



My Body Is My Body

Safeguarding Policy

Building Safer Futures Together

My Body Is My Body Foundation
Charity Number 1199901



My Body Is My Body Foundation

Safeguarding Policy 2025

Purpose

The purpose of this policy is to protect children, young people, and vulnerable adults who engage with the My Body Is My Body Foundation. It provides trustees, staff, ambassadors, volunteers, and partners with the overarching principles that guide our approach to safeguarding. Nobody involved in MBIMB's work should ever experience abuse, harm, neglect, or exploitation.

Principles

We believe that:

- The welfare of children is paramount in all we do.
- Everyone has the right to live free from abuse, neglect, and exploitation.
- Safeguarding is everyone's responsibility, and concerns must always be acted upon.
- We must create a culture where children, families, volunteers, and staff feel safe to speak up.
- All activities must be designed to minimise safeguarding risks.

Scope

This policy applies to:

- Trustees, staff, volunteers, and ambassadors working on behalf of MBIMB.
- Partner organisations delivering MBIMB programmes. Partners must have safeguarding procedures that meet, as a minimum, MBIMB standards and local laws.

Types of Abuse

Abuse can take many forms, including but not limited to: physical abuse, emotional/psychological abuse, sexual abuse and exploitation, neglect, financial abuse, institutional abuse, and self-neglect. A detailed list of indicators is included in Appendix 1 – Signs of Abuse.

Responsibilities

Trustees and Senior Leadership:

- Approve and review this policy annually.
- Ensure compliance with Charity Commission safeguarding duties and Serious Incident Reporting.
- Appoint a Designated Safeguarding Lead (DSL) with responsibility for receiving, recording, and escalating safeguarding concerns.
- Monitor safeguarding risks and ensure appropriate action is taken.



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Responsibilities (continued)

Staff, Ambassadors & Volunteers:

- Complete safeguarding induction and required MBIMB training (Course 1: Introduction to Child Maltreatment, refreshed every two years).
- Follow safeguarding procedures and the MBIMB Code of Conduct.
- Report concerns immediately to the DSL or local authorities.

Designated Safeguarding Lead (DSL)

The DSL is the named person responsible for safeguarding within MBIMB.

DSL: Antonia Noble

Contact: antonia@antonianoble.com

In the DSL's absence, a deputy trustee will act - contact chrissy@mbimb.org.

Reporting Concerns

Immediate risk: If a child is in danger, call 999 (or local equivalent) immediately.

General concerns: Report to the DSL, your supervisor, or the senior team.

Allegations against MBIMB staff/volunteers/ambassadors:

- Must be reported directly to the DSL and trustees.
- The individual concerned will be suspended pending investigation.
- Relevant statutory authorities and, if in the UK, the Charity Commission will be informed.

All concerns must be documented and stored securely.

International Ambassadors

All ambassadors outside the UK must:

- Comply with local child protection laws in their country of residence.

Ambassadors are volunteers and act in aid of MBIMB, not on behalf of it.

All MBIMB Ambassadors are required to act in accordance with the safeguarding policies and procedures of the NGO, school, or organisation with which they are currently working or volunteering, in addition to complying with MBIMB's own safeguarding policy.

Digital & Online Safeguarding

As MBIMB is a digital-first programme, additional rules apply:

- No unsupervised one-to-one online contact with children.
- Use only MBIMB-approved platforms for programme delivery.
- Do not share personal contact details with children.
- Online sessions must be conducted in a safe, open, and professional manner.



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Photography & Media Consent

Written parental/guardian consent must be obtained before photographing, recording, or publishing any child's image.

- Images must never include personal details such as a child's full name, school, or address.
- Images must be used only in line with MBIMB's media and safeguarding guidelines.

Safer Recruitment

All staff, trustees, and volunteers in regulated activity must undergo DBS checks (UK) or local equivalents.

- Safeguarding responsibilities must be written into job descriptions, appraisals, and volunteer agreements.

Training

All staff, trustees, volunteers, and ambassadors must complete MBIMB safeguarding training.

- Refresher safeguarding training must be completed every two years.

Record Keeping

All safeguarding concerns, incidents, and actions taken must be recorded.

- Records will be stored securely and retained for a minimum of 7 years, or longer if required by law.

Monitoring & Review

Safeguarding will be reviewed annually by the trustees.

- Regular reports will be submitted to the Board.

Code of Conduct Summary

All MBIMB representatives must:

1. Prioritise children's safety and wellbeing.
2. Treat all children with dignity and respect.
3. Never engage in abusive, exploitative, or inappropriate behaviour.
4. Never be alone with a child in a private setting.
5. Follow all safeguarding laws and MBIMB policies.
6. Report concerns immediately.
7. Respect confidentiality, sharing information only when necessary to protect a child.

Date Created: October 2025

Review Date : October 2027