

My Body is My Body

Keeping Children Safe

November 2022

By: Chrissy Sykes



MBIMB New Website



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Hope Ambassadors team in Bauchi State



Despite the awareness and sensitisation on child abuse, the inhumane actions of abuse are still evident in the society. This is making Hope Ambassadors to become more aggressive on this sensitisation.

On Friday 29th October, 2022, the Hope Ambassadors team in Bauchi State led by Ambassador Bala Bako visited the pupils of Vun-Tongha Royal Academy Tafawa Balewa LGA, Bauchi State to educate them on the My Body is My Body Programme. The children were taught the #MBIMB song, understand their safety networks and what they are expected to do whenever they feel unsure about something or someone or unsafe in their environment. Educating the children on this subject matter. We will continue to preach this message and take it to every nook and cranny until we see sanity restored to our society. Thanks to our volunteers Bala Bako, Precious Paul, Priscilla Paul and Patience Akubo carrying out this sensitisation.

Follow us to see more of what we do <https://lnkd.in/d7DwTtvf>

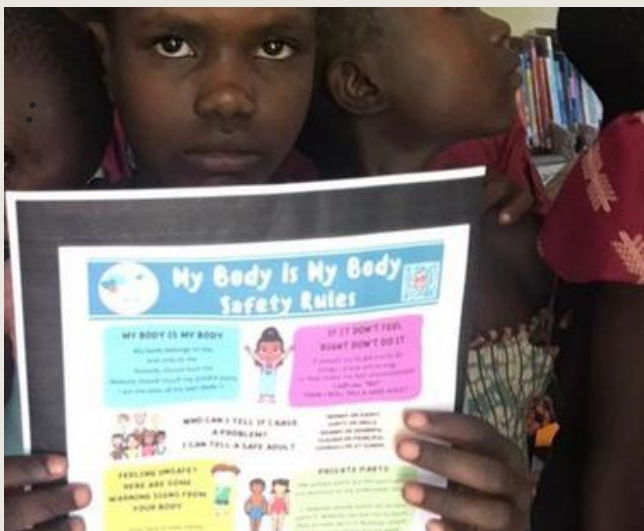
Visit our website today: www.hopeambassadors.org





My Body is My Body Programme In Uganda

This week Denis Okuru initiated the MBIMB Programme with the children from the Centre For Children and Library Foundation.



My BODY IS my Body
 Program.
 8th / 11 / 2022

② CENTRE FOR CHILDREN AND LIBRARY FOUNDATION IN UGANDA

CHILDREN.

Zach	Jane	Precious
Racheal	Patienico	Jan
Justine	Christino	
Esther	Venisa	
Joseph	Khemida	
	Hadila	

