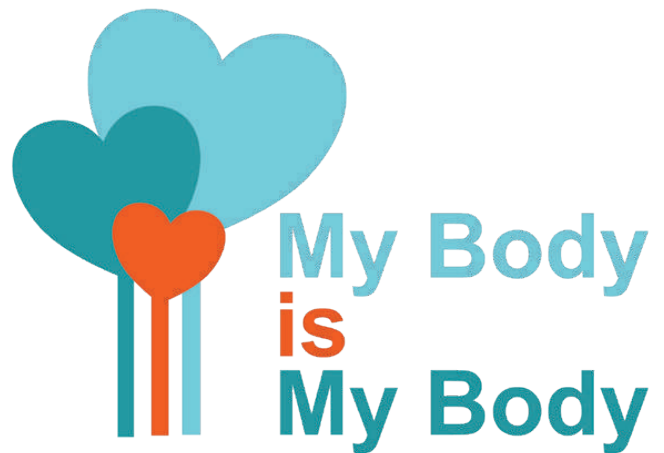




My Body Is My Body

INTRODUCTION TO CHILD MALTREATMENT



SAFEGUARDING CHILDREN

www.mybodyismybody.com



About The Program

The consequences of child maltreatment 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, the **My Body is My Body Program** will give them the knowledge of what to do, and who to turn to, so that they can try and get some help. Our priority is to reach and educate children and their parents before abuse occurs.

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.





About This Course

Thank you so much for joining the My Body Is My Body Introduction to Child Maltreatment.

In This course we will be covering:

Part 1

- ♥ 1. Why we need to teach about Child Maltreatment
- ♥ 2. Worldwide Facts about Child Child Maltreatment
- ♥ 3. Effects Of Maltreatment In Our Communities
- ♥ 4. Cost To Society
- ♥ 5. Signs Of Child Abuse
- ♥ 6. Let's get Talking - building safety nets for children in our communities
- ♥ 7. Know Your Local Resources
- ♥ 8. How to react if a child discloses their abuse to you
- ♥ 9. Basics on how to report the abuse and sample reporting form

Part 2:

How to present the My Body is My Body Program

I will cover all the 6 songs, give you tutorials and lesson plans on how to introduce this program to children.



The Facts



Firstly Why do we need to teach everyone about Maltreatment?

*According to data from the World Health Organisation – **Globally up to 1 Billion children** have experienced physical, sexual or psychological violence ! in this past year!! That is over one half of all children aged 2- 17 in our world!!

Now try and comprehend this fact – 1 Billion children have experienced physical, sexual or psychological violence in the past year!!

We – the adults in this world **HAVE** to do something about this!
We can not keep turning a blind eye to these statistics.

The good news is that Child Maltreatment is preventable .We have to educate our children, parent our communities, and governments so that we can make changes to these terrible statistics and create a **Safer World For All Children.**



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Worldwide Facts



These facts are from **ISPCAN** which is the International Society For The Prevention Of Child Abuse And Neglect.

Evidence is mounting that child maltreatment is the precursor to many of the major social problems today:

- ♥ ***90% of child sex abuse victims know their abuser*
- ♥ *95% of child abusers were themselves abused as children*
- ♥ *80% of substance abusers were abused as children*
- ♥ *80% of runaways cite abuse as a factor*
- ♥ *95% of prostitutes were sexually abused*
- ♥ *78% of prison population were abused as children*
- ♥ *50% of suicide attempts reported having been sexually abused*
- ♥ *100% of child abuse and neglect is PREVENTABLE*

***Finkelhor, D. (2012). Characteristics of crimes against juveniles. Durham, NH: Crimes against Children Research Center.*



Effects Of Maltreatment In Our Communities

**Now that you have seen some statistics about child maltreatment
Lets Look at the effect that it has in our communities**



There are many long term effects that can be caused by child maltreatment:

- ♥ Low self esteem
- ♥ Emotional Problems
- ♥ Depression and or Anxiety
- ♥ Eating disorders
- ♥ Self Harm
- ♥ PTSD (*where children can re-experience the traumatic events of abuse*)
- ♥ Suicidal thoughts
- ♥ Problems with physical injuries ,burns, or fractures
- ♥ Difficulty forming and maintaining relationships
- ♥ Infected with life changing Sexually transmitted diseases.

All of these have negative life long effects on children, also creating a great burden on society as there are significant social and economic costs. These are just some of the reasons we have to take the subject of prevention so seriously.





