



My Body is My Body

*Free Animated Musical
Child Abuse prevention Programme*
www.mybodyismybody.com

Song 5 Tutorial

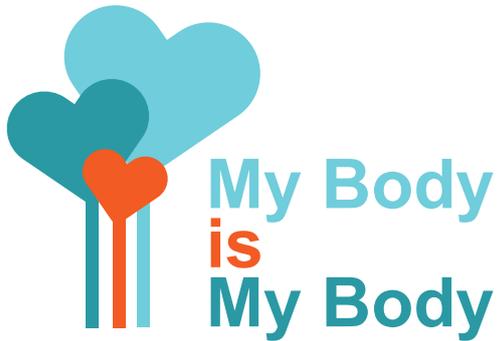
“Love Is Gentle”

******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 5 Tutorial



Song 4 - Love Is Gentle

Song Objectives

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*

It is a good idea to talk about this subject with all children. Also encourage them to seek help from a trusted adult if one of their friends or classmates is not being looked after or is being abused.

You can learn so many things about children by just opening a safe avenue of communication, where the child feels they can talk to you about any problem no matter how large or small.

***All videos are available on the website
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. 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 may 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 also have poor hygiene, dirty hair and body odour.



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



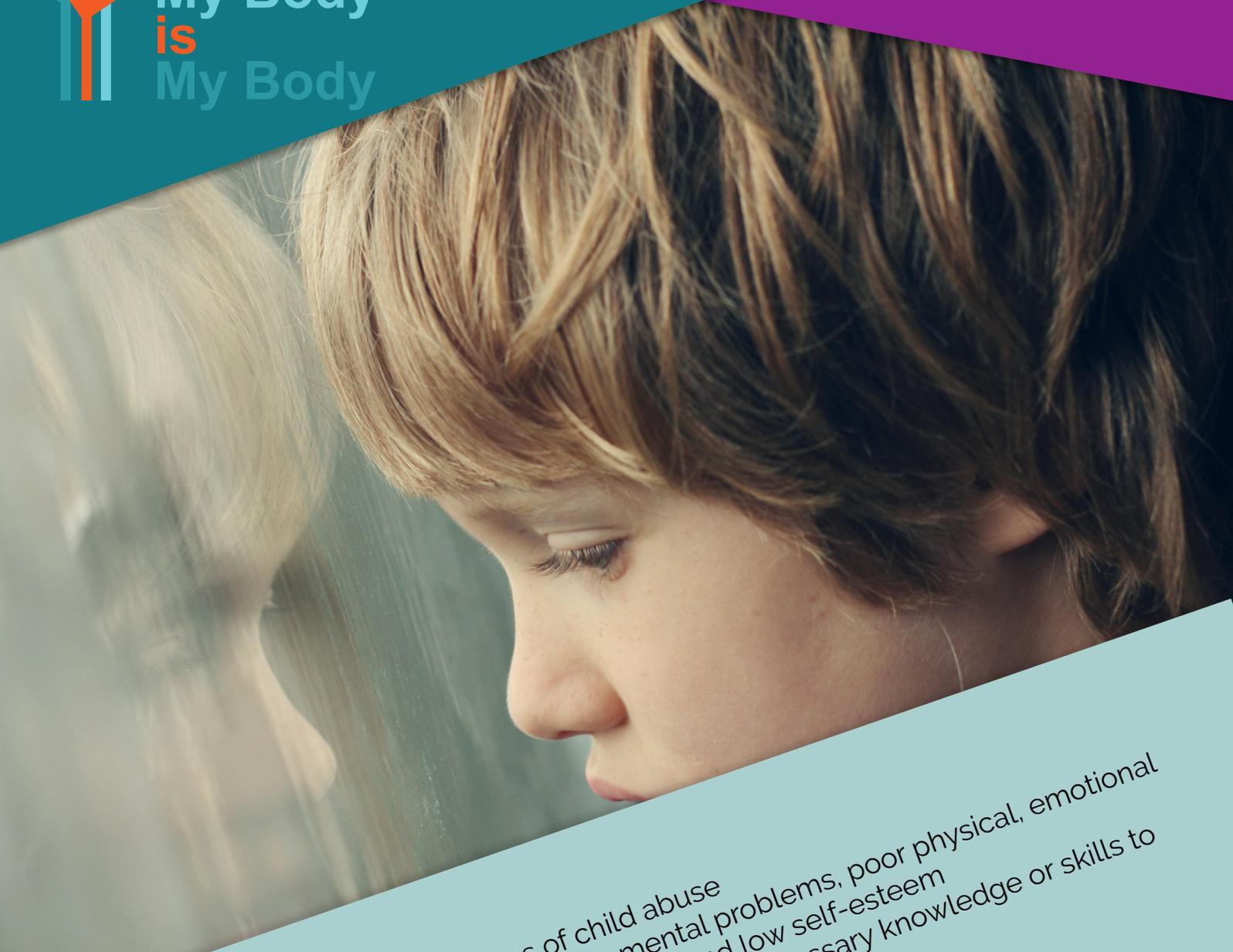
Children may not be receiving basic medical and dental care, especially when they are hurt or injured



