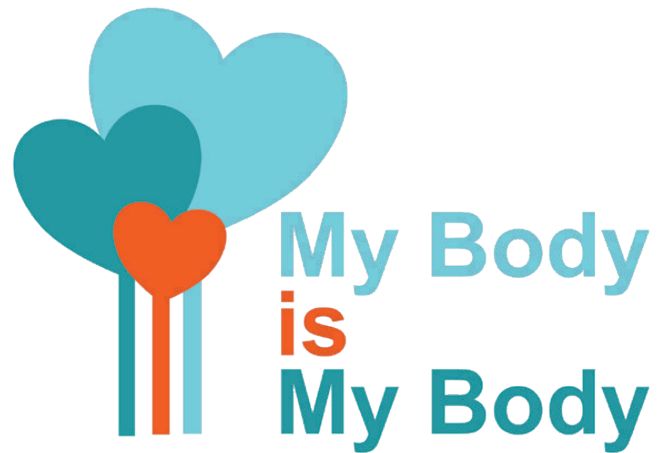


My Body Is My Body Song 4 Tutorial

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.



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

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 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.



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

Song 4 Tutorial



Song 3 – If You Have A Problem

Song Objectives

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:

Mom
Dad
Granny
Grandpa
Older Brother
Older Sister
Aunty
Uncle
Teacher
Principal or Head Master
Neighbour
Policeman
Mentor
Pastor
Spiritual leader

Please add anyone else you feel that it is safe for the children to talk to.

Talking About Problems

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 – till somebody listens



Ask the children to describe these faces
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Feelings

Feelings:

It is important that children know about how they might feel when telling about a problem – these points might help them:

- a) You might feel embarrassed – but it is OK
- b) You might find it hard to find the right words
but just explain the best way you can
- c) Your heart might beat fast and your voice might shake–
but just take a deep breath and talk slowly
- d) You might find it easier to tell a little at a time over a few days
- e) You might find it easier to write down your problem and give it to your a trusted adult

Explain to the children to find the best way that they feel comfortable to tell \someone and to never give up telling till somebody listens and helps them.

Now play the song, have fun, do hand movements and sing along. Make this a positive and empowering experience for the children, something they will remember!!



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Song Lyrics

If You've Got A Problem – Song Lyrics

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Now play the song, have fun, do hand movements and sing along. Make this a positive and empowering experience for the children, something they will remember !!

Verse 1

If You've Got A Problem
You don't know what to do
Go and tell somebody
Till they listen to you
You've got to find someone – To tell your
troubles to
If You've got a problem – Find someone who'll
listen to you

Chorus

Talk to your Mom or Dad
Gran or Grandpa too
Your Aunt or your Uncle
Or a teacher at school
You've got to keep on telling
Till someone listens to you.
If you've got a problem
Find someone to tell it too

Verse 2

If someone has hurt you
You don't know what to do
Go and tell somebody
Till they listen to you
You've got to find someone
To tell your troubles to
If You've got a problem
Find someone who'll listen to you

Chorus

Talk to your neighbour
Your mentor at your school
Someone you know or trust
Sharing problems is a must
Just keep on telling
till someone listens to you
If you've got a problem
Find someone to tell it to
If you've got a problem

Cynthia's text from the video

It is really important to tell somebody if someone is hurting you or touching your private parts, even if you feel scared or embarrassed you need to be very, very brave and tell someone.

There are so many people to tell, Moms, Dads, Grannies, Grandpas, Aunties, Uncles, Teachers, Cousins, Neighbours, parents of your friends, police, nurses and many more people around you.

Now if you tell and people don't believe you, they might even tell you to keep it a secret – but then you go and tell someone else. If they don't believe you – then you tell someone else and you keep on telling till someone listens to you. Don't ever, ever give up!!



Simple Rules



Simple Rules...

1. There is no wrong way to tell about a problem, just find the best way for you
2. Talk to someone you trust and feel comfortable with
3. Don't keep your problems to yourself
4. Once you talk about your problem you will find out you are not alone
5. If you can't tell someone face to face – write your problem down and give the paper to the person you trust.

Activity



Ideas for interaction with the children



1. Get the children to write down as many people that they could talk to if they have a problem
2. If the children are too young to write – get them to shout out and you can write the people on the class board for everyone to see
3. Get the children to write down if they are having any problems that they need help with (Please make sure you have your procedures in place for reporting child abuse and helping the children before doing this exercise)
4. For the younger children you could ask them to draw a picture about any problems they are having. (Please make sure you have your procedures in place for reporting child abuse and helping the children before doing this exercise)
5. It is also very important for children to know that they are not the only ones that are having problems. They need to know that there are so many other children in the world that are experiencing exactly the same problems as they are, and they are not alone.

Contact My Body is My Body



Contact us

- ♥ Twitter @MBIMB1
- ♥ Facebook @Mybodyismybodyprogram
- ♥ Instagram @mybodyismybodyprogramme
- ♥ LinkedIn @My Body Is My Body
- ♥ Website www.mybodyismybody.com



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