



My Body is My Body

Introduction to "Body Safety"

My Body Is My Body ©2021

www.mbimb.org My Body Is My Body Foundation Charity Number 1199901



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

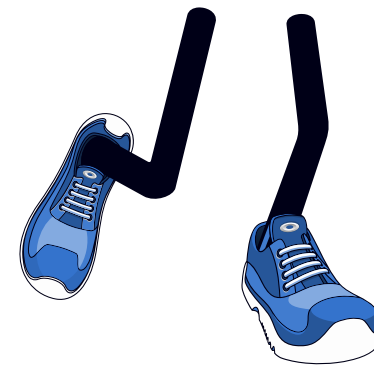
We have lot's of different parts to our body



Hair



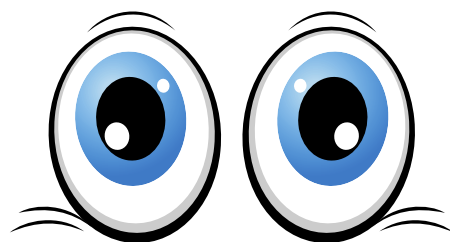
Ears



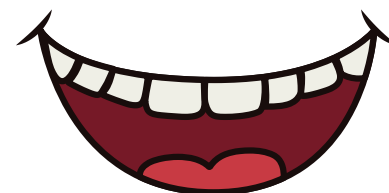
Legs



Feet



Eyes



Mouth



Arms

