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December 2025

# My Body Is My Body

## *Annual Impact Overview*

→ 2025

Building Safer Futures Together

My Body Is My Body Foundation  
Charity Number 1199901

This past year has been one of the most significant and impactful in the history of the My Body Is My Body (MBIMB) Programme and Foundation. It has been a year of growth, credibility, creativity, and most importantly, people coming together to protect and empower children.

Across communities, countries, and cultures, MBIMB has continued to provide free, accessible, music-based safeguarding and well-being education, helping children find their voice, understand their feelings, and know how to seek help when something doesn't feel right.

## **Our Reach & Impact to Date**

Delivered in 63+ countries

Available in 35+ languages

1,100 new learners completed our free online courses in 2025  
(6400 Learners in total)

50 new MBIMB Ambassadors joined our global network in 2025  
(370 Ambassadors in total)

Over 2 million Views on Youtube

Reached over 3 million children through schools, NGOs, community groups, and media.

Every number represents a child, a family, or a community taking steps towards safer futures.





## Our Digital Reach & Global Impact

Our digital platforms continue to play a powerful role in spreading life-saving body safety messages to children, families and educators across the world. Through a combination of free online resources, music-based learning and global partnerships, the My Body Is My Body Programme is reaching further than ever before.

Our YouTube channel has become a key gateway for children and adults to access our songs and lessons in a safe, engaging and memorable way. Our content has reached audiences in 132 countries, with over 2 million views, helping us support and empower children worldwide. From South Africa to Sweden, from India to Mexico, every view represents a conversation started and another child learning that their body belongs to them and that it is always okay to speak up if something feels wrong.

This growing global impact is made possible by the dedication of our volunteers, translators, teachers and partner organisations who believe in early prevention education and the unique power of music to teach vital life skills.



## Our Digital Reach & Global Impact

Our digital reach is further strengthened through the generous sponsorship of **Askew AI**, who fully fund and manage the running costs of the My Body Is My Body Foundation website and Learning Management System.

Their ongoing support ensures our digital platforms remain secure, reliable, and child-safe, and that everything runs smoothly behind the scenes. Thanks to Askew AI's expertise and commitment, our website now receives over **3,000 visits per day**, with registered users from **113 countries** accessing our free courses and safeguarding resources.

By covering the full costs of our digital infrastructure and providing continuous technical oversight, Askew AI has removed significant financial barriers, allowing us to scale our outreach globally while keeping all our online resources free and accessible for children, families, educators and communities worldwide.

Their partnership plays a vital role in helping us share our message more widely and sustainably than ever before.

Together, our digital platforms are not just reaching numbers — they are opening conversations, empowering children, and helping to build safer futures for children everywhere.

ASKEW AI  TM

## Key Milestones This Year:

### Leadership & Governance

Our MBIMB Board has been outstanding this year.

Through their guidance, advocacy, and commitment, they have:

- Built and strengthened key partnerships
- Opened doors to new opportunities
- Supported sustainable, ethical growth
- Ensured children's safety remains central to all decisions

Their leadership provides strong foundations for MBIMB's future.

### Partnerships That Strengthen Impact in 2025

We built and strengthened partnerships with organisations and institutions committed to child safety, education, and empowerment, including:

- A Positive Start (CIC) (UK)
- Askew AI (USA)
- Safeguarding Fundamentals (UK)
- Rotary Coimbatore Gaalaxy (RCG) (India)
- Dr NGP Arts and Science College (India)
- Kumaraguru College of Liberal Arts (India)
- Positive You Botswana (Botswana)
- Connect For Freedom (USA)
- Rotary ICC's (Worldwide)
- One Decision (UK)
- Department of Social Work – Holy Arts
- Rotary Girls Empowerment (Worldwide)
- PikaDo (USA and Egypt)
- Kebene (Kenya)
- Doninu International (Malta)
- Life Foundation Aid (LFA) (Kenya)
- Homabay County Peace Network (Kenya)



Each partnership helps extend MBIMB's reach while maintaining quality, trust, and safeguarding integrity.

## Recognition & Credibility

This year, MBIMB’s work received significant external recognition:

- Featured in the Spring Impact Report
- Featured in the ISPCAN 2025 Report
- Awarded Children’s Safeguarding NPO of the Year

These acknowledgements reflect the quality, integrity, and impact of our programme.

<div>PREVENTING CSA AT SCALE: WHAT IT TAKES</div> <div>EXECUTIVE SUMMARY</div> <div>INTRODUCTION</div> <div>STUDY PARTICIPANTS</div> <div>BARRIERS TO SCALE</div> <div>KEY LESSONS</div> <div>CASE STUDIES</div> <div>CONCLUSION</div> <div>APPENDIX</div>	<div>MBIMB (MY BODY IS MY BODY)</div> <div>Global (over 60 countries)</div> <div>ABOUT</div> <div>UK-based non-profit providing open-source educational programmes to empower children to understand body safety through music and visual media.</div> <div>SOLUTION</div> <div>A universal, early preventative child safety programme designed to teach children aged 3-10 about body autonomy and how to seek help. It uses a music-based, engaging approach including songs, videos, and animated content.</div> <div>LEVEL OF SCALE</div> <div>Global online uptake reaching over 2.5 million children in 113 countries and 30+ languages.</div> <div>SCALE MODEL DESCRIPTION</div> <div><b>Open-Source:</b> Anyone can download and deliver content with minimal training, enabling wide reach. The free online training courses help to ensure quality and consistency of facilitation.</div>	<div>NSPCC</div> <div>UK</div> <div>ABOUT</div> <div>National non-profit focused on preventing child abuse through direct services, advocacy, and public awareness campaigns.</div> <div>SOLUTION 01</div> <div><b>Speak out Stay safe:</b> School-based prevention programme for primary schools. It helps children understand how to recognise the signs of abuse, that abuse is never a child's fault and where to get help.</div> <div>LEVEL OF SCALE</div> <div>Delivered in 8,000+ schools across the UK, reaching 1.2 million children in 2022/23.</div> <div>SCALE MODEL DESCRIPTION</div> <div><b>Direct Delivery:</b> regionally delivered model with in-house teams and trained volunteers delivering directly in schools. Trialling a partnerships-based model with delivery shared between volunteers and school staff.</div> <div>SOLUTION 02</div> <div><b>CSA Snapshots:</b> Trained NSPCC staff provide an assessment of the holistic measures a local area has in place to protect children.</div> <div>LEVEL OF SCALE</div> <div>Early stage. As of 2025, NSPCC is offering 9 Snapshots to local authorities per year.</div> <div>SCALE MODEL DESCRIPTION</div> <div><b>Direct Delivery/System Integration:</b> NSPCC conducts the analysis and provides training to local authorities to strengthen local systems for children and families. The goal is to implement CSA Snapshots in every local authority across England and Wales.</div>



