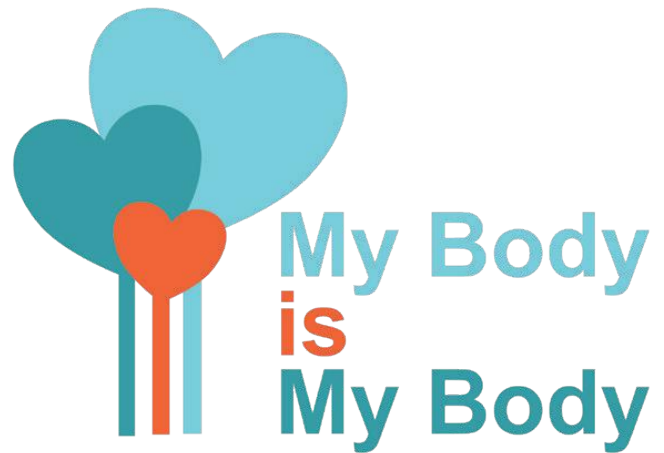


My Body Is My Body Song 6 Tutorial

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 this subject, 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 the program

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 that no matter how large or small the group of children –make it fun for them and encourage the children to join in. After presenting the program, always leave time to discuss the song subjects, do the activities and let the children ask questions. It is important that they feel comfortable with this 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 6 Tutorial



Song 5 – Say "NO" To Secrets

Song Objectives

To teach children NOT to keep SECRETS....

The 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” in your family.

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.

No Secrets Rule

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 90% 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 who you know and feel happy to leave your child with. Pedophiles 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.

By having the **“No Secrets Rule”** rule takes this power away from the abuser!!

Try to get your family involved with the **“No Secret's Rule”**



Ask the children to describe these faces
www.mybodyismybody.com



No Secrets

With the Say No To Secret's Song it will give you the opportunity 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 who to tell in the song (If you've got a problem tell somebody)

Here are some things that an abuser might say to a child:

"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 any more..."

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

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

SAY NO TO SECRETS !!



Activity



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

(Some ideas to discuss)

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

Can you write down other ideas about secrets we should not keep?

Activity



It is OK not to tell about a surprise

These are some ideas about surprises



- 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

Can you write down other ideas that may be a surprise?

Song Lyrics

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"



Contact

My Body is My Body



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