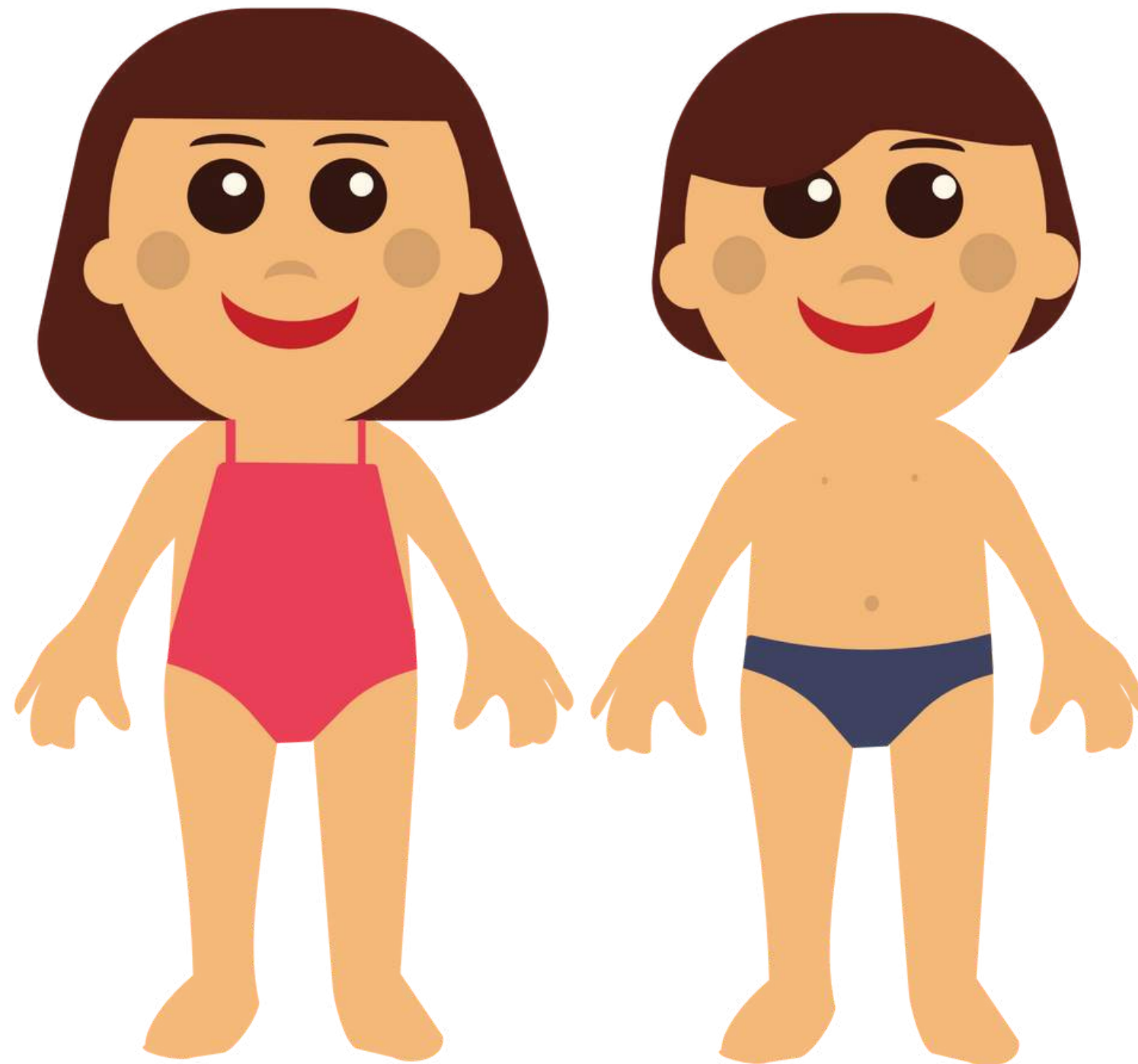


Hands

.....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*

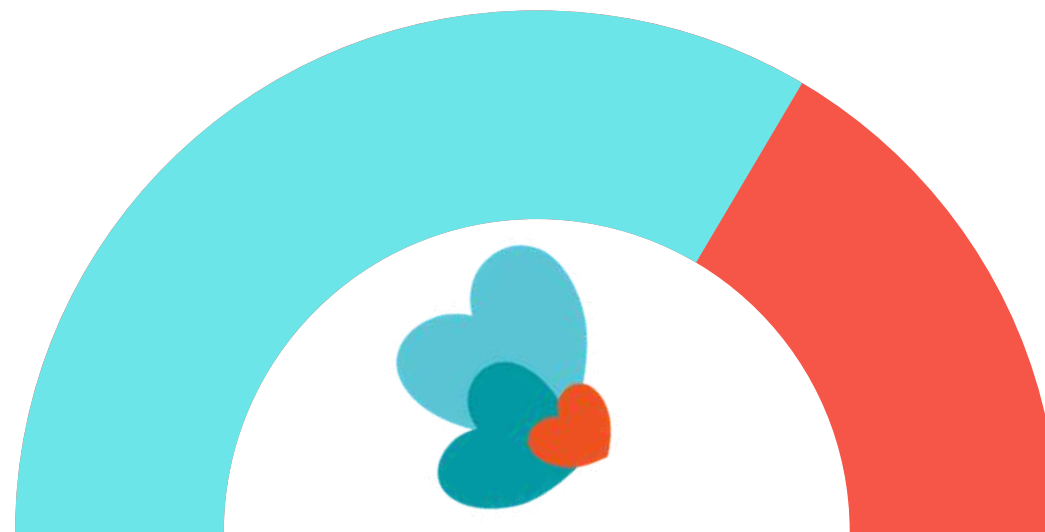


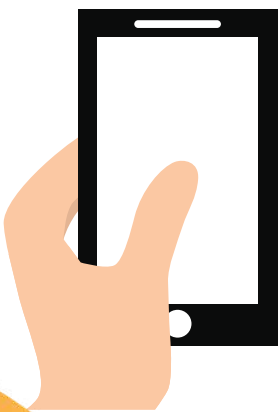
Draw a line to each body part

*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

Tell a safe adult



No!

Song 1:

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 lots of 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!



