



MY BODY IS MY BODY PROGRAMME

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SAFEGUARDING CHILDREN

6 Teacher Lesson Plans

6 Songs

Activity Suggestions

Each lesson should take about

15 minutes

Note: The duration mentioned for each song is an approximate guideline. Adjust the time according to the pace of the class and questions asked.

My Body is My Body Foundation
Charity Number 1199901
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My Body is My Body Programme - Song 1

By: Chrissy Sykes - Creator Of The My Body Is My Body Programme

LESSON OBJECTIVES

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

RESOURCES REQUIRED

As the animated songs are music and video-based, it would be best if you have somewhere where the children can watch the videos on a computer or a projector. If these are not available, you can play the songs for the children. The .mp3 versions of the songs are available to download on the website.

Our children's workbook is also available on our website if you would like the children to follow along.

LESSON STEPS

1. Discussing Private Parts

Firstly we need to explain to children where their private parts are.

a) Private parts are where your swimsuit covers (or) b) Private parts are where your underwear covers

2. Discuss Bathing

It is essential to explain to children that when they are young, Mommy or Daddy or their Carer will have to bathe them and wash their private parts because they won't know how to do this, but as they get older, they will learn how to bathe by themselves.

3. Discuss Visits To The Doctor

If they are sick or sore Mommy, Daddy, or their Carer may have to put medicine on their private parts. Children may also have to go to the Doctor. The Doctor may have to look at their private parts, but Mommy, Daddy or their Carer should be with them. Apart from that, nobody should ever be looking at or touching their private parts - because they are Private!! If someone asks us to touch their private parts we say NO!! then go and tell a safe adult.

4. Discuss People taking Photographs

In this digital age, we also have to protect children from people who may want to take inappropriate photos of them. So please explain to the children that if someone wants to take photos of their body or private parts, tell them NO!! then go and tell a safe adult.

(We will learn about safe adults in Song 4 - If you've got a problem)



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Song Videos

LESSON OBJECTIVES

One of the main objectives of this programme is to communicate with children about abuse. Show them that this is a subject they can talk to you about - let them ask questions - and let them know they can come and talk to you at any time about things that worry them.

After you have discussed this with the children, it is time to play the song My Body is My Body. Play the song, have fun, do hand movements and sing along.

Make this a positive and empowering experience for them, something they will remember!!

SONG LYRICS

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 is called My Body Is My Body.

Chorus

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

Verse

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

Chorus

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

My Body is My Body

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Verse

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

Chorus

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

CONCLUSION

Reinforce what the children have learned.

1. What do you do if someone tries to touch your private parts Say No!! and go and tell a safe adult
2. What do you do if someone tries to take photos of your private parts Say No!! and go and tell a safe adult
3. What do you do if someone does something that makes you feel uncomfortable?
Say No!! then go and tell a safe adult.

Sing the song often, and allow the children to ask any questions they may have.



My Body is My Body Programme - Song 2

By: Chrissy Sykes - Creator Of The My Body Is My Body Programme

LESSON OBJECTIVES

1. Teaching children to listen to their 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 -

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

2. Talking about peer pressure

Talk about a situations where children might feel pressured by friends or family to do something that they know is not right. Children may feel pressured to experiment with drugs, alcohol, or smoking due to peer influence. The desire to fit in or be accepted by their peers can be a strong motivating factor.

- Children may feel pressured to participate in bullying behaviors, either as the aggressor or as a bystander, in order to gain acceptance or avoid becoming a target themselves.
- Social Media Influence: Peer pressure can also extend to the online realm. Children may feel pressured to conform to certain trends, post inappropriate content, or participate in cyberbullying in order to gain popularity or acceptance.

Standing up to peer pressure can be challenging, but talk about it and explain how much stronger they will feel, and how much more self-confidence they will build if they don't let themselves be pressured or bullied by other people into doing things they do not want to do.

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

3. Helping children with body empowerment

Children need to know that their bodies are their own and that if anything makes them feel uncomfortable, they have the right to say "No, I don't want to do that."

This includes unwanted hugs, kisses and tickling as well as touching. **If it don't feel right - don't do it !"**

This song will also open the subject of feelings for discussion.

