



My Body is My Body

*Free Animated Musical
Child Abuse prevention Programme*

www.mybodyismybody.com

Song 2 Tutorial

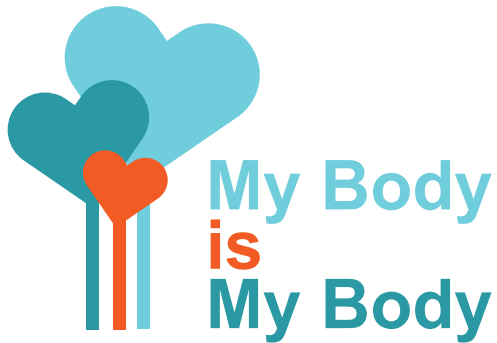
*"If It Don't Feel Right -
Don't Do it"*

****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 2 Tutorial



Song 2 - If It Don't Feel Right - Don't Do It

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

***All videos are available on the website
www.mybodyismybody.com***

Ask the children to describe these faces





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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



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Song Lyrics

If It Don't feel Right - Don't Do It - 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

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

Cynthia's Text from the video

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

And the rule is -

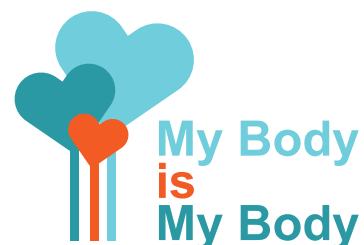
If it don't feel right - don't do it !!

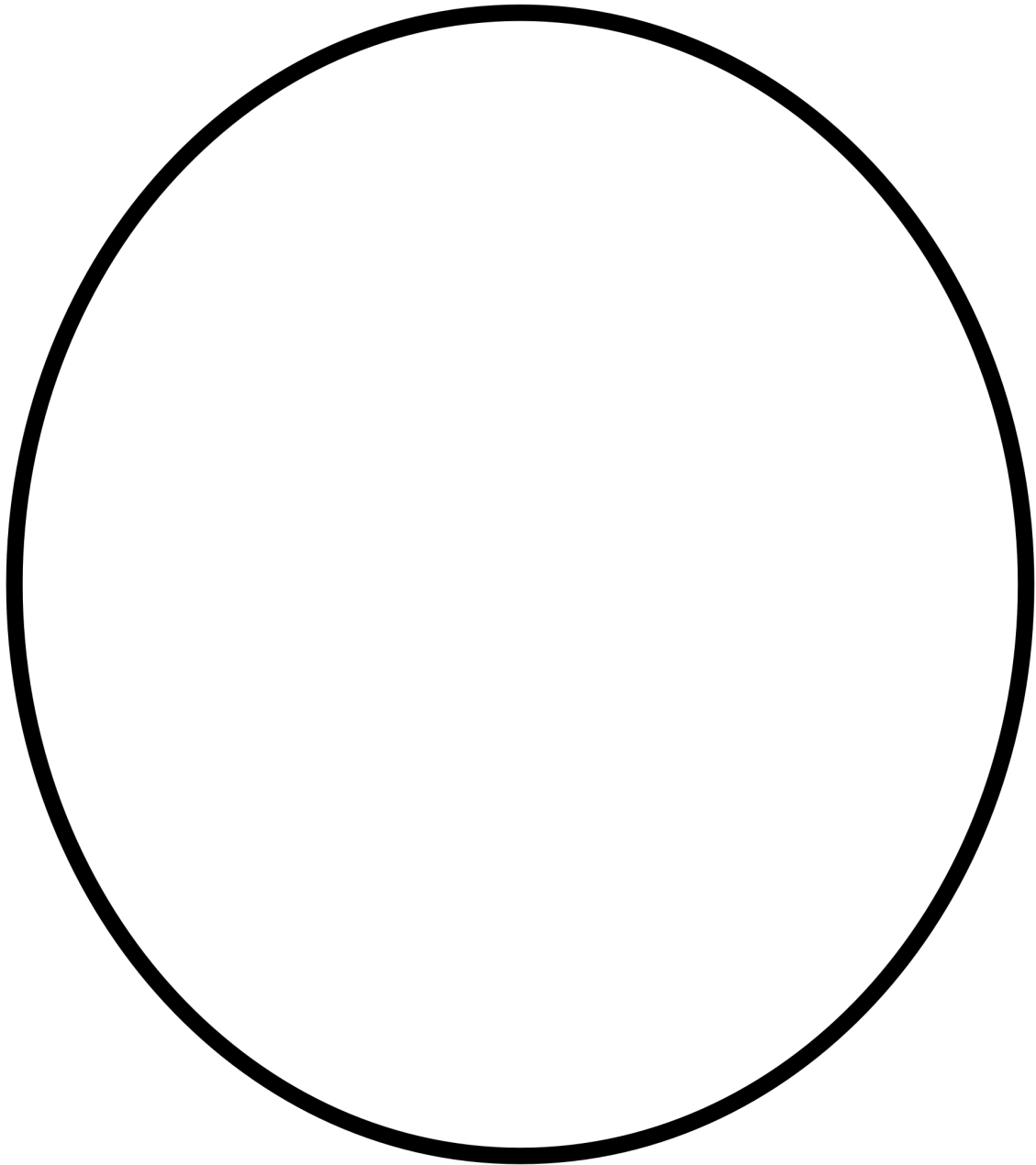
Now I'm not talking about things like doing your homework, or tidying up your bedroom I'm talking about if someone tries to get you to go somewhere with them and you know it's not the right thing to do. -

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.

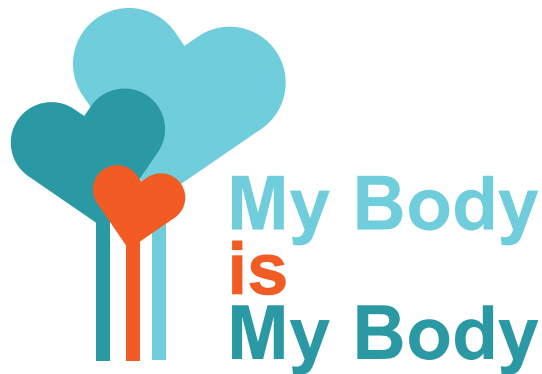
If it don't feel right - don't do it !!





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





“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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