Recognition & Credibility

COUNTRY PARTNER NETWORK

We added 5 new country partners, growing now to a total of 62. Country Partners are child abuse and neglect dedicated organizations that have missions that align with ISPCAN. We work together to share resources, collaborate and support children, families and professionals at a local level.



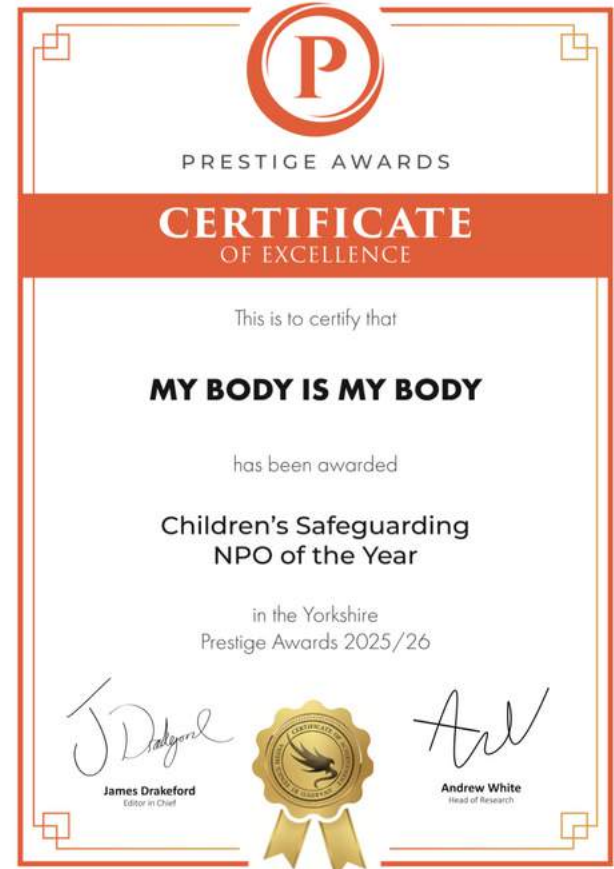
COUNTRY PARTNER SPOTLIGHT



My Body Is My Body (MBIMB): Empowering Children Through Music,

One Voice at a Time, founded by Chrissy Sykes says, "ISPCAN has been a game changer for MBIMB by opening doors to global connections and meaningful collaborations with child protection professionals around the world. ISPCAN has enhanced MBIMB's credibility when approaching education leaders, government departments, and NGO's - showing that MBIMB is recognized within a respectful international network.

"Most importantly, it has inspired us. The knowledge sharing, expert insights, and collective energy of ISPCAN and its members have helped us refine our tools, elevate our voice, and keep growing. MBIMB believes that prevention should be a positive experience for children—it can be musical, meaningful, and memorable. With ISPCAN by our side, we are even more empowered to take this message further. Together We Can Build a World Safe for Every Child."



Prestige Awards

South Yorkshire

CHILDREN'S SAFEGUARDING NPO OF THE YEAR

My Body Is My Body



My Body Is My Body Foundation (MBIMB) is a Barnsley-based UK registered charity providing a free, internationally acclaimed child-safeguarding programme. Dedicated to empowering young people to understand body safety through music, storytelling and fun interactive activities, the foundation has become a global leader in child protection education, offering its free, music-based programme to children, teachers and families around the world. Through engaging songs and accessible resources, MBIMB helps children recognise, prevent and speak up about abuse in a way that is age-appropriate and empowering. Its creative approach ensures that vital safeguarding education reaches children in a positive and memorable way.

The judges were particularly impressed by the impact of MBIMB's work, which has been remarkable and transformative for so many young people and their families. At time of writing, the NPO's resources have reached more than three million children across more than 63 countries, with materials translated into over 30 languages. The foundation partners with respected organisations including ISPCAN, Compassion International and Rotary International, as well as a wide network of schools, charities and safeguarding professionals, underscoring the collaborative ethos that lies at the centre of its programme.

“My Body Is My Body empowers children worldwide with music-based body safety education, developing confidence, protection and emotional wellbeing.”



www.mbimb.org  
chrissy@mbimb.org

## Key Milestones This Year:

Leadership Update: Strengthening Our Board & Advisory Team

This year, we were **delighted to welcome two outstanding individuals whose experience, values, and commitment to safeguarding children greatly strengthen the leadership of My Body Is My Body.**

### Nick Gazzard OBE

#### Strategic Advisor and Trustee – My Body Is My Body Foundation

Nick Gazzard MBE joined MBIMB this year as a Trustee and Strategic Advisor, bringing with him extensive experience in safeguarding, advocacy, and systems change.

Nick is a nationally respected safeguarding leader and campaigner who has dedicated his career to improving child protection practice, policy, and accountability. He is widely recognised for his work supporting survivors, challenging institutional failures, and driving cultural change across education, policing, and safeguarding systems.