RESOURCES REQUIRED

As the animated songs are music and video-based, it would be best if you have somewhere where the children can watch the videos on a computer or a projector. If these are not available, you can play the songs for the children. The .mp3 versions of the songs are available to download on the website.

Our children's workbook is also available on our website if you would like the children to follow along.



My Body is My Body Programme - Song 2

CLASSROOM ACTIVITIES

1. Talk about feelings

Once you have opened up the discussion about feelings, you can talk about the types of emotions we all have. Happy, Sad, Lonely, Angry, Scared, Anxious, Surprised.

It is so important for children to know that other people all over the world have the same feelings they do and that they are not alone.

Have a class discussion to see how many different types of feelings and emotions the children can suggest.

Here are a few more suggestions: Shocked, lonely, hopeful, frustrated, disgusted, confident, depressed, embarrassed, smug, exhausted, jealous, bored, confused, guilty, shy, and ashamed.

You could play a class game getting the children to show you different types of faces or you could get the children to draw faces about how they are feeling. You could also draw faces on the board and ask the children to guess what the feeling is you have drawn.

SIMPLE RULES

1. Listen to your feelings. You know what feels right and wrong
2. If it makes you feel uncomfortable - don't do it
3. Don't let people bully you into doing things you know are not right
4. Always remember to tell a safe adult if you are having problems
5. Don't keep secrets if someone is hurting you

Let's talk about feelings

Do you know we all have the same types of feelings?



Sometimes we are happy



Sometimes we are sad



Sometimes we get angry



Sometimes we are silly



Sometimes we get worried

There are lots of different types of feelings. Each face shows a feeling. Can you tell what they are?

Write the feeling down under each face.





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Song Videos

My Body is My Body Programme - Song 2

SONG LYRICS

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 !!

Cynthia'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

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Verse 1

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

Verse 2

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

Verse 3

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

CONCLUSION

Reinforce what the children have learned.

1. If someone tries to make you do things that make you feel uncomfortable
"If it don't feel right - don't do it !"
2. If other children try to make you do things that you know are not right
"If it don't feel right - don't do it !"
3. If people try to touch you in places that you know are private or make you feel uncomfortable
"If it don't feel right - don't do it !"

Sing the song often, and allow the children to ask any questions they may have.



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Song Videos

My Body is My Body Programme - Song 3

By: Chrissy Sykes - Creator Of The My Body Is My Body Programme

LESSON OBJECTIVES

Teaching children to say NO with authority. The 'What If' game can be applied to any situation you suspect is happening to a child. Use the game to give answers to difficult situations that children may not know how to get out of safely.

RESOURCES REQUIRED

As the animated songs are music and video-based, it would be best if you have somewhere where the children can watch the videos on a computer or a projector. If these are not available, you can play the songs for the children. The .mp3 versions of the songs are available to download on the website. Our children's workbook is also available on our website if you would like the children to follow along.

CLASSROOM ACTIVITIES

Explaining strangers to children

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

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

We teach children:

"Don't talk to a stranger" "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 discuss - 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 skin colour. We need to tell them that not all strangers are bad people, and if someone 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.



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Song Videos

My Body is My Body Programme - Song 3

CLASSROOM ACTIVITIES

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. As a result, they may try and trick the child into going with them. Explain to children that even if the person knows many things about them and their family, if they don't know the person, they are a stranger and do not go with them.

Around 95% of child abuse is perpetrated by family members, family friends or people the child and parents know and trust.

For this reason, we need to explain to children that no matter who is hurting them or touching their private parts they should say "NO" and tell a Safe adult. Sometimes it could even be another child or a sibling that is abusing them, they should always tell. Many young children are being subjected to unsuitable images on the internet and these are being shared with other children. There are reports that this is leading to higher acts of sexual abuse by children. You could approach this in a sensitive way by saying "If anyone shows you pictures of people with no clothes on please tell your parents or come and tell me."

Go through scenarios where the children can get involved and ask questions.

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. (Ask the children if they know what number to call in an emergency)

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

a) Tell them NO, then go and tell a safe adult
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 need help - you still have to say NO!

We need to prepare children for as many scenarios as possible, so keep coming back to the song with new information for them to learn. If you have read something in your local paper where people are targeting children, bring this into the conversation and help them understand safe ways out of difficult situations. Get the class involved in the discussion by getting them to suggest scenarios and ask questions.