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



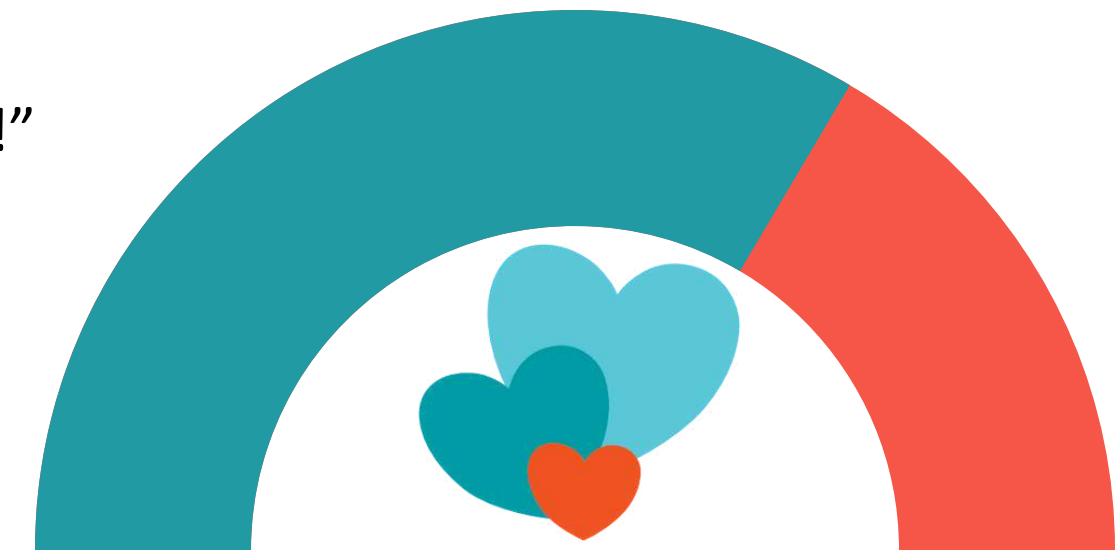
WORDS HURT
NO...STOP...HELP!!

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!



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

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!