As a Trustee, Nick provides strong strategic oversight, professional insight, and an unwavering commitment to keeping children's safety at the heart of governance and decision-making.





## Key Milestones This Year:

### Deborah J Crozier

#### **Head Of Mental Health** – My Body Is My Body Foundation

Deborah is the founder of A Positive Start and is highly regarded for her trauma-informed, person-centred work supporting children, young people, and adults with emotional regulation, resilience, and wellbeing through compassionate, evidence-informed approaches.

She has worked as a school counsellor and has extensive experience supporting children and young people directly, while also working with adults, families, and professionals to help create safe, nurturing environments in which emotional understanding and regulation can develop and flourish.

Deborah has been a key creative and professional partner in the development of the River Room Songbook, bringing together her professional experience, lived insight, and nervous-system-informed perspective to ensure the programme supports children in calming their bodies, understanding feelings, and developing gentle, lifelong self-soothing skills.

Her contribution strengthens MBIMB's emotional wellbeing work and helps ensure all resources remain safe, ethical, and genuinely child-centred.



## Key Milestones This Year:

### Rivelle Baikie

#### Social Media and Community Engagement Officer

We're absolutely delighted to welcome Rivelle Baikie to the MBIMB family as our new Social Media & Community Engagement Officer. Based in **Barnsley**, we are proud to have another local Volunteer Member join our team.

Rivelle joins us at such an exciting time as we continue to grow our reach, strengthen our community, and start even more life-changing conversations that help keep children safe. Her passion, creativity, and people-focused approach will play a big part in helping our message travel further and connect more deeply with families, educators, and communities around the world.

Rivelle, you're joining a team that believes wholeheartedly in collaboration, kindness, and making a difference every single day. We're so glad to have you with us and can't wait to see the energy, ideas, and heart you'll bring to MBIMB.

Please join us in giving Rivelle a big MBIMB welcome — we're stronger together. Building Safer Futures Together.



## **MBIMB Safeguarding Conference – March**

On 25th March 2025, we were absolutely thrilled to host the first-ever MBIMB Safe Spaces, Safe Futures Conference – and what an unforgettable day it was!

With over 60 passionate attendees, the room was buzzing with energy, purpose, and commitment. We welcomed a diverse and inspiring group of professionals, community leaders, and changemakers, all united by one powerful mission: to build safer, stronger communities where every child can thrive. We were honoured to welcome speakers from across the UK, including Northern Ireland, Scotland, Lancashire, Gloucestershire, and South Yorkshire – each bringing their unique expertise and powerful insights to the day.

## **Our Inspiring Line-Up of Speakers:**

**Chrissy Sykes – Founder, My Body Is My Body Programme**

**Dr. Paul Stewart – Former professional footballer & survivor advocate**

**Douglas Blackwood – Safeguarding in Sport**

**Antonia Noble – Safeguarding in the Community**

**Caroline Flynn – Developer of the MAAPP LinkIndex Tool**

**Deborah J Crozier - Founder of A Positive Start CIC**

**Tracey Hughes - Barnsley CVS and Healthwatch**

The day truly was a rollercoaster of emotion – full of meaningful conversations, valuable learning, and deeply moving moments. The most powerful stories came from Dr. Paul Stewart, who bravely shared his lived experience, and Caroline Flynn, whose insights into safeguarding systems brought new clarity and urgency to our mission.

The most meaningful takeaway was found in the one word echoed across almost every feedback form: **INSPIRED**

Thank you to everyone who joined us, shared, listened, and stood up for Change. Let's continue building safe spaces, nurturing futures, and protecting every child, everywhere.



# Building Safer Futures Together





## **The River Room Songbook – Emotional Wellbeing Through Music**

*The River Room Songbook is a collaborative creation by Deborah J. Crozier of A Positive Start CIC and Chrissy Sykes, founder of the My Body Is My Body (MBIMB) Programme.*

*Launched this year, the River Room Songbook brings together a collection of gentle, therapeutic songs and a thoughtfully designed course to support parents, teachers, and children. We are incredibly proud of the music and resources created, all designed to help children understand, express, and care for their emotions in a safe and nurturing way.*

Children today are facing more pressures, faster changes, and bigger emotions than ever before. Many don't yet have the words to explain what they feel — and even fewer have been taught simple, safe ways to calm their bodies when life feels overwhelming. The River Room Songbook Course has been created to give children those tools in the most accessible way possible: through songs, movement, rhythm, and warm self-soothing exercises that make emotional learning feel natural, safe, and even fun.

Each lesson is built around a song that teaches one emotional skill at a time — calming the breath, naming feelings, soothing the body, shifting unhelpful thoughts, or knowing when to pause and protect your boundaries. These songs become little anchors children can return to at school, at home, or in moments when their emotions feel “too big.” This course gently supports the nervous system, strengthens emotional resilience, and gives children the confidence to say, “I can handle this feeling.” It empowers them to recognise their experiences, nurture themselves with kindness, and build inner safety — which complements everything MBIMB stands for: empowerment, emotional awareness, body safety, and seeking help.

**[Click Here To Access The Course:](#)**

**[Click here To Access the River Room Songbook](#)**



# Building Safer Futures Together



SONGS & ACTIONS TO HELP CHILDREN TO RECONNECT, REGULATE & JUST BE



Music & Performance by Chrissy Sykes | Lyrics by Deborah J Crozier



'Welcome to the River Room Songbook'  
Meet our friends



Gentle Gemma

"Hi, I'm Gentle Gemma, reminding you to nurture yourself with a calming heart and tummy hold."



Sensitive Spike

"Hi, I'm Sensitive Spike. Together we can learn to Recognise, Accept, Investigate and Nurture our feelings with care."