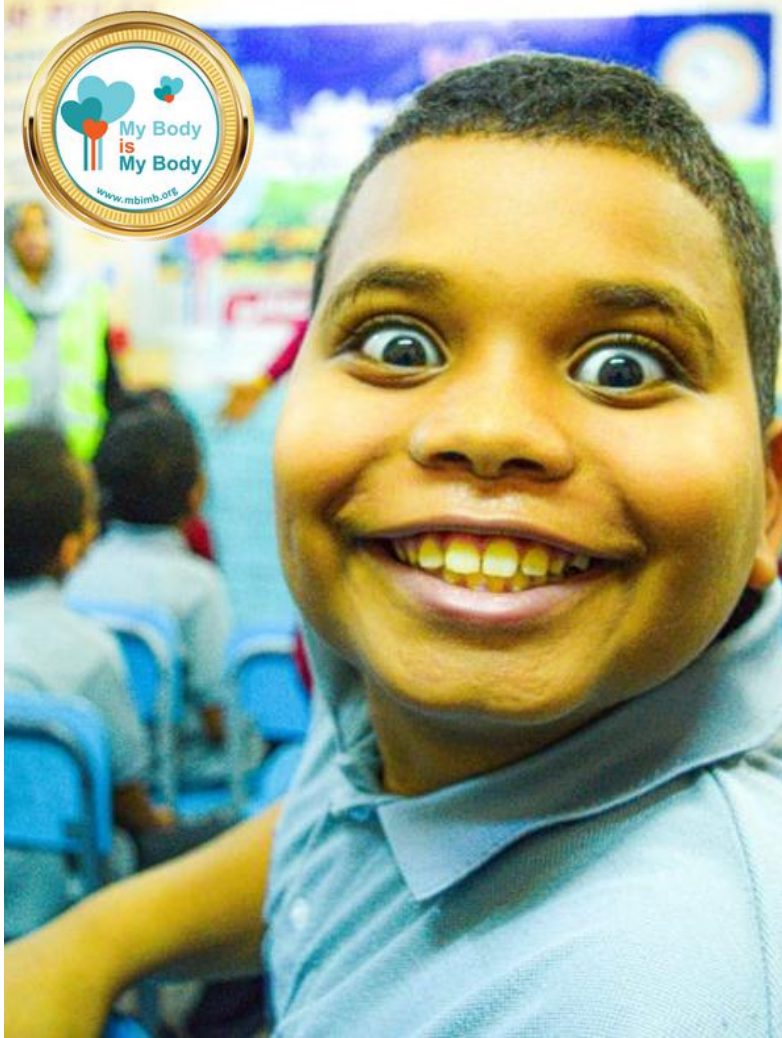
Centre For Children and Library Foundation





Khartoum Gems International School





With special thanks to GGAF Foundation for sponsoring the MBIMB Flyers

Report from Ghada Saleh - Regional Director for MBIMB Sudan and the Netherlands

Our wonderful MBIMB team in Sudan visited Khartoum Gems International School Day coordinator: Program Presenter P Intisar Salih (Co Ambassador), with Program presenters: Awatif Alkhzeen (Co Ambassador Sahar Ahmed, Rogaia Hussein , Abdalla Banga

The number of children reached: 85

The programme was very well received and our Program Presenters did a fantastic job with the children. As you can see from the pictures the children had a positive experience learning about body protection and empowerment.

Thank you to all involved for your time and expertise.



**"Children are truly the program presenters"
Said Dean Ihtifal Hassan
the formal Dean of child
and family protection
police.**



On 22 October 2022, the team held an introduction event about the child prevention program My Body Is My Body, which was supported by Agriculture bank, Ghada Saleh and some members of the program.

The event was very successful. Attendees from the childcare department, police, British Council, mental health clinic, principals of some schools, and teachers. We're very happy with the information provided. Speakers from mental health clinics and child protection police assured the importance of such a program.

The Dean Ihtifal Hassan said " the children are truly program presenters because they can easily spread the words among themselves, and each can tell the other. She also encourages us to continue with the program to cover all of Sudan.



556 children were taught the MBIMB Program in Zeinab school in Algardarif state in the West of Sudan



MBIMB Program Presenter and Co-Ambassador Hind Alfaki and Program Presenter Duaa Tariq
Number of children: 361 girls, aged between 3 to 13 years old, and 195 boys aged between 6 and 9 years old.

Thank you so much to both of you for your wonderful work and dedication in educating these children.

Thank you so much to GGAF for funding the flyers through donations.



155 Students with special educational needs and disabilities were taught the My Body is MY Body Programme By : Awatif Alkhazeen Abdalla Banga Hawa



700 Children Educated with the MBIMB Programme in different areas of Khartoum, and Omdurman cities

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At the end of the event, Dean Ihtifal Hassan was Honored as the honorary ambassador of the program.

As a result of the event, we received many invitations from schools to visit the school to spread education empowerment programs to the children.

The team visited 3 schools where several students were 700 in different areas in Khartoum, and Omdurman cities. We also continue spreading our MBIMB message outside Khartoum, the capital of Sudan. We worked with the ministry of education in a middle-state city called Madani. The program has won a chair in the ministry, and we have to hand a full plan for the coming months.



