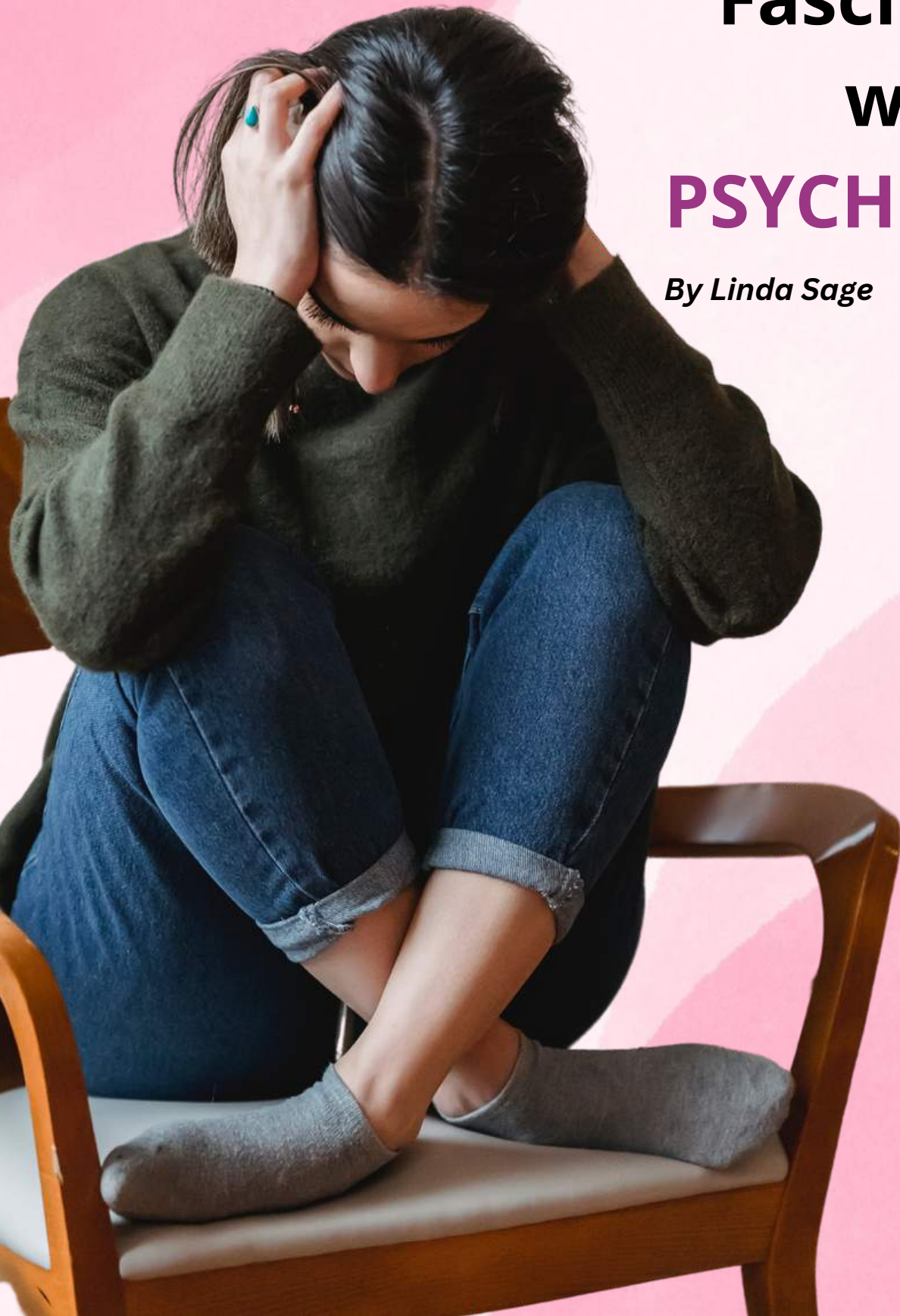
Digital Discoverers: Young Explorers Navigating The Internet

A project to empower
children on internet safety



The Enigma of Women's Fascination with **PSYCHOPATHS**

By Linda Sage



The Enigma of Women's Fascination with Psychopaths

The dynamics of human attraction have puzzled researchers and individuals alike for centuries. Among the many perplexing facets of attraction, the fascination some women exhibit towards psychopathic individuals stands out as an intriguing and often controversial topic. In this comprehensive analysis, we aim to delve into the reasons behind this enigmatic phenomenon, exploring the psychological, societal, and personal factors that contribute to why some women are drawn to individuals with psychopathic traits.