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

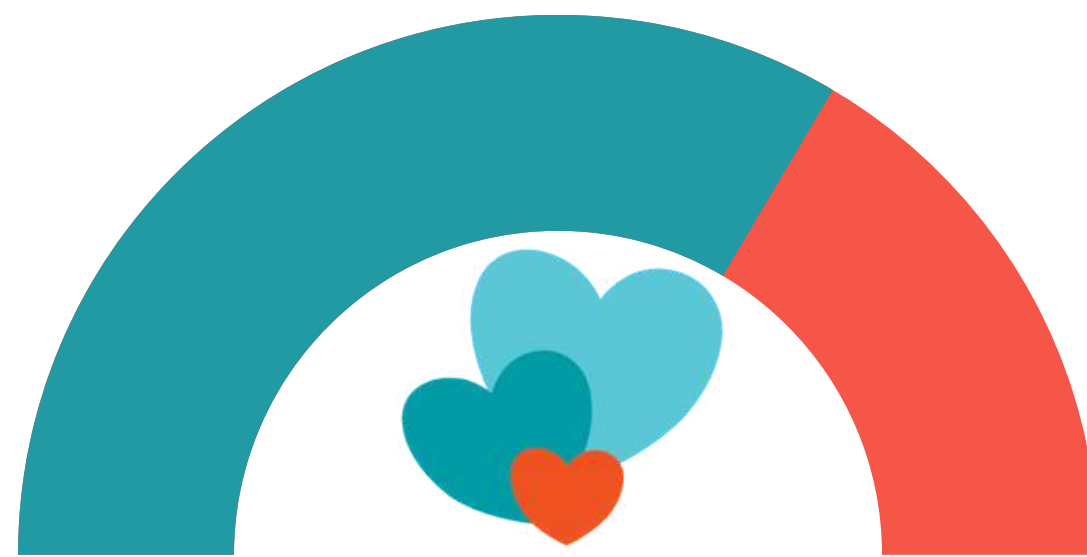