700 Children Educated with the MBIMB Programme in different areas of Khartoum, and Omdurman cities

Many thanks to the team

PP / Co Amb : Intisar Saleh

PP/ Co Amb : Awatif Alkazeen

PP / Co Amb : Omnia Emad

PP / Co Amb : Rihab Mutsaim

PP / Co Amb : Hiba Hassan



PP : Gabas Ahmed

PP : Rogia Hussain

PP: Abdallah Banga

PP: Sahar

PP: Amel Ahmed from the west of the Sudan who recently start working again on the program in her city Alfolla Kurdofan - west Darfour ..

And many thanks to the Agricultural Bank who support us with the meeting hall for the event ..

Thanks to Dr Mowai Akasha for his speech about child protection.

Ghada Saleh
GGA country childcare
Amb MBIMB
Sudan



John Holt Community Numan, Adamawa State



Mujib Hope Foundation visited John Holt Community in Numan, Adamawa State on the 14th of October 2022, to carry out a sensitisation program on Child Abuse Prevention, using the "My Body is my Body" (MBIMB) educational materials by Chrissy Sykes.

The children were enlightened on how to protect themselves from abuse, highlighting their body safety rules and safety network.

The activity was carried out by MHF Volunteers Gold Francis and Shunamite Vrano.



Concordia Junior Academy Adamawa State, Nigeria



Mujib Hope Foundation is relentless in its endeavours to educate children on the subject of Body Safety using the My Body Is MY Body Programme.

The children were educated on the dangers of child abuse, body safety rules and other sex education tips using the MBIMB educative materials by Chrissy Skyes.

The activity was carried out by MHF Adamawa State Volunteers Joy Wadium Alim and Iare Ibrahim.



Mbamoi Community, Yola South Local Government Area of Adamawa State Nigeria.

