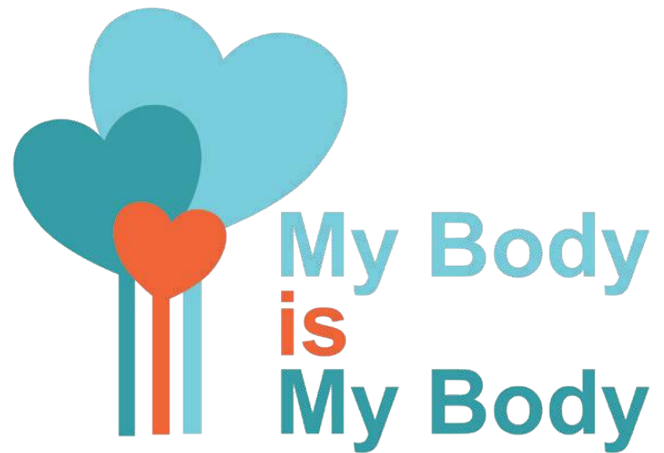


My Body Is My Body Song 1 Tutorial

Welcome to the My Body Is My Body Animated Musical Program

It is one of the most successful, positive and fun filled musical "body safety" programs around. This Free program has been animated so that the videos can be shared with children in schools, nursery schools and homes around the world.



Before presenting this programme in your school please find out your school policies and procedures for reporting child abuse and who to report to if a child discloses any abuse to you

Please see our Signs Of Abuse .pdf
for more information

www.mybodyismybody.com

About The Program

The consequences of child abuse for the affected child and for society as a whole are substantial, and education is one of the best ways to prevent this from happening. If a child is already in an abusive situation, this program will give them the knowledge of what to do, and who to turn to, so that they can try and get some help.

The earlier we can teach children about the subject of “Body Safety” the better, and I know that this programme works for children from the age of 3, as the program has been presented to over 500,000 children around the world with great success.

The beauty of the My Body Is My Body Programme is that it can be taught by anyone. Social workers, teachers, day care providers, parents, after school programme providers, sports club organisers and many more. It is simple, memorable, and opens the channels of communication about the subject of abuse, which is of the utmost importance.

“How do you approach young children about the subject of child abuse?” Most adults don’t like to talk about the subject of abuse, and the thought of trying to approach young children in a positive manner can be a daunting prospect. The fun songs in this programme allow people to engage with children in a simple and positive way.

Why music?

Songs are also a wonderful way for children to remember the important messages being taught as they are interactive. I am sure you all remember little songs that you were taught as a child, these songs and messages will stay with the children and will also be good grounding for future life lessons.

A study which involved children, published in the Journal of Music Therapy, showed that music, and learning new songs relate to a more positive self concept and development of self esteem, helping children feel better about themselves.



What Is Needed To Present The Program

When presenting this program in a school or or other organisation
PLEASE MAKE SURE:

- ♥ You know the procedures for reporting abuse and who to report to
- ♥ Know what associations are available to help you with any problems
- ♥ Read our section on how to respond if a child discloses abuse to you

What you need to present

As a parent – you need access to the internet and a computer, tablet or phone

As a teacher – if you have access to a laptop I suggest you present the program to small groups of children so that everyone can hear the message and the songs

As a teacher – If you have access to a projector and sound system you can present the program to a hall full of children

Make sure no matter how large or small the group of children –make it fun for them and get the children to join in. After presenting the program, always leave time to discuss the song subjects with the children, do the activities and let the children ask questions. It is important that they feel comfortable with the subject matter

If a child reveals information to you

- ♥ Remain calm and do not force the child to give information.
- ♥ Comfort the child and thank them for sharing with you then notify your relevant Child Protection Services.
- ♥ Remember a child may only disclose a small portion of information at a time until they see your reaction is calm and supportive.

All videos are available on Youtube and our website
www.mybodyismybody.com

Song 1 Tutorial



Song 1 – My Body is My Body

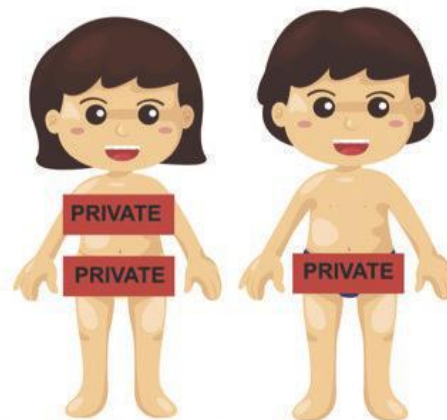
Song Objective

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

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



My PRIVATE PARTS are mine and they are PRIVATE !!

If someone tries to touch my private parts I will say **NO**

Then I will go and tell!

If someone tries to take a photo of my **PRIVATE PARTS** I will say **NO**

Then I will go and tell!

If someone tries to make me do things that make me feel uncomfortable I will say **NO**

Then I will go and tell!

www.mybodyismybody.com

About Prevention

2. Discuss Bathing

It is important 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 for themselves, 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 or they may have to go to the Doctor. The Doctor may have to look at their private parts, but Mommy, Daddy or their Carer will be with them. Apart from that nobody should ever be looking at or touching their private parts – because they are Private !!

4. Discuss Not keeping Secrets

Child abusers and sexual predators often count on the fact that children will keep secrets. They will lie to them, threaten them, abuse them and then tell them to keep it a secret.