Cost To Society

- ♥ There are many ways that child maltreatment can impact the costs to our society. These costs can include:
- ♥ Medical Treatment for physical or sexual abuse
- ♥ The costs of removing children from their homes (when they are unsafe to stay there) finding Foster Carers or places to re home children
- ♥ Studies have proved that Abused children can have a lower academic achievement level which has a great effect on the community workforce.
- ♥ I would like to add that not all abused children will be affected by the above, as some go on to have very productive and happy lives – but many do not.
- ♥ Children can suffer from Lifelong health and mental problems so many of our worldwide prison population have been abused as children

So as you can see Preventing Child Abuse is of the utmost importance as it can have far reaching effects on our communities. We need to all do better to make a Safer World .

***Every child has the right to health and a life free from violence.**



Signs Of Abuse

Child abuse happens when a person (who can be an adult or a child) – harms a child. It can be physical, sexual or emotional, and can also involve a lack of love, care or attention. Neglect and Emotional Abuse can be just as damaging as Physical and Sexual Abuse, so it is important to watch and be aware of the signs. The child may be suffering from more than one type of abuse so be aware that the following are just guidelines. If you notice distinct changes in a child's behaviour make sure you take note to see if any of the following are relevant.

In over 90% of abuse cases the perpetrators are someone the child knows or trusts - for example:

- ♥ parents or family members
- ♥ caregivers
- ♥ friends
- ♥ people in authority – for example teachers, police officers, spiritual leaders
- ♥ health care workers
- ♥ other children
- ♥ strangers

Please note that children with disabilities are at a far greater risk of being abused. This is because:

- ♥ They may be dependant on the abuser for their care
- ♥ They may be unable to communicate that they are being abused
- ♥ They may not understand that they are being abused





Signs Of Physical Abuse

Physical abuse is the intentional act of causing injury to a child resulting in harm to the child's health, development and survival.



Let's have a look at what signs to look for:

Child's appearance

- ♥ Look for Unusual bruises, welts, burns or fractures
- ♥ There could be bite marks
- ♥ If a child has Frequent injuries that are always explained as accidental
- ♥ Or If an explanation does not match the injury
- ♥ Look for children wearing long sleeves or other concealing clothing to
- ♥ hide injuries especially if the clothing is inappropriate for the weather.

Things to look for in a Child's behaviour

- ♥ Unpleasant and/or hard to get along with
- ♥ Unusually shy, avoids other people
- ♥ May be too anxious to please
- ♥ Appears to be afraid of their parents
- ♥ Show little or no distress at being separated from parents
- ♥ If a child flinches or withdraws when you approach them
- ♥ Children may also have problems with sleeping or nightmares

Take note of any changes in a child's behaviour as it may be important.





Signs Of Neglect



Neglect is when a parent or caregiver willingly fails to provide the basic needs for the wellbeing and the development of a child. This can include clothing, nutrition, medical care, emotional and physical needs.

Let's have a look at what signs to look for:

Child's appearance

- ♥ Poor hygiene, dirty hair, body odour
- ♥ Clothing could be inappropriate for the weather
- ♥ Child could be in need of medical or dental care

Child's behaviour

- ♥ Often tired, no energy, lethargic
- ♥ Begs or steals food
- ♥ Frequent lateness or absence from school
- ♥ Defiant behaviour
- ♥ Low self esteem



