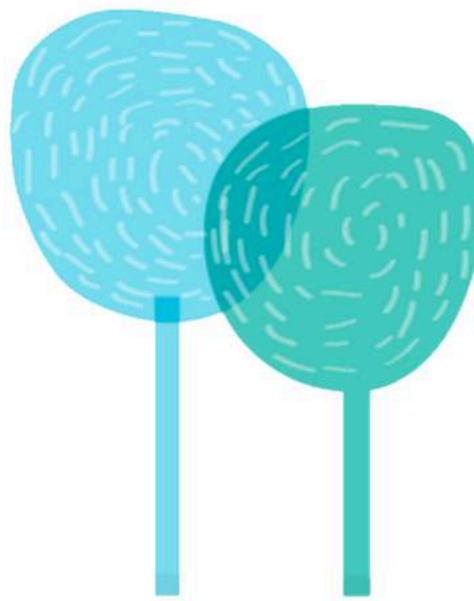


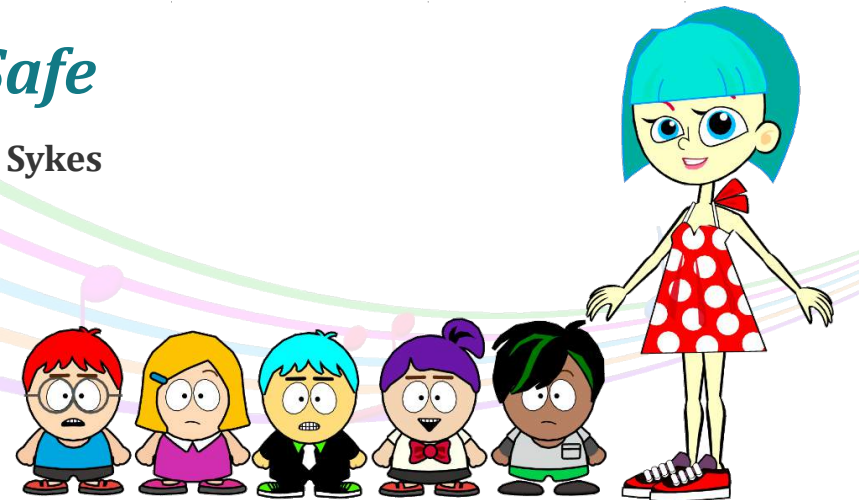
My Body Is My Body



Free Musical Child Abuse Prevention Programme

Keeping Children Safe

Written and animated by Chrissy Sykes



My Body is My Body

I would like to introduce you to the **My Body Is My Body Programme**. This is a free musical animated Child Abuse Prevention Programme which offers a different approach to this difficult to talk about subject with fun, animated, sing along songs.



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, or at least if a child is already in an abusive situation, it will give them the knowledge of what to do, and who to turn to, so that they can 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 I have presented this to over 350,000 children in the USA with great success.

The beauty of the **My Body Is My Body Programme** is that it can be taught by anybody. 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.

*The Power Of Music - University of London



How to use this programme:

Keep it fun -

The songs are fun positive animations, introduced by a cartoon character called **Cynthia**. Sing along, do hand movements, dance, do anything to try and make the message memorable.

Keep it simple -

Young children do not need to know any “in depth” details of abuse just give them simple rules:

- 1. Nobody should be hurting you*
- 2. Nobody should be touching your private parts*
- 3. Nobody should take photos of your private parts*
- 4. If you have a problem tell somebody*
- 5. Don't keep secrets if someone is hurting you or touching your private parts*
- 6. Tell someone if you are being bullied*

Keep it positive -

The main objective is to empower children so they feel positive about their bodies, and safe in the knowledge that they have someone to talk to if there is a problem.



It is a good idea to have a letter writing or drawing session after each lesson asking children to draw a picture about what you have been talking and singing about or maybe they can write about something that has happened to them or something that is worrying them.

