



**My Body
is
My Body**



Let's Talk About



Child Abuse Prevention



My Body is My Body

www.mybodyismybody.com

This programme will give you a different, positive, empowering way to approach the difficult subjects around child abuse and body safety with children, using music and cartoon animations.



My Body is My Body

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, or at least if a child is already in an abusive situation, it will give them the knowledge of what to do, and who to turn to, so that they can 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 1 million children around the world with great success.

We as parents, teachers, social workers and members of our communities need to build a strong support system for our children to grow.



ISPCAN Statistics

Over 40% of children around the world experience abuse annually, this relates to over **1 Billion children every year.**

The following are facts from ISPCAN which is the International Society For The Prevention Of Child Abuse and Neglect.

Evidence is mounting that child maltreatment is the precursor to many of the major social problems today:

- 95%** of child abusers were themselves abused as children
- 80%** of substance abusers were abused as children
- 80%** of runaways cite abuse as a factor
- 95%** of prostitutes were sexually abused
- 78%** of the prison population were abused as children
- 50%** of suicide attempts reported having been sexually abused
- 100%** of child abuse and neglect is **PREVENTABLE**



Effects of child abuse

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Now that you have seen some statistics about child maltreatment, let's look at the effect that it has on the children in our communities.

There are many long term effects that can be caused by child maltreatment:

- * Low self esteem
- * Emotional Problems
- * Depression and or Anxiety
- * Eating disorders
- * Self Harm
- * PTSD (where children can re-experience the traumatic events of abuse)
- * Suicidal thoughts
- * Problems with physical injuries, burns, or fractures
- * Difficulty forming and maintaining relationships
- * Infected with life changing Sexually transmitted diseases.



All of these have negative life long effects on children, also creating a great burden on society as there are significant social and economic costs. These are just some of the reasons we have to take the subject of prevention so seriously.

**Finkelhor, D. (2012). Characteristics of crimes against juveniles. Durham, NH: Crimes against Children Research Center.

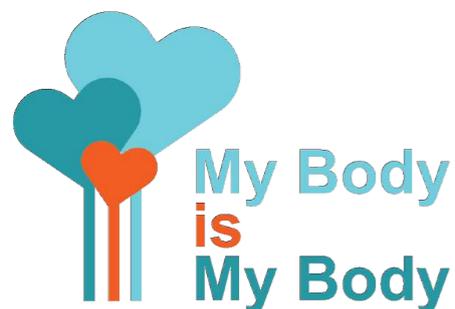
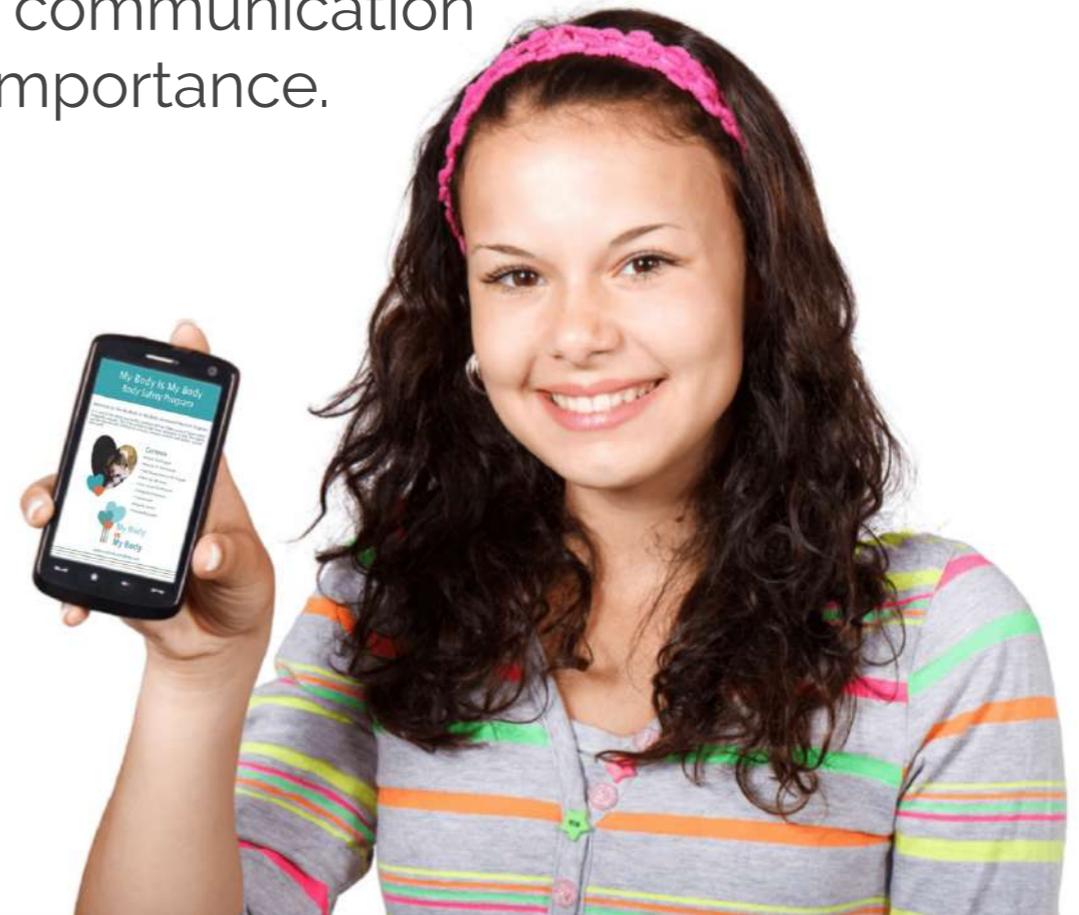


Benefits of the program

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The beauty of the **My Body Is My Body Program** is that it can be taught by anybody. 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.