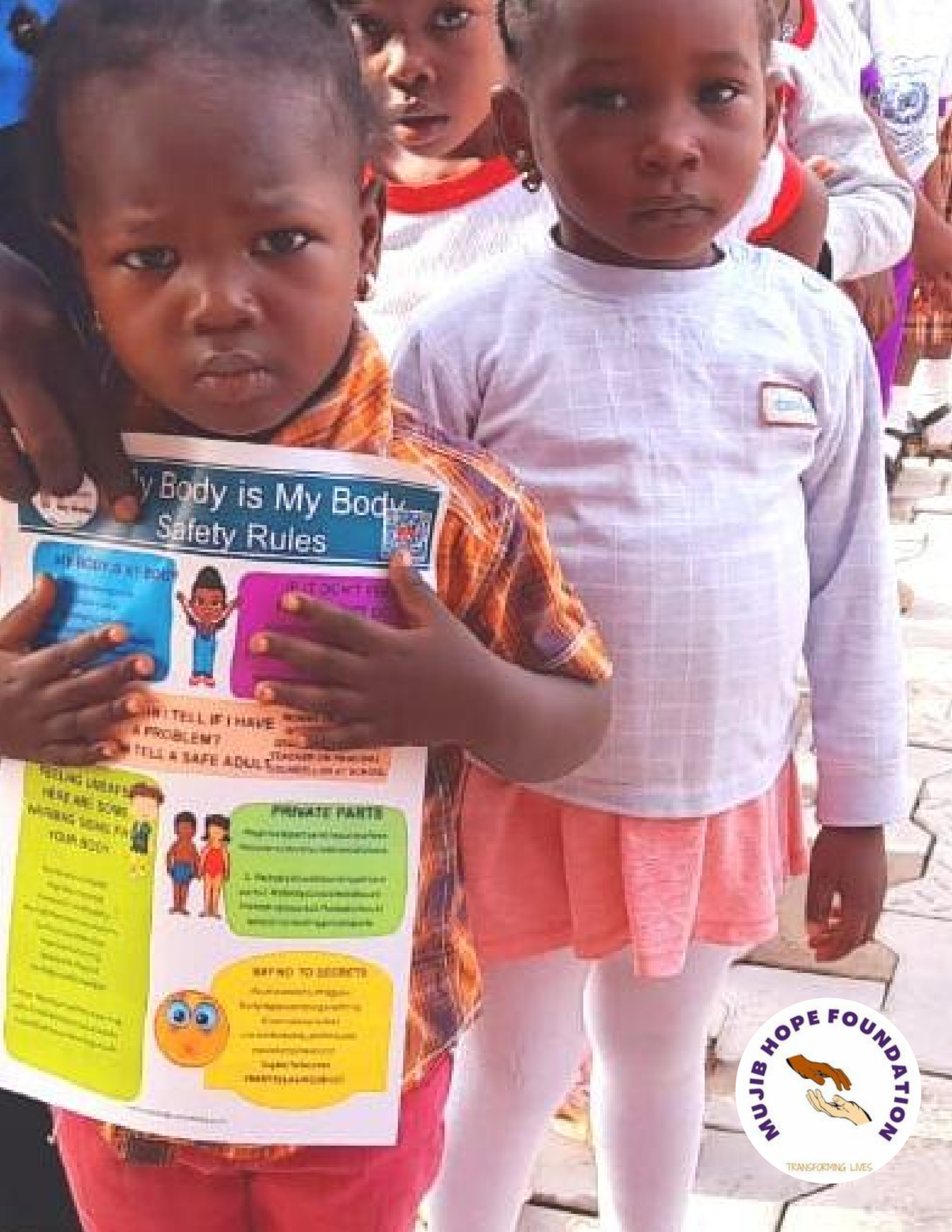


Mujib Hope Foundation carried out a sensitization program on Child Abuse Prevention and Awareness and importance of women Participation in Peacebuiding for 20 women in Mbamoi Community, Yola South Local Government Area of Adamawa State Nigeria.

The women were educated on parental tips, the dangers of child abuse and maltreatment and how to prevent it. They were also encouraged not to keep quiet when thier children are bullied or abused in school or other places. This was achieved using the "My Body is My Body (MBIMB)" child abuse prevention educational materials by "Chrissy Sykes".

The activity was carried out by MHF Adamawa Team





My Body is My Body Safety Rules

My Body is My Body
My body is my body. I own it. I control it. I decide what happens to it.



DON'T TELL IF I HAVE A PROBLEM? TELL A SAFE ADULT
If you feel uncomfortable or unsafe, tell a safe adult. A safe adult is someone you trust, like a teacher, parent, or caregiver.

FEELING UNCOMFORTABLE HERE ARE SOME WARNING SIGNS FROM YOUR BODY
If you feel uncomfortable or unsafe, tell a safe adult. A safe adult is someone you trust, like a teacher, parent, or caregiver.



PRIVATE PARTS
Private parts are the parts of your body that are covered by your underwear. They are not to be touched or shown to anyone else.



SAY NO TO SECRETS
If someone asks you to keep a secret, say no. Secrets are things that are not supposed to be shared with others.



Thank You



To everyone who has donated to the printing of
MBIMB Leaflets.

As you can see these flyers are making
a big difference in the schools.
They are also taken home where parents can
see what is being taught to the children.

*Together we can create a
Safer World For Children*



[Please click here to donate](#)



🌸 KINDNESS 🌸

Let the world see the kindness of children...

Here are some heartwarming pictures of Sudanese school children from Khartoum taking turns to make sure their classmate gets to school every day by pushing her down the road.

Building teamwork, responsibility and caring for others...well done !!

Images provided with thanks by Ghada Saleh



PWCP

Provisional World Children's
Parliament



GGAF and MBIMB Foundation are proud to be working with the Provisional World Children's Parliament -find out about this amazing group of young people changing the world.

Hello! My name is Aaron Castelino from North Carolina, U.S.A., and I am currently the deputy prime minister of the Provisional World Children's Parliament (PWCP). As an active member of the PWCP, I hope to continue to participate in more meetings and expand our network so that as a team, we can eventually contribute to making a positive impact on our society. I also hope that we can eventually be represented in the United Nations at some point, as this would continue to work towards a better society overall. Currently, we're working on setting up a fundraiser to start a children's parliament in Kenya, specifically associated with the Kibera community. We're planning to host an in-person event in late November to announce our fundraiser and intentions, as we believe this would definitely make a positive difference in that community. We hope we can meet our fundraiser goal so that we can make this possible.