Discuss People taking Photographs

In this digital age, we also have to protect children from people who may want to take inappropriate photos of them. So please explain to the children that if someone wants to take photos of their body or their private parts tell them NO!! And then go and tell a safe adult.



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Song Videos

My Body is My Body Programme - Song 3

SONG LYRICS

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 !!

Cynthia'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

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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!



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Song Videos

My Body is My Body Programme - Song 3

SAFETY TIPS

Safety Tips: These tips are to empower children - 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 tell them to remember always to 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

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

There are several activities you can do after this lesson.

1. Get the children to draw what they think a stranger looks like
2. Discuss any situations that they might have found themselves in and give them safe solutions
3. Get the children involved in asking questions about how they would get out of difficult situations
4. The "What If" game can provide you with the opportunity to start many conversations that you may have found difficult.



My Body is My Body Programme - Song 4

By: Chrissy Sykes - Creator Of The My Body Is My Body Programme

LESSON OBJECTIVES

To reinforce the learning of telling someone if there is a problem and if that person does not listen, to keep telling safe adults till someone does listen.

RESOURCES REQUIRED

As the animated songs are music and video-based, it would be best if you have somewhere where the children can watch the videos on a computer or a projector. If these are not available, you can play the songs for the children. The .mp3 versions of the songs are available to download on the website.

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THE PROBLEM

Telling somebody about problems can be one of the hardest things for a child, especially if they are being abused in any way. It might be difficult for them to find the words to explain their problem, 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 some reactions they may encounter (This would only be for older children) from 8 years old.

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

The main lesson to get through to the child is that if someone does not believe them, tells them to keep it a secret, or does nothing about the problem - they need to - tell another safe adult and keep telling until somebody does listen to them.

Don't Ever, Ever give up !!



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Song Videos

My Body is My Body Programme - Song 4

CLASSROOM ACTIVITIES

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 in your community and get the children to discuss with whom they would feel comfortable sharing a problem.

Feelings:

It is essential that children know 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
- b) You might find it hard to find the right words but explain the best way you can
- c) Your heart might beat fast, and your voice might shake, but take a deep breath and talk slowly
- d) Your face and your hands might start to sweat
- e) You might find it easier to tell a little at a time over a few days
- f) If you find it hard to talk to someone, write your problem down and give it to one of your safe adults

All of these are normal feelings.

There is no wrong way to tell someone about a problem.

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

Ideas for interaction with the children

1. Get the children to write down as many people they could talk to if they have a problem.
2. If the children are too young to write - then get them to shout out, and you can write the people on the class board for everyone to see
3. Get the children to write down if they are having any problems that they need help with (Please make sure you have your procedures in place for reporting child abuse and helping the children before doing this exercise).

For younger children, ask them to draw a picture about any problems they are having.

Simple Rules...

1. There is no wrong way to tell about a problem. Find the best way for you to tell
2. Talk to someone whom you trust and that makes you feel comfortable
3. Don't keep your problems to yourself
4. If you can't tell someone face to face - write down your problem and give the paper to a safe adult.



My Body is My Body Programme - Song 4

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 !!

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

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If You've Got A Problem
You don't know what to do
Go and tell somebody,
Until 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
until someone listens to you
If you've got a problem
find someone to tell it too

If someone has hurt you,
And you don't know what to do
Go and tell somebody
Until 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
Until 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



My Body is My Body Programme - Song 5

By: Chrissy Sykes - Creator Of The My Body Is My Body Programme

LESSON OBJECTIVES

Teach children that love is gentle and kind and is all about caring, sharing and trusting. Children come from many different families and backgrounds, but the rules of love should always be the same.

RESOURCES REQUIRED

As the animated songs are music and video-based, it would be best if you have somewhere where the children can watch the videos on a computer or a projector. If these are not available, you can play the songs for the children. The .mp3 versions of the songs are available to download on the website. Our children's workbook is also available on our website if you would like the children to follow along.

TALKING ABOUT FAMILY LIFE

Many aspects make up a loving, supportive family

- Love and caring for each other
- A sense of belonging
- Good communication
- Make sure everyone feels important, valued, and respected.