Talking about child abuse

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“How do we 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 really difficult.

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.



Important Information

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If you are presenting this program as part of a school or any other organisation

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

If you are using this program as a parent -

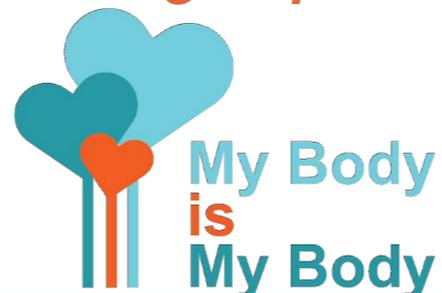
All you need is access to the internet and a computer or your phone or tablet.

If you are using this program as a teacher -

If you only have access to a **small computer**, I suggest you present the program in small groups of children so everyone can see and hear the videos.

If you have access to a projector and a sound system - you can present the program to a full hall of children.

Be sure that no matter how big or small the group - make it fun and get the children to join in...



Languages

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- *Arabic
- *Bengali
- Chinese
- *Dutch
- *English
- Farsi
- *French
- German
- *Hindi
- Italian
- Polish
- *Portuguese
- Russian
- Setswana
- *Spanish
- *Swahili
- Swedish
- *Urdu
- *Xhosa
- Tamil
- Turkish
- Zulu



After the program

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After presenting the program songs always leave time to discuss the subject with the children, do the suggested activities and allow the children to feel comfortable in sharing any problems with you.

If a child reveals abuse information to you it is important to:

- ♥ **Remain calm and do not force the child to give further information.**
- ♥ **Comfort the child and thank them for sharing with you, and tell them that they have been really brave. Then follow your school or organisational procedures. If you have none - please 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.**

*If you suspect Child Abuse, or any abuse is disclosed to you by any child, please call your relevant Child Protection Services and get advice. They will listen to your concerns and take action on your behalf.
If you have no Child Protection Service in your area - please report to the Police.*



Presenting the program

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Keep it fun!!

The songs are fun positive animations, introduced by a character called **Cynthie**, this should help you to keep the message simple. Sing along, do hand movements and dance, anything to help make the message memorable and positive for the children.

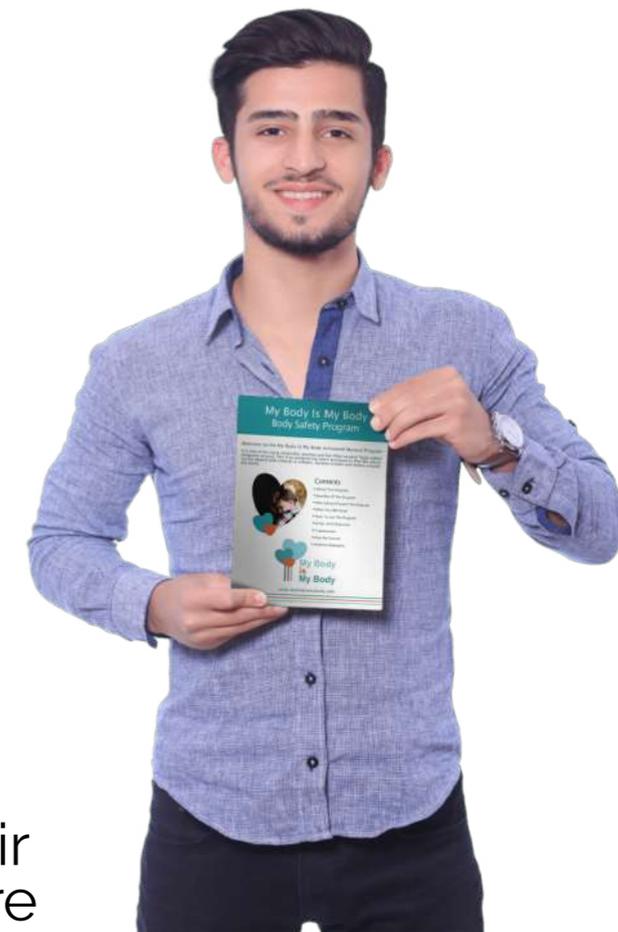
Keep it simple!!

Young children do not need to know any in depth details of abuse just give them simple rules - we want to keep children innocent.

- ♥ *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*
- ♥ *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.



My Body is My Body Song 1

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Today we are going to learn about our bodies.

Do you know that
your
body is very special?



and your body
belongs only to you



My Body is My Body

www.mybodyismybody.com

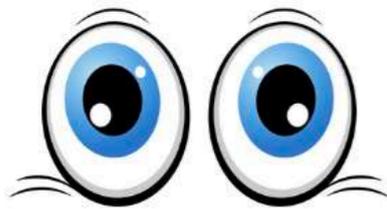
We have lot's of different parts to our body



