



MY BODY IS MY BODY

Newsletter October November 2020



GGAF AND MBIMB ARE PROUD
PARTNERS OF THE
UN SUSTAINABLE
DEVELOPMENT GOALS

**WHAT TO SAY TO YOUR CHILD
BEFORE YOU LEAVE THEM WITH SOMEONE**

GHADA SALEH IN SUDAN



**SUSTAINABLE
DEVELOPMENT
GOALS**

www.mybodyismybody.com



MY BODY IS MY BODY

Creating a Safer World For Children

Welcome to our October, November 2020 Newsletter.

I am so proud of what we have achieved in 2020. With all that has been going on with Covid-19 Pandemic, our amazing Ambassadors have still been finding ways to get our message out to children, parents and teachers through Zoom, Google Meet and various other avenues.

Well done to you all, you are the best !



We have still had many people taking our courses and they will be prepared for 2021, where we hope our lives will be back to some kind of normality and we can start educating the children in schools again.

The Covid-19 Pandemic has brought many challenges to families around the globe and an increased number of children have been suffering from abuse. Calls to hotlines and crisis support lines have increased substantially. Child protective services have been limited due to the Pandemic, which means there has been a lack of contact between children and those that usually report child maltreatment.

Now, it is even more important than ever to get involved with educating our communities, parents and children about preventing abuse. What is becoming abundantly evident through our Ambassadors talking to parents, is that so many of them are unaware of the devastating long term effects that child maltreatment has on their children. This means it is of utmost importance to educate not only our children but their parents as well.

I hope that you are all keeping safe and well, and as we start 2021, please join our family of Ambassadors around the world in sharing our message, songs and our stories that will inspire more people to discuss, share and educate, helping us to create a Safer World For Children.

I wish you all a safe and happy festive season and a positive and successful 2021.



Chrissy



MY BODY IS MY BODY

Creating a Safer World For Children



Laura McAndrew, GGA

Director of Business Development
for United Vein Centers



As an **Ambassador** for the **My Body is My Body Programme**, I have had the opportunity to teach my own children the importance of having healthy discussions related to their bodies, and I have been able to involve them in the process of teaching the children at the Vumbula Uganda Youth Home.





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For my fourteen-year-old son, teaching the courses with me meant internalizing the message and understanding the importance of protecting the innocence of the children we partner with across the globe.

"The MBIMB program is vital to teaching youth how to empower themselves and take care of each other." Laura McAndrew, GGA

For our family, it was a way to discuss what had happened to some of the children that had come into our care within the orphanage, and support them in a fun, engaging, and non-threatening way.

Growing up in the suburbs here in the US, my children had never had a reason to pause and think through why a program like this would be so important.

Partnering with Vumbula Uganda Youth Home and teaching the My Body is My Body Program to the different age groups has helped open their eyes to the needs of youth, and the importance of protecting those who are less privileged.



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Vumbula Uganda Youth Home

Ssenyange Robert started helping children in his village who needed food in 2017.

It wasn't much but he did as much as he could to help the children.

December 1st 2017 Robert opened the doors of Vumbula Uganda Youth Home to the children of his village who did not have a home.

Currently VUYH is housing 45 children.

We are focused on helping the children of VUYH grow in Mind, Body and Soul. We are helping them not only with food and shelter, but school. We want to help the children achieve their dreams. With Laura's tutoring, Robert has now passed both My Body is My Body Courses and become a MBIMB Presenter.



Congratulations Ssenyange





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Helvecia Takwe

Coordinator at World Vision
for Education and Development -
WVED Cameroon

My Body Is My Body Making a difference in Cameroon

World Vision for Education and Development (WVED) is a (501)c non-profit organization interested in creating positive impact in communities, respective to innovations and sustainability. WVED is sensitive to changing times and uphold strong ethical values, transparency, accountability and participation with respect to rights. Above all, WVED is committed to reducing poverty in rural communities.

***WVED** is sensitive to changing times and uphold strong ethical values, transparency, accountability and participation with respect to rights. Above all, WVED is committed to reducing poverty in rural communities.*

Over the years, WVED has been working with children, mentoring them and creating safe spaces that operate innovative after school programs to mentor girls to advocate for themselves and make their communities stronger. |

Mainstreaming the My Body Is My Body Program within WVED's girls club has been an additional factor towards bettering the lives of our girls. Singing the program's songs and acting has been fun amongst participants.