Ever since the founding of the PWCP in 2020, I believe that my team and I have achieved several goals and are continuing to achieve more. So far, I've been involved in more local activities to make positive changes at a smaller scale, including a food drive and an event designed to spread awareness about the 17 Sustainable Development Goals (SDGs). In addition, in both the local and international scale, I was a part of an event commemorating World Health Day in 2021, where we, as members of the PWCP organized several panel discussions from each of our areas and compiled recommendations for the benefit of our community. We've also hosted several other events commemorating special days on the UN calendar, and hope to plan out more of these in the near future.

Who are we?

We are the Youth Voice & Participation element of the work delivered by many parliaments from different places in the world. We are responsible for linking young people together internationally to get involved in politics and community work, share ideas and opinions, and collaborate together on campaigns as youth activists.

We work with young people from a variety of different countries. We are currently centred around the United States, the United Kingdom, Africa (Ghana, Cameroon, and Tanzania), and India. We have young people from an array of different backgrounds, including parliament members, fundraising leaders, elected youth representatives, school counselors, and more. We welcome any young person who is passionate about their community, excellent at teamwork, optimistic and has limitless potential in a network like ours.

Sociocracy

Sociocracy is a system of governance that seeks to create harmonious social environments and productive organizations.

Recognisable characteristics of sociocracy include testing for consent as opposed to majority voting (to make sure everyone's voice is heard), discussion by people who know each other, and operating in circle groups with distinguished circle responsibilities.

We use Sociocratic methods in our work to help us make sure everyone's voice is heard and to increase our productivity when working in groups.

We anticipate changing the Provisional World Children's Parliament to the World Children's Parliament when we have children from 20 countries involved, and we feel we can get tentative recognition from the United Nations. By the time we have reached 20 countries, we will have learned how to address many challenges ranging from different languages, to technical infrastructure (eg, adequate means for children from less developed countries to participate in meetings with something better than flip phones), to timezone challenges, to helping children fit PWCP work into their busy school schedules.

PWCP had its first meeting on July 12, 2020. The meeting grew out of a series of conversations by persons from the UK, India, USA, Chile, Nigeria, and Portugal concerning how to expand the children's parliament initiative started in India to world-wide. There were already nascent children's parliament systems in India and Nigeria. There were individual children's parliaments in other countries largely because of a trip made by Edwin John (of India) aimed at teaching other countries about children's parliaments. It was felt that for children to truly have their voices heard (as envisioned by the United Nations Convention on the Rights of the Child (UNCRC) there needed to be a widely recognized and accepted world children's parliament.

Children from the following countries have participated in the PWCP: South Africa, Nigeria, Cameroon, India, Greece, Ukraine, UK, Chile, USA. The membership of the PWCP is constantly evolving as children graduate by turning 18 or return. For example, the representative from Chile went off to college in Singapore but has now returned as an adult ally to the PWCP. We are currently actively working to add children from Belize, Kenya, and Syria.

Our way forward is to build funding support (as we are currently doing in our effort to fund training for Kenya), to deepen the number of levels of children's parliaments in currently participating countries so that there is an upward voice in selecting child representatives to country level parliaments, to find funding that will enable us to hire administrative support, and to expand the number of countries participating.



WHY WE NEED TO BREAK THE **TABOO** ABOUT THE SUBJECT OF CHILD ABUSE

By Chrissy Sykes

All around the world children are being abused every minute of every day....

The facts are that over 1 Billion Children are abused every year. This is a staggering amount of children and yet many people do not think it is happening in their communities.

We have to educate communities that child abuse is happening in every community in every country in the world.



WHY WE NEED TO BREAK THE **TABOO** ABOUT THE SUBJECT OF CHILD ABUSE

Looking at the Independent Inquiry into Child Sexual Abuse in England and Wales, there were some very eye-opening statistics. [Read the FULL REPORT](#)

According to the "Truth Project", the most common age at which adult victims and survivors of child sexual abuse shared their experiences was 50 - 59 years of age. Keeping these secrets for so many years and never being able to deal with them is detrimental to a person's life. I was 32 when I told about my abuse for the first time.