It is important to have a NO SECRET'S rule so children can come and tell you if someone is hurting them or doing things that make them feel uncomfortable. Explain to children that we never keep secrets if someone is hurting us or doing things that make us feel uncomfortable.

5. Discuss People taking Photographs

With this current digital age , we also have to protect children from people that may want to take inappropriate photos of them. Please explain to the children if someone wants to take photos of you or your private parts tell them NO!! and then go and tell somebody



About Prevention



We need to give children these basic ground rules to keep them safe!!

Over 90% of child abuse occurs by someone in the child's extended family or by somebody that they know or trust, and therefore it is somebody that the parents know and trust. This is very damaging to the child when this trust is broken.

Children also need to know they have somewhere safe to go and that they have someone that will listen to them and BELIEVE them!!

One of the main objectives with 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 are worrying them.

After you have had a talk to the children – then 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

My Body Is My Body – Song Lyrics

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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

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

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's called My Body Is My Body



Simple Rules

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...

2. What do you do if someone tries to take photos of your private parts

Say No!! and go and tell...

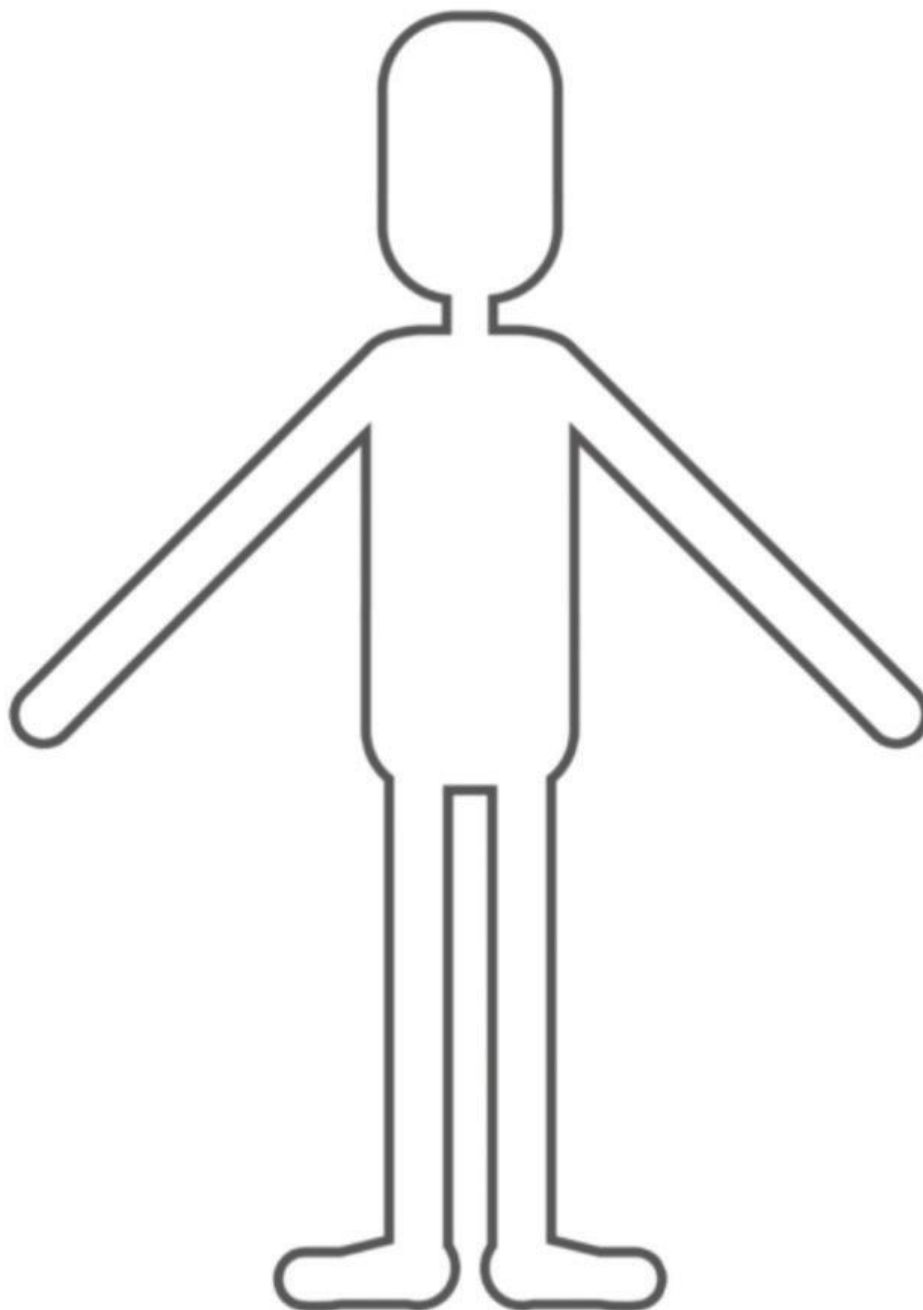
3. What do you do if someone does something that makes you feel uncomfortable

Say No!! and go and tell...

Simple Rules...

1. Nobody should be hurting you
2. Nobody should be touching your private parts
3. Nobody should be taking pictures of your private parts
4. If you have a problem, tell somebody
5. Don't keep secrets if someone is hurting you
6. Tell someone if you are being bullied

Activity



Please colour in the drawing
above adding hair and clothing
and also show where your private parts are.

www.mybodyismybody.com

Contact My Body is My Body



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