Hair



Legs



Eyes



Arms



Ears



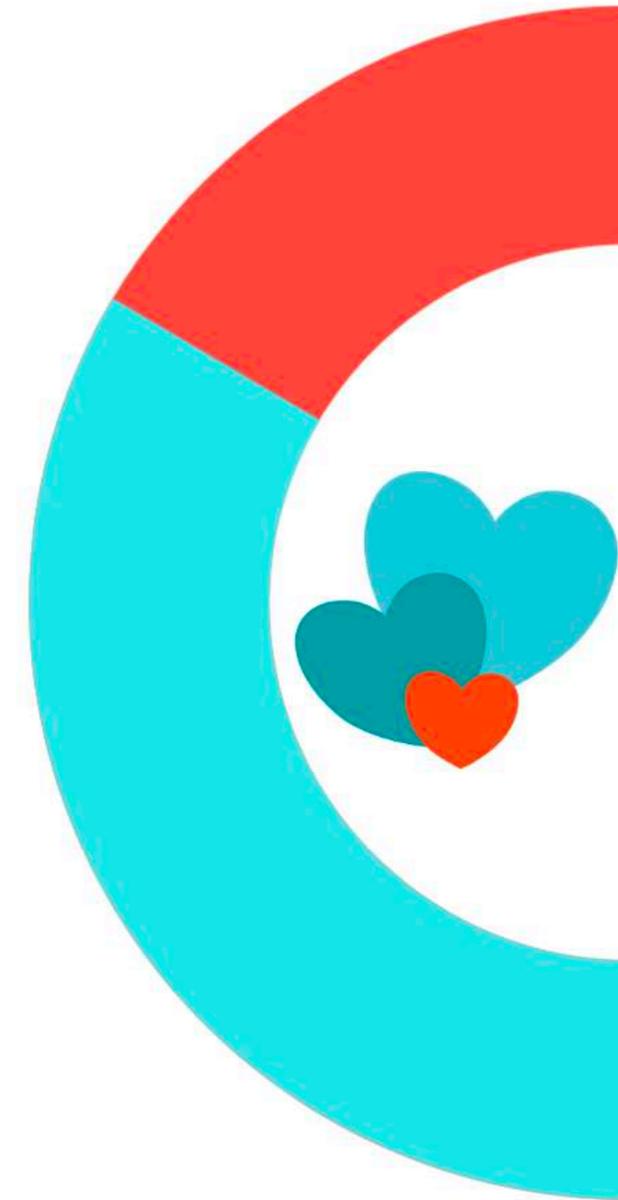
Feet



Mouth



Hands



My Body is My Body

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.....and we also have **private parts**.

Your private parts are where your **underpants** or **swimsuit** covers.

