



# My Body Is My Body

## Introduction To "Body Safety"

[www.mbigmb.org](http://www.mbigmb.org) My Body Is My Body Foundation  
Charity Number 1199901 ©2021

Today we are going to learn about our bodies.

Do you know that  
your body  
is very special?



It is the only body you  
have and it belongs  
only to you

We have lot's of different parts to our body



*Hair*



*Ears*



*Legs*



*Feet*



*Eyes*



*Mouth*



*Arms*

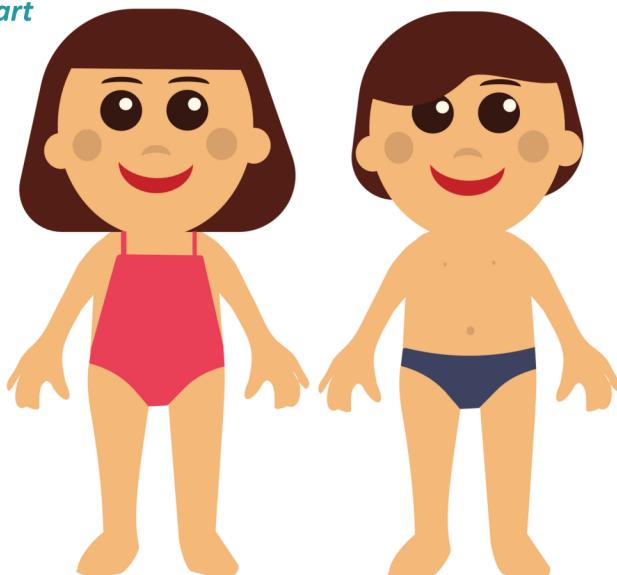


*Hands*

.....and we also have private parts.  
Your private parts are where your underpants or swimsuit covers.

*Draw a line to each body part*

*Hair*  
*Eyes*  
*Nose*  
*Mouth*  
*Arms*  
*Hands*  
*Fingers*  
*Tummy*  
*Private Parts*  
*Legs*  
*Feet*  
*Toes*



*Draw a line to each body part*

*Hair*  
*Eyes*  
*Nose*  
*Mouth*  
*Arms*  
*Hands*  
*Fingers*  
*Tummy*  
*Private Parts*  
*Legs*  
*Feet*  
*Toes*

**These are the only times when someone would touch your private parts:**

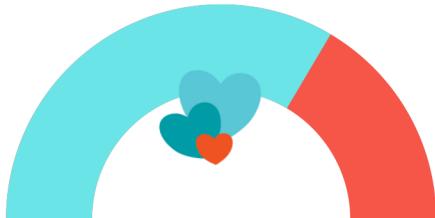
1. When you are young, your mommy, daddy, or the person who looks after you will have to wash your private parts, but as you grow bigger you will learn how to wash your own body.



2. If your private parts are sore, mommy or daddy or your carer might have to put medicine there.



3. If you are sick or sore, the doctor might have to touch your private parts, but a parent or someone that cares for you will always be with you as well.





## No one else should ever be touching your private parts!

If someone wants you to look at their private parts, say NO...

Private parts are private!!

Then **tell a safe adult**



Never let anyone take a photo of your private parts.

**If someone tries to touch your private parts say NO then tell a safe adult**



## Because your body is special, no one should be hurting you!

Nobody should punch you

Nobody should kick you

Nobody should leave bruises

Nobody should cut you

Nobody should burn you

If anybody does anything to hurt  
your body, you need to

**NO!**

**Tell a safe adult**

# Song 1



Click to play song  
on YouTube

## My Body Is My Body

It's my body, my body  
And nobody has a right to hurt me  
Because my body is my body for me  
It's my body, my body  
And nobody has a right to touch me  
Because 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  
Because my body is my body for me  
It's my body, my body  
And nobody has a right to touch me  
Because 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  
Because my body is my body for me  
It's my body, my body  
And nobody has a right to touch me  
Because my body is my body for me  
Yes my body is my body for me

# 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 are angry



Sometimes we are silly



Sometimes we are worried



There are many different types of feelings.  
Each face shows a feeling. Can you tell what they are?  
Write it down under each face.