Given that the rate of child abuse keeps increasing in Cameroon following the Anglophone crises, children have been caught in the midst of separatist fighters on one hand and the forces of law and order on the other hand.

With the assistance of dynamic mentors, participants have learn that the private parts of their bodies are special and no one has the right to touch or hurt them. They have also learned to decline help from strangers and to love and respect one other.

The MBIMB program has also been so enriching to these mentors who always have children at their disposal to guide them through the right paths. Mentors on their part have learned how to teach children sex education in a simple way that they can understand and without feeling uncomfortable.





MY BODY IS MY BODY

Creating a Safer World For Children



Helvecia Takwe World Vision for Education and Development - Cameroon

Children like any other group of people have to face some challenges and it's always important to endeavour to follow them up and encourage them to share their problems so that they can have better solutions.

The MBIMB program has also assisted them to relate better with kids by listening to them more and also that love can be expressed through reading, writing and playing.

Listening to stories from participants about how they turn down offers from bike riders has been a great indication of practicing the MBIMB songs. Bike riders in Cameroon are always offering children free rides that most often than not leads to rape. But today, MBIMB songs keeps echoing in their minds when they come across suspicious situations and they easily overcome.





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Our MBIMB Ambassador for Sudan Ghada Saleh has made a special trip from The Netherlands where she lives, to Sudan where she has been visiting Schools, Universities and radio stations to share our programme.

This amazing lady is travelling all over the country sharing the MBIMB Programme with teachers, parents and children. Ghada has also managed to get the programme accepted as School Curriculum for one of the cities.

Thank you so much Ghada for your dedication





MY BODY IS MY BODY

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*MY BODY IS
MY BODY IN SUDAN
WITH GHADA SALEH*



"JUST RETURNED BACK HOME AFTER VISITING ONE CITY AND THREE
SCHOOLS IN DIFFERENT AREAS OF A STATE CALLED RUFFA AND SOME
VILLAGES AROUND IT ..
THE TRIP WAS VERY SUCCESSFUL THE FEEDBACK WAS VERY POSITIVE.."





Giving an MBIMB lecture

at the university



Children loved the songs

especially the song my body is my body...





MY BODY IS MY BODY

Lisa Jones Executive President & COO GGA

Shares her thoughts on the My body is My Body programme



Lisa Jones

Executive President & COO, Global Board GGA
Board of Directors

Chrissy Sykes's program, My Body is My Body is one of the most important programs that I have come across concerning children around the world.

When Chrissy joined Global Goodwill Ambassadors she became one of our foremost authorities on child abuse prevention. This program is being taught worldwide teaching children how to recognize when they are being physically abused and touched inappropriately through the use of animation and songs.

The statistics of children who are abused is staggering and I'm so thankful to Chrissy for creating this program and to all the wonderful humanitarians around the world who are teaching MBIMB to children, parents, and teachers. She has also given a voice to many of us who were abused as children and I'm eternally thankful to her for these reasons.

Chrissy is not only helping to prevent children from being abused, she is erasing the stigma that has been associated with child abuse. Through her kind and wonderful program, my heart has reached a point of fully knowing that as a child, it was not something I did wrong, and I am a survivor and will protect children and reach out to as many people as possible about this incredible series. I'm dedicated to standing with Chrissy Sykes to eradicate our world of the serious and tragic abuse of children.

The MBIMB program has grown to being presented in over 50 countries and is translated into 20 different languages. More and more people are signing up for her classes every day for training on how to effectively present this program in their countries in order to save as many as many children as possible.

Richard DiPilla, founder of GGA, and myself are blessed to have Chrissy Sykes who cares so much about children and has truly dedicated her life to the prevention of child abuse.

My Body is My Body continues to grow worldwide as more and more people take her classes and teach the program.

The world is truly becoming a better place through MBIMB. It is our hope that every Global Goodwill Ambassador will take her courses and tell others about the program so this keeps spreading around the world. Children need our help and "My Body is My Body" provides a true hope in the curtailing and eventual elimination of the horrendous maltreatment of children.





MY BODY IS MY BODY

Creating a Safer World For Children

There are 2 Courses for the My Body Is My Body Programme.
The courses are Free of charge to everyone.
Please share this information in your communities.