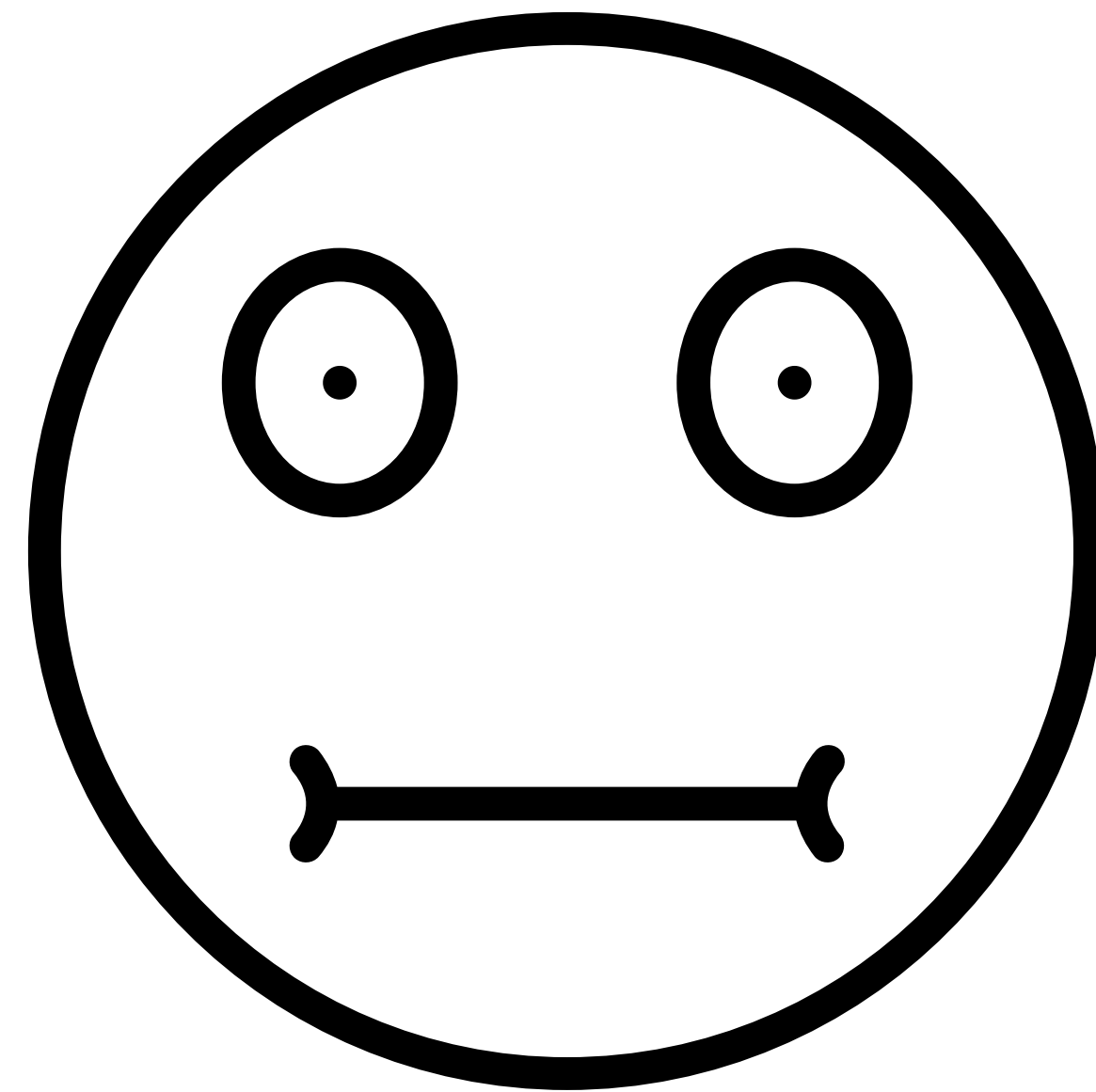
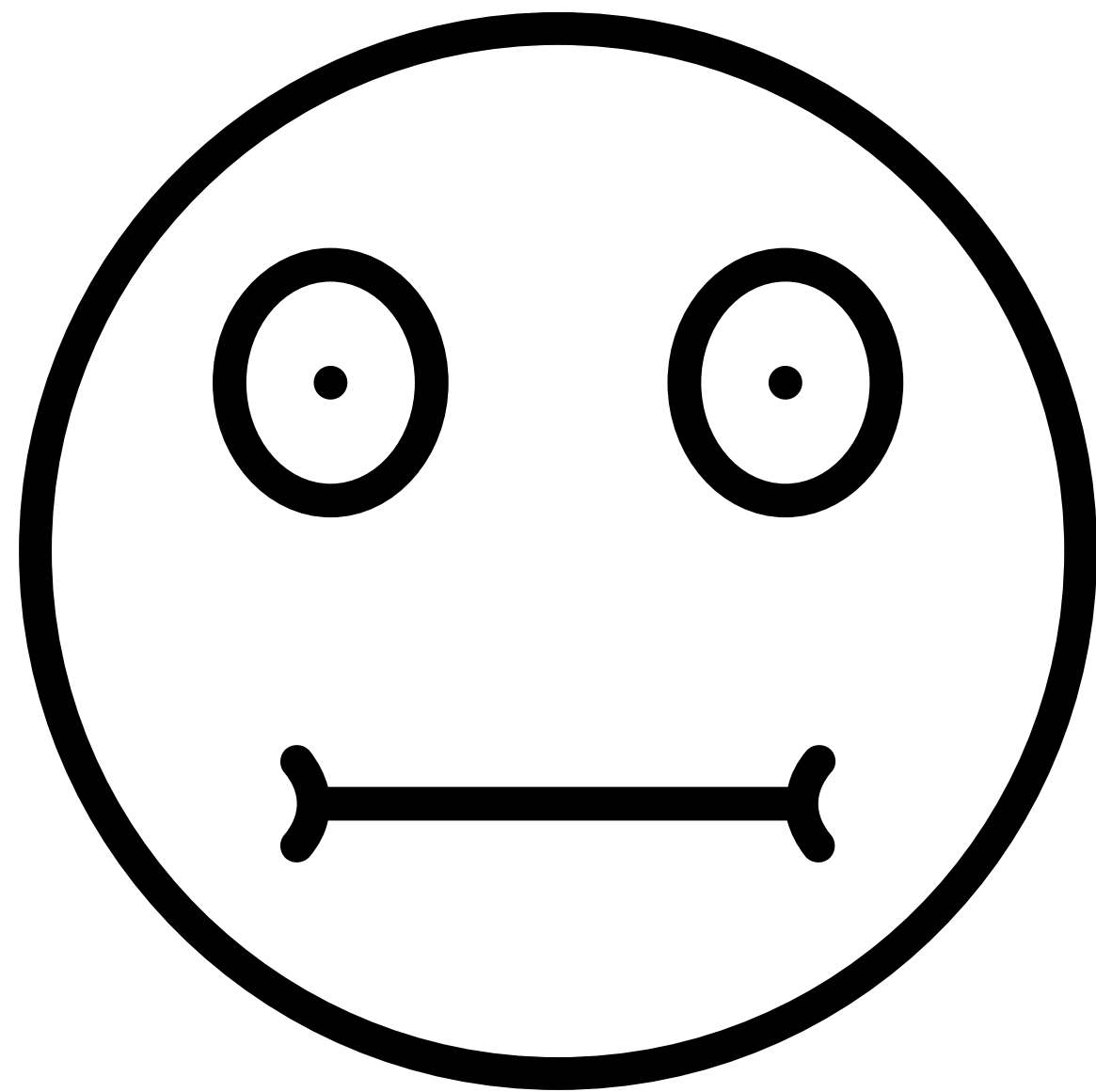
Mentor