Sometimes we get an uncomfortable feeling when people try to touch our bodies, or try to get us to do things that we know are wrong. When you feel that something is not right, or makes you feel uncomfortable say NO, **and tell a safe adult**  
**IF IT DON'T FEEL RIGHT, DON'T DO IT!**



### Have you heard of peer pressure?

This is when other children try to get you to do things that they want you to do, even if it is not what you want to do. It could be that they want you to play a game that you do not want to play, or they might want you to go somewhere or do something that you know you are not supposed to do. Listen to your feelings and remember the rule:

**IF IT DON'T FEEL RIGHT, DON'T DO IT!**

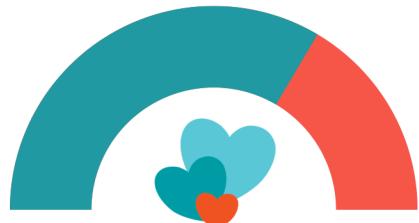
*WORDS HURT  
NO...STOP...HELP!!*

### What Is Bullying?

Bullying is when people try to hurt you either with words or they might try to hit or punch you.  
If people are using words to bully you:

**STAY CALM.....WALK AWAY....IGNORE THE BULLY**

If someone is trying to hurt, hit, or push you Use your voice -  
Shout "NO! STOP! HELP!" Act brave  
Then always tell someone.  
If you or someone else is being bullied,  
never ever keep it to yourself!





Click to play song  
on Youtube

## Song 2

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

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  
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

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!!

## Let's learn with the "What If Game."

**Do you know what a stranger is? A stranger is someone we don't know!**

A stranger can be a man or a lady, someone old or young, someone of any colour, and someone in any social group. Not all strangers are bad people!



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 or go with them on your own.



**This game is to teach you what to do in difficult situations:**

What would you do if a babysitter or someone in your family tried to touch your private parts?

**You would - Shout NO! and run to tell a safe adult**



What would you do if you were playing outside and someone said they had lost their puppy and asked you to come to help look for him?

**You would -Shout NO! and run to tell a safe adult**

What would you do if someone knocked on the door of your house and you were there on your own?

- 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

What if a stranger came to pick you up from school and said "Your mommy or daddy asked me to pick you up and take you home." What would you do?

**You would - Shout NO! and run to tell a safe adult**



If the stranger knew your Mommy and Daddy's name, and your Aunties and Uncles' names, would you think they know your family? They could have found all this information on the internet, and you should-

**Shout NO! and run to tell a safe adult**



**Let's sing the "What If" Game Song**



## Song 3



Click to play song  
on Youtube

### The “What If” Game

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!

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!!

### NO! NO! NO! NO!



We are playing, the “What If” Game  
There's are 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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# What Is A Safe Adult?

A safe adult is someone you can tell if you have a problem, someone who you feel comfortable talking to, and you know will help you.

Here is a list of some people you could tell if you have a problem



Mommy  
Daddy  
Granny  
Grandpa  
Older Brother or Sister  
Aunty, Uncle  
Teacher

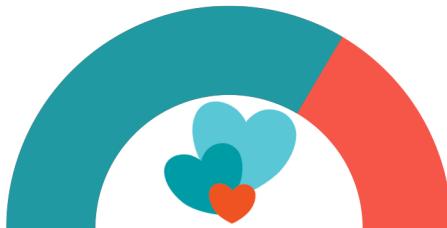
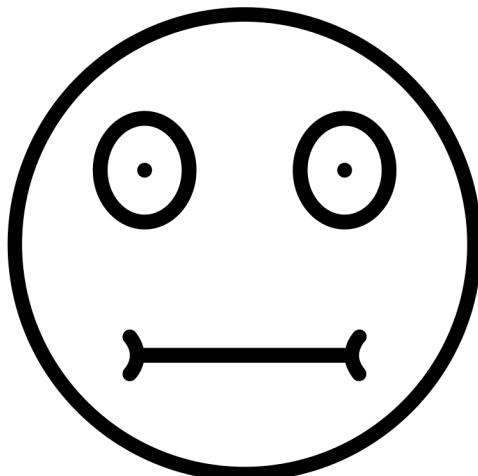
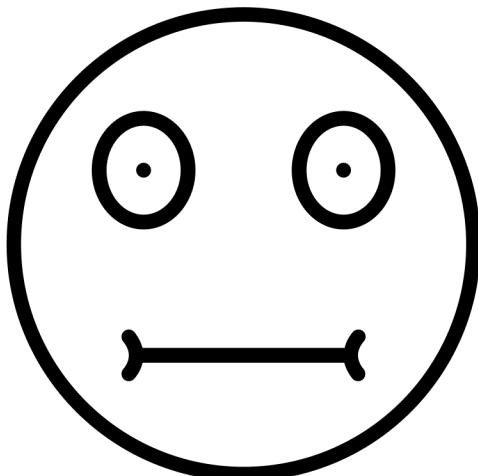


Principal or Head Master  
School Counselor  
Neighbour  
Policeman  
Mentor  
Pastor  
Spiritual leader



Can you think of anyone else you could talk to if you had a problem?

Write down who you can tell and draw their faces below.





Remember **ALWAYS** tell someone about your problems or if anyone is hurting you, or touching your private parts.