You will get some interesting comments from the letters:

"Don't touch my stuff !!"

"Personally I have never been abused, but my younger sister was. She told my Mom after seeing your program"

.....Or something like this picture (right) from a 5 year old which was investigated further



I always suggest that you get the children to stand up and sing - they will pay more attention than when sitting, and it is easier to do the hand movements.....

Song 1

My Body Is My Body



My Body Is My Body

<https://www.mybodyismybody.com/my-body-is-my-body>

Cynthia's text from the video

Hello, my name is Cynthia and today we're going to do the "My Body Is My Body" Programme. We're going to sing some songs, have some fun and learn about how to keep safe. You know, our bodies are very special and nobody has the right to hurt us, or touch our private parts or do anything that makes us feel uncomfortable because it is our special body.

We're going to do the first song now - and I want you to sing along with me - it's called My Body Is My Body



My Body Is My Body - Song Lyrics

**It's my body, My body - And nobody has a right to hurt me
'Cos my body is my body for me
It's my body, My body - And nobody has a right to touch me
'Cos my body is my body for me**

**I've got two hands to feel, And two eyes to see
And two ears to hear what you're telling me
I've got two strong legs to take me where I go
And I've also got some private parts - That I don't want to show**

**It's my body, My body - And nobody has a right to hurt me
'Cos my body is my body for me
It's my body, My body, And nobody has a right to touch me
'Cos my body is my body for me**

**I've got hair on my head I want you to see
And a little belly button in the middle of me
I've got a cute little nose and ten little toes
And I've got a mouth to tell you what I want you to know**

**It's my body, My body - And nobody has a right to hurt me
'Cos my body is my body for me
It's my body, my body - and nobody has a right to touch me
'Cos my body is my body for me - Yes my body is my body for me**



My Body Is My Body - Song Objective:

To teach children that their body is their own and no-one has the right to hurt them or touch their private parts.

One of the first things to explain to children is that our bodies are special, and no-one has the right to hurt us or touch our private parts. Then be clear where those private parts are - they are the parts of their body covered by their underwear, they are private and belong to them only.

Now it is important to explain to children that there may be times that parents or carers may have to touch their private parts for example:-

1) When they are very young, someone will have to bathe them, but as they grow older they will learn how to bathe themselves.

2) Parents or carers may have to apply medicine to their private parts if the child is sick or sore. Make sure they know that this is something only parents or carers or doctors would do, and if it makes them feel uncomfortable they can always be shown how to apply the medicine themselves.

3) A doctor may have to touch their private parts if they are sick or sore, but that Mommy, Daddy or their carer would always be with them if the doctor had to touch them there.



There is no other time that anyone should be touching their private parts. Children know it is alright to say **“NO”** if someone makes them feel uncomfortable or tries to make them do things they know are wrong. This empowers the child by letting them know their bodies belong to them.

Over 90% of sexual abuse occurs either within the extended family or by someone the child knows and trusts. It is very damaging to a child when this trust is broken. They need to know they have somewhere safe to go to for help and someone who will listen to them and believe them.

Keeping secrets

Child abusers and sexual predators often count on the fact that a child will keep secrets and for this fact alone it is a good idea to have a **“No secrets”** rule.

Instilling this children from a young age will make them feel more comfortable about not keeping “unsafe” secrets if someone is hurting them or touching them inappropriately.



Children need to know if abuse occurs that :

- 1) They are not to blame*
- 2) They should not feel guilty*
- 3) It is important to tell so that the abuse can stop*



Please remember that the perpetrator is usually someone that the child loves or knows and trusts, so the subject needs to be discussed very gently.

Do not get angry in front of the child, they need you to stay calm and in charge.