Understanding Psychopathy:

Before we explore the complexities of attraction, it is crucial to gain a clear understanding of psychopathy. Psychopathy is a personality disorder characterised by a range of traits, including superficial charm, manipulateness, lack of empathy, impulsivity, and a grandiose sense of self. It is essential to recognise that not all psychopaths engage in criminal behaviour, as media portrayals often inaccurately suggest.

The Allure of the "Bad Boy" Persona:

One possible explanation for the attraction some women feel towards psychopathic traits lies in the allure of the bad boy persona. Psychopathic individuals often possess magnetic charm and confidence, which can be captivating during initial interactions. Women may find themselves drawn to the excitement and unpredictability that come with being involved with someone who exhibits such self-assuredness and assertiveness.

Confidence and Dominance:

Psychopaths often exude an air of confidence and dominance, which can be alluring to some individuals. Women, in particular, may be attracted to partners who appear strong and capable, as these qualities can create a sense of security and protection. The self-assuredness of psychopaths can make them seem more desirable in comparison to individuals who may be more reserved or uncertain.

Emotional Manipulation and Intensity:

One of the most significant factors behind the attraction some women feel towards psychopaths lies in their adeptness at emotional manipulation. Psychopaths are skilled at understanding and exploiting the vulnerabilities of others, creating intense emotional experiences for their partners. This manipulation can create a powerful and addictive emotional bond, fostering a sense of dependence and connection.

Thrill of Risk-Taking:

Psychopaths are known for their penchant for risk-taking and impulsive behaviour. The allure of a life filled with unpredictable experiences can be appealing to women who crave excitement and novelty in their relationships. However, the inherent risks and potential negative consequences of such a lifestyle are important aspects to consider.

The Impact of Childhood Trauma:

Research suggests that individuals who have experienced childhood trauma may be more susceptible to developing relationships with psychopathic individuals. Traumatic experiences can profoundly impact one's perception of love, attachment, and trust. As a result, some women who have endured early adversity may find themselves unconsciously attracted to individuals who mirror the characteristics of their past experiences, perpetuating a cycle of trauma.

Sensation-Seeking and Hypermasculinity:

Women who are high in sensation-seeking may be more inclined to be drawn to psychopathic traits due to their desire for intense experiences and novelty. Additionally, certain psychopathic traits, such as hypermasculinity, can be appealing to some women who seek partners who embody traditional gender norms and roles.

Media and Pop Culture Influence:

The portrayal of psychopathic characters in movies, books, and television shows can also influence women's perceptions and attitudes towards psychopathic traits. In some instances, fictional portrayals may romanticise or glamorise psychopathic behaviour, leading to a skewed perception of these individuals.

Conclusion:

The attraction some women feel towards psychopathic individuals is a complex and multifaceted phenomenon influenced by a multitude of factors. From the allure of the bad boy persona to emotional manipulation and the thrill of risk-taking, understanding this attraction requires a comprehensive exploration of psychology, societal influences, and personal histories. It is essential to approach this topic with sensitivity and nuance, recognising that individual preferences and experiences vary significantly. As we continue to study and understand the complexities of human attraction, it is crucial to promote empathy and compassion towards those who find themselves in such relationships. By shedding light on this enigmatic phenomenon, we can better equip ourselves to navigate the complexities of interpersonal relationships and foster healthier connections based on understanding, respect, and mutual fulfillment.



Women Empowerment and Disempowerment

by dee russell-thomas





The first question is why should we have to write about women empowerment in today's world? Do we not believe in equitability? Do we not have laws that ensure fairness justice and equality of opportunity?

For many years women have fought to be accepted, to be valued and to be respected in this world. In the last century suffragettes fought for the right to vote whilst in other parts of the world, women were too busy just trying to survive on limited food and water.

Too often women have been denied the opportunity of an education, career or even a voice. There has been an assumption that women are destined for childbirth, for nurturing and for maintaining a home. The man is the warrior, the provider, the decision-maker. These gender specific roles are now being challenged but it can take years to make changes and still there are many anomalies.

