



# My Body is My Body

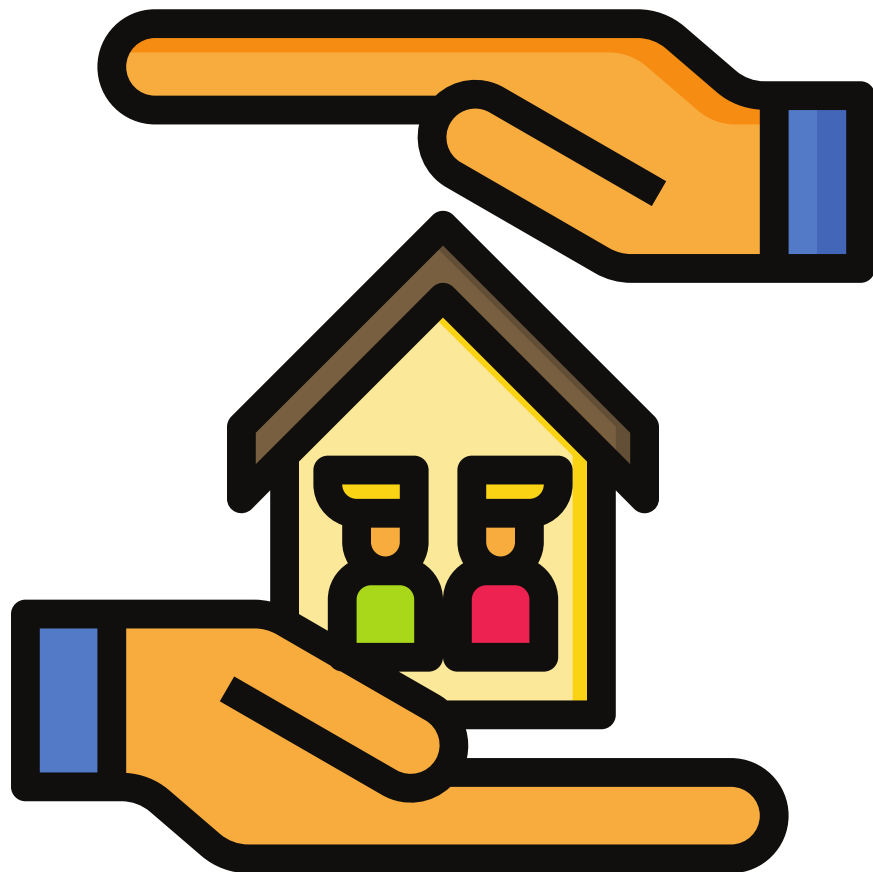
## Family Safety Plan

# How can you protect your child from abuse?

Keeping our children safe is a difficult job in today's world, but we have some information, advice and tips to help you.

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

Over 40% of children around the world are abused every year, in every community in every socio economic group. We have to educate our children on the subject body protection in an open and positive way, so they feel comfortable talking to you about this difficult subject.





# *Family Safety Plan*

## **Step 1**

*Find a way to open the lines of communication with your child.*

Most adults don't feel comfortable talking about the subject of abuse, and the thought of trying to approach young children in a positive manner can be difficult.

You can use the 6 songs in the My body is My Body programme to allow you to engage with your children in a fun 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 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.

## ***Talk to your child early***

The earlier we can teach children about the subject of "Body Safety" the better, and we know that this program works for children from the age of 3 years old, as it has been presented to over 1 million children of all ages in schools and nursery schools with great success.

***Keep it simple and positive, but start talking.***







## Step 2

### ***Get everyone in the family involved.***

The more people that are open about the subject of abuse and body protection, the more children will feel comfortable asking questions and will not feel the need to keep secrets. Make sure they know they can ask questions at any time about anything and you will be open and honest with them.

Use the MBIMB Songs to get everyone involved - it will be a positive experience for all.



## Step 3

### ***Learn the warning signs.***

Effective prevention can stop a child from being abused and going through years of trauma.

Prevention is the key.  
(see next page)



## Step 4

### ***Seek help or advice***

If you have any concerns about any improper behaviour by any family member (adult or child), make sure you call a Helpline and get advice, and if you are worried about your own actions towards your child/children, seek help - again prevention is the key.



## Step 5

### ***Where can you get help?***

- Contact your local police
  - Contact your local Social Services
  - Contact your Local Helpline
- Remember the rule

***See something, Say something, Do something.***



## Step 6

### ***The "No Secrets Rule"***

Teach children NOT to keep SECRETS....  
Abuse flourishes in secrecy and allows the abuser to keep control of the child.