You could explain to them that just like a drug addict or an alcoholic, people that abuse children need help. This way they can get better and they will not hurt children anymore. **That is why it is so important for them to tell someone.**

The digital age

With the digital age we also have to protect children from people who may want to take inappropriate photos. When talking to them about inappropriate touching,

you should also mention that people may want to take a photo of their private parts (even if they don't try to touch them) and if someone tries to take a photo they must say **NO! and then tell someone.**

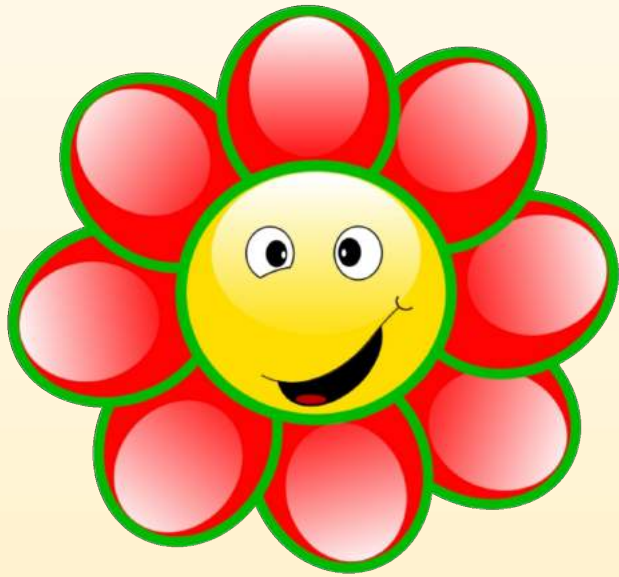
Song 2

If It Don't Feel Right.....Don't Do It.....Huh!!



If It Don't Feel Right - Don't Do It !!

<https://www.mybodyismybody.com/if-it-don-t-feel-right>



Cynthie'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 !!

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

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

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

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
No if it don't feel right
Don't do it, Huh!!



If It Don't Feel Right Don't Do It !! - Song Objectives

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

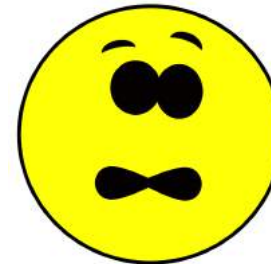
Most of the time children know when things do not feel right, or when things make them feel uncomfortable so teach them this rule...with the Rap song "If it don't feel right - don't do it Huh!!

Feelings:

Once you have opened up the discussion about feelings you can talk about what sort of feelings we all have. **Happy , Sad, Lonely, Angry, Scared.**

It is so important for children to know that other people all over the world have the same sort of feelings that they do and they are not alone. See how many different types of feelings the children can come up with.

You could play a game showing happy faces, sad faces, angry faces, funny faces, or you could get them to draw faces about how they are feeling.



2. To talk about peer pressure

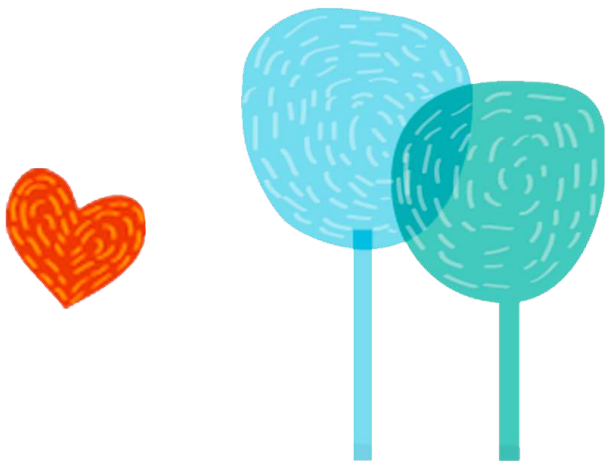
You can use this song to talk to children about peer pressure scenarios with other children at school or if people at home are trying to make them do things they know are not right. You can include drugs and bullying in this conversation.

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.