Brave Bella

"Hello, I am Brave Bella. I'm here to remind you just how very special you are."

Purpose of "Heart & Tummy Hold"

Song No. 4

Theme:  
Self-soothing and body connection

Why it matters:  
This gentle touch-based song teaches children to place one hand on their heart and one hand on their tummy. This technique is believed to calm the nervous system, increase oxytocin (the 'love hormone'), and bring feelings of comfort and safety. It's especially useful for children who may feel overwhelmed or disconnected.



'Welcome to the River Room Songbook'  
Meet our friends



Relaxed River

Welcome to the River Room Songbook, where big feelings are always welcomed, and so are you.



Calm Cal

"Hi, My names Calm Cal. I'm here to remind you to take a breath. Breathing is perfect for calming down"



Friendly Flutter

"Hi there, I'm Friendly Flutter. Come tap along with me! Tapping gently on special points can help those feelings move and let us feel better."

Purpose of "Tapping Song"

Song No. 3

Theme:  
Emotional Freedom Technique (EFT), acupressure

Why it matters:  
This playful song introduces children to EFT tapping - a safe, body-based way to let go of stress or big feelings. By tapping on specific points on the face and body, children learn they can release stuck emotions, feel more in control, and calm their nervous systems.





### **Standing Strong:**

#### **A Course for Young Teens on Navigating Peer Pressure**

By: *Chrissy Sykes, founder of the My Body Is My Body (MBIMB) Programme.*

Standing Strong, is a thoughtfully designed course created to support young teens as they begin to navigate the challenges of peer pressure with confidence and self-belief.

The teenage years are filled with excitement, friendships, and new experiences --- but they can also bring moments of uncertainty, especially when young people feel pressured to fit in or make choices that don't feel right. Standing Strong gently guides teens to understand what peer pressure is, how it shows up in everyday life, and how to respond in ways that feel safe, respectful, and empowering.



Through clear explanations, relatable examples, and practical activities, the course explores the difference between positive peer pressure — such as encouragement to try something new or healthy — and negative peer pressure, where boundaries may be tested. Young people are taught how to say “no” with confidence, how to trust their instincts, and how to recognise when and where to seek support from trusted adults or friends.

By practising real-life scenarios, teens are given tools they can use at school, with friends, and online — helping them stay true to themselves while building resilience, confidence, and strong decision-making skills.

Standing Strong is an important step in empowering young teens to feel confident in who they are and the choices they make.

**[Click Here To Access The Course:](#)**

## Staying Safe, Strong and Happy

### A Child-Friendly Safeguarding Resource

Staying Safe, Strong and Happy is a bright, age-appropriate safeguarding booklet created in conjunction with **Safeguarding Fundamentals** to help children aged 5–8 understand body safety in a calm, positive, and empowering way. Using friendly characters, simple language, and engaging visuals, it introduces essential safeguarding messages without fear or distress.

The booklet explains what it means to feel safe, who helps keep children safe, and why their bodies are special and deserve respect. Clear Body Safety Rules reinforce that nobody should hurt them, touch their private parts, or take photos of them, and that children should always tell a trusted adult if something makes them feel worried, sad, or uncomfortable.

A strong focus is placed on speaking up and getting help, including the child-safe message “Say no to secrets – only keep happy surprises.” The resource also introduces early understanding of kind and unkind behaviour, bullying, and basic online safety, helping children recognise when something does not feel right and what to do next.

Designed for use in schools, early years settings, safeguarding sessions, or at home with parents and carers, Staying Safe, Strong and Happy supports children to feel listened to, protected, and confident to speak up when they need help.



## Our Ambassadors: The Heart of MBIMB

**Our MBIMB Ambassadors remain at the heart of everything we do. This year, they continued to share the programme in schools, NGOs, parent groups, community settings, and grassroots initiatives — always with safeguarding, care, and integrity at the centre.**

**A heartfelt thank you to every Ambassador , your dedication is making a real difference in communities around the world**