Discuss what are the basics for looking after children

- Children should be loved gently
- They should have enough food to eat
- They should have clean clothes
- They should be cared for and looked after
- They should be bathed, and their teeth cleaned (If they are too young to do it for themselves)
- Their hair should be washed and brushed
- Someone should be there to help with problems
- Someone should read to them
- Someone should make them happy when they are sad
- They should have adequate medical and healthcare
- Discuss what the children feel is important in their family lives.



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Song Videos

My Body is My Body Programme - Song 5

CLASSROOM ACTIVITIES

Ask your class to write down things they like to do with their parents and family. If they are too young to write, get them to draw their favourite family activity.

Suggestions can include:

Playing board games, Playing cards
Reading Books, Playing Football
Playing Hide and Seek, Going for walks
Going to the park, Listening to music
Watching their favourite TV show
Dancing, Playing video games together

See how many suggestions your class can come up with. It may give some of the children ideas of things to share in their homes. This is a wonderful way to get to know more about your students and their family life.

NEGLECT

Neglect is one of the most prevalent types of abuse in the world and using this song and class discussions may give you a better idea of what is going on in the lives of some of the children in your classroom.

Neglect is the ongoing failure to meet a child's basic needs - includes not providing a safe home, food, clothing, or medical care, as well as leaving a young child alone or with someone who is not capable of looking after the child.

Child's Appearance

Poor Hygiene, dirty hair, body odour
Clothes inappropriate for the weather
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



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Song Videos

My Body is My Body Programme - Song 5

SONG LYRICS

Now play the song, have fun, do hand movements and sing along.

Cynthia's text from the video

Let's talk about love, it is 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

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Chorus

Love is gentle
Love is kind
Sing along and you will find
There are 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

Chorus

Love is gentle
Love is kind
Sing along and you will find
It's so nice to share these things with you



My Body is My Body Programme - Song 6

By: Chrissy Sykes - Creator Of The My Body Is My Body Programme

LESSON OBJECTIVES

To teach children NOT to keep SECRETS....

RESOURCES REQUIRED

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TALKING ABOUT FAMILY LIFE

Abuse flourishes in secrecy and allows the abuser to keep control of the child.

This is why we need to teach 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".

Instead, you can talk about surprises...

Surprises are about FUN !!

For Example - We will not tell Mommy or Daddy what we have got them for their birthday as it is a surprise! This is a scenario where children are not having to keep it quiet for too long, and it has a positive outcome.

All too often well meaning Grandparents or Aunts and Uncles will say have some sweets but don't tell Mom or Dad - it will be our secret...seems harmless, but it is showing children that it is OK to keep secrets.

Most people that sexually and physically abuse children have some sort of relationship with the child, with over 95% of these being either part of their family or part of a close circle of friends and caregivers. They could also be trusted people in your community. People whom you know and feel happy to leave your child with. Paedophiles spend a lot of their time not only grooming children but grooming families as well. The abuser will start testing the child with small secrets - this way they can see if that child will keep silent and they will also start to form a close bond with them. Once they feel comfortable that the child is under their control they will progress further with the abuse.

Having the "No Secrets Rule" rule takes this power away from the abuser!!



My Body is My Body

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Song Videos

My Body is My Body Programme - Song 6

CLASSROOM ACTIVITIES

Here are some things an abuser might say to a child -
These important points must be discussed.

"People won't listen to you...."

Tell the child - DON'T BELIEVE THEM

"People will say it is your fault...."

Tell the child - DON'T BELIEVE THEM

"People won't love you anymore..."

Tell the child - DON'T BELIEVE THEM

"You are going to get into trouble...."

Tell the child - DON'T BELIEVE THEM

"I am going to hurt you if you tell...."

Tell the child - DON'T BELIEVE THEM

"I will hurt someone in your family...."

Tell the child - DON'T BELIEVE THEM .

SAY NO TO SECRETS...

ALWAYS TELL A SAFE ADULT and keep telling till someone listens to you and helps you.
Let's ensure that children are not caught in the secretive web of abuse.

These are some secrets people may ask you to keep:

- if they are bullying you
- if they are saying mean things to you
- if they are hurting you
- if they are using social media to be mean or bully you
- if they are trying to get you to do things you know are wrong
- if they are trying to get you to lie to your parents or family
- if they are trying to touch your private parts
- if they are doing things that make you feel uncomfortable

The Say No To Secret's Song will allow you to reinforce a few things the children have learned with some of the other songs in the My Body Is My Body Programme.