This is why we need to teach all children NOT to keep secrets.  
Teaching about good and bad secrets can be difficult to explain - so keep it simple  
and have a "No Secret's Rule" in your family.



## Step 7

### ***Who can you tell!***

Sometimes children find it hard to talk to their own parents if it is a difficult subject, so discuss with your child who are the "Safe Adults" in your family that they can go to if you are not around.



## Step 8

### ***Babysitting***

Be careful what you say to a 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,

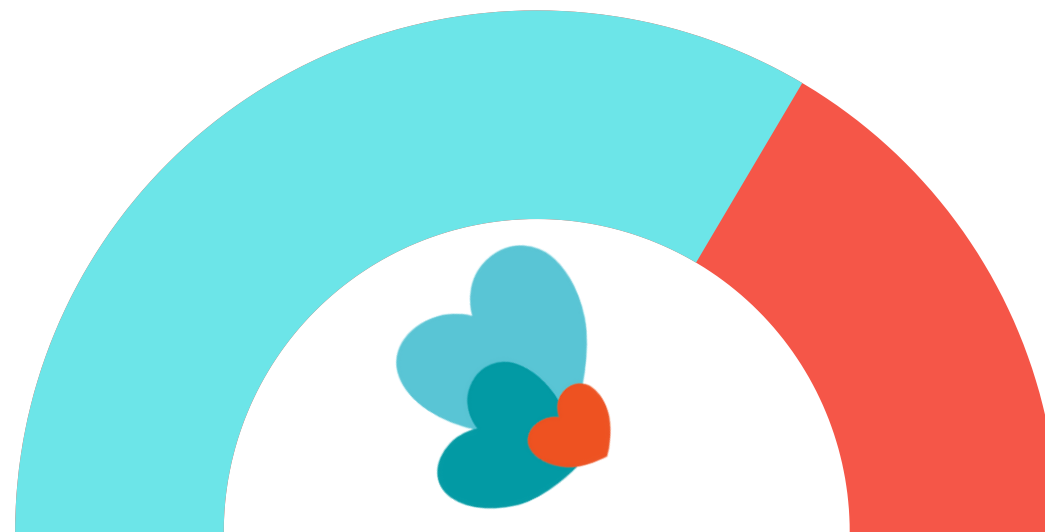
***You listen to the babysitter (friend or family member)***

***Do everything they tell you to do...***

***Please be a good girl / boy***

***I don't want to come home and find that you have not been doing what you have been told to do, and so on...***

Please tell your child 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 their bodies.



# Body Safety Rules

## MY BODY IS MY BODY

My Body belongs to me  
Nobody should hurt me  
Nobody should touch my private parts  
**I am the boss of my own body !!**

## WHO CAN I TELL ?

I can tell "Safe Adults"

Mommy or Daddy,  
Aunty or Uncle  
Granny Or Grandpa,  
Teacher or Principal  
Councillor  
Neighbour

## IF IT DON'T FEEL RIGHT DON'T DO IT

If people try to get me to do things I know are wrong  
I will say "NO"  
If it don't feel right don't do it  
**THEN I WILL TELL SOMEONE**

## PRIVATE PARTS

My private parts are the parts where my swimsuit or my underwear covers.

**Nobody** should touch my private parts  
**Nobody** can ask me to touch their private parts  
**Nobody** should take pictures of my private parts

## SAY NO TO SECRETS

If someone is hurting me, bullying me or doing things that make me feel uncomfortable, and they ask me to keep it a secret -  
**I will "Say No To Secrets"**

## IF I HAVE A PROBLEM

**I will TELL SOMEONE !!**

# Signs Of Abuse

*The following are some signs of abuse.*

The child may be suffering from a mixture of these so it is just 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

### *Child's 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

### *Child's behaviour*

Unpleasant, hard to get along with  
Unusually shy, avoids other people  
May be too anxious to please  
Appears to be afraid of certain people

## Signs of sexual abuse

### *Child's appearance*

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

### *Child's 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

## Signs of emotional abuse

### *Child's appearance*

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



# Top Internet Safety Tips

Growing up in an environment where anyone can say anything about you anonymously can cause some really stressful situations for our children today. Protecting our children online is just as important as keeping them safe in the outside world.