Draw a line to each body part

Hair

Eyes

Nose

Mouth

Arms

Hands

Fingers

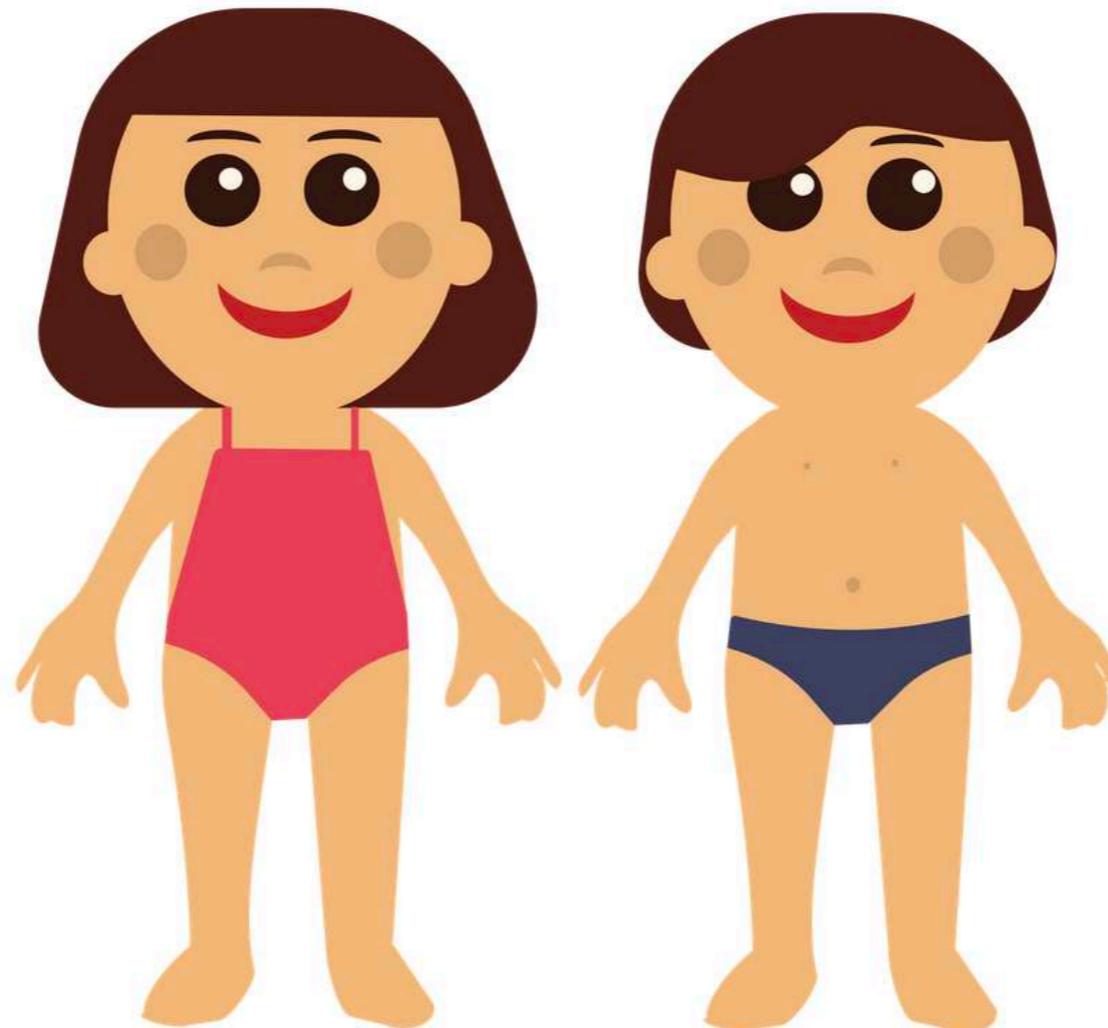
Tummy

Private Parts

Legs

Feet

Toes



Draw a line to each body part

Hair

Eyes

Nose

Mouth

Arms

Hands

Fingers

Tummy

Private Parts

Legs

Feet

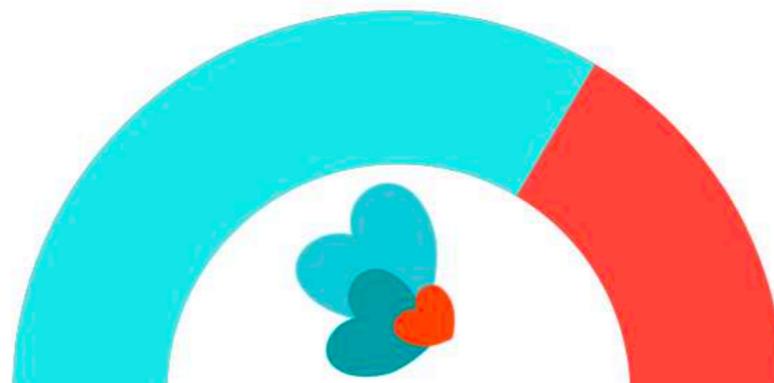
Toes

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These are the only times when someone would touch your private parts:

1. When you are young, your mommy, daddy, or the person who looks after you will have to wash your private parts, but as you grow bigger you will learn how to wash your own body.



My Body is My Body

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2. If your private parts are sore, mommy or daddy or your carer might have to put medicine there.
3. If you are sick or sore, the doctor might have to touch your private parts, but a parent or someone that cares for you will always be with you as well.



My Body is My Body

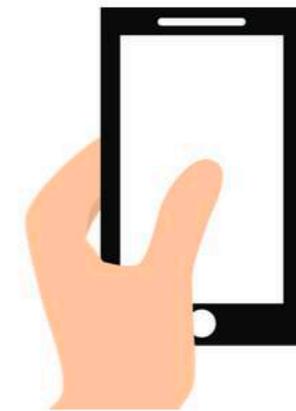
www.mybodyismybody.com

No one else should ever be touching your private parts! 

If someone wants you to look at their private parts, say NO...Private parts are private!! Then **tell a safe adult** 

Never let anyone take a photo of your private parts. 

If someone tries to touch your private parts say NO and **tell a safe adult** 



NO!

My Body is My Body Song

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[My Body is My body Song - Click here to play on youtube](#)



If It Don't Feel Right - Don't Do It

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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 and to help children with body empowerment

1. To teach children to listen to their own feelings

Most of the time children know when things don't feel right or when things make them feel uncomfortable so teach them this rule –

"If it don't feel right - don't do it !"

2. To talk about peer pressure

Talk to the children about all sorts of scenarios including peer pressure by their friends at school or at home – they may try to make them do things they know are not right. You can even include people that might try and get them to take drugs in this conversation. Standing up to peer pressure can be tough, but talk about it and explain how much stronger they will feel and how much self confidence they will build if they don't let themselves be pressured or bullied by other children into doing things they do not want to do.

"If it don't feel right - don't do it !"

If It Don't Feel Right - Don't Do It

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

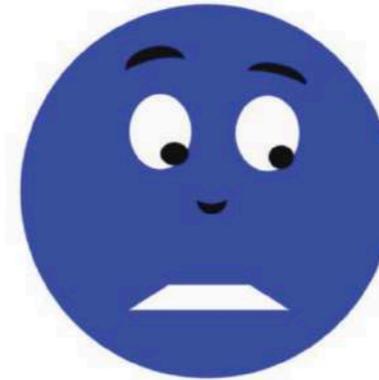
3. To help children with body empowerment

Children need to know that their bodies are their own and that if things make them feel uncomfortable, they have the right to say "No I don't want to do that!"

This includes unwanted hugs and kisses as well as touching.

If it don't feel right - don't do it !"

This song will also open the subject of feelings for discussion just a few are: Happy , Sad, Lonely, Angry, Scared



If It Don't Feel Right - Don't Do It

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What Is Bullying?

Bullying is when people try to hurt you either with words or they might try to hit or punch you.

If people are using words to bully you:

STAY CALM.....WALK AWAY.....IGNORE THE BULLY

If someone is trying to hurt, hit, or push you
Use your voice - Shout "NO! STOP! HELP!" Act brave

Then always tell someone.

If you or someone else is being bullied,
never ever keep it to yourself!

Let's sing the If It Don't Feel Right -Don't Do It Song



If It Don't Feel Right - Don't Do It

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[If It Don't Feel Right - Don't Do It Song - Click here to play on youtube](#)



but remember your body belongs to you

The “What If” Game

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Song 3. The What if Game - Song Objective

To teach children to say NO with authority in difficult situations

The 'What If' game can be applied to any situation that you may suspect is happening to a child. Use the game to give answers to difficult situations that they may not know how to get out of safely.

Examples.....

**'What If' someone knocks on the door and you are alone at home?
What would you do?**

Never open the door
Call a neighbour or relative if they won't go away
Call the police if you can't get any help and you are scared.

'What If' a babysitter tries to touch your private parts.

Tell them NO then go and tell someone. Don't keep it a secret even if they ask you to.

“What if” someone comes to your school and says “Your mommy asked them to pick you up!”

Never go with anyone you don't know (even if they know things about you and your family) they may have found out all about you on the internet.



The “What If” Game

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Explaining Strangers to children

If you ask a group of children what a Stranger is - you may get 20 different answers such as:

- a) stranger is a bad person
- b) Someone that will hurt you
- c) Someone that gives you sweets

Children have many misconceptions as to what "Strangers" are.

We teach our children:

"Don't talk to strangers"

"Don't get in a car with a stranger" "Don't take sweets from a stranger"

But...we often forget to tell them what a stranger is.

So firstly we need to teach children What Is A Stranger ?

A Stranger is someone we don't know !

A Stranger can be

A Man or a Lady, someone old or young Someone of any colour or social group

Not all strangers are bad people, and if someone that you love or trust introduces you to a stranger - that stranger can become a friend, BUT...unless someone you love and trust introduces you to a stranger you should never talk to them on your own.