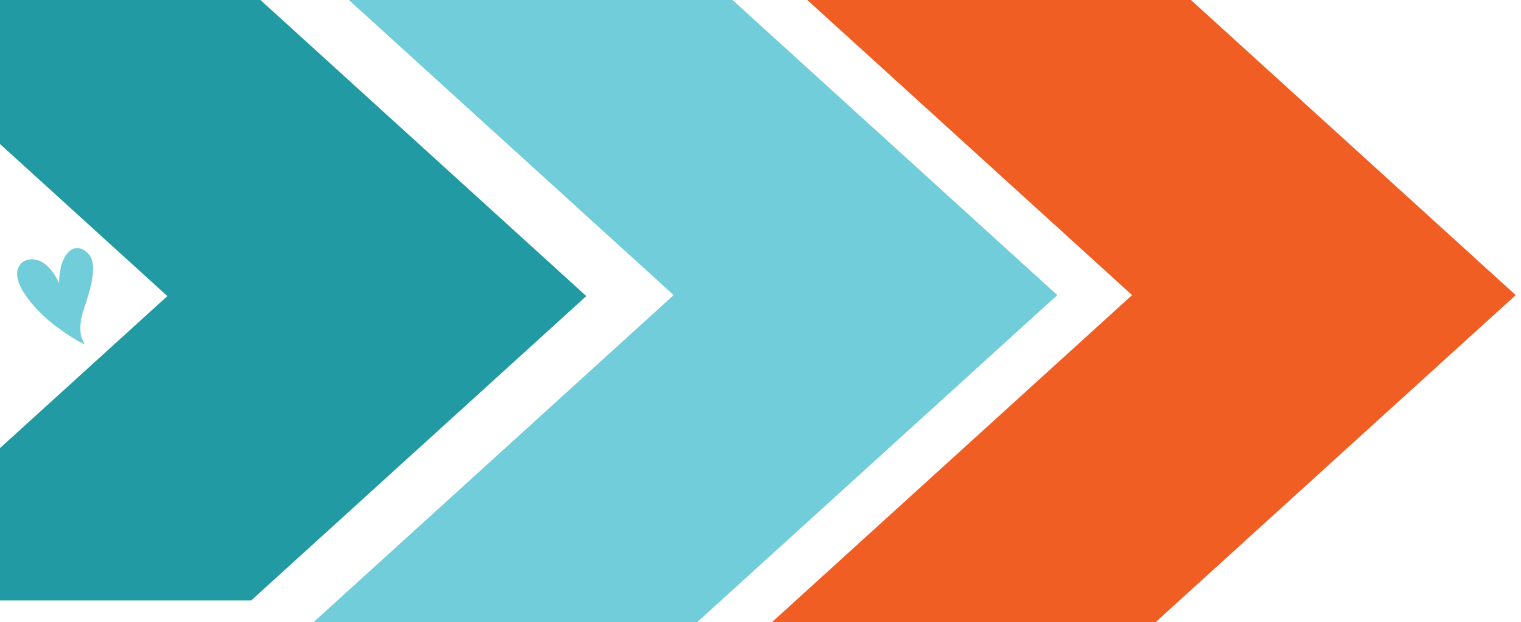
Pastor

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.





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, lot's 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



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!



Song 4

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

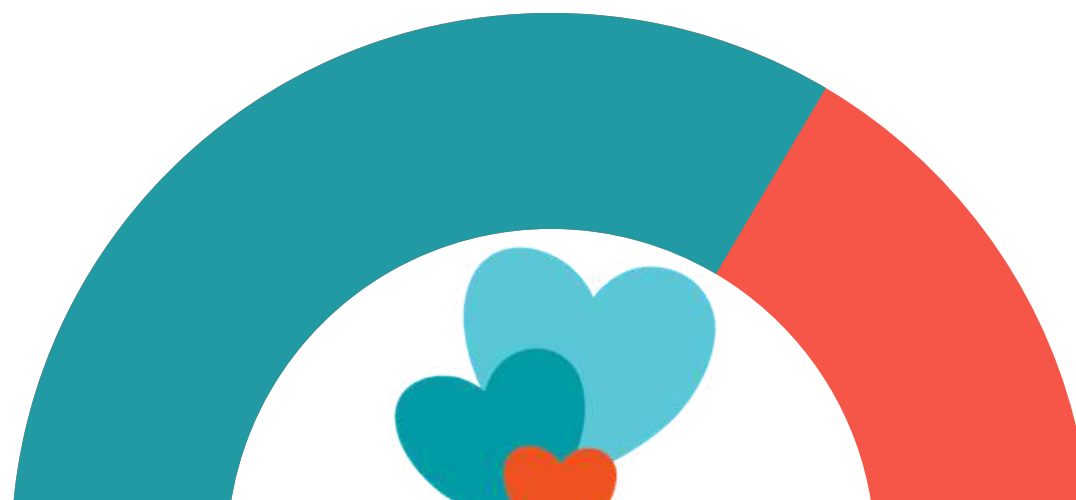
If someone has hurt you - You don't know what to do
Go and tell somebody - Till they listen to you
You've got to find someone - To tell your troubles to
If You've got a problem - Find someone who'll listen to you
Talk to your neighbour - Your mentor at your school
Someone you know or trust - Sharing 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



