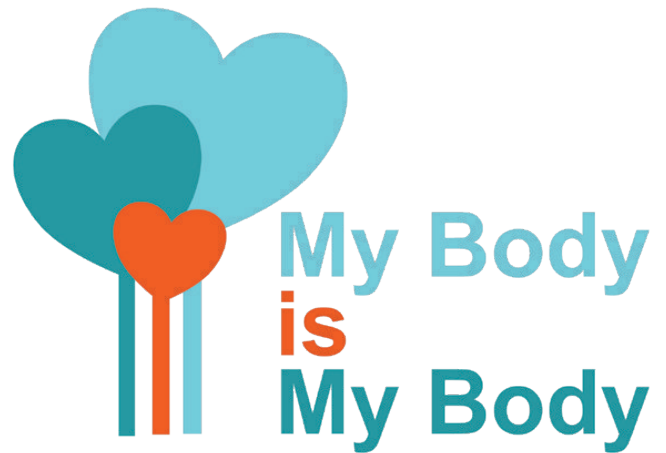


# My Body Is My Body Song 2 Tutorial

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

# Song 2 Tutorial



## Song 2 – If It Don't Feel Right – Don't Do it

### Song Objectives

1. To teach children to listen to their own feelings.

Most of the time children know when things do not feel right or when things make them feel uncomfortable so teach them this rule –

**"If it don't feel right – don't do it !"**

2. To talk about peer pressure

Talk to the children about all sorts of scenarios including peer pressure by their friends at school or at home – they may try to make them do things they know are not right. You can even include people that might try and get them to take drugs in this conversation. Standing up to peer pressure can be tough, but talk about it and explain how much stronger they will feel and how much self confidence they will build if they don't let themselves be pressured or bullied by other children into doing things they do not want to do.

**"If it don't feel right – don't do it !"**

3. To help children with body empowerment

Children need to know that their bodies are their own and that if things make them feel uncomfortable, they have the right to say No I don't want to do that. This includes unwanted hugs and kissing as well as touching.

**If it don't feel right – don't do it !"**

This song will also open the subject of feelings for discussion just a few are:  
Happy , Sad, Lonely, Angry, Scared

# Activity



Ask the children to describe these faces  
[www.mybodyismybody.com](http://www.mybodyismybody.com)

# Song Lyrics

## If It Don't feel Right – Don't Do It

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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

People can touch you and say that it's cool  
But remember your body belongs to you  
You're the one who knows if it don't feel right  
And if it don't feel right  
Don't do it, Huh!!  
No if it don't feel right  
Don't do it, Huh!!  
Don't do it, Don't do it

### Verse 2

There are people out there  
That think you're a fool  
And they try to give you drugs  
And keep you out of school  
Tell you to keep secrets  
But you know what to do  
Cause if it don't feel right  
Don't do it, Huh!!  
No if it don't feel right  
Don't do it, Huh!!  
Don't do it, Don't do it

### Verse 3

People can hold you and tell you they care  
I'm not telling you that it's not good to share  
But you will know inside if it don't feel right  
And if it don't feel right  
Don't do it, Huh!!  
No if it don't feel right  
Don't do it, Huh!!  
Don't do it, Don't do it  
No if it don't feel right  
Don't do it, Huh!!  
Don't do it, Don't do it

### Cynthie's text from the vide

We're going to have fun with this next song,  
It has such a great rule to remember  
And the rule is –

If it don't feel right – don't do it !!

Now I'm not talking about things like doing  
your homework, or tidying up your bedroom  
I'm talking about if someone tries to get you  
to go somewhere with them and you know  
it's not the right thing to do. –

If it don't feel right – don't do it !!

Or if someone tries to get you to do something  
that makes you feel uncomfortable.

If it don't feel right – don't do it !!



# Simple Rules

Reinforce what the children have learned.

1. If someone tries to make you do things that make you feel uncomfortable

"If it don't feel right – don't do it !"

2. If other children try to make you do things that you know are not right

"If it don't feel right – don't do it !"