The “What If” Game

www.mybodyismybody.com

Give children examples of what lies some strangers may tell them for example:

- a) Your Mummy asked me to pick you up from school as she is running late
- b) I have lost my puppy, please could you come and help me look for it
- c) I want to show you something really exciting, I promise I will bring you right back

Another rule is to never accept gifts from a stranger - no matter how nice the gift is.

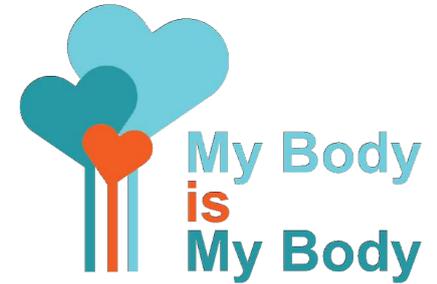
In this digital age where information about children and their parents is readily available on the internet people can easily get to know the names of a child’s family members and may try and trick them into going with them.

Tell them that even if the person knows a lot of things about them, if they don’t know them, they are a stranger and don’t go with them.

Discuss People taking Photographs

With this current digital age , we also have to protect children from people that may want to take inappropriate photos of them.

Please explain to the children if someone wants to take photos of you or your body or private parts tell them “NO!!” and then go and tell somebody.



The “What If” Game

www.mybodyismybody.com

[The “What If” Game - Click here to play on youtube](#)



If You've Got A problem

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Song 4 - If You Have 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. Give children a list of all the people they could talk to if they have a problem for example:



If You've Got A problem

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What Is A Safe Adult?

A safe adult is someone you can tell if you have a problem, someone who you feel comfortable talking to, and you know will help you.

Here is a list of some people you could tell if you have a problem



Mommy

Daddy

Granny

Grandpa

Older Brother or Sister

Aunty, Uncle

Teacher



Principal or Head Master

School Counselor

Neighbour

Policeman

Mentor

Pastor

Spiritual leader



If You've Got A problem

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Telling somebody about problems can be one of the hardest things to do for children as it might be difficult for them to try to explain what their problem is, and they may also be afraid how you might react.

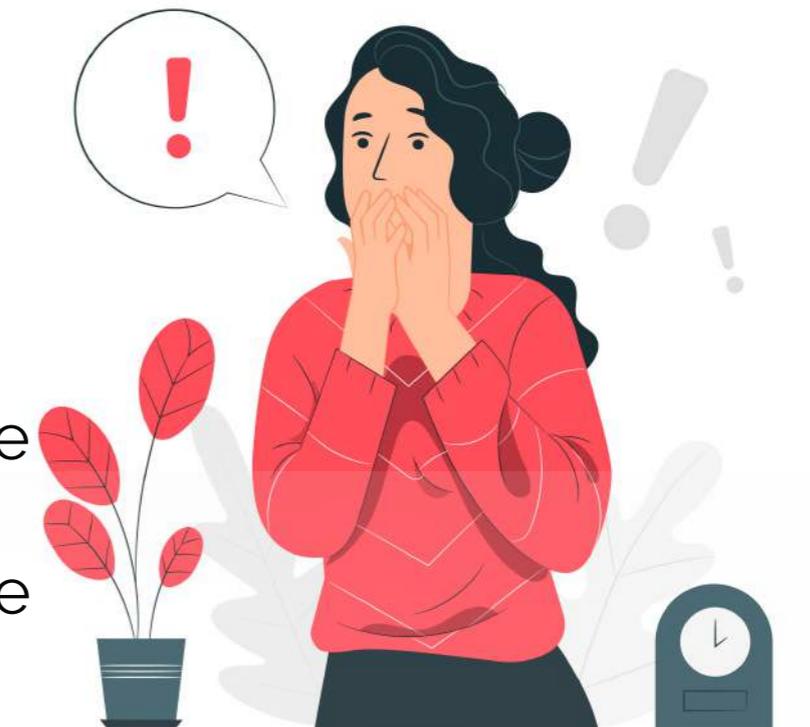
When we talk to children about telling someone about their abuse, we need to prepare them for what reactions to expect:

(This would only be for the older children) 8 + year olds

- a) Grown ups may be offended, angry, shocked or scared
- b) They may not believe you
- c) They may threaten you not to tell anyone else

The main lesson to get through to the child is that if someone does not believe them or does nothing about the problem, they **must** tell somebody else and keep telling until someone listens to them.

Never Give Up - keep telling till somebody listens



If You've Got A problem

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If you have a problem and are trying to tell somebody these are some of the feelings you might have:

You might feel embarrassed

It is OK, lot's of people feel like this when they are trying to talk about their problems

You might find it hard to find the right words

Just explain the best way that you can

Your heart might beat fast and your voice and body might shake

Just take a deep breath and talk slowly

You might find it easier to tell a little bit at a time

It doesn't matter how you tell
Just as long as you tell someone

*You might find it easier to write down
or draw your problem*

Do whatever you find the easiest

Let's sing the If You've Got A problem Song

Remember **ALWAYS** tell someone about your problems or if anyone is hurting you, or touching your private parts.

If you tell someone and they do not help you or believe you,
TELL SOMEONE ELSE!