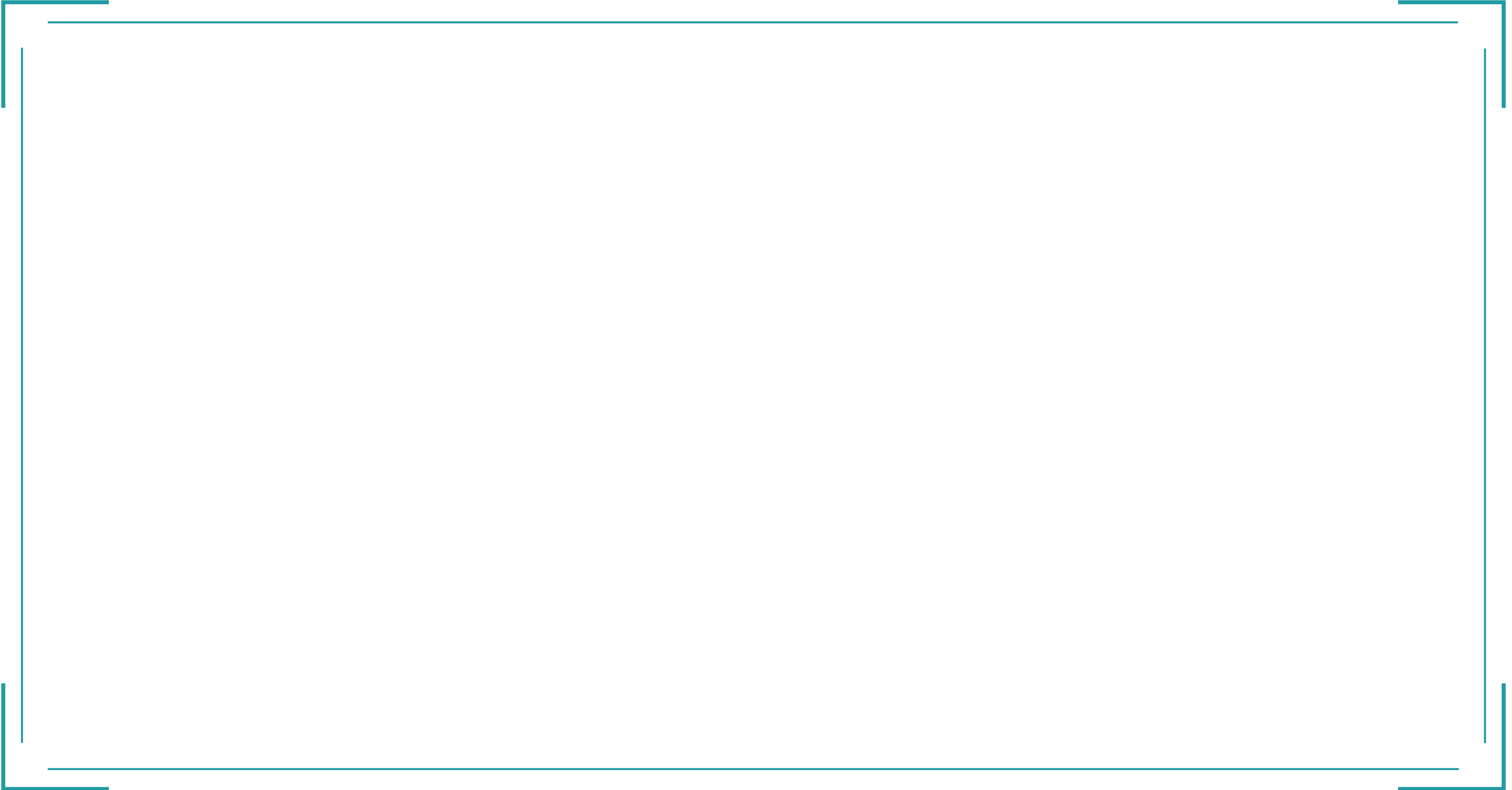
Love is gentle and kind.

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 teal border, intended for writing or drawing. The box is centered on the page and occupies most of the lower two-thirds of the image. The border is a solid teal color and is approximately 2 pixels thick. The interior of the box is white and completely blank.