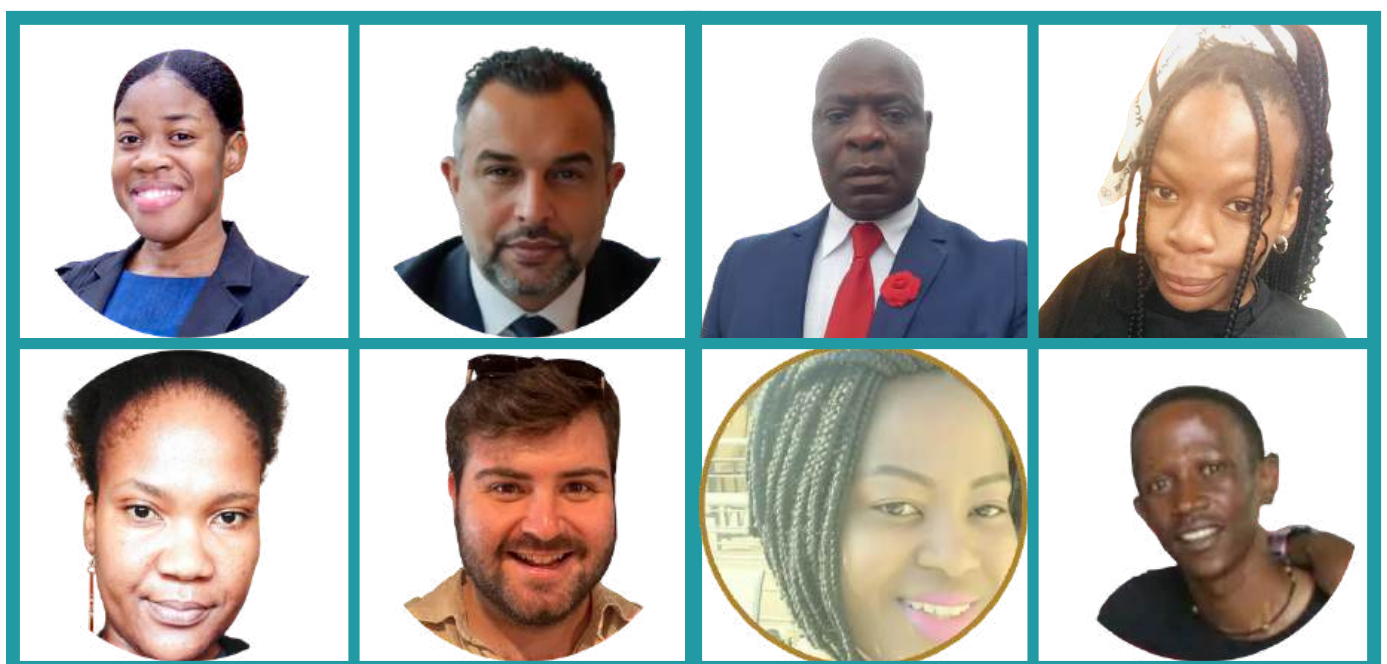




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# Building Safer Futures Together

When we speak about dedication, vision, and service to children and society, one name shines brightly: **Dr Darwin Moses.**

Over the past year, Darwin's tireless work has transformed the reach of the My Body Is My Body (MBIMB) Programme, opening doors across India through his remarkable ability to build bridges and partnerships. Thanks to his commitment as a Board Member, MBIMB has signed Memorandums of Understanding (MOUs) with leading institutions, including: Rotary Coimbatore Gaalaxy, Kumaraguru College of Liberal Arts and Science Dr.N.G.P. Arts and Science College and Science College, Coimbatore Bharathiar University - Department of Social Work Department Rotaract Club of Coimbatore Unity and Holy Cross College

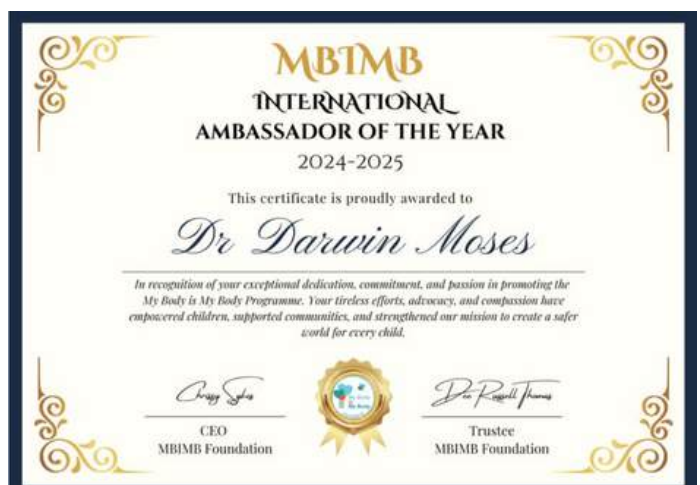
These partnerships have not only brought MBIMB into classrooms and universities but have also ensured that thousands of young people, educators, and future social workers are empowered with vital knowledge to protect children.

One of Darwin's most pioneering contributions was working with the Deaf Leaders Foundation to translate and perform MBIMB's songs in Indian sign language. This breakthrough has made the programme accessible to children with hearing impairments, ensuring that every child, regardless of ability, has the opportunity to learn the crucial message: "My Body is My Body."

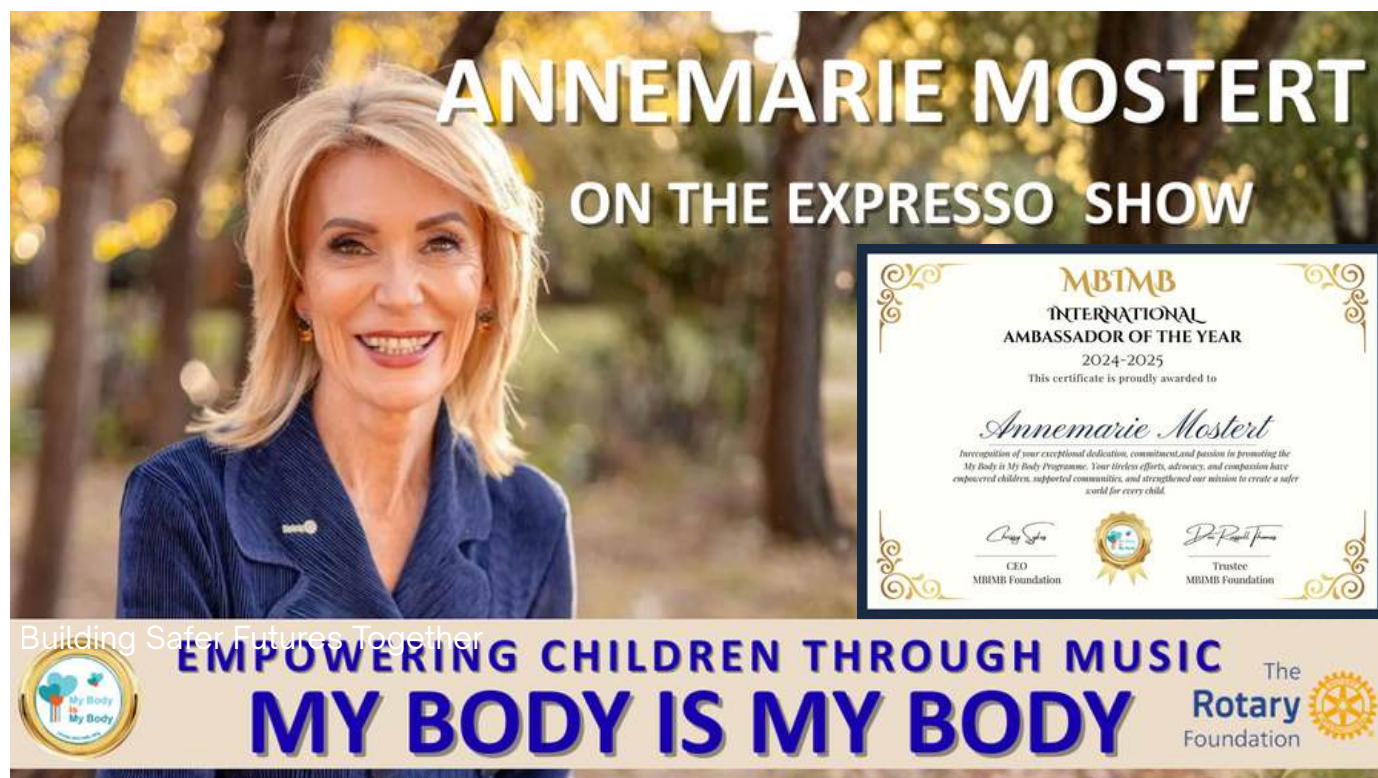
Darwin's impact is not confined to this year alone. His decades of service in inclusive development, disability empowerment, disaster relief, and community outreach speak to a lifetime of commitment. From advocating for accessible education and livelihoods, to organising inclusive sports like wheelchair and blind cricket, to leading post-disaster rehabilitation in Kerala, Bihar, and Andhra Pradesh – his career is defined by compassion in action.