If You've Got A Problem

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[If You've Got A Problem - Click here to play on youtube](#)



If you've got a problem

Love Is Gentle

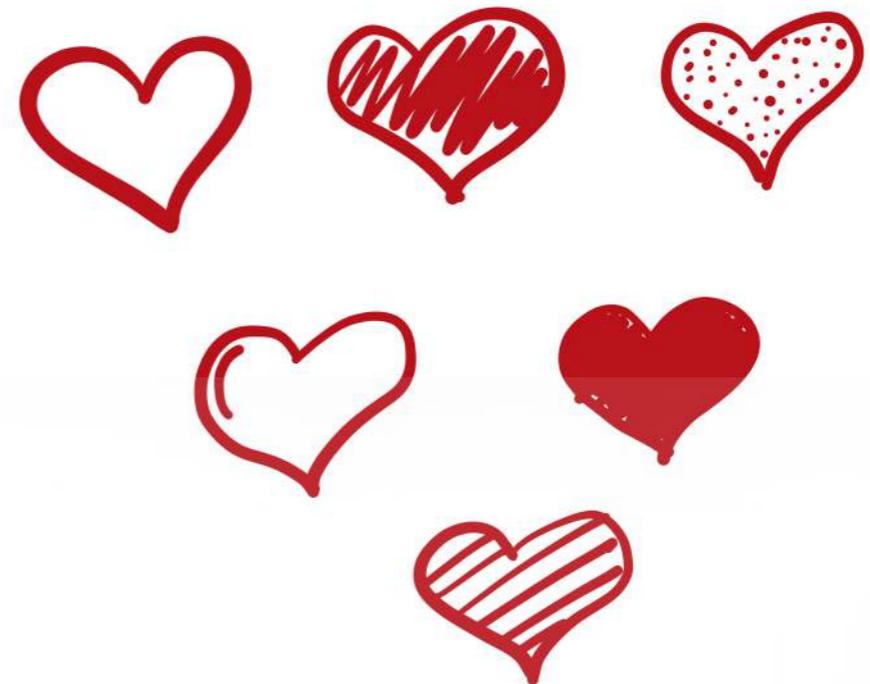
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Song 5 - Love Is Gentle - Song Objective

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

Children come from many different types of families and backgrounds but the rules of love should always be the same.

*Children should be loved gently
Have enough food to eat
Have clean clothes
They should be cared for and looked after
They should be bathed and their teeth cleaned
Their hair should be washed and brushed
Someone should be there to help with problems
Someone should pay attention to them
Someone should read to them
Someone should make them happy when they are sad
They should have adequate medical and healthcare*



Love Is Gentle

www.mybodyismybody.com

Neglect:

This is the most common form of child abuse and is also one of the most complex as many children that suffer from neglect also suffer from other types of abuse.

It can have long-lasting effects including mental problems, poor physical, emotional and social development, behavioural problems and low self-esteem.

We need to support parents that do not have the necessary knowledge or skills to provide a safe and loving home for their children.



Love Is Gentle

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Neglect: These are just a few signs to look for.



Children can be left hungry, which can lead to begging and stealing food. Lack of food can also leave them tired and lethargic



Children may be clothed inappropriately for the weather. They may also be wearing long sleeves in extreme heat to cover marks or bruising. They may have poor hygiene, dirty hair and body odour



Children may be living in a dangerous home, for example around alcohol, drugs or violence



Children may not be receiving basic medical and dental care, Especially when they are hurt or injured.



Children may be absent frequently from school, Exhibit defiant behaviour or low self esteem.



Love Is Gentle

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When people look after you they need to make sure that :

1. You are loved
2. You have enough food to eat
3. You have clean clothes
4. You clean your teeth
5. You brush your hair
6. You have a bath
7. Get plenty of sleep
8. They help you with your problems
9. They are there to help you if you are sad



It is important that you are looked after well
so that you can grow up **HAPPY** and **HEALTHY** and **STRONG**

Let's sing the Love Is Gentle Song

Love Is Gentle

www.mybodyismybody.com

[Love Is Gentle - Click here to play on youtube](#)



Say No To Secrets

www.mybodyismybody.com

Song 6 - Say No To Secrets - Song Objective

To teach children NOT to keep SECRETS....

The abuse flourishes in secrecy and allows the abuser to keep control of the child.

This is why we need to teach children NOT to keep secrets. Teaching about good and bad secrets can be difficult to explain - so keep it simple and have a "No Secret's Rule" in your family.

Instead you can talk about surprises...

Surprises are about FUN !!

For Example - We will not tell Mommy or Daddy what we have got them for their birthday as it is a surprise!

This is a scenario where children are not having to keep it quiet for too long, and it has a positive outcome.



Say No To Secrets

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All too often well meaning Grandparents or Aunts and Uncles will say have some sweets ***“but don't tell Mom or Dad - it will be our secret”***...seems harmless, but it is showing children that it is OK to keep secrets.

Most people that sexually and physically abuse children have some sort of relationship with the child, with over 90% of these being either part of their family or part of a close circle of friends and caregivers. They could also be trusted people in your community. People who you know and feel happy to leave your child with. Pedophiles spend a lot of their time not only grooming children but grooming families as well.

The abuser will start testing the child with small secrets, this way they can see if that child will keep silent and they will also start to form a close bond with them. Once they feel comfortable that the child is under their control they will progress further with the abuse.

By having the **“No Secrets Rule”** rule takes this power away from the abuser!!

Try to get your family involved with the **“No Secret's Rule”**



Say No To Secrets

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(Some ideas to discuss with children)

These are some secrets people may ask you to keep:

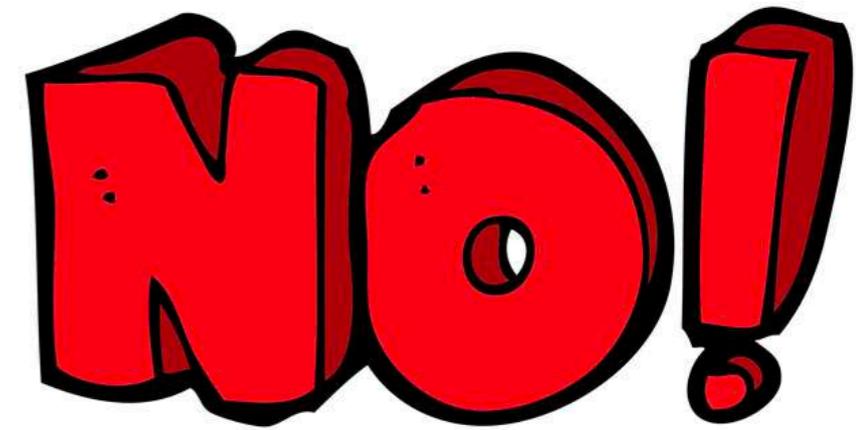
- if they are bullying you
- if they are saying mean things to you
- if they are hurting you
- if they are using social media to be mean or bully you
- if they are trying to get you to do things you know are wrong
- if they are trying to get you to lie to your parents or family
- if they are trying to touch your private parts
- if they are doing things that make you feel uncomfortable
- if they are wanting to take photos of your body



We Say “No” To Secrets!!