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



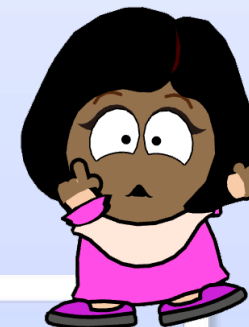
Song 3

The “What If” Game



The “What If Game”

<https://www.mybodyismybody.com/the-what-if-game>



Cynthie's Text from the video

Now we are going to play the "What If Game" and in this song we are going to learn what to do if a stranger tries to get you to go with them, or if somebody tries to touch your private parts .

Do you know where your private parts are? They are where your underwear or pants cover. Nobody should be touching your private parts apart from when you are very young, Mommy or Daddy will have to wash you there, but you'll soon learn to do that for yourself. Maybe if you are sick or sore, Mommy or Daddy or a Doctor might have to put some medicine there, but apart from that nobody should ever be touching your private parts.

We are also going to learn what to do if someone in our own home or family makes you feel uncomfortable or tries to hurt you. All you've got to do in this game is say "NO" so I want you to shout out nice and loud.....

The "What If" Game - Song Lyrics

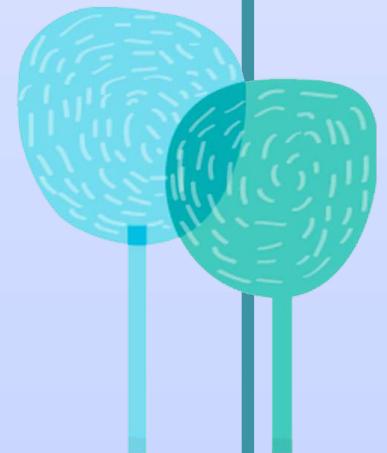
We're gonna play -the "What If" Game. There's questions and answers for you
If you want to be a winner every time -this is what you've got to do
Say No ! Just say No !

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 !!

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 !!

We are playing - The "What If" Game
There'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 !

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!



The “What If Game” - Song Objective

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.....

1. 'What If' someone knocks on the door and you are alone at home?

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

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

- a) Tell them NO then go and tell someone*
- b) Don't keep it a secret even if they ask you to*

3. 'What If' a stranger says they have lost their puppy and they want you to help them find it

- a) Tell them NO you are not allowed to go anywhere with strangers*
Even if they say they really need help - you still have to say NO!

We need to prepare children for as many scenarios as we can - so keep coming back to the songs with new information for them to learn.

Explaining strangers to children

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

- 1) A stranger is a bad person
- 2) Someone that will hurt you
- 3) Someone that gives you sweets

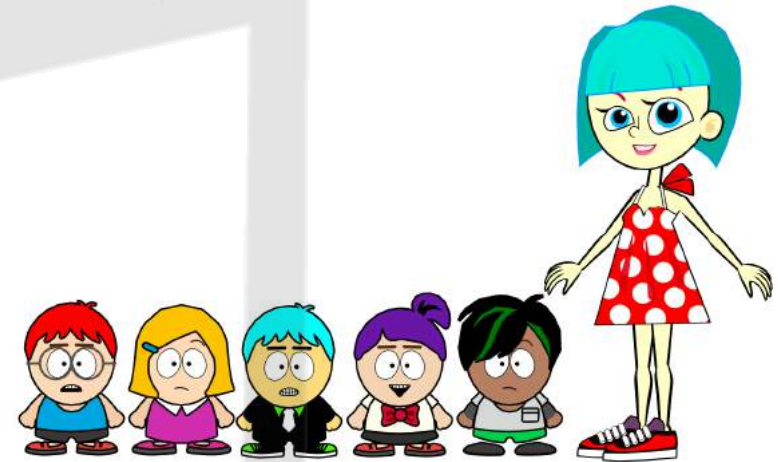
We teach our children:

"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, they can be rich or poor or someone of any colour.

We need to tell them that of course

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.



The digital age

In this digital age where information about children and their parents is readily available on the internet through places like Facebook, Twitter and many other websites 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 children that even if the person knows a lot of things about them and their family, if they don't know them, they are a stranger and don't go with them.