If you tell someone and they do not help you or believe you,  
**TELL SOMEONE ELSE!**



If you have a problem and are trying to tell somebody these are some of the feelings you might have:

***You might feel embarrassed***

It is OK, lots of people feel like this when they are trying to talk about their problems



***You might find it hard to find the right words***

Just explain the best way that you can

***Your heart might beat fast and your voice and body might shake***

Just take a deep breath and talk slowly

***You might find it easier to tell a little bit at a time***

It doesn't matter how you tell  
Just as long as you tell someone



***You might find it easier to write down  
or draw your problem***

Do whatever you find the easiest

Let's sing the If You've Got A problem Song



Click to play song  
on Youtube

# If You've Got a Problem

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  
If you've got a problem - Keep telling till they listen to you



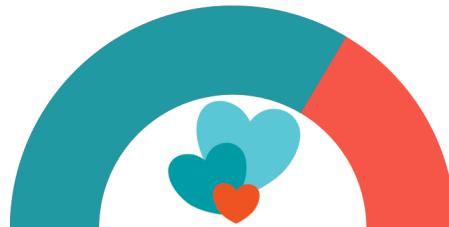
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## **Love is gentle and kind.**

It is all about caring, sharing, and trusting each other  
We like to spend time with the people we love and  
we like to do things together for example:

- Reading books
- Playing games
- Taking a walk
- Drawing
- Listening to music
- Cooking
- Watching TV or movies



**Write down some of the things you like to do with the people you love, or draw a picture of what you like to do the most**

A large, empty rectangular box with a thin blue border, intended for writing or drawing. The box is positioned centrally on the page, providing a clear area for the user to respond to the prompt.



**When people look after you they need to make sure that :**

1. You are loved
2. You have enough food to eat
3. You have clean clothes
4. You clean your teeth
5. You brush your hair
6. You have a bath
7. Get plenty of sleep
8. They help you with your problems
9. They are there to help you if you are sad



It is important that you are looked after well  
so that you can grow up **HAPPY** and **HEALTHY** and **STRONG**



**Let's sing the Love Is Gentle Song**



## Song 5



Click to play song  
on Youtube

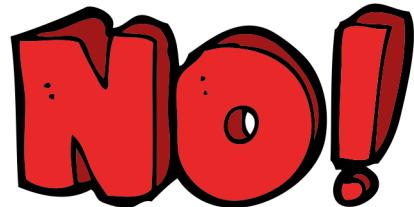
### Love Is Gentle - Song Lyrics

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

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





## Say No To Secrets

**Let's learn the “Say NO To Secrets” rule.**

Sometimes when people hurt you or try to touch your private parts they will ask you to keep it a secret.

So, we need to learn the “Say NO To Secrets” rule.

When people that are doing things to hurt you,  
they do not want other people to find out what they are doing.

So they will try to tell you things that are not true:

They might say:

- a) People won't listen to you.....DON'T BELIEVE THEM**
- b) People will say it is your fault....DON'T BELIEVE THEM**
- c) People won't love you any more...DON'T BELIEVE THEM**
- d) You are going to get into trouble...DON'T BELIEVE THEM**
- e) I am going to hurt you if you tell...DON'T BELIEVE THEM**
- f) I will hurt someone in your family....DON'T BELIEVE THEM**



# IS IT A SECRET OR A SURPRISE??

Circle below if it is a secret or a surprise.



1. We are having a special part for Mommy's birthday.

## Secret Surprise

2. I want you to come with me, let's not tell Mommy and Daddy.

## Secret Surprise

3. I am going to bake your sister's favorite cake.



## Secret Surprise

4. Let's play a touching game but we must not tell anyone.

## Secret Surprise



If someone says something to you that makes you feel bad and they tell you to keep it a secret,

or they make you feel uncomfortable and tell you to keep it a secret

or if they touch your private parts and they tell you to keep it a secret,

**Say NO and always tell a SAFE ADULT**

## Let's sing the Say No To Secrets Song



Click to play song  
on Youtube

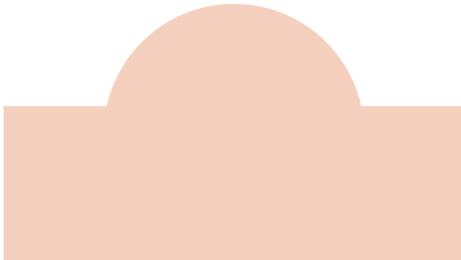
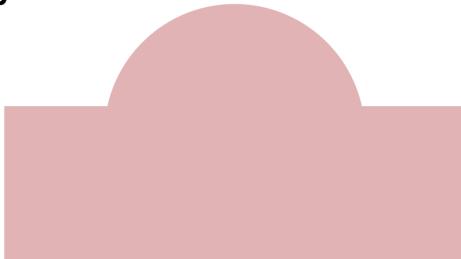
**Say "NO" To Secrets**

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  
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  
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  
  
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"**  
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"**



**STOP**

***Write down six things you have  
learned to keep your body safe!***





Keep safe everyone !!



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