Because of his work, countless children today know that their voices matter, their safety is important, and their future is worth protecting.

The MBIMB Foundation, and indeed society as a whole, are richer because of his efforts. We cannot thank Dr Darwin Moses enough for his extraordinary service and his vision to build a safer, more inclusive world for every child.







[Click Here To View The Video](#)

## International Visibility

- MBIMB was featured on Espresso TV (South Africa) through International Board Member Annemarie Mostert
- MBIMB videos have been secured for South African television broadcast for the next two years, significantly increasing reach and awareness

The My Body is My Body Programme - MBIMB Foundation (MBIMB) is delighted to announce PDG **Annemarie Mostert** as one of our 2 International Ambassadors of the Year. 2024 - 2025.

Annemarie's extraordinary commitment to empowering children and communities has brought the MBIMB Programme to new heights through the power of Rotary. Her leadership and belief in our mission have opened doors across continents, creating opportunities for children to learn, grow, and thrive in safety.

Through her tireless work with Rotary Inter Country Committees (ICCs), alongside James Onions, Annemarie has helped MBIMB reach the Caribbean, spanning numerous countries and languages including Dutch, Spanish, Haitian Creole, English, and French – all supported by our full programme and songs.

In South Africa, Annemarie was instrumental in establishing an inspiring Girls' Empowerment team, led by Maggie Moruntshi, with over 90 dedicated ambassadors. This team has taught the MBIMB Programme in more than 150 schools over the past year, reaching thousands of children, including vulnerable street children, with vital messages of body safety and empowerment.

Her work with Rotary ICCs has also created connections with Hungary, Kenya, Romania, and Nigeria – expanding MBIMB's reach to even more communities worldwide.

Annemarie has also played a pivotal role in the creation of a groundbreaking partnership with the new Rotary Action Group for Girls' Empowerment (RAGGE). This global hub, initiated under RI President Stephanie Urchick's leadership, is set to sustain and scale efforts to empower girls through international partnerships, resources, and programme support.

## Language Access & Global Collaboration

We continued to remove barriers to access by expanding language availability and cultural relevance.

- New translations supported by Compassion International:

Bahasa

Portuguese

Thai

Spanish



- With the support of **Rotary Inter Country Committees (ICCs)**,
- MBIMB is now available in Hungarian,  
with special thanks to:
  - Fordította Kovácsné Gila Erzsébet
  - Dr. Péntes Marianna (Rotary International ICC)
- We have ongoing collaborations with **Rotary Inter Country Committees (ICCs) to complete**,
  - European Portuguese
  - Hungarian
  - Romanian



**Intercountry  
Committees**

## New South African Languages we are working on:

Afrikaans  
Ndebele  
Sesotho  
Setswana  
Shona  
Tsonga  
Venda  
Xhosa  
Zulu



## We are currently looking for Volunteer Singers to sing our Children's Songs in:

German  
Polish  
Hungarian  
Romanian  
Setswana



## Rotary Girls' Empowerment Twinning With MBIMB- South Africa

We proudly recognise our exceptional Girls' Empowerment Team in South Africa,

led by the amazing Maggie Moruntshi. Together , this amazing team has reached over 10,000 children this past year.

I would like to give special thanks to PDG George Senosha ,who gave us his unwavering support, Pastor Rose Papola, Zama Buthelezi, Meltonia Sethosa, Mokgaetji Hlaka and Lehlogonolo Lillian Sonyane, all of whom have been outstanding and unwavering in their pursuit to safeguard children.

This outstanding team has worked tirelessly to:

- \* Empower girls with knowledge, confidence, and life skills
- \* Create safe spaces for conversation and learning
- \* Support girls to speak up and believe in themselves

Their work is a powerful example of safeguarding and empowerment working hand in hand.





# Building Safer Futures Together





## SAPSAC Conference

### **“Strengthening Systems, Safeguarding Futures: A Multidisciplinary Approach to Child Protection,”**

reflected a shared commitment to collaborative, evidence-based responses to child abuse and safeguarding

In August 2025, My Body Is My Body (MBIMB) was honoured to contribute to the 23rd Annual National Child Abuse Conference, hosted by the South African Professional Society on the Abuse of Children (SAPSAC). The conference took place on 6–7 August 2025 and brought together multidisciplinary professionals committed to strengthening child protection systems across South Africa

Chrissy Sykes, was invited to serve as a keynote speaker, recognising MBIMB’s growing international impact in empowering children, strengthening prevention education, and supporting safeguarding practice.