If someone tries to touch your private parts, say NO and tell a safe adult, do not keep it a secret.

If someone does something to you that makes you feel bad, feel uncomfortable, or they try to touch your private parts if they tell you to keep it a SECRET - ALWAYS TELL A SAFE ADULT and keep telling till someone listens to you and helps you.

The children will learn whom to tell in the song (If you've got a problem tell somebody).



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Get the children to write down a list of what would be a surprise and what would be a secret.

It is OK not to tell you about a surprise - These are some surprise ideas to discuss:

- If it is someone's birthday present
- If someone has a surprise party planned
- If someone special is coming to visit
- If you are making someone something special for someone
- If you are going on a trip or holiday

Say "NO" To Secrets - Song Lyrics

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Chorus

I'm not gonna keep your secrets
We're not gonna keep your secrets
I'm not gonna keep your secrets
We're not gonna keep your secrets

Verse

If you try to hurt me, I'm gonna tell on you
Come on everyone, We're gonna tell someone
If you try and do things I know are wrong,
I'll be strong, I'm gonna tell someone

Chorus

I'm not gonna keep your secrets
We're not gonna keep your secrets
I'm not gonna keep your secrets
We're not gonna keep your secrets

Verse

If you try to bully me, I know that's wrong
I'm gonna tell someone
We're gonna tell someone

We say "No" to secrets, We say "No" to secrets,
We say "No" to secrets, We say "No" "No" "No" "No"

Chorus

I'm not gonna keep your secrets
We're not gonna keep your secrets
I'm not gonna keep your secrets
We're not gonna keep your secrets

We say "No" to secrets We say "No" to secrets We say "No" to secrets We say "No"



SAFEGUARDING CONCERN RECORD

This form contains the necessary information that you must record if a safeguarding concern comes to your attention. Ensure that you complete this form to the best of your ability, as it will help everyone involved in the case to get a full picture of the situation.

Section 1: Company/organisation details	
Name of your company/organisation:	
Address of your company/organisation:	
Your name:	
Job title:	
Contact telephone number:	

Section 2: Details of the person affected	
Full name:	
Date of birth:	
Address: (If known)	
Contact telephone number:	
Further information. (For example, any care and support needs, a history of abuse or any dependants)	



SAFEGUARDING CONCERN RECORD

Section 3: Details of the concern

A disclosure can be verbal or written. It can come directly from the adult affected or by any other person who has witnessed an incident or has seen evidence that indicates abuse or neglect may be occurring.

Full name of person making a disclosure:

Date of birth:

Address: (If known)

Contact telephone number:

Relationship to the affected person:

Date and time disclosure or concern was made/witnessed:

Was the disclosure or concern made to the named person completing this record? If not, please provide their details:

Details of disclosure or concern (be factual, if recording a verbal disclosure made by the person affected or a witness, use only their words):



SAFEGUARDING CONCERN RECORD

Details of any evidence seen:	
Name of the alleged abuser(s): (If known)	
Address of the alleged abuser(s): (If known)	
Position of the alleged abuser(s) to the victim: (For example, carer, volunteer, family member)	
Date of incident:	
Name of any additional witness(es): (If applicable)	
Contact details for any witness(es): (If applicable)	



SAFEGUARDING CONCERN RECORD

Section 4: Safeguarding response

Details of any immediate action taken:
(For example, calling the police,
hospital admittance)

Details of any action you're taking:
(For example, disciplinary
procedures, relocating the victim)

Name and contact details of any
persons who have been made aware of
the concern:

Signed:

Date:



SAFEGUARDING CONCERN RECORD

Section 5: Further information



My Body is My Body



Questions

- | | Yes, | No, |
|---|--------------------------|--------------------------|
| 1 - My Body belongs only to me..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 - I know where my private parts are..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 - Can I tell my mom if something is not safe?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 - I know 5 safe adults I can talk to..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 - Should I keep secrets if someone is hurting me?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 6.- Can I tell someone if something is not safe?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 - Should I tell an adult if someone touches my private parts? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 - Should I tell a safe adult if I see something unsafe?..... | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 - Is it okay for someone to be mean to me?..... | <input type="checkbox"/> | <input type="checkbox"/> |