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 (these people may know all the family names to try and trick the child)

b) I have some really cute puppies in my car - would you like to see them?

c) I want to show you something really exciting, I promise I will bring you right back - you have just got to see this - it is amazing !!

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

Song 4
If You've Got A Problem



If You've Got A problem

<https://www.mybodyismybody.com/if-youve-got-a-problem>

Cynthia's text from the video

It is really important to tell somebody if someone is hurting you or touching your private parts, even if you feel scared or embarrassed you need to be very, very brave and tell someone.

There are so many people to tell, Moms, Dads, Grannies, Grandpas, Aunties, Uncles, Teachers, Cousins, Neighbours, parents of your friends, police, nurses and many more people around you.

Now if you tell and people don't believe you, they might even tell you to keep it a secret - but then you go and tell someone else. If they don't believe you - then you tell someone else and you keep on telling till someone listens to you. Don't ever, ever give up!!



If You've Got A Problem - Song Lyrics

**If You've Got A Problem, You don't know what to do
Go and tell somebody 'till they listen to you
You've got to find someone to tell your troubles to
If You've got a problem find someone who'll listen to you**

**Talk to your Mom or Dad, Gran or Grandpa too
Your Aunt or your Uncle or a teacher at school
You've got to keep on telling 'till someone listens to you.
If you've got a problem find someone to tell it too**

**If someone has hurt you you don't know what to do
Go and tell somebody 'till they listen to you
You've got to find someone to tell your troubles to
If You've got a problem find someone who'll listen to you**

**Talk to your neighbour, your mentor at your school
Someone you know or trust Sharing problems is a must**

**Just keep on telling 'till someone listens to you
If you've got a problem find someone to tell it to
If you've got a problem keep telling till they listen to you!! Oh Yea**

If You've Got A Problem - Song Objective

To reinforce the learning of telling someone if there is a problem and if they don't listen keep telling till someone does listen!!

Telling somebody about problems can be one of the hardest things to do for children, as it might be difficult for them to try to find the words to explain what their problem is, and they may also be afraid of how adults might react.

When we talk to children about telling someone, we need to prepare them for what reactions they may encounter (This would only be for the older children)

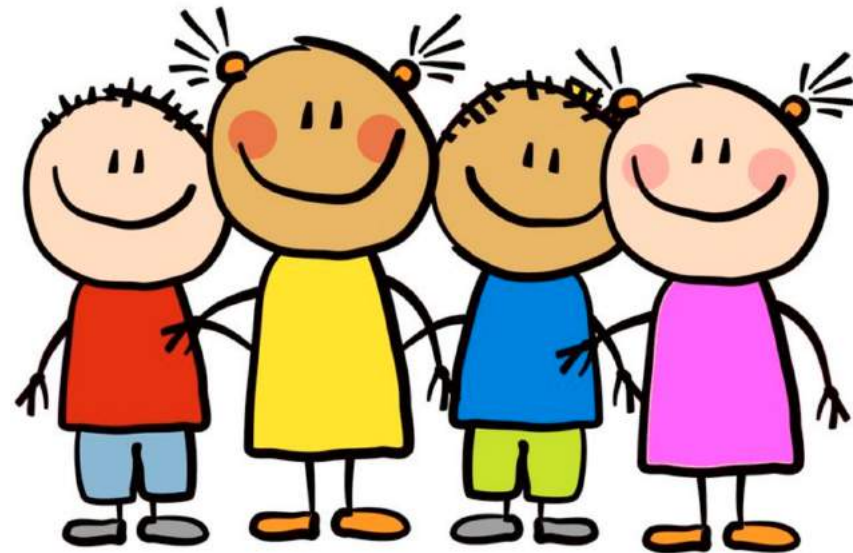
- a) Grown ups may be offended, angry, shocked or scared
- b) They may not believe the child
- c) They may threaten the child and tell them not to tell anyone else
- d) They may ask them to keep it a secret

The main lesson to get through to the child, is that if someone does not believe them, or tells them to keep it a secret, or does nothing about the problem - they need to - Tell Someone Else and keep telling until somebody does listens to them.