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



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Information

1. Neglect is the most common forms of child abuse
2. It can have long-lasting effects including mental problems, poor physical, emotional and social development, behavioural problems and low self-esteem
3. We need to support parents that do not have the necessary knowledge or skills to provide a safe and loving home for their children



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Song Lyrics

Love Is Gentle - Song Lyrics

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Chorus

Love is gentle
Love is kind
Sing along and you will find
There's so many nice things we can do
To show our love

Verse

Won't you read me a story
Or let's go out and play some ball
You could help me ride my
bike
So I won't fall

Middle

There are so many things
We can do together
There are so many ways
We can show we care
There are so many times
we can tell each other I
love you
If you've got some time to
share
I'd like to share with you

Chorus

Love is gentle
Love is kind

Cynthia's opening text from the video

Let's talk about love, it's very important to be loved and people don't show their love to you by hurting you or doing things that make you feel uncomfortable. People show that they love you by doing things with you like reading books, playing games, having fun, going for walks or maybe showing you how to ride your bicycle.



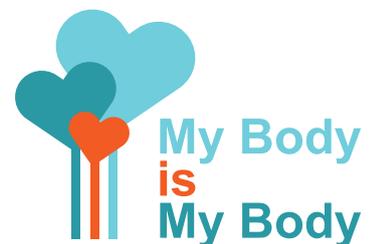
Cynthia's ending text from the video

I hope you have enjoyed singing along to all the songs with us and that you'll remember the things that you have learned about your special body. Remember to say NO!! If someone tries to touch your private parts or if people try to do things that make you feel uncomfortable or hurt you.

Remember the rule 'If It Don't Feel Right - Don't do it!!' and remember to tell somebody if you are being hurt or touched or bullied in any way, and keep telling till someone listens to you.

Don't you ever, ever give up!!

Sing along and
you will find
It's so nice to
share these
things with you



Activity

Ideas for interaction with the children

1. Get the children to write down things that they like to do with their parents or if they are younger then draw a picture of things they like to do with their parents.

Suggestions:

Play a board game

Play cards

Read a book

Play ball

Play hide and seek

Go for a walk

Go to the park

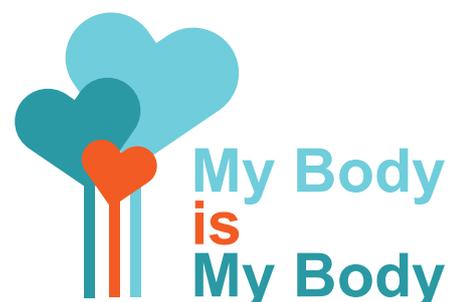
Help around the house

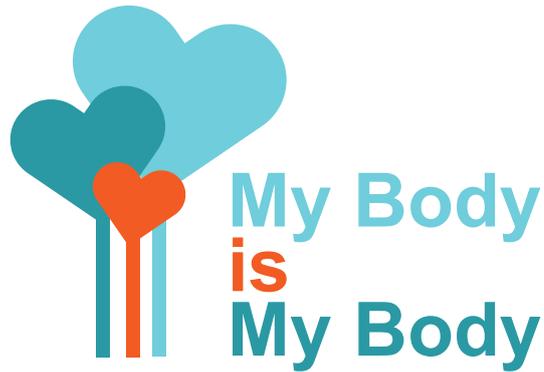
Listen to music

Go to the library

Dance

See how many suggestions they can come up with - this will also give the other children in the class an ideas of things to do at home.





“A Safer World For Children”

Teaching Pdf's Available

Introduction To The Programme

Signs Of Abuse

- 1. Song 1 Tutorial***
- 2. Song 2 Tutorial***
- 3. Song 3 Tutorial***
- 4. Song 4 Tutorial***
- 5. Song 5 Tutorial***

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