Course 1 : 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

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

This course details each song objective, how to teach the song to children, and what subjects to address. There are free tutorials, lesson plans, videos, children's workbooks and a quiz.

**Let's make a difference and create a
"Safer World For Children"**



Join the more than
500 people that have
already successfully
taken our
MBIMB courses





MY BODY IS MY BODY

**Richard DiPilla (Founder Global Goodwill Ambassadors)
Shares his thoughts on the My body is My Body programme**



Richard DiPilla
Founder Global Goodwill Ambassadors

I recall having many conversations with people as we were building the Global Goodwill Ambassadors family. During those early days back in 2013, our mission was still based on finding ways to solve real world problems. Although the world had the tools in place to learn about each other, what was missing was finding good-hearted people who shared our beliefs to help solve those problems.

The Global Goodwill Ambassadors would go on to build a family that would share ideas and resources to tackle the root causes of real world problems.

I can still remember speaking to one person that left an indelible affect on me. Chrissy Sykes is the passionate, talented, and driven creator of My Body is My Body. When she shared her lyrical and animated child abuse prevention program with me, as well as the devastating statistics of how many children suffer this abuse, I found myself feeling many emotions, rage, sorrow, and the knowledge that I had to do something to help save the victims of this abuse. Thankfully, Lisa Jones, had already been serving as the President of GGA, and we had established chapters with structure in every country of the world. Lisa agreed that if we had one core initiative and goal for our family, that My Body is My Body is the one that deserved our full support.

Soon the MBIMB program was growing from 10 to 20, to 30, and now over 50 countries in the world. Chrissy was working her magic getting her lyrics and dialogue translated into 20 different languages and Global Goodwill Ambassadors around the world are embracing and program with the enthusiasm and heart of true humanitarians.

Lisa and Chrissy work in collaboration in producing The Ambassador our monthly magazine. Within it's pages the MBIMB accomplishments takes a section of prominence and pride. As a tribute to our commitment, Chrissy was on our first issue cover.

It would be impossible for me to name all of people who are assisting in presenting MBIMB. Each day people sign up to take the free courses on the education section of the GGA website. Within weeks another area of the world gets this valuable information to it's young children.

Our latest endeavor is to use the Global Goodwill Ambassadors Foundation to raise funds to print workbooks that can be taken home by students to bring valuable lessons into the homes of our children.

We highly encourage everyone in or out of our GGA family to get the MBIMB program taught in schools, orphanages, church groups, or any place where children gather to learn.





MY BODY IS MY BODY

CONGRATULATIONS!!

PARTICIPANTS WHO HAVE PASSED PART 2 OF OUR COURSE



MBIMB Feedback

The program consists of two parts, theoretical and practical, and it is an effective way to consolidate.

The songs facilitated the delivery of information to the child and enabled him to be the main goal of the program and also made parents more comfortable in spreading awareness to their children..

Children loved the songs and interacted with the words and the melody. I became more aware and eager to protect children and strive to provide them with a safe environment from abuse.

Ambassador Ghada was really wonderful in communicating information, ease of explanation and delivery of information with dedication. Thank you very much for your cooperation and your patience.



Hiba Abdelhamid





MY BODY IS MY BODY

CONGRATULATIONS!!

PARTICIPANTS WHO HAVE PASSED PART 2 OF OUR COURSE





MY BODY IS MY BODY

CONGRATULATIONS!!

PARTICIPANTS WHO HAVE PASSED PART 2 OF OUR COURSE



MBIMB Feedback

I am Moshtaha Idres..

I am very happy that I was a part of the My Body Is My Body Programme.

My body is body is the best program for children .. and it cares about the most important issues

Our community needs this program to know how to maintain children's safety.

I wish all children to be safe .. and live their childhood as they should.



Moshtaha Idres





MY BODY IS MY BODY

CONGRATULATIONS!!