Don't Ever, Ever give up !!

Give children a list of all the people they could talk to if they have a problem :

Mom,
Dad,
Granny,
Grandpa,
Aunty,
Uncle,
Teacher,
Principal or Head Master
Older Brother,
Older Sister,
Neighbour,
School nurse,
Policeman,
Mentor.



Please add anyone else you feel that it is safe for the children to talk to

Feelings:

It is important that children know about how they might feel when telling about a problem - these few points might help them

a) You might feel embarrassed to talk about your problem- but it is OK

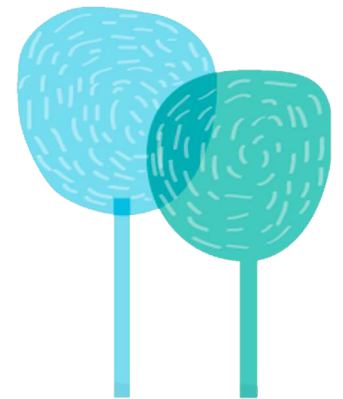
b) You might find it hard to find the right words but just explain the best way you can

c) Your heart might beat fast and your voice might shake but just take a deep breath and talk slowly



d) You might find it easier to tell a little at a time over a few days

e) Or write down your problem and give it to someone



Tell them to find the best way that they feel comfortable to tell someone,
and to remember if that person does not listen or believe them
tell someone else!

Song 5

Love Is Gentle



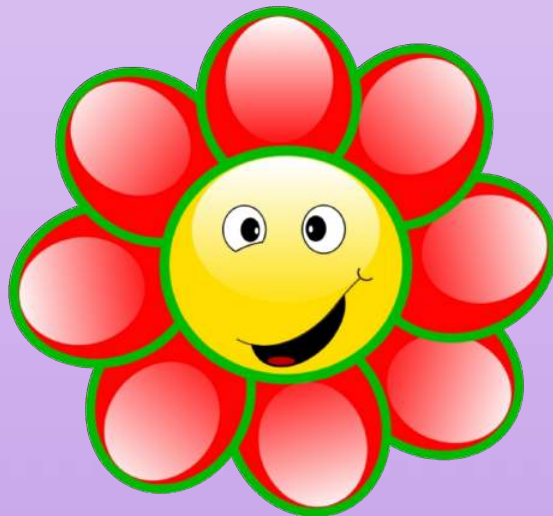
Love Is Gentle

<https://www.mybodyismybody.com/loveis-gentle>

Cynthia's 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.

Love is all about sharing and caring for each other. Our parents and carers make sure we are looked after, they feed us, make sure we clean our teeth, and that we have clean clothes to wear and if we are sick they take us to the doctor. It's very important that we are looked after well so we can grow up healthy, happy and strong.



Love Is Gentle - Song Lyrics

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

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

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

Love is gentle

Love is kind

Sing along and you will find

It's so nice to share these things with you



Cynthie's 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!!

Let's all sing the "My Body Is My Body" song one more time !!

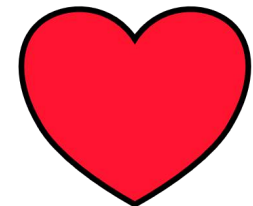
Love Is Gentle - Song Objectives

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

Because children come from many different types of families and backgrounds, what may seem normal to a child that comes from an abusive home will seem quite alien to most other children, so therefore it is important to have discussions about what love is and how people show love to children and what to expect in a family home.

