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

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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, 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.

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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
Song 3 – The "What If" Game

Song Objectives

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.

Examples.....

'What If' someone knocks on the door and you are alone at home?
What would you do?

✦ Never open the door
✦ Call a neighbour or relative if they won't go away
✦ Call the police if you can't get any help and you are scared.

'What If' a babysitter tries to touch your private parts.

✦ Tell them NO then go and tell someone
✦ Don’t keep it a secret even if they ask you to

“What if” someone comes to your school and says your mommy asked them to pick you up

✦ Never go with anyone you don’t know (even if they know things about you and your family) they may have found out about you on the internet,

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Explaining Strangers to children

If you ask a group of children what a Stranger is – you may get 20 different answers such as:

a) A stranger is a bad person
b) Someone that will hurt you
c) Someone that gives you sweets

Children have many misconceptions as to what "Strangers" are.

We teach our children:
“Don't talk to strangers"
"Don't get in a car with a stranger"
"Don't take sweets from a stranger"

But....we often forget to tell them what a stranger is.
So firstly we need to teach children What Is A Stranger ?
A Stranger is someone we don't know !

A Stranger can be
A Man or a Lady, someone old or young
Someone of any colour or social group

Not all strangers are bad people, and if someone that you love or trust introduces you to a stranger – that stranger can become a friend, BUT....unless someone you love and trust introduces you to a stranger you should never talk to them on your own.

Ask the children to describe these faces
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Give children examples of what lies some strangers may tell them for example:

a) Your Mummy asked me to pick you up from school as she is running late
b) I have lost my puppy, please could you come and help me look for it
c) I want to show you something really exciting, I promise I will bring you right back

Another rule is to never accept gifts from a stranger – no matter how nice the gift is.

In this digital age where information about children and their parents is readily available on the internet people can easily get to know the names of a child’s family members and may try and trick them into going with them.

Tell them that even if the person knows a lot of things about them, if they don’t know them, they are a stranger and don’t go with them.

Discuss People taking Photographs

With this current digital age, we also have to protect children from people that may want to take inappropriate photos of them.

Please explain to the children if someone wants to take photos of you or your private parts tell them NO!! and then go and tell somebody.

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Safety Tips

Safety Tips: These tips are to empower children – not scare them so please keep this positive.

• Do not talk to a stranger
• Do not take anything from a stranger
• Do not go anywhere with a stranger
• Do not get into a car with a stranger
• Do not approach a car if a stranger calls you over

• If a stranger tries to force you to go with them, yell and make as much noise as you can – shout NO !!!! (when going through this safety tip with the children have some fun and get the children to shout as loud as they can) then go and tell a safe adult

• If someone tries to touch your private parts shout NO !! then go and tell a safe adult

• If someone tries to hurt you – shout NO !! then go and tell a safe adult

• If someone does something to make you feel uncomfortable – shout NO !! then go and tell a safe adult

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The "What If" Game  
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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!!

We’re gonna play – The “What If” Game  
Their’s questions and answers for you  
If you want to be a winner every time  
This is what you’ve got to do  
Say No! Just say No!

Verse
What if, after school  
A stranger tries to take you home  
And they’re driving in a shiny new car  
And they say “Hello! You want a ride?”  
Oh No, you’re a stranger  
I won’t go for a ride in your car  
Because my Mommy and Daddy  
told me Never to go with someone  
I don’t know I’d say No!! Just say No!!

Verse
Now what if, you’re at home  
And the babysitters looking after you  
And they try to touch you under your clothes  
What would you do?  
You’d say No, babysitter  
I don’t want you touching me there  
Because those are my private parts  
And my body don’t belong to you  
I’d say No!! Just say No!!

Chorus
We are playing  
The “What If” Game  
Their’s questions and answers for you  
If you want to be a winner every time  
This is what you’ve got to do  
Say No! Just say No!

Verse
Now what if, there’s someone  
A friend or part of your family  
And they touch you or hurt you  
It makes you feel bad or uncomfortable  
What would you say?  
You’d say NO!  
Please don’t do that  
I don’t like you touching me that way  
And though I really like you  
Please don’t do that to me  
Because I’m just little you see  
I’d say No! Just say No! Say No!

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Simple Rules

Simple Rules...

1. Never go anywhere with a stranger
2. Never take anything from a stranger
3. Never talk to strangers – even if they know your name
4. Always try to walk home from school or go out to play with a friend
5. Always make sure you tell your parents or carer where you are going
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.

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