PARTICIPANTS WHO HAVE PASSED PART 2 OF OUR COURSE





MY BODY IS MY BODY

Creating a Safer World For Children



Join ISPCAN



JOIN ISPCAN TODAY BE PART OF SOMETHING GREAT

ISPCAN Member Benefits

- Subscription to *Child Abuse & Neglect: The International Journal*, our monthly peer-reviewed publication (online or print)
- Access to educational webinars, data tools, and special reports on cutting-edge CAN topics
- Reduced rates at ISPCAN international congresses
- Training and networking opportunities across all disciplines
- Connect with like-minded researchers, practitioners, and multidisciplinary professionals globally
- Opportunity to contribute CAN data to the special reports and represent your region
- Multidisciplinary training tools and curricula, e-courses, e-library of reports, presentations
- Free use of ICAST data collection tools, available in multiple languages
- ISPCAN publications including *World Perspectives on Child Abuse & Resource Guide on Child Maltreatment Data Collection*
- Participate in ISPCAN Working Groups and Regional Networks
- Access to the ISPCAN Member Logo to feature on your website, business cards, email signature, etc.

To avoid technical difficulties, please use **CHROME** as your browser. Please email Holly at memberships@ispcan.org for any assistance.

Thank you for your support!

JOIN ISPCAN

SELECT A MEMBERSHIP

STANDARD (HIGH-INCOME COUNTRY) OR DISCOUNTED (LMIC) MEMBERSHIP

Standard or Discounted Membership \$165 or \$65 (INCLUDES JOURNAL): This membership category is meant for full-time practitioners in child protection in all countries. Rates will be automatically determined by country of residence as you proceed with sign up.

STUDENT/RECENTLY QUALIFIED MEMBERSHIP

Student Membership \$50 (INCLUDES ONLINE JOURNAL): This membership category is for students or recent graduates who are new in the child protection field.

ASSOCIATE MEMBERSHIP

Associate Membership \$35 (NO JOURNAL): This membership category is limited to community health workers, family support workers, child protection workers, law enforcement, school teachers and administrators, school counselors, nurses, paramedics, journalists/media, court judges, child advocate attorneys, clergy, juvenile probation, detention or correctional officers, daycare/preschool workers, coaches, parents, survivors and anyone interested in learning more about this topic.

EMERITUS MEMBERSHIP

Emeritus Membership \$100 (INCLUDES JOURNAL): This membership category is meant for retired practitioners in child protection in all countries.





MY BODY IS MY BODY

Be careful what you say to your child before leaving them with anyone !!



We all want our children to be well behaved when we leave them with babysitters, family and friends, so you may tell them....

- 1.Listen to the babysitter (friend or family member)***
- 2.Do everything they tell you to do***
- 3.Please be a good girl / boy***
- 4.I don't want to come home and find that you have not been doing what you have been told, and so on...***

We can put our children in quite a predicament if they are with an abusive person.





MY BODY IS MY BODY

Be careful what you say to your child before leaving them with anyone !!



Over 90% of child sexual abuse is perpetrated by someone the child knows and trusts, and therefore it is also someone that the parents know and trust.

The dilemma children have, is that they have been told to listen, told to be good for this person, but most times like in my case we have not prepared for someone that may try and take advantage of us. I was 4 when my mother started leaving me with my abusive babysitter.



From a child's perspective you don't want to upset your parents by not doing what you are told, even if you know that something does not feel right. The abuser may tell you not to tell anyone, and may say "if you do tell, your parents will be angry with you" or they "won't love you anymore if they know what you have done".

Abusers can be very manipulative and a young child has no chance if they are not prepared. I am not saying that educating a child will stop all sexual abuse, but I do know your child will be better prepared if someone does try to be abusive, and abusers do not like children that say "NO!" or "I will tell on you if you hurt me or touch my private parts."



We need to tell children that we all have private parts and nobody should touch your private parts: EXCEPT FOR:

a) When you are very young, your parents or carer will have to bathe you, but as you get older you will learn how to bathe yourself.

b) Parents or carers may have to apply medicine to your private parts if you are sick or sore. Make sure they know that this is something only parents or carers would do and if it makes them feel uncomfortable they can always be shown how to apply the medicine themselves.

c) A doctor may have to touch your private parts if you are sick or sore, but that Mommy, Daddy or your carer should always be with you if the doctor has to touch you on your private parts.



There is no other time that anyone should be touching a child's private parts. The most important thing is that the children know it is ok to say "NO" if someone makes them feel uncomfortable or tries to make them do things they know are wrong. Empower children by letting them know their bodies belong to them.





MY BODY IS MY BODY

Be careful what you say to your child before leaving them with anyone !!