I had gone through several years of self-destructive behaviour, which is why I am so passionate about teaching the My Body is My Body Programme to enable children, parents and teachers to discuss the subject of body protection.



WHY WE NEED TO BREAK THE **TABOO** ABOUT THE SUBJECT OF CHILD ABUSE

The sexual abuse statistics from the "Truth Project" showed the following statistics:

Age when the sexual abuse started

1 - 3 years.....	12%
4 - 7 years.....	35%
8 - 11 years.....	32%
12 - 15 years.....	18%
16 - 17 years.....	2%

Relationship with the victim

Family Member.....	47%
Other Relationship.....	26%
Another Child (Not Related).....	14%
Teacher Or educational Staff.....	12%
Other Professionals.....	1%

Where the Sexual Abuse took place:

Family Home.....	42%
Schools.....	15%
Religious Institutions.....	6%
Residential care homes.....	6%
Other Institutions.....	3%
Others.....	8%



The impact of sexual abuse on survivors

There are many long-term effects associated with child sexual abuse and most of the people involved in this report (around 88%) reported depression and an impact on their mental health.

53% of people said that it affected their relationships with trust and intimacy being at the forefront of the problem experienced.

In relation to education and employment over 40% experienced academic difficulties. We know that trauma can certainly affect the learning capabilities of a child and again I would like to emphasise the importance of bringing this subject to the fore with your children to let them know it is ok to talk to you about anything that is bothering them.

Statistics in this report show that 67% of the children did not tell anyone about the abuse when it was happening most told after it had ended. 10% of people told for the first time when taking part in the "Truth Project"

WHY WE NEED TO BREAK THE **TABOO** ABOUT THE SUBJECT OF CHILD ABUSE

According to the statistics of the "Truth Project," around 79% of children are sexually abused before the age of 11 with 47% of the children sexually abused under the age of 7.

These statistics show why we need school and home programmes to ensure children have the knowledge to protect themselves and the security they know to whom they can talk if they have any problems.

I know many people talk about "Good Touch" and "Bad Touch", but I believe this can confuse a child. Instead, we are better explaining that nobody should be touching their private parts at any time, with a few exceptions.

1. When you are young, your mommy, daddy, or the person who looks after you will have to wash your private parts (because you will be too young to do it for yourself), but you will soon learn how to wash your own body.
2. If your private parts are sore, mommy or daddy or your caretaker might have to put medicine there, but if you are uncomfortable with this, you can ask to put the medicine on yourself.
3. If you are sick or sore, the doctor might have to touch your private parts, but a parent or someone who cares for you will always be with you. No one else should ever be touching your private parts!

Never let anyone take a photo of your private parts. If someone tries to touch your private parts, say NO and tell a safe adult.



If we are going to protect our children, we are going to have to find ways to engage with them.

Child abuse flourishes in secrecy and allows the abuser to control the child. This is why we need to teach children NOT to keep secrets. However, teaching about good and bad secrets can be difficult to explain – so keep it simple and have a “No Secret Rule” in your family.

To find out more about the My Body is My Body Free Resources, please register on our website at <https://mbimb.org>