Say No To Secrets

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Say No To Secrets

Let's learn the "Say NO To Secrets" rule.

Sometimes when people hurt you or try to touch your private parts they will ask you to keep it a secret.

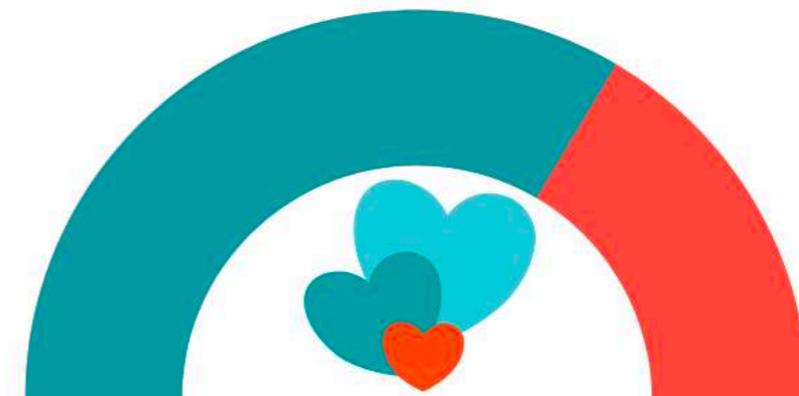
So, we need to learn the "Say NO To Secrets" rule.

When people that are doing things to hurt you, they do not want other people to find out what they are doing.

So they will try to tell you things that are not true:

They might say:

- a) People won't listen to you.....DON'T BELIEVE THEM
- b) People will say it is your fault....DON'T BELIEVE THEM
- c) People won't love you any more...DON'T BELIEVE THEM
- d) You are going to get into trouble...DON'T BELIEVE THEM
- e) I am going to hurt you if you tell...DON'T BELIEVE THEM
- f) I will hurt someone in your family....DON'T BELIEVE THEM



Say No To Secrets

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IS IT A SECRET OR A SURPRISE??

Circle below if it is a secret or a surprise.

1. We are having a special part for Mommy's birthday.

Secret

Surprise

2. I want you to come with me, let's not tell Mommy and Daddy.

Secret

Surprise

3. I am going to bake your sister's favorite cake.

Secret

Surprise

4. Let's play a touching game but we must not tell anyone.

Secret

Surprise

If someone says something to you that makes you feel bad and they tell you to keep it a secret, or they make you feel uncomfortable and tell you to keep it a secret or if they touch your private parts and they tell you to keep it a secret,

Say NO and always tell a SAFE ADULT

Let's sing the Say No To Secrets Song



Say No To Secrets

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[Love Is Gentle - Click here to play on youtube](#)



Course 1

www.mybodyismybody.com

Introduction To Child Maltreatment and Safeguarding Children My Body is My Body Programme FREE Courses

INTRODUCTION TO CHILD MALTREATMENT AND SAFEGUARDING CHILDREN

With this course we will be covering:

1. Why we need to teach about Maltreatment
2. Worldwide Facts about Maltreatment (from ISPCAN)
3. How Child Maltreatment affects a community's quality of life and economic prosperity
4. Different Types and Signs of Maltreatment
5. How to react if a child discloses their abuse to you
6. Basics on how to report child abuse

[Link to course 1 on website:](#)

Course 2

www.mybodyismybody.com

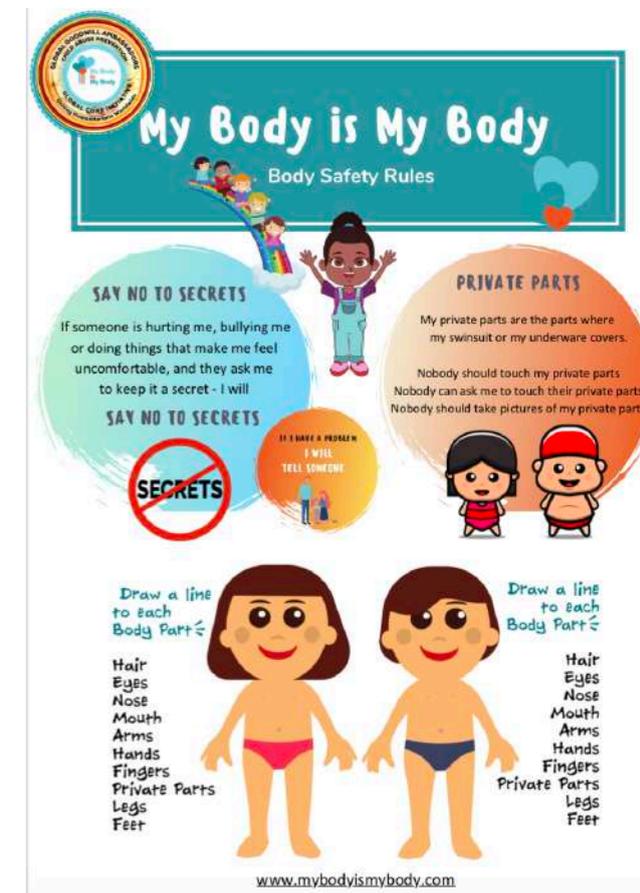
My Body is My Body Programme FREE Courses

Course 2 : How to teach the My Body Is My Body Prevention Program

This includes tutorials on all 6 songs, with lesson plans, Children's workbook and quiz printable leaflets.

