



# My Body is My Body

## *Free Animated Musical Child Abuse Prevention Programme*

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

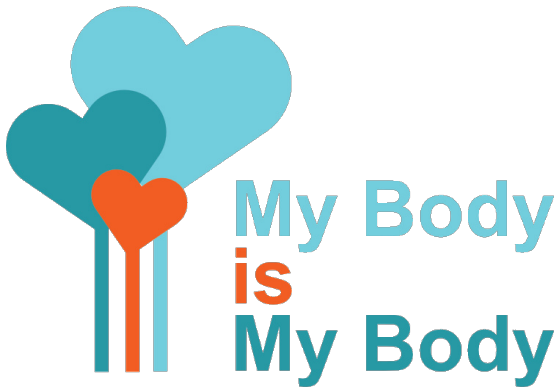
# *Song 6 Tutorial*

## *“Say NO To Secrets”*

**\*\*\*Before presenting this programme in your school please find out your school policies and procedures for reporting child abuse and who to report to if a child discloses any abuse to you\*\*\***

**Please see our [Signs Of Abuse .pdf](#) for more information**

# Song 6 Tutorial



## Song 6 - Say No To Secrets

### Song Objective

To teach children **NOT** to keep **SECRETS**

### Secret's are a child abuser's best friend...

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.

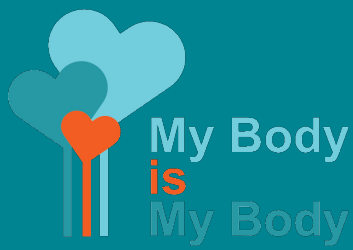
### *Instead you can talk about surprises...*

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.

*All videos are available on the website*  
[www.mybodyismybody.com](http://www.mybodyismybody.com)



# No Secrets Rule

Try to get your family involved with the “No Secret’s Rule” as well. 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. 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!!



## My Body is My Body

*With the Say No To Secret's Song it will give you the opportunity to reinforce a few things the children have learned with some of the other songs in the My Body is My Body Programme*

*1) If someone tries to touch your private parts say NO and tell a safe adult, do not keep it a secret.*

*2) If someone does something to you that makes you feel bad, feel uncomfortable or touch your private parts, or if they tell you to keep it a **SECRET - ALWAYS TELL A SAFE ADULT** and keep telling till someone listens to you and helps you. The children will learn who to tell in the song (If you've got a problem tell somebody)*

*Here are some things that an abuser might say to a child:*

*a) People won't listen to you.....*

*Tell the child - **DON'T BELIEVE THEM***

*b) People will say it is your fault....*

*Tell the child - **DON'T BELIEVE THEM***

*c) People won't love you any more...*

*Tell the child - **DON'T BELIEVE THEM***

*d) You are going to get into trouble....*

*Tell the child - **DON'T BELIEVE THEM***

*e) I am going to hurt you if you tell....*

*Tell the child - **DON'T BELIEVE THEM***

*f) I will hurt someone in your family....*

*Tell the child - **DON'T BELIEVE THEM***

**ALWAYS TELL A SAFE ADULT and keep telling till someone listens to you and helps you**

Let's make sure that children are not caught in the secretive web of abuse.

**SAY NO TO SECRETS !!**



# Song Lyrics

## WE SAY NO TO SECRETS (Chrissy Sykes/ Alexia Schoeman) ©2019

I'M NOT GONNA KEEP YOUR SECRETS  
WE'RE NOT GONNA KEEP YOUR SECRETS  
I'M NOT GONNA KEEP YOUR SECRETS  
NO No.... WE'RE NOT GONNA KEEP YOUR SECRETS

IF YOU TRY TO HURT ME  
I'M GONNA TELL ON YOU  
COME ON EVERYONE  
WE'RE GONNA TELL SOMEONE

IF YOU TRY TO DO THINGS I KNOW ARE WRONG  
I BE STRONG  
I'm GONNA TELL SOMEONE  
I'M NOT GONNA KEEP YOUR SECRETS

WE'RE NOT GONNA KEEP YOUR SECRETS  
I'M NOT GONNA KEEP YOUR SECRETS  
NO NO.... WE'RE NOT GONNA KEEP YOUR SECRETS

IF YOU TRY TO BULLY ME, I KNOW THAT'S WRONG I'M GONNA TELL SOMEONE  
WE'RE GONNA TELL SOMEONE

WE SAY NO TO SECRETS WE SAY NO TO SECRETS WE SAY NO TO SECRETS  
WE SAY NO, NO , NO , NO,

I'M NOT GONNA KEEP YOUR SECRETS  
WE'RE NOT GONNA KEEP YOUR SECRETS  
I'M NOT GONNA KEEP YOUR SECRETS  
NO.... WE'RE NOT GONNA KEEP YOUR SECRETS

WE SAY NO TO SECRETS  
WE SAY NO TO SECRETS  
WE SAY NO TO SECRETS  
WE SAY NO

# Activity

- Get the children to write down a list of what would be a surprise and what would be a secret.

(some ideas to discuss)

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

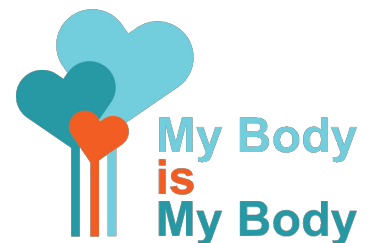
Can you write down other ideas?

IT IS OK NOT TO TELL ABOUT A SURPRISE

- if it is someone's birthday present
- if someone has a surprise party planned
- if someone special is coming to visit
- if you are making someone something special for someone
- if you are going on a trip or holiday



Can you write down other ideas?





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## ***“A Safer World For Children”***

***Teaching Pdf's Available***

***Introduction To The Programme***

***Signs Of Abuse***

***1. Song Tutorial 1***

***2. Song Tutorial 2***

***3. Song Tutorial 3***

***4. Song Tutorial 4***

***5. Song Tutorial 5***

***6. Song Tutorial 6***

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