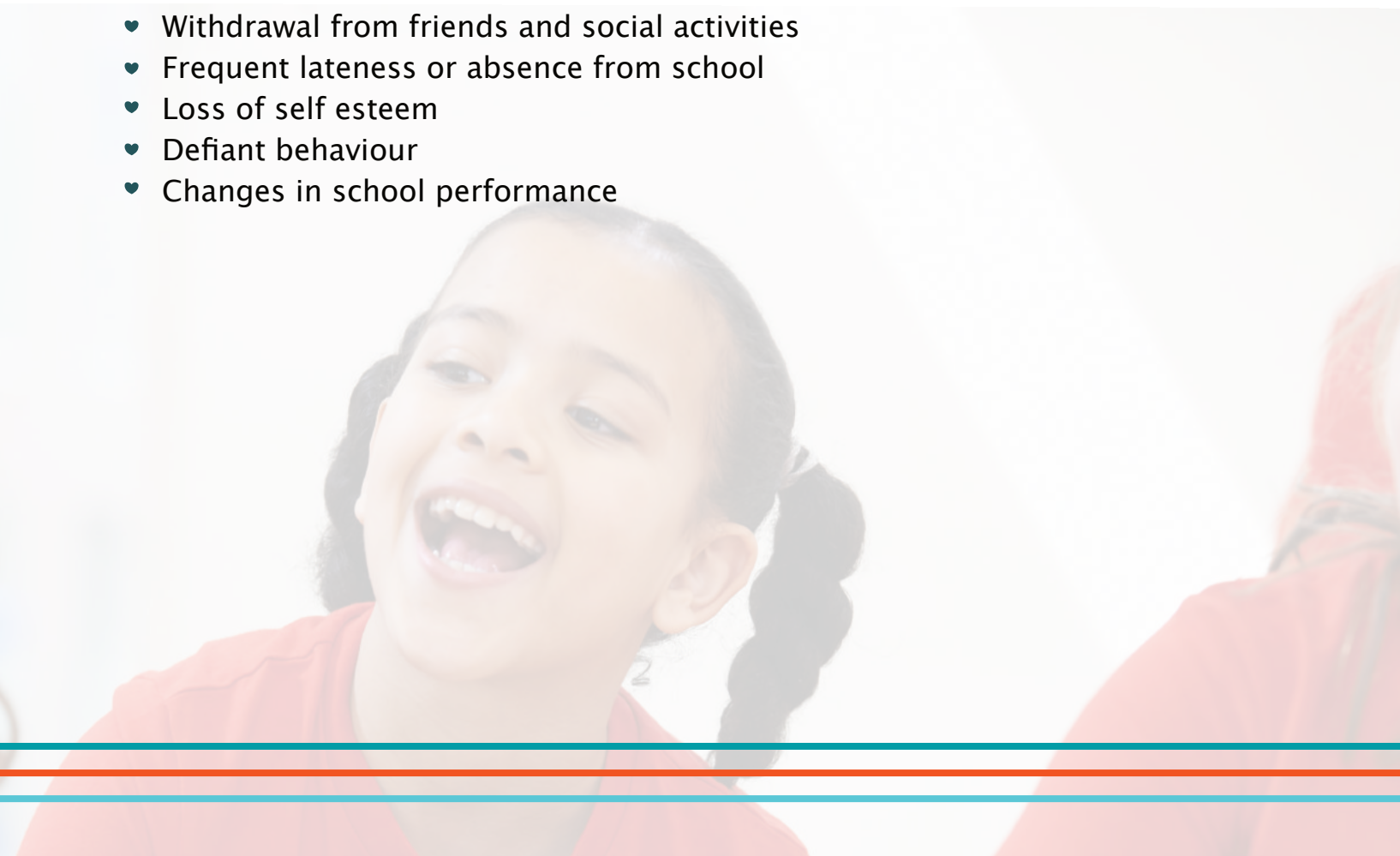
Signs Of Emotional Abuse

Emotional abuse can be especially damaging and have long term effects on children. This abuse can include belittling, constant criticising, degrading, unreasonable expectations, manipulation, and emotional neglect – to name a few.

Child's appearance

These 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

There are 2 types of sexual abuse, non-contact and contact.

Non contact sexual abuse can include:

- ♥ Exposing or flashing private parts to a child
- ♥ Showing a child pornography
- ♥ Making a child to pose in sexually influenced pictures
- ♥ Exposing a child to sexual acts
- ♥ Getting children to perform sexual acts over the phone



Contact Sexual Abuse can include:

- ♥ Any sexual touching of a child's body including the child's mouth
- ♥ Using a body part or object to penetrate the child
- ♥ Making a child touch someone sexually

Child's appearance

- ♥ Torn stained or bloody underclothing
- ♥ Experiences pain bruising or itching in genital areas
- ♥ Has a sexually transmitted infection
- ♥ Recurrent urinary tract infections

Child's behaviour

- ♥ Sexual behaviour or knowledge that is inappropriate for the child's age
- ♥ Inappropriate sexual touching of other children
- ♥ Abrupt change in behaviour
- ♥ Extreme reluctance to be touched in any way





Let's Get Talking

♥ 3. Community Education

We need to educate our communities on the signs of abuse, and what to look for. People also need to know how to ask questions if they suspect any abuse, how to listen to children, how to react if a child discloses abuse and how to report the abuse.

There is no use teaching a child to tell someone if they are being abused if there is nobody that will listen or if people do not know how to help them, this can be just as damaging as the initial abuse to a child. with parents in your community.

