

# My Body Is My Body Body Safety Program

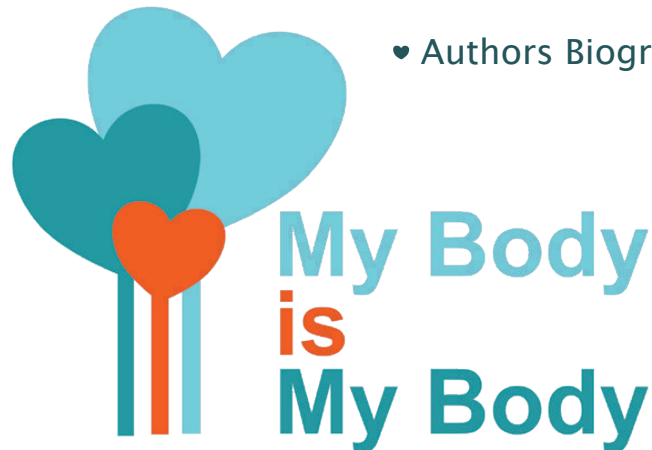
Welcome to the My Body Is My Body Animated Musical Program

It is one of the most successful, positive and fun filled musical "body safety" programs around. This Free program has been animated so that the videos can be shared with children in schools, nursery schools and homes around the world.



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[www.mybodyismybody.com](http://www.mybodyismybody.com)

# About The Program

The consequences of child abuse for the affected child and for society as a whole are substantial, and education is one of the best ways to prevent this from happening. If a child is already in an abusive situation, this program will give them the knowledge of what to do, and who to turn to, so that they can try and get some help.

The earlier we can teach children about the subject of “Body Safety” the better, and I know that this programme works for children from the age of 3, as the program has been presented to over 500,000 children around the world with great success.

The beauty of the My Body Is My Body Programme is that it can be taught by anyone. Social workers, teachers, day care providers, parents, after school programme providers, sports club organisers and many more. It is simple, memorable, and opens the channels of communication about the subject of abuse, which is of the utmost importance.

“How do you approach young children about the subject of child abuse?” Most adults don’t like to talk about the subject of abuse, and the thought of trying to approach young children in a positive manner can be a daunting prospect. The fun songs in this programme allow people to engage with children in a simple and positive way.

Why music?

Songs are also a wonderful way for children to remember the important messages being taught as they are interactive. I am sure you all remember little songs that you were taught as a child, these songs and messages will stay with the children and will also be good grounding for future life lessons.

A study which involved children, published in the Journal of Music Therapy, showed that music, and learning new songs relate to a more positive self concept and development of self esteem, helping children feel better about themselves.



# About The Program



## Preventing Child Abuse

Are you looking for a way to teach young children about "Body Safety" but you don't know where to start?

We'll look no further !!

Our child abuse prevention program contains activities to teach child abuse prevention to children all around the world.

The My Body Is My Body Program will give you a step by step easy way to approach this subject through fun animated songs.

This simple program will give you a way to empower children and help you open the lines of communication.



## Our International Program Includes

- ♥ Teaching downloads in over 16 languages
- ♥ 6 Fun songs to help prevent abuse
- ♥ Step by step instructions for each song
- ♥ Ideas to get the children involved
- ♥ Signs of abuse
- ♥ Lot's of useful information

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# About The Program



## Who Should Present this program?

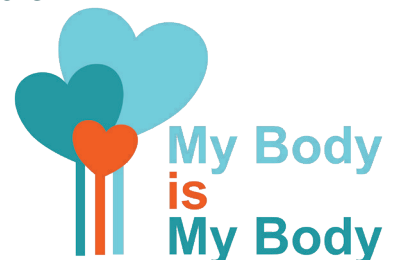
- ♥ Parents
- ♥ Nursery School Teachers
- ♥ Teachers
- ♥ Social Workers
- ♥ Music Therapists
- ♥ Sports Coaches
- ♥ Anyone Working With Children From 3 – 10 years Old

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## Benefits of the program

- ♥ Keeping children safe by preventing child abuse
- ♥ Dealing with this subject in a positive non-threatening way
- ♥ Open the lines of communication with children
- ♥ Children can have fun learning
- ♥ Children will remember the message through the music
- ♥ Learn to recognise the signs of child abuse