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





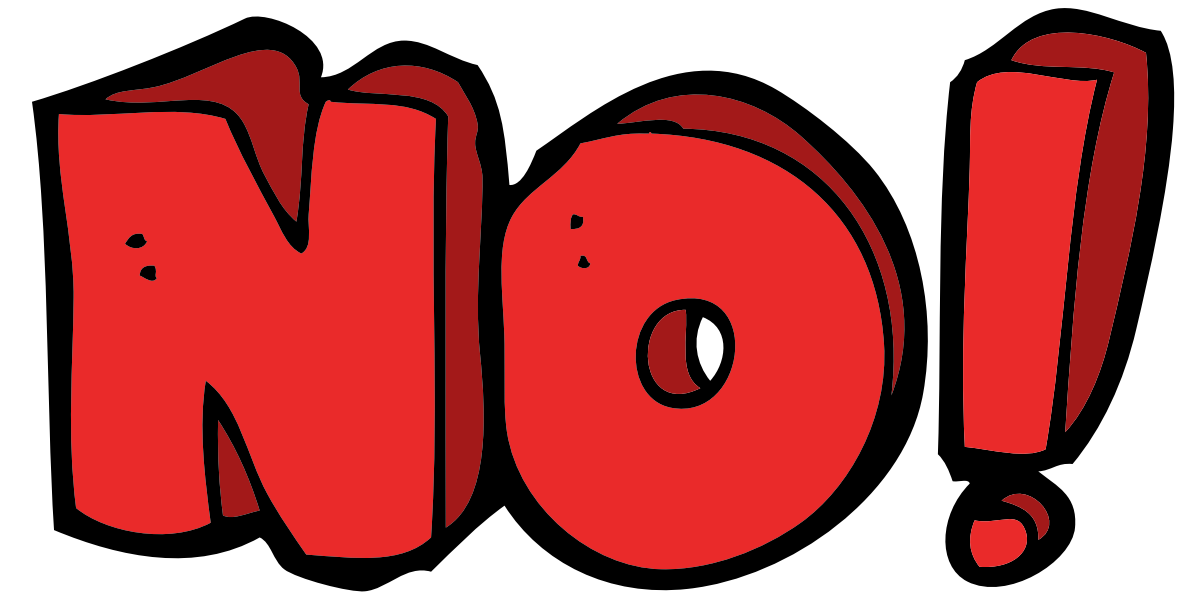
Love Is Gentle - Song Lyrics

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.

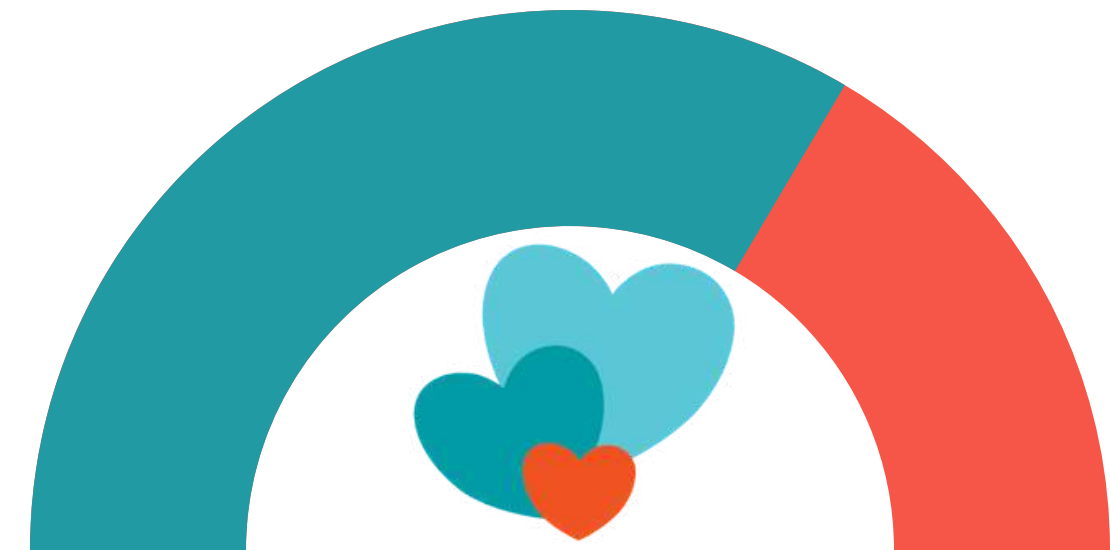
So, we need to learn the "Say NO To Secrets" rule.

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

Song 6



STOP

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"

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





Keep safe everyone !!