3. If people try to touch you in places that you know are private

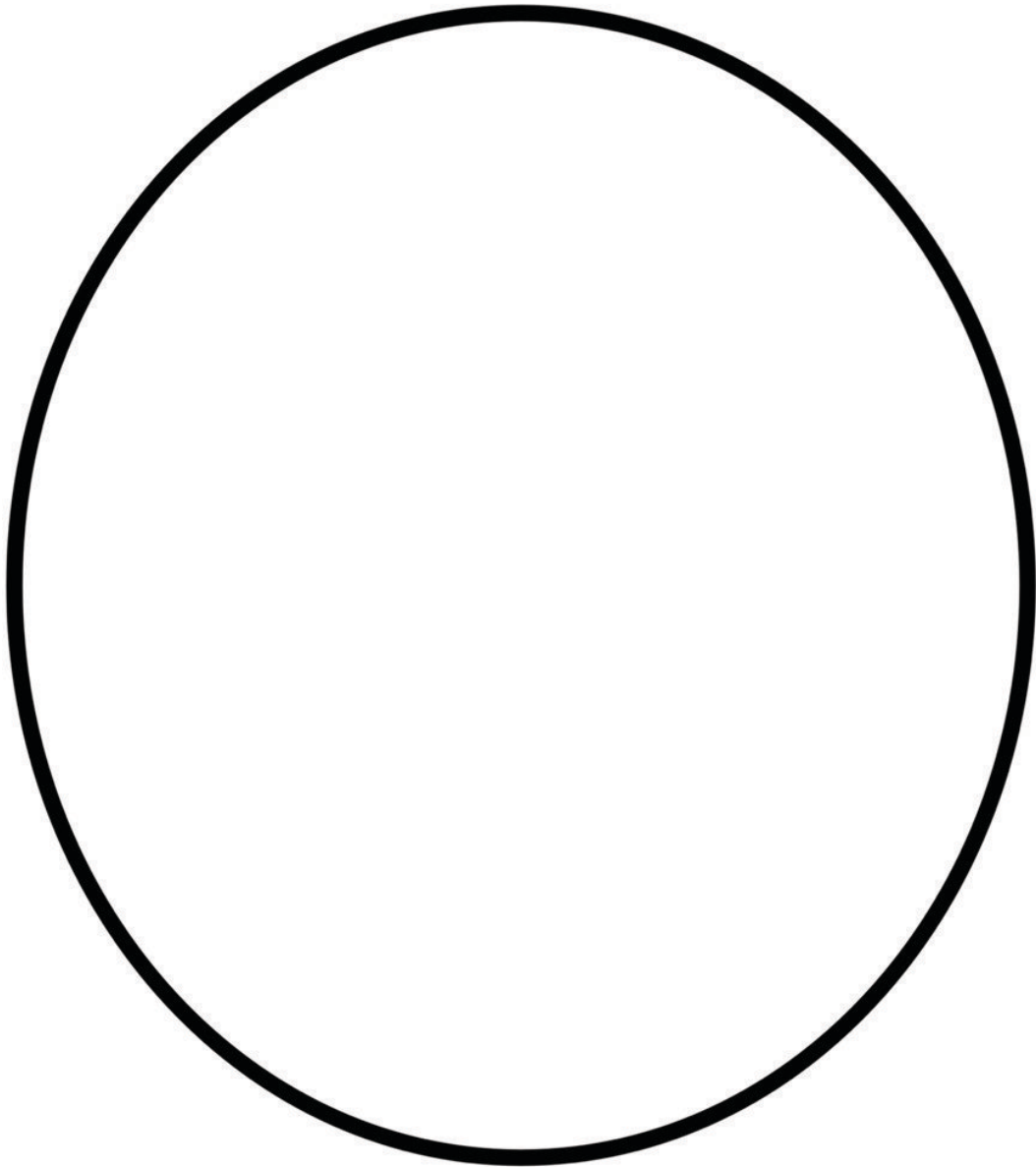
"If it don't feel right – don't do it !"

## Simple Rules...

1. Listen to your feelings, you know what feels right and wrong
2. If it makes you feel uncomfortable – don't do it
3. Don't let people bully you into doing things you know are not right
4. Always remember to tell if you are having problems
5. Don't keep secrets if someone is hurting you



# Activity



Please draw on the face to show how you are feeling –  
Happy, sad, lonely, frightened, hurt, excited, bored or  
anything else you might be feeling.

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



# Contact My Body is My Body



## Contact us

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- ♥ Website [www.mybodyismybody.com](http://www.mybodyismybody.com)



My Body Is My Body



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