There is no need to go into any further sexual or abuse details with young children.

Please empower your children to say NO!! and tell them if anyone is looking after them and they do anything that makes them feel uncomfortable they can say NO and they do not have to do it. You may also want to mention to say NO if babysitters want to take pictures of them as well.

Also it is wise to have the "NO SECRETS " rule - to protect children against people who may want to take advantage. Tell children to never keep secrets only surprises (like birthday presents, or surprise parties etc, nice things)

We only leave our children with people we trust. My parents, who were wonderful parents, left me with someone they knew and trusted - but I was not prepared and therefore suffered 2 years of sexual abuse and many years of trauma that goes along with the initial abuse.

Of course you want your child to behave when being looked after but we have to show them the right time to follow the rules and the right time to question things.

The My Body Is My Body Programme is a Free Programme that will give you songs and ideas on how to tackle the above problems in a non threatening way, so check out our website.

If you don't use our programme there are also other child abuse prevention programmes for children - please have a look and please prepare your child - and let's make this a Safer World For Children.



All about Eric Books



Eric and his "Sticky Uppy" hair

Written and Illustrated by Chrissy Sykes

Eric and his "STICKY UPPY" hair

Learn about how Eric overcomes being bullied and laughed at about his "STICKY UPPY" hair, and how he becomes a trendsetter at school.

This book shows children a positive way of dealing with bullying.

Written by Chrissy Sykes - Creator of the My Body is My Body Programme. 100% of all profits from this book will go to fund the My body is My Body children's workbooks throughout the world through the Global Goodwill Ambassadors
Find your copy at Amazon (links below)

BUY NOW

Amazon

UK

USA

Canada

Germany

France

Spain

Italy

Japan

BUY NOW

BOY-OI-YOI-NG!!!!



There was his Sticky Uppy hair again..



MY BODY IS MY BODY

CONGRATULATIONS!!

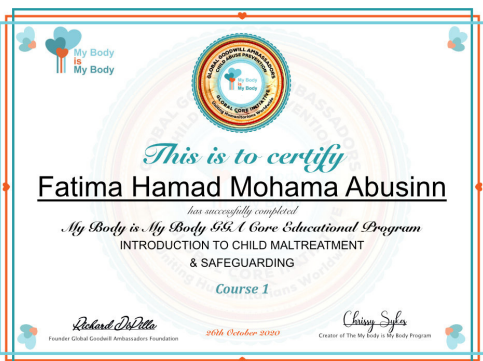
PARTICIPANTS WHO HAVE PASSED PART 1 OF OUR COURSE



MY BODY IS MY BODY

CONGRATULATIONS!!

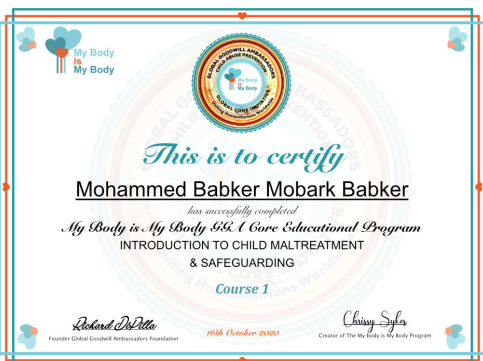
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MY BODY IS MY BODY

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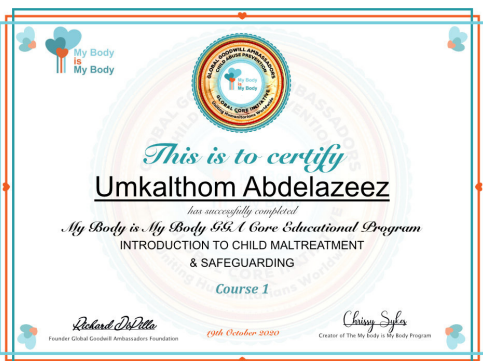
PARTICIPANTS WHO HAVE PASSED PART 1 OF OUR COURSE



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PARTICIPANTS WHO HAVE PASSED PART 1 OF OUR COURSE



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CONGRATULATIONS!!