Children can be exposed to so many experiences on the internet, that can affect their lives dramatically. If they are not monitored they could be exposed to cyberbullying, they could see sexual or violent images, or have contact with strangers which could put them at risk.

Like all protection activities, the sooner we teach children to be safe online the better.

Here are some startling statistics\*

40% of children chatted to a stranger online  
of these children 53% revealed their phone number  
15% tried to meet the stranger  
6% revealed their home address!!

## Internet Tip 1

Take a moment to review your computer safety settings.

Here's how to find them:

Chrome: Settings > Advanced > Privacy and security

Edge: Settings > Advanced settings

Firefox: Options > Privacy & Security

Safari: Preferences > Privacy

To quickly check if a site is legitimate or if a specific URL is safe, you can use a website safety checker like Google Safe Browsing.



## Internet Tip 2

It is always a good idea to let your children use their devices in common areas of the house where you can keep an eye on them.

Bed time is for sleeping and it is always a good idea not to let them take their phone to bed.

Find out about the social networking sites your child uses like Snapchat, Facebook, Instagram, TikTok, Youtube. If your child is using a new App - try to find out about it as there are many that do not have safety protocols to protect children.

## Internet Tip 5

Help your child set up their internet accounts and show them fun ways of creating safe passwords. Like using their favourite superhero combined with their favourite drink or sweets. Something nobody else would know. Also make a note of their passwords so you can keep an eye on their internet activities.

## Internet Tip 6

A good indication that they are being bullied, groomed or that they may have seen something upsetting, is to watch for any changes in their behaviour. They may become secretive, withdrawn, anxious or angry.

My Body Is My Body  
[www.mybodyismybody.com](http://www.mybodyismybody.com)

## Internet Tip 3

We need to remind children that people may not be who they say they are on the internet, they may lie about their age, their name and even what sex they are. It is important never to give details like:

Your full name,

Your address

Your phone number

Your password

And never ever meet up with a stranger.

## Internet Tip 7

Some sexual predators try to win children over with gifts. These can be given through games, or maybe even through the post. Keep an eye out if your child starts to play on games that have "in app" purchases that are being paid for.

## Internet Tip 8

It is always a good idea to check your child's browser history and see the websites they have been visiting. Also check the recycle bin to see if they have tried to delete any images.

***If you feel your child is in danger or any illegal behaviour is occurring, please report it to the police immediately.  
Cyberbullying is never ok***

## Internet Tip 4

Do fun things together with your child on the internet. That way you can browse different sites and they can learn from your example as you could say - "Oh that doesn't look like a safe site" I think we will look for something else.

By exploring the internet with your child, you can also find out about what interests they have, and what they enjoy watching. You could bookmark some of their favourite sites so that they can find them easily and they are not searching the internet unnecessarily.



## Internet Tip 9

If your child is being bullied in any way, take screen shots of any harmful content. It always helps when you are reporting to show a pattern of abuse.

If it is a class mate, you can report the cyberbullying to the school. If it is on social media you can contact the site owners to have the post/ posts removed.

# Family Safety Plan

*Child's Name*

.....

*Which family members and friends will be included in our safety plan ?*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

*Things To Discuss*

- 1.Body Safety
- 2.Private parts
- 3.Not going with Strangers
- 4.No Secrets
- 5.Online Safety
- 6.Talking about problems
- 7.Who are our Safe Adults

*Who will be responsible for each subject?*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

# Family Safety Plan

*Child's Name*

.....

## Check List

1. Find out about new apps my child is using ..... ☐
2. Check computer, phone and tablet safety settings..... ☐
3. Discuss not giving out personal details to anyone on the internet..... ☐
4. Bookmark some favourite sites..... ☐
5. Help set up safe passwords (make a note of them)..... ☐
6. Check browser history regularly ..... ☐
7. Discuss not meeting people from the internet alone..... ☐
8. Discuss the safety rules for children..... ☐



# *Safety Rules For Children*

*1. Pick a username that isn't your real name*

*2. Pick a profile picture that doesn't show where you live*

*3. Never share your address*

*4. Never share your phone number*

*5. Never share where you go to school*

*6. Never share your passwords*

*7. Make sure you make time to do other things*  
apart from being on your computer or phone

*8. Always Remember what you share online is there forever.*





# Safety Rules For Children

**9. Be careful of friend requests from people you don't know.**  
Only accept 'friend' requests from people you know in real life.

**10. Block anyone who upsets you by picking on you or saying mean things –**

This will stop them being able to contact you, and they will not be able to see your profile.