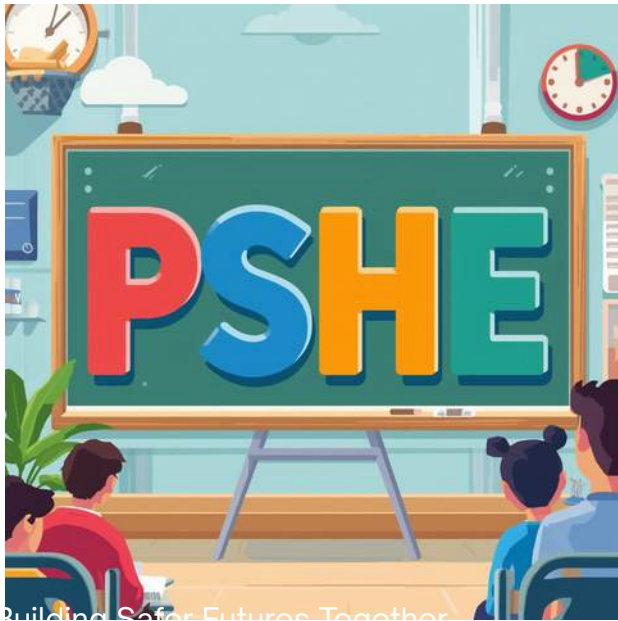
Her keynote address aligned closely with the conference’s core focus on collaboration, prevention, and strengthening professional practice. Delegates highlighted the relevance of MBIMB’s approach in translating complex safeguarding concepts into accessible, child-centred education.

### **According to the SAPSAC Conference Committee,**

*“We have received overwhelmingly positive feedback from attendees, many of whom shared how your keynote enriched their knowledge, inspired reflection, and contributed meaningfully to their ongoing work in the field.”*

[Click Here to Watch The Video](#)





**Other areas that have shared our programme:**

**Hackney Schools**

**Barnet HSL and HEYL**

**Somerset**

**North Northamptonshire**

**Croyden**

**Hull**



## **PSHE In Schools**

I would like to say a special thank you to John Rees from PSHE Solutions in Doncaster for introducing us to the **National PSHE & Healthy Schools Network**. From this presentation and the wonderful support from Saira Mumtaz-Jones (Lead For Health and Wellbeing Services Leeds Council) we have been invited to speak at many PSHE and RSHE meetings including:

**Kirklees Schools**

**Nottinghamshire Schools**

**Leeds Schools**

## **DSL's In Schools Barnsley**

We would also like to say a big thank you to Karen Harrison from Barnsley Council for her support. Karen invited us to share our programme with the DSL Forum in Barnsley twice this year. We shared the MBIMB Programme and also our new River Room Songbook and Course.

From these presentations we have had many Barnsley Schools interested in our My Body Is My Body Programme to support their lessons. Karen also invited us to take part in the Prioritising Sexual Abuse Roadshow where we received much interest from many local organisations.

## **Local Impact: Making a Difference Close to Home**

While My Body Is My Body continues to reach children around the world, we are equally committed to creating meaningful change locally — building strong, safeguarding-aware communities where children live, learn, and grow. This year, we made significant strides forward across Barnsley and the surrounding areas.

## **Supporting the Early Years Workforce**

We delivered training at Barnsley College to students preparing to work in the early childhood sector, equipping future practitioners with the knowledge, confidence, and tools to embed body safety and emotional wellbeing from the very start of their careers. Books and Lesson Plans were sponsored by the CO-OP.

## **Reaching Local Schools**

Through Designated Safeguarding Lead (DSL) meetings, we introduced the MBIMB Programme into Barnsley schools. As a result, 18 local schools have now adopted the MBIMB Programme, embedding preventative safeguarding education into their settings.

## **Working in Partnership to Support Families**

We worked in collaboration with Barnardo's, with books for staff, parents, and children sponsored by The Co-op and the Shawlands Trust, helping families access child-friendly safeguarding resources in supportive, trusted environments.

## **Barnsley YMCA**

At My Body Is My Body, we have been proud to work alongside YMCA Barnsley in supporting the delivery of our programme. They have generously hosted training events at their Youth Hub, and their staff have engaged deeply with the training, embedding it into their youth work curriculum to strengthen resilience and personal and social skills among children and young people. We were also delighted to welcome YMCA Barnsley to the MBIMB Safeguarding Conference earlier this year, where practitioners connected and reaffirmed our shared commitment to protecting children. Partnerships like this truly reflect the spirit of voluntary service at the heart of MBIMB.



## Community & Youth Engagement

- We sponsored books and training at the YMCA, enabling them to take the MBIMB Programme directly into local schools.
- We delivered safeguarding training for local DSLs with the support of PSHE Solutions, strengthening professional practice across the area.
- We stood alongside **Lessons4Life** in a landmark moment for education reform, supporting shared goals around prevention, life skills, and child wellbeing.

## Supporting Parents and Early Intervention

- We delivered the MBIMB Programme to **Birth, Bump and Beyond** in Rotherham, with excellent engagement and positive feedback from both staff and families, books and lesson plans sponsored by Shawlands Trust
- We worked with **Station House in Thurnscoe**, delivering the programme to staff, parents, and children. The response has been overwhelmingly positive — with two MBIMB songs now used as weekly songs for the children, embedding body safety and emotional learning into everyday routines again the books and lesson plans were sponsored by Shawlands Trust.

## Why Local Work Matters

These local partnerships demonstrate how MBIMB works best:

- Embedded into trusted services
- Delivered consistently
- Supported by trained adults
- Reinforced through music, repetition, and conversation

By strengthening safeguarding practice locally, we create models of good practice that can be shared, adapted, and scaled elsewhere.