PARTICIPANTS WHO HAVE PASSED PART 2 OF OUR COURSE





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MBIMB Feedback

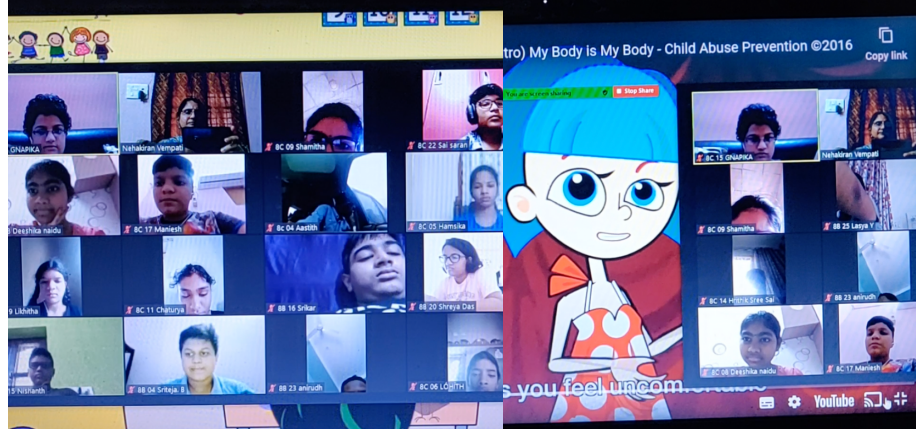
It is very difficult to address child abuse and talk about especially sexual abuses of children due to the societal stigma.

But the MBIMB program eased my work on establishing a dialogue on an issue that plagues us these days.

The fun-filled, enthusiastic songs created awareness and positive impact on my students and their families.



Ms Nehakiran Vempati
Teacher





MY BODY IS MY BODY

CONGRATULATIONS!!

PARTICIPANTS WHO HAVE PASSED PART 2 OF OUR COURSE



MBIMB Feedback

My Body is My Body is enjoyable and valuable for children and the best way to awareness and empower against abuse, maltreatment.

I am so happy to be sharing with the children their talents, activities and solutions to their problems

The programme has made me closer to them.

All best wishes to ambassador Gada Hussein she striving to developing our community.



Rogaia Mohamed Hamid





MY BODY IS MY BODY

CONGRATULATIONS!!

PARTICIPANTS WHO HAVE PASSED PART 2 OF OUR COURSE





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CONGRATULATIONS!!

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MBIMB Feedback



I love the **My Body is My Body Programme** because it is simple, joyful and informative for me and my kids...

Thank you Ghada Hussein for this chance and for your support



Fatima taj Alasfia





MY BODY IS MY BODY

CONGRATULATIONS!!

PARTICIPANTS WHO HAVE PASSED PART 2 OF OUR COURSE



MBIMB Feedback

The My Body is My Body Programme is very good in that it allows the volunteers and trainees the initial knowledge understanding of the programme.

For the first course and for the second course qualifies the trainees to gain the courage to deliver the main message of the program to the children and their families .

2-This is a very simple and suitable thing for everyone. The children received the message and the parents were satisfactory and positive. For parents and children the songs were enthusiastic, they loved it and even became hesitant by the children even after the program ended.

3-your method was very useful and you were humble and wise and frankly grew more confident and courageous from the way you dealt with us. I am proud to be your volunteer in this program .



Nesren Mohammed





MY BODY IS MY BODY

CONGRATULATIONS!!

PARTICIPANTS WHO HAVE PASSED PART 2 OF OUR COURSE



MBIMB Feedback

I enjoyed it so much when I was singing the songs of the programme with the children.

The parents also were very happy, and they were feeling peace about the message of the programme that being taught to their children.

The most happiest were the children whom enjoyed very much when they listening and dancing with the songs.

*Dr. Gada is very helpful, she guided me and gave me all the information I asked for, and all the information about the programme as whole.
I completed the 2 courses*



Ragda Abdalmonem





MY BODY IS MY BODY

Our wonderful Egyptian Team



Marwa Fayed's

TOY RUN



We have been working hard this past year to put a team together in Egypt that will roll out the My body is My Body Programme in Egyptian Arabic. The songs will be recorded this month of December and the animations will follow soon after.

It is so exciting to have such a wonderful and experienced group of dedicated people that want to make a difference for the children.

We will keep you up updated as things progress !!

Thank you to you all!!



جمعية جنوب الوادي للتنمية

South Valley Foundation for Development