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# What Is Needed To Present The Program

When presenting this program in a school or or other organisation  
PLEASE MAKE SURE:

- ♥ You know the procedures for reporting abuse and who to report to
- ♥ Know what associations are available to help you with any problems
- ♥ Read our section on how to respond if a child discloses abuse to you

## What you need to present

- ♥ As a parent – you need access to the internet and a computer, tablet or phone
- ♥ As a teacher – if you have access to a laptop I suggest you present the program to small groups of children so that everyone can hear the message and the songs
- ♥ As a teacher – If you have access to a projector and sound system you can present the program to a hall full of children

Make sure no matter how large or small the group of children –make it fun for them and get the children to join in. After presenting the program, always leave time to discuss the song subjects with the children, do the activities and let the children ask questions. It is important that they feel comfortable with the subject matter

## If a child reveals information to you

- ♥ Remain calm and do not force the child to give information.
- ♥ Comfort the child and thank them for sharing with you then notify your relevant Child Protection Services.
- ♥ Remember a child may only disclose a small portion of information at a time until they see your reaction is calm and supportive.

All videos are available on Youtube and our website  
[www.mybodyismybody.com](http://www.mybodyismybody.com)

# How To Present The Program

How to present this programme:

Keep it fun –

The songs are fun positive animations, introduced by a cartoon character called **Cynthia**. Sing along, do hand movements, dance, do anything to try and make the message memorable.

Keep it simple –

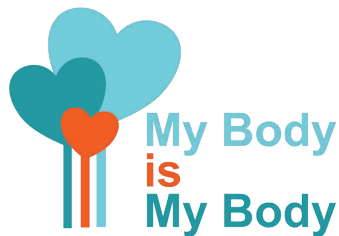
Young children do not need to know any “in depth” details of abuse just give them simple rules:

- ♥ Nobody should be hurting you
- ♥ Nobody should be touching your private parts
- ♥ Nobody should take photos of your private parts
- ♥ If you have a problem tell somebody
- ♥ Don't keep secrets if someone is hurting you or touching your private parts
- ♥ Tell someone if you are being bullied

Keep it positive –

The main objective is to empower children so they feel positive about their bodies, and safe in the knowledge that they have someone to talk to if there is a problem.

It is a good idea to have a letter writing or drawing session after each lesson asking children to draw a picture about what you have been talking and singing about or maybe they can write about something that has happened to them or something that is worrying them.



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# Songs And Objectives



There are 6 songs each dealing with different aspects of educating children about body safety.

- ♥ Song 1. My Body Is My Body

Song Objective

To teach children that their body is their own and no-one has the right to hurt them or touch their private parts.

- ♥ Song 2. If It Don't Feel Right – Don't Do it

Song Objective

To teach children to listen to their own feelings.

To talk about peer pressure

To help children with body empowerment

- ♥ Song 3. The What if Game

Song Objective

To teach children to say NO with authority in difficult situations

- ♥ Song 4. If You've Got A Problem

Song Objective

To reinforce the learning of telling someone if there is a problem and if that person doesn't listen, keep telling till someone does listen

- ♥ Song 5. Love Is Gentle

Song Objective

To teach children that love is gentle and kind and is all about caring, sharing and trusting

- ♥ Song 6 Say "NO" To Secrets

Song Objective

To teach children NOT to keep SECRETS

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# Program Testimonials

## **Dr.Tufail Muhammad President ISPCAN**

This unique approach of using music and songs to convey the preventive messages has proved very effective and appreciated both by children and teachers. I am aware that your ever growing global network of volunteers and ambassadors is very enthusiastic about this program and are reaching children through the school system in all parts of the world. I wish and hope that soon it will reach a critical mass to make a significant impact at global level.

## **Compassion International**

This is a public website that anyone can access, including the more than 7,000 churches in 25 countries. Compassion intends to encourage our 7,000 churches in 25 countries to consider integrating the My Body is My Body curriculum into their work with younger children, as these courses are well thought out, engaging, informative, and available in many of the languages native to areas of the world where Compassion programming takes place."

## **State of Tennessee – Dept. of Human Services – Commissioner Bob Grunow**

As commissioner of the Department of Human Services I would like to thank you on behalf of the State of Tennessee and the many school children of Tennessee who have benefited from your efforts. The program is one of the largest child sexual abuse prevention programs delivered within the the Tennessee public school system. Your program is entertaining, non-threatening and effective.

