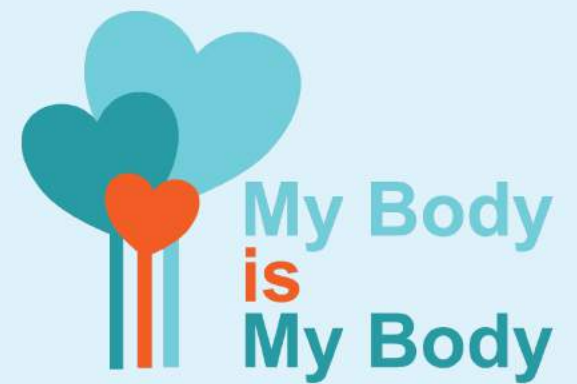




# Let's Talk About **Child Abuse Prevention**



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

# About Prevention

## *Why do we need to teach children about child abuse prevention?*

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, it will give them the knowledge of what to do, and who to turn to, so that they can get some help.

*Over **40% of children** around the world **experience abuse annually**.  
This relates to over **1 billion children**.*

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



# Benefits of the Programme

The earlier we can teach children about the subject of “Body Safety” the better. We know that this programme works for children from the age of 3 years old and it has been presented to over **350,000 children** in schools with **great success**. The beauty of the **My Body Is My Body Programme** is that it **can be taught by anybody...** Social workers, teachers, daycare 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 of the utmost importance.***



# About the Programme

## ***“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 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. Surely you 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

***If you are presenting this programme as part of a school or any other organisation:***

1. Please find out your procedures for reporting abuse
2. Find out who you need to report to
3. Find out what associations are available to help you
4. Find out who can help you if a child discloses abuse to you

**As a parent:** All you need is access to the internet and a computer or your phone.

**As a teacher:** If you only have access to a small computer, present the programme in small groups of children so everyone can see and hear the videos.

**If you have access to a projector and a sound system:** Present the programme 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!***

***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.***

# Important Information

After presenting the programme 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:*

1. Remain calm and do not force the child to give further information.
2. Comfort the child and thank them for sharing with you, then follow your school or organisational procedures.  
If you have none, please notify your relevant Child Protection Services.
3. 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:  
**[youtube.com/user/ChrissySykes](https://www.youtube.com/user/ChrissySykes)**  
or you can follow the link through the website pages.  
Each page has a lesson plan pdf you can download.



# Important Information

## 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, or 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**.

1. Nobody should be hurting you
2. Nobody should be touching your private parts
3. Nobody should take photos of your private parts
4. If you have a problem tell somebody
5. Don't keep secrets if someone is hurting you
6. 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.

# Songs & Objectives

## **Song 1. My Body Is My Body**

*Objective: To teach children that their body is their own and no-one has the right to hurt them or touch their private parts.  
Be clear that the parts of their body covered by underwear are private.*

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

*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**

*Objective: To teach children to say NO with authority.  
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.*





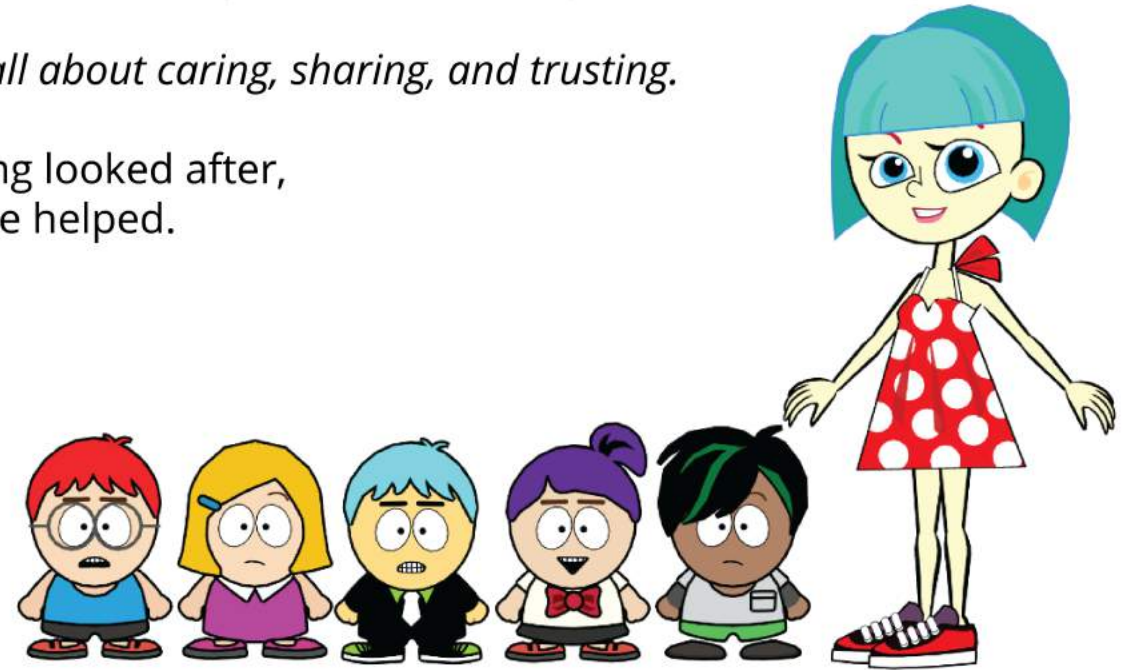
# Songs & Objectives

## **Song 4. If You've Got A Problem**

*Objective: To reinforce the learning of telling someone if there is a problem and if the person you tell doesn't listen to you, keep telling until someone does listen.*  
The song also gives children a list of people to tell their problems to.

## **Song 5. Love Is Gentle**

*Objective: To teach children that love is gentle and kind and is all about caring, sharing, and trusting.*  
It is a good idea to talk about this subject with all children.  
If they see one of their friends or classmates who is not being looked after, they will know to tell a teacher or parent, so that child can be helped.



# Indicators of Physical Abuse

The following are some **signs of abuse**. The child may be suffering from a mixture of signs. Use this as 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 in 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

## *Signs of Physical Abuse in 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





# Indicators of Neglect

## *Signs of Neglect in Appearance*

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

## *Signs of Emotional Abuse in Behaviour*

- 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



# Indicators of Sexual Abuse

## ***Signs of Sexual Abuse in Appearance***

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

## ***Signs of Sexual Abuse in 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!*



# Links

***YouTube***

***Teacher's Corner***

***Posters***

***"My Body is My Body" song***

***"If It Don't Feel Right - Don't Do It" song***

***"What If" game***

***"If You've Got A Problem" song***

***"Love is Gentle" song***

***Website***



***There are many helpful lessons on our website  
in 14 different languages!***

***Let's educate children and keep them safe!***

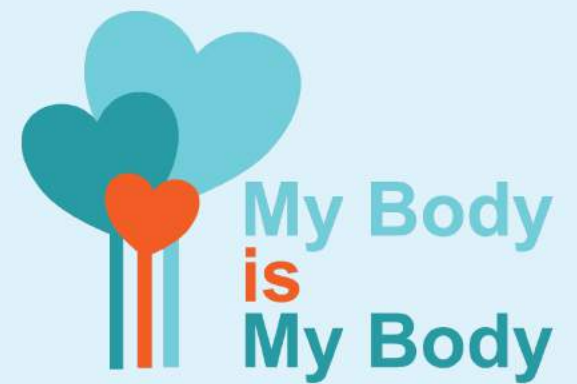


**[www.mybodyismybody.com](http://www.mybodyismybody.com)**





# Let's Talk About **Child Abuse Prevention**



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