Please share this with Parent's, NGO's, Teachers and other interested parties in your community.

[Link to course 2 on website:](http://www.mybodyismybody.com)



Signs of child abuse

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Indicators of Child Abuse

The following are some signs of abuse. The child may be suffering from a mixture of these so it is just a guideline. If you notice distinct changes in a child's behaviour make sure you take note to see if any of the following are relevant.

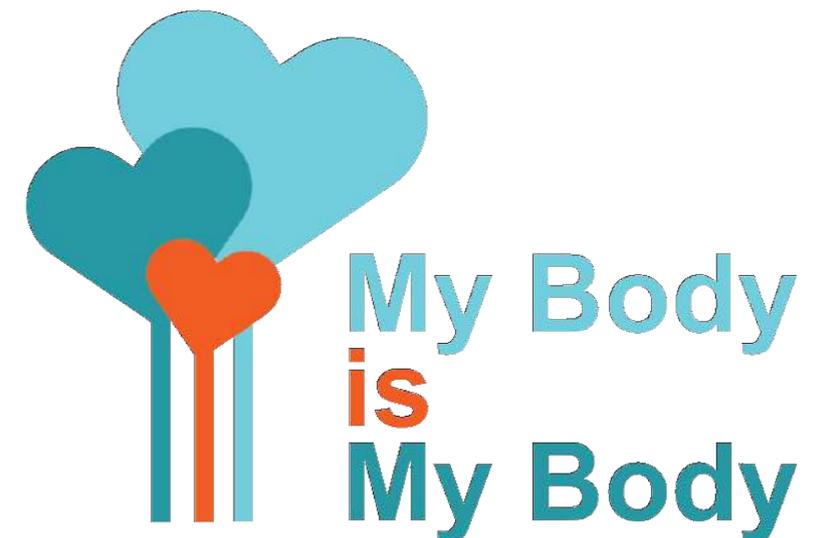
Signs of physical abuse

Child's appearance

- ♥ Unusual bruises, welts, burns or fractures
- ♥ Bite marks
- ♥ Frequent injuries always explained as accidental
- ♥ If an explanation does not match the injury
- ♥ Wears long sleeves or other concealing clothing to hide injuries

Child's behaviour

- ♥ Unpleasant, hard to get along with
- ♥ Unusually shy, avoids other people
- ♥ May be too anxious to please
- ♥ Appears to be afraid of parents
- ♥ Shows little or no distress at being separated from parents



Signs of child abuse

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Signs of neglect

Child's appearance

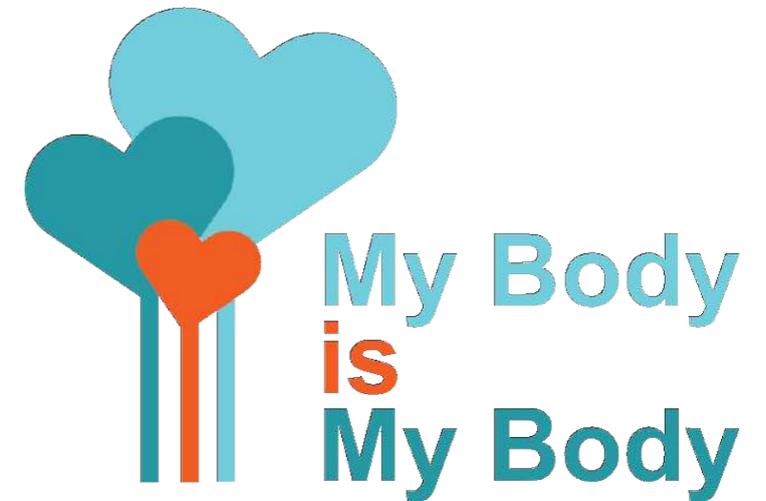
- ♥ Poor hygiene, dirty hair, body odour
- ♥ Clothes inappropriate for the weather
- ♥ In need of medical or dental care

Signs of emotional abuse

Child's appearance

Signs may be less obvious than in other forms of abuse, behaviour is probably the best indication

- ♥ Withdrawal from friends and social activities
- ♥ Frequent lateness or absence from school
- ♥ Loss of self esteem
- ♥ Defiant behaviour
- ♥ Changes in school performance



Signs of child abuse

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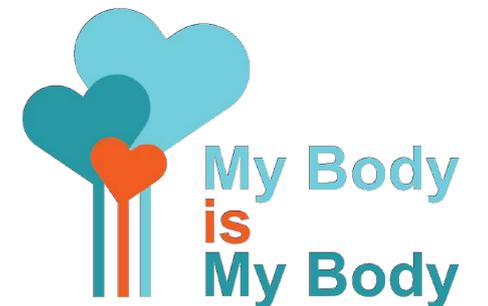
Signs of sexual abuse

Child's appearance

- ♥ Torn stained or bloody underclothing
- ♥ Experiences pain or itching in genital areas
- ♥ Has a sexually transmitted infection

Child's behaviour

- ♥ Sexual behaviour or knowledge that is inappropriate for the child's age group.
- ♥ Inappropriate sexual touching of other children *Abrupt change in behaviour
- ♥ Extreme reluctance to be touched in any way



If you suspect Child Abuse, call your relevant Child Protection Services and get advice. They will listen to your concerns and take action on your behalf if a child is in danger.

Let's keep children safe !!

[Around The World Video - Youtube Link](#)

I'm standing up
against
Child Abuse

#imstandingup
#mbimb

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*Teaching Children Body Safety
One Song At a Time*

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