## **Commissioner Charles E Smith – State Department of Education Tennessee**

It is a pleasure to express our support in the work you have done. Many of our schools have implemented the program with great success. We often recommend this material for meeting our state curriculum mandate for the prevention of child sexual abuse in health education.

## **Kasthuri Gunasegaran – The Learning Castle, Singapore**

"Thank you Chrissy Sykes for crafting such an important program to be integrated in every classroom's curriculum. I am truly amazed and thankful to you for designing this child abuse prevention program in such an amazing way that it was breezy for us educators to open the communication on this subject which most adults avoid discussing about.

## **Metropolitan Public Schools – Helen Brown, Ph.D Director**

I want to let you know that the "My Body Is My Body" program is making a positive impact in our schools. The feedback from principals and teachers has been very favourable. Your positive approach through music provides basic information needed in a non threatening way.

## **Ada Buys – PATCH Child Abuse Centre, South Africa**

We love the My Body is My Body programme. We regularly share the songs via Social Media for both parents and children to make it easier to talk about this sensitive subject. And our therapists will also use it as the last phase of therapy, when they work on empowering the children.



# How We Started The Program

Excerpts from – The National Coalition On Child Abuse and Neglect

In early 1989, Chrissy was asked if one of the songs she had written about an abused child called "Kimberley" could be used by the State Of Texas Child abuse Prevention Campaign. Chrissy consented and later that year during Child Abuse Prevention Month the Texas Child Welfare Board sold 14,000 records and tapes of the song and raised \$70,000.

During a 3 week child abuse prevention awareness tour, Chrissy found audiences being receptive and open, not only to discuss the subject of child abuse, but learning about the problem and how to prevent it. Music being her main mode of communication these presentations stirred her creativity and from her own experiences and those shared with her, she began to write her thoughts through songs and here began the "My Body Is My Body" Program. Working closely with professionals Chrissy put together the program that would go hand in hand with the songs. The program was approved by the Department of Human Services in Texas.

Chrissy then moved to Tennessee and the Program was referred to the Nashville Coalition On Child Abuse and Neglect by the Department of Human Services and the project became the Coalition's first Major undertaking.

A research study published in the Journal of Music Therapy which involved children, showed that music, and typically group singing activities like the "My Body Is My Body" program found an increase in trust and group cohesiveness and cooperation. In addition, singing and developing music skills ( like learning new songs) relate to increasing a more positive self concept and development of self esteem – helping kids feel better about themselves.

In a 5 year period Chrissy presented the program to over 350,000 children in Texas, Tennessee, Florida and Virginia, working with Schools, PTAs, Department of Human Services and Department of Education."

An important piece of information came to light when Chrissy was visiting the Tennessee State Prison where some of the inmates were asked – "What would you do if a child said No to you?" the answer was "We would look for another child that did not say No" So therefore the answer is to educate as many children as possible to say NO !!!



# Author Biography



As an award winning singer/songwriter with a career in South Africa and Nashville, USA, Chrissy decided to put her songwriting skills into practice by writing the My Body is My Body Program. The program was developed in conjunction with various Departments of Education and Departments of Human Services in the United States of America.

Chrissy realised that she could only reach a small portion of children by presenting the live show, so she decided to animate the program so that it could be shared on the internet and distributed to schools, teachers and parents worldwide.

It took Chrissy 4 years to learn how to animate and set up her studio and in 2017 she released the first animation in English. The videos were so well received that she had several requests to produce them in various languages.

To date the program has been translated into 16 languages and animations have been viewed nearly 500,000 times on youtube. This is not a true reflection as to how many children are watching the videos as Chrissy sends many schools, NGO's and Foundations all the videos to download due to many areas not having suitable internet.

This program is FREE to everyone. All the translations and language voices have been done by volunteers. There is no funding, and everything that has been achieved has been through the kindness and goodwill of caring people who want to make a difference. Thank you to everyone concerned.

[www.mybodyismybody.com](http://www.mybodyismybody.com)

# Contact My Body is My Body



## Contact us

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- ♥ Website [www.mybodyismybody.com](http://www.mybodyismybody.com)



My Body Is My Body



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