## BSL (Barnsley Volunteers)

We are excited to share the "My Body Is My Body" program video in BSL with you! We extend our heartfelt thanks to **Natalie Davies** for her dedicated efforts in signing our song. Her invaluable contribution makes it possible for many more children to understand and embrace our important message. We are deeply grateful for her commitment to making our content accessible and engaging.

[Click Here To Watch The Video](#)



## BSL (Barnsley Volunteers)

We're proud to share another important milestone in making My Body Is My Body accessible to all children "Say No To Secrets". This song carries one of the most important safety messages we teach children.

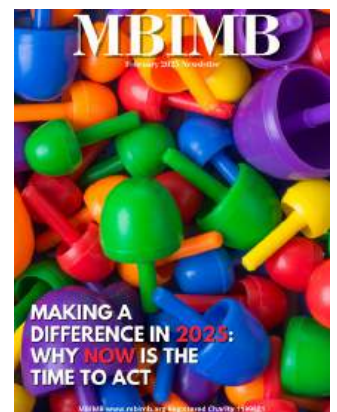
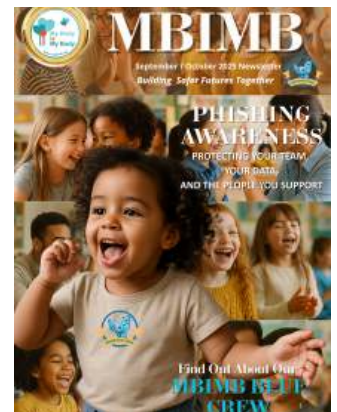
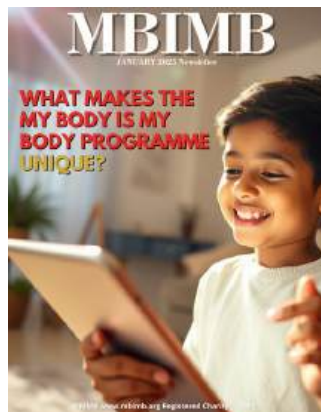
Our heartfelt thanks go to **Measha Harris** for her care, professionalism, and commitment to inclusion. Your contribution helps ensure that no child is excluded from learning about their right to feel safe and speak up.

[Click Here To Watch The Video](#)



# Building Safer Futures Together

## 2025 Newsletters



[Click here to view MBIMB Newsletters](#)

[You will be able to see all the wonderful work our Ambassadors are doing locally and around the world.](#)

## Corporate Sponsors

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## **YEAR AT A GLANCE 2026**

**BUILDING SAFER FUTURES TOGETHER**

**ACROSS THE 2026 CALENDAR YEAR.**

*January – February 2026*

**Capacity Building & Champion Preparation**

*March – April 2026*

**Community Activation & Early Outreach.**

*May – June 2026*

**Global Week Delivery**

*July – August 2026*

**Follow-Up & Deepening Impact**

*September – October 2026*

**Partnership Building & Expansion.**

*November – December 2026*

**Reflection, Celebration & Planning Ahead, Share successes**

Rotary Girls' Empowerment is committed to strengthening safety and wellbeing for girls, and protecting all children, by mobilising Rotary clubs and trusted partners to deliver early prevention in safe, practical ways. Through MBIMB's free, music-based body safety resources, we will work through our Rotary Volunteers to equip adults (teachers, carers, youth leaders, NGO teams) to help children build confidence, recognise uncomfortable feelings, and speak up safely.

We focus on raising awareness and giving knowledge to:

Teachers

Early years staff

Youth workers

Parents and caregivers

Community leaders

NGOs

Churches and women's groups

Rotary Clubs & District teams

Girls' Empowerment project leads

Partner organisations

# LET'S START THE CONVERSATION MBIMB

A Worldwide Week of Action to Protect Children  
My Body Is My Body Global Week Fundraiser

Date of Event: 1<sup>st</sup> to 7<sup>th</sup> June 2026

#MBIMBGlobalWeek2026

- Empowering Children and Families
- Inspiring Communities
- Making a Difference Together

My Body Is My Body Foundation  
Registered Charity 1199901



Fundraising Guide

DONATE NOW QR CODE



[Click Here For More Information](#)  
[and to Download Our PDF's](#)

# JOIN THE BLUE CREW MBIMB

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#MBIMBGlobalWeek2026

- Empowering Children and Families
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- Making a Difference Together



Corporate  
Sponsorship Guide



DONATE NOW QR CODE



## What Is MBIMB Global Week?

From the 1st to the 7th June 2026, communities across the world will come together to **“Start the Conversation” with MBIMB**

## Why MBIMB Global Week Matters

MBIMB is the perfect way to start important protection conversations with children. Our simple songs and simple lessons help children learn how to recognise unsafe behaviour, trust their feelings, and reach out to safe adults when something doesn't feel right.

This week is more than an event — it's a global invitation to talk openly with children about listening to their feelings, speaking up, and getting help when something feels wrong.

## Your involvement during Global Week helps us:

- Provide children's workbooks to local schools
- Deliver training for teachers and community leaders
- Share free body-safety resources with families and small charities
- Support local safeguarding events and workshops
- Reach more communities that need protection education

**To learn more about MBIMB Global Week - Click Here**



[Click Here To Make A Donation](#)





Building Safer Futures Together

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December 2025

Thank you for  
an *Amazing Year*

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With Thanks

To our Board, Volunteers, Ambassadors, Partners, Translators, Rotary ICC's, Girls' Empowerment teams, supporters, and friends — thank you. Your belief in prevention, education, and children's voices makes this work possible.

Together, we are building safer futures — one child, one conversation, one community at a time.

Building Safer Futures Together

My Body Is My Body Foundation  
Charity Number 1199901