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
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 this subject, 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.

www.mybodyismybody.com
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 the program

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 that no matter how large or small the group of children – make it fun for them and encourage the children to join in. After presenting the program, always leave time to discuss the song subjects, do the activities and let the children ask questions. It is important that they feel comfortable with this 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 5 - Love Is Gentle

Song Objectives

To teach children that love is gentle and kind and is all about caring, sharing and trusting.

Children come from many different types of families and backgrounds but the rules of love should always be the same.

- Children should be loved gently
- Have enough food to eat
- Have clean clothes
- They should be cared for and looked after
- They should be bathed and their teeth cleaned
- Their hair should be washed and brushed
- Someone should be there to help with problems
- Someone should pay attention to them
- Someone should read to them
- Someone should make them happy when they are sad
- They should have adequate medical and healthcare

www.mybodyismybody.com
Talking About Problems

It is a good idea to talk about this subject with all children. Encourage them to seek help from a trusted adult if one of their friends or classmates is not being looked after or is being abused. Children sometimes feel more comfortable telling problems to their friends rather than to adults, so please encourage children to seek help if they know about any abuse that is occurring.

You can learn so many things about children by just opening a safe avenue of communication, where the child feels they can talk to you about any problem no matter how large or small.

Ask the children to describe these faces
www.mybodyismybody.com
Neglect:

This is the most common form of child abuse and is also one of the most complex as many children that suffer from neglect also suffer from other types of abuse. These are just a few signs to look for.

- Children can be left hungry which can lead to begging and stealing food. Lack of food may leave them tired and lethargic.

- Children may be clothed inappropriately for the weather. They may also be wearing long sleeves in extreme heat to cover marks or bruising. They may also have poor hygiene, dirty hair and body odour.

- Children may be living in a dangerous home - for example around alcohol, drugs or violence.

- Children may not be receiving basic medical and dental care, especially when they are hurt or injured.

- Children may be absent frequently from school, exhibit defiant behaviour, or low self esteem.

www.mybodyismybody.com
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

www.mybodyismybody.com
1. Neglect is the most common forms of child abuse
2. It can have long-lasting effects including mental problems, poor physical, emotional and social development, behavioural problems and low self-esteem
3. We need to support parents that do not have the necessary knowledge or skills to provide a safe and loving home for their children
Chorus
Love is gentle
Love is kind
Sing along and you will find
There's so many nice things we can do
To show our love

Verse
Won't you read me a story
Or let's go out and play some ball
You could help me ride my bike
So I won't fall

Middle
There are so many things
We can do together
There are so many ways
We can show we care
There are so many times
we can tell each other I love you
If you've got some time to share
I'd like to share with you

Cynthie’s opening text from the video
Cynthie’s opening text from the video
Let’s talk about love, it’s very important to be loved and people don’t show their love to you by hurting you or doing things that make you feel uncomfortable.

People show that they love you by doing things with you like reading books, playing games, having fun, going for walks or maybe showing you how to ride your bicycle.

Cynthie’s ending text from the video
I hope you have enjoyed singing along to all the songs with us and that you'll remember the things that you have learned about your special body. Remember to say NO!! If someone tries to touch your private parts or if people try to do things that make you feel uncomfortable or hurt you.

Remember the rule ‘If It Don't Feel Right – Don’t do it!!’ and remember to tell somebody if you are being hurt or touched or bullied in any way, and keep telling till someone listens to you.

Don’t you ever, ever give up!!

www.mybodyismybody.com
Ideas for interaction with the children

Get the children to write down things that they like to do with their parents or if they are younger then they can draw a picture of things they like to do with their parents.

Suggestions:

- Play a board games
- Play cards
- Read a book
- Play ball
- Play hide and seek
- Go for a walk
- Go to the park
- Help around the house
- Listen to music
- Go to the library
- Dance

See how many suggestions they can come up with – this will also give the other children in the class an ideas of things to do at home.
Contact us

- Twitter @MBIMB1
- Facebook @Mybodyismybodyprogram
- Instagram @mybodyismybodyprogramme
- Linkedin @My Body Is My Body
- Website www.mybodyismybody.com

All videos are available on Youtube and our website

www.mybodyismybody.com