♥ 4. Let's Talk About Abuse

Get communities talking about abuse. Whilst this subject hides in the shadows, covered with lies and disbelief – we will never be able to help our children. Just opening the lines of communication about this subject helps so many people. Remember that there are many abused adults in each community that may have never spoken about their abuse – this will be helpful for them too.

Let families and children know that it is ok to talk about abuse and it is good to ask questions. So try to organise meeting with Parents from the school, or young mothers, sports meetings, anywhere where people are gathering like church. Let's get this message out to your communities.

♥ 5. Parenting Skills

Young children between the ages of birth to 4 years old are at most risk of fatal injuries due to abuse. In fact the figures are double those of children that are in the 5 –14 year old age group. It would be a positive step in communities to give young mothers help with parenting skills. Being a young mother can be a difficult time and if you add abusive or difficult environment into this scenario the child may be the one that suffers.



Know Your Local Resources

Know and share your local resources for Child Abuse Prevention



- ♥ Find out where you can report child abuse in your community area. Make sure the name and phone number is available in your schools and community notice boards – if you have the facilities to do so. **This will help people know where to report abuse and get help.**
- ♥ Anyone can report suspected child abuse or neglect.
- ♥ **If You Suspect Abuse**
Provide a complete, honest account of what you observed that led you to suspect the occurrence of child abuse or neglect. Any reasonable suspicion is sufficient.
- ♥ **If a child discloses abuse to you**
Please follow the information in the next section





If A Child Discloses Abuse To You



How to react if a child discloses their abuse to you

1. Remain calm and do not force the child to give information.

It is very important that a child tells you about their abuse in their own words. You have to remain calm and do not show emotions like anger or disbelief.

If you ask any questions keep them very simple:

- ♥ Do you know the person that hurt you?
- ♥ What is their name?
- ♥ Can you tell me what happened?
- ♥ When did it happen?
- ♥ Where did it happen?

2. Comfort the child and thank them for sharing with you

This is an important step for the child, please remember that it is really hard for children to tell about their abuse and it needs to be a positive and supportive experience.



If A Child Discloses Abuse To You



3. Tell them it is not their fault

Abuse is **never** the child's fault and they need to know this.

4. Remember a child may only disclose a small portion of information at a time until they see your reaction is calm and supportive.

Give them time and don't push for information.

5. Do not confront the abuser – this may make the situation worse. Please leave this to the professionals

6. Please report any abuse immediately to your local child abuse prevention representative, NGO or Police Station

Please tell the child that you are going to write down what they are telling you and that you will be sharing it with someone else that can help them.

It is important to write everything down in the child's words and report as soon as possible, it is very easy to forget the exact story if you don't write it down. This is also very important to have this information if there is a prosecution.

Please report this to your local Child Abuse Prevention Services or Police Station.



Sample Form

Please complete this form if a child reveals abuse to you or if you feel concerned about a child's welfare



Child's Name:
Child's Date of Birth:
School and class (if relevant)

Details of the person reporting abuse or suspected abuse of child:

Full Name: Address

Date and time of abuse (if known):

Name of abuser (if known)

Where did abuse occur:

Was anyone else there:

Details of Abuse - what happened:

Reported to:

Date Reported:

Signed:

Date:



Summary

So now you know the facts of child maltreatment – you will see how important it is to get our message out into communities in order to safeguard our children.

Suggestions of what to do in your community

- ♥ 1. Get communities involved. Talk to family, friends, teachers and community leaders to get our message out.
- ♥ 2. Share the My Body Is My Body Videos, Children's Workbook, Lesson Plans and other information on your Social media and with your community – it is all free to download and share.
- ♥ 3. Contact your local radio station and newspaper with our message. Media are always looking for stories – so share with them what you are doing in your community.
- ♥ 4. Make sure your community knows where and how to report abuse. Put up notices in community areas giving phone numbers of who to call if people are worried about a child.
- ♥ 5. Print and Share the Signs of child abuse in community areas and schools.
- ♥ 6. Make sure new parents know if there are any classes or gatherings where they can get support as being a new parent can be very stressful.
- ♥ 7. Share our songs and videos with as many children as possible, making this a positive empowering experience for them.
- ♥ 8. Get people talking !! We CAN make a difference.

***Every child has the right to health and a life free from violence.**

NOW LET'S START PART 2!!



Contact My Body is My Body



Contact us

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



My Body Is My Body



All videos are available on Youtube and our website

**Preventing Child maltreatment: A guide to taking action and generating evidence*

www.mybodyismybody.com