Here are a few items to discuss:

- *Children should be loved gently*
- *They should be cared for and looked after*
- *They should have enough food to eat*
- *They should have clean clothes*
- *Someone to make sure their teeth are clean and they have been bathed*
- *That their hair is brushed*
- *Someone should be there to help with problems and listen to them*
- *Someone to read to them*
- *Someone to make them happy when they are sad*
- *Someone that they can trust*



Again, these are just some items to talk about, use this subject to have a class discussion and again write or draw things that make them happy, sad, or any problems they are having.

Most Asked Questions (by the children)

Question: Why do people hurt kids?

Answer: There are several reasons why people hurt children, some people were abused as children themselves and carry on the cycle of hurting others. Some people have drink, drug or anger problems and that is why they hurt children. The main thing to remember is that it is wrong to hurt children so that is why you always need to tell someone, so you can get help.



Question: Why do people touch kids private parts?

Answer: Again there are many reasons why people sexually abuse children, many people that hurt children were abused themselves which is why it is important to tell, because these people need help and treatment so they can get better and not hurt children anymore..

Question: What do I do if nobody believes me?

Answer: If you tell someone and they don't believe you - then tell someone else and keep telling people till someone believes you.

Question: If I do tell, what will happen?

Answer: They will have to report that you are being hurt. Someone will then come and talk to your family. They will see if it is safe for you to stay at home or if you need to go somewhere else where you can be kept safe.

Question: What do I do if I say NO!! and they don't stop?

Answer: If they don't stop when you say no - shout out very loud loud if someone is there that can help you, or you know there are people around that will come and help. If nobody is there, then go and tell someone as soon as it is safe to do so.

Question: What do I do if they tell me that they will hurt me or someone in my family if I tell?

Answer: People that abuse children do not want other people to know what they are doing, so they may try and threaten you or someone in your family and tell you to keep secrets. You need to be very brave and tell someone about your problem.

Question: What do I do if it is my brother or sister that is abusing me?

Answer: Tell your parents and if they do not listen to you tell someone at school or from the list of people we have discussed.

Question: Will they be angry If I Tell?

Answer: Not always, but yes they may be angry, but you still need to be brave and tell so that the person will stop hurting you or touching your private parts.

Indicators of Child Abuse

The following are indicators of abuse and neglect that you may see in children. If you see any of these indicators or if a child reveals information to you,

- 1. Remain calm and do not force the child to give information.*
- 2. Comfort the child and thank them for sharing with you then notify your relevant Child Protection Services.*
- 3. Remember a child may only disclose a small portion of information at a time until they see your reaction is calm and supportive*



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 parents
- * Shows little or no distress at being separated from parents

Signs of neglect

Child's appearance

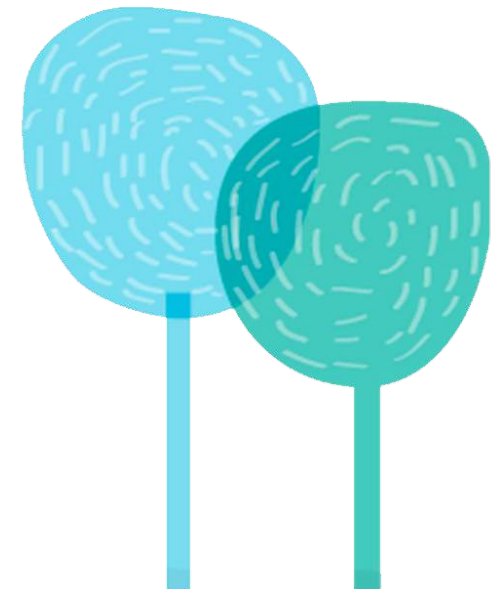
- * Poor hygiene, dirty hair, body odour
- * Clothes inappropriate for the weather
- * In need of medical or dental care

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



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

If you suspect Child Abuse, call your relevant Child Protection Services and get advice. They will listen to your concerns and take action on your behalf if a child is in danger.

Let's keep children safe !!

My Body Is My body



Program Written, Recorded and Animated
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www.mybodyismybody.com

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