MBIMB Hero



BALA BAKO BD

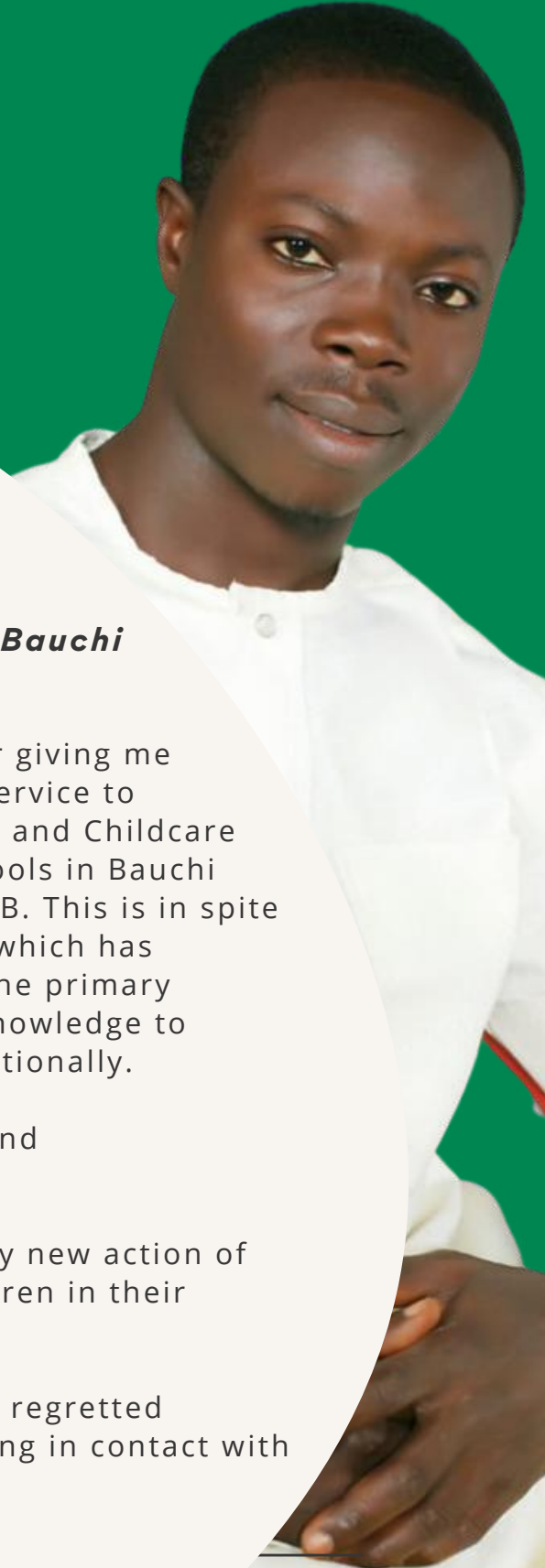
My name is Bala Bako BD and a Volunteer with Hope Ambassadors and Childcare Organisation in Bauchi Nigeria.

I would like to begin by thanking Hope Ambassadors for giving me the privilege to serve. One thing I believed in, is that "service to humanity is service to God" through Hope Ambassadors and Childcare Organization I have built a small team going out to schools in Bauchi State, North East Nigeria, to teach children about MBIMB. This is in spite of the risk of the Boko Haram insurgency in the region which has rendered many children orphans and women widows. The primary objective is to ensure that children acquire sufficient knowledge to protect themselves physically, psychologically, and emotionally.

I have thus far reached over 5,000 children in schools and communities.

I believe the number will increase tremendously with my new action of training teachers who will in turn go to train more children in their schools and wards.

It has been a very fulfilling experience and I have never regretted knowing and working with Hope Ambassadors and coming in contact with MBIMB.





HOW TO REACT IF A CHILD DISCLOSES THEIR ABUSE TO YOU

www.mbimb.org



Remain calm and do not force the child to give information. It is very important that a child tells you about their abuse in their own words. Please do not show emotions like anger or disbelief.

If you ask any questions, keep them very simple.

Tell the child:

- *Thank you for telling me
- *I believe you
- *It is not your fault

Please tell the child that you are going to write down what they are telling you and that you will be sharing it with someone else that can help them. It is important to write everything down in the "child's words" and report it as soon as possible.

A child may only disclose a small portion of information at a time until they see your reaction is calm and supportive. Give them time and don't push for information.

Comfort the child and thank them for sharing with you.

Please remember that it is difficult for children to tell about their abuse and it needs to be a positive and supportive experience.



IMPORTANT

Do not confront the abuser -
This may make the situation worse -
Please leave this to the professionals.

Report the Abuse To The Authorities

Please report any abuse immediately to your local child abuse prevention representative, NGO or Police Station