**11. Think before you upload and share photos –**  
Only post photos that show you and your friends in a positive way.  
**Once they are uploaded they are there forever.**  
Also get permission from your friends if you want to post pictures of them.

**12. Never agree to meet someone you've only met online.**  
Take one of your parents with you and meet in a public place.  
If they are who they say they are, they'll be happy to do this.

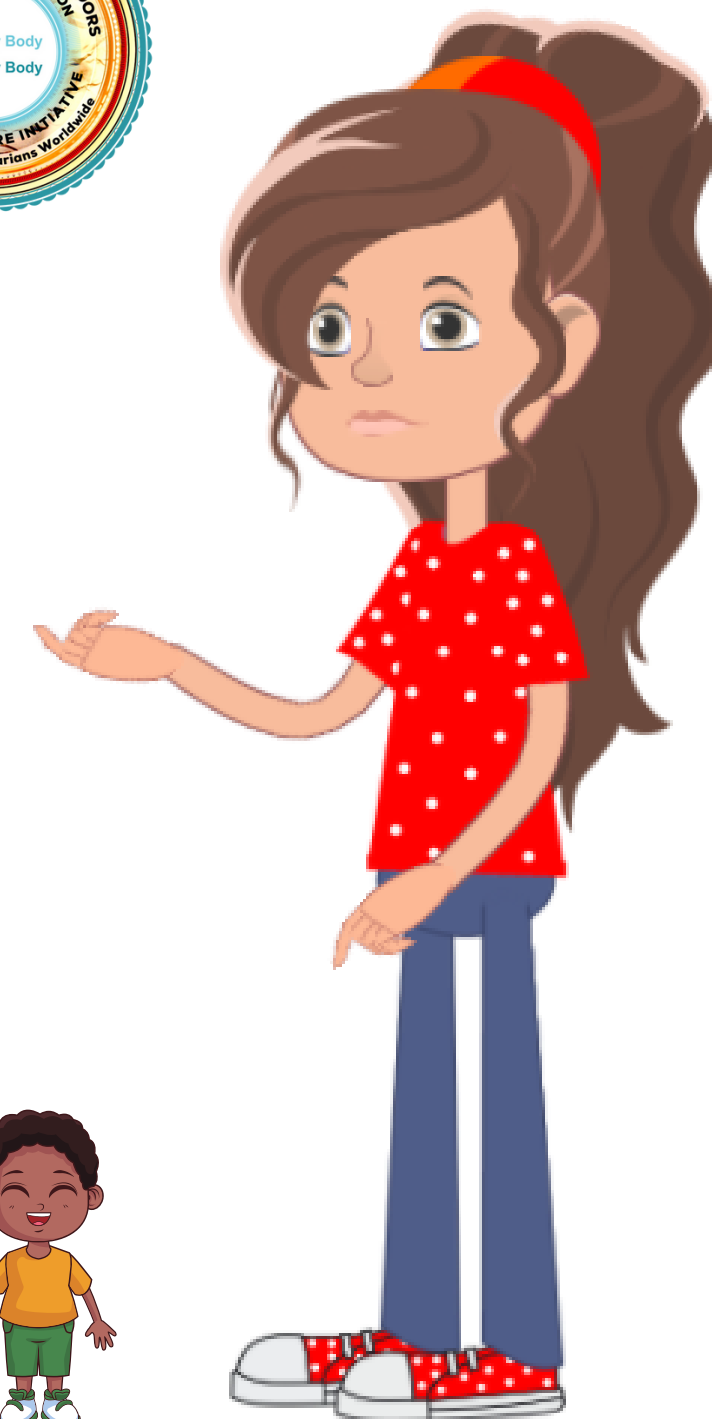
**"Always tell someone" if you see something that upsets you or if you are being bullied.**





# ***Available on our website***

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



*Here are some useful sites*

**O<sub>2</sub> | NSPCC**

Let's keep kids safe online

Your guide to apps, games and social media sites

<https://www.net-aware.org.uk/>



Great information on protecting against sexual abuse

<https://www.stopitnow.org.uk/>



International Society for Prevention of Child Abuse and Neglect

<https://www.ispcan.org>

Children's Workbook  
Song Tutorials  
Lesson Plans  
Programme in 19 Languages  
Body Safety Rules  
Signs Of Abuse  
Courses  
Helpline Numbers  
and much more.....



*All our resources are Free to use, download and share*