We sometimes talk about breaking the glass ceiling in order to pursue our careers – I sometimes think it can feel more like trying to break through concrete ceilings... solid, cold and impenetrable. We strive for fair pay, for the chance to pursue leadership roles and to develop paternity leave to allow each parent the responsibility of staying at home and caring for children. In other parts of the world, there is not even the opportunity for a discussion let alone an attempt to initiate change. Whilst we might fight for independence, equitability, acceptance there are women who are forced to hide themselves away, made to walk miles in search of clean water for their children, denied access to education, beaten by their partners and left to feel worthless.

Let us consider some of the issues:

Domestic and sexual violence... many women are living in fear of their lives.

Lower pay... many women are doing the same job as their male counterparts but for less money

Lack of access to education... many are denied schooling just because of their gender

Inadequate healthcare... many are left to try and deal with their own health issues

LGBTQ+ rights ... many live in fear of being discovered and are victimised for their sexual orientation

Child marriage... many are forced into inappropriate relationships with older men

Menstrual needs... many are denied the sanitary protection needed and miss schooling.

FGM... many are made to undergo dangerous and unnecessary circumcisions

Abortion... many are forced into illegal abortions because they are denied safe medical procedures.

Leadership/policy-making opportunities....
Many are not considered for managerial roles

I'm just so tired of watching myself and every single other woman tie herself into knots so that people will like us. "

Recently I watched the newly released film "Barbie". I had no preconception of what to expect and was pleasantly surprised. It tackled the misconceptions of being a woman, the faulty image of perfection, the gender roles and the harmful effects of stereotyping. There is a speech delivered to a disillusioned Barbie which will resonate with many: -



"It is literally impossible to be a woman. You are so beautiful, and so smart, and it kills me that you don't think you're good enough. Like, we have to always be extraordinary, but somehow, we're always doing it wrong."

You have to be thin, but not too thin. And you can never say you want to be thin. You have to say you want to be healthy, but also you have to be thin. You have to have money, but you can't ask for money because that's crass. You have to be a boss, but you can't be mean. You have to lead, but you can't squash other people's ideas. You're supposed to love being a mother, but don't talk about your kids all the damn time. You have to be a career woman, but also always be looking out for other people. You have to answer for men's bad behavior, which is insane, but if you point that out, you're accused of complaining. You're supposed to stay pretty for men, but not so pretty that you tempt them too much or that you threaten other women because you're supposed to be a part of the sisterhood. But always stand out and always be grateful. But never forget that the system is rigged. So, find a way to acknowledge that but also always be grateful. You have to never get old, never be rude, never show off, never be selfish, never fall down, never fail, never show fear, never get out of line. It's too hard! It's too contradictory and nobody gives you a medal or says thank you! And it turns out in fact that not only are you doing everything wrong, but also everything is your fault.

“I RAISE UP MY VOICE -NOT SO THAT I CAN SHOUT BUT SO THAT THOSE WITHOUT A VOICE CAN BE HEARD” Malala Yousafzai



It is time the modern woman stopped trying to be something for someone else. It is time we worked together to support each other, to accept who we are, what we look like and how we feel. We need to outstretch our hands and lift our fellow women warriors and together, we need to work out how we can help those with no voice, those living in fear and those who are unfairly disadvantaged just because of where they were born, what their gender might be and because there are limited resources and little value placed on being female. Without brave women like Rosa Parks, Malala Yousafzai, Emily Pankhurst, women wouldn't have the rights we have today. It is now our turn to speak up for those less fortunate, those living in fear who are unable to make their voices heard.

<https://refuge.org.uk> for those seeking help from domestic violence

<https://www.actionaid.org.uk> supporting women across the world

<https://www.unwomen.org> united nations support

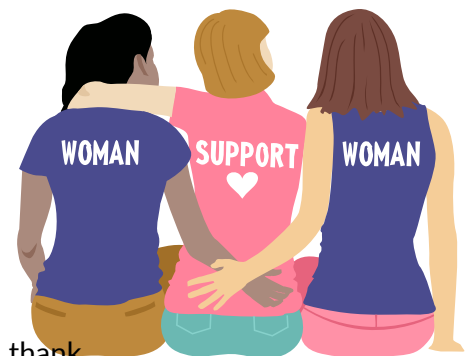
<https://malala.org/> Malala Fund: Helps fund education for young women around the world.

[Global Fund for Women: Allocates funding to help women fight for gender equality.](#)

Please join us in changing life chances and empowering disadvantaged women across the world.

To begin with, we can look at the following areas and consider ways of assisting: -

1. **Boost self-esteem.** Don't be afraid to compliment and encourage others
2. **Shut down negativity.** Don't allow other women to be put down.
3. **Be open and honest.** Share your story and difficulties and listen
4. **Advocate for female colleagues.** Encourage the advancement of others
5. **Lead by example.** Be a strong, positive role model
6. **Help provide clean water.** This is a basic need and women fight for it.
7. **Become a mentor.** Take time to inspire, guide and support others
8. **Support women-run businesses.** Invest, donate, recommend and shop
9. **Know your own worth.** Be brave and ask for what you deserve.
10. **Fight against injustice.** Stand up for your rights and inspire men to join you
11. **Help a new mother adjust.** Offer support, understanding and time.
12. **Show your appreciation for the women in your life.** Compliment, praise and thank.
13. **Keep a girl in school.** Look at contributing to a girl's education.
14. **Donate to women's shelters and refugees.** Assist the most vulnerable who may have fed domestic violence
15. **Support organizations that empower women.** Have a look at what is available in your area or on a global scale or through GGAF.





Become an MBIMB Ambassador



Be the Voice of Change with Us!

Together, We Empower. Together, We Protect. Together, We Thrive.

At the heart of our mission lies an unyielding passion for the safety and protection of children. We're reaching out to individuals who share this passion, inviting you to step into the transformative role of a My Body Is My Body Ambassador. Why? Because our Ambassadors are the driving force behind spreading our vital message far and wide. Without you, children and parents would miss out on this crucial information.

Together, we're building a global community of Ambassadors, each playing a pivotal role in crafting a world that's safer for children. To all those who've already joined our ranks, thank you. Your commitment echoes loudly in the effort to create a nurturing haven for our young ones.

What It Means to Be an MBIMB Ambassador:

As an MBIMB Ambassador, you're not just a representative; you're a beacon of change within your community. Whether you're linked with a school, an NGO, or a community organization, your involvement matters. We want you to be a recognized figure, deeply engaged with children and parents alike. In addressing the sensitive topic of child abuse, your work becomes a positive force, offering knowledge, empowerment, and, above all, safety.

Empowerment Through Action:

Your impact as an Ambassador ripples through various avenues:

1. **Spread the Word:** Utilize the power of social media to share the My Body Is My Body Programme with your community. Share it in person too—whether you're in a classroom, with family, or interacting with parents. We even have a community programme tailored for parent-child discussions.
2. **Inspire Young Minds:** Personally introduce the program to children aged 3 to 10. Your engagement can happen in their classrooms or within your family. Encourage older children to cascade this knowledge to their younger siblings. Our goal is to ignite open conversations about child abuse prevention.
3. **Feedback Matters:** Your experiences, feedback, and the responses of the children you reach are invaluable. By sharing these, you actively contribute to refining the program, ensuring it remains effective and impactful.
4. **Strengthen Community Engagement:** Stay connected within MBIMB groups and encourage fellow community members to join hands. Your enthusiasm could be the catalyst that drives others to step forward.

Become an MBIMB Ambassador

Join Us in Creating Change:

As you step into the role of an MBIMB Ambassador, you will become a beacon of hope for children everywhere. Your actions today set the stage for safer tomorrows.

The My Body Is My Body Programme thrives on community, collaboration, and your unwavering dedication. Join us now and be the guardian that every child deserves.

Together, We Empower. Together, We Protect. Together, We Thrive.



Creating community awareness of how to start the conversation about child abuse prevention worldwide



Educating as many children as we can on the subject of "Body Safety" worldwide



Educating parents, teachers and community leaders with our free courses



Offering as many languages as we can to extend our worldwide reach



Providing resources and information on preventing child abuse for parents and other interested adults

[Click Here To Apply](#)



www.mbimb.org



NEW AMBASSADOR



Dr Neeta Bali

Director- Schools , Seth Anandram Jaipuria





NEW AMBASSADOR



Ssengoba Stephen

Co-Founder His Grace Orphans Ministry





NEW AMBASSADOR



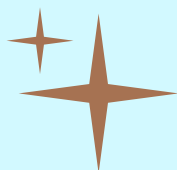
Malini Bharadhwai

Early Childhood Educator





www.mbimb.org



My Body is My Body Foundation
Charity Number 1199901