



MBIMB

MAY – JUNE 2026 NEWSLETTER

Building Safer Futures Together

Celebrating

MBIMB GLOBAL DAY

*Turning the World Blue for
Children's Safety*

6 JUNE 2026



Uniting
Communities



Empowering
Children



Creating a Safer
Tomorrow





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A Heartfelt Thank You to Our MBIMB Family

What an amazing MBIMB Global Day we have had.

As I look through this newsletter, I feel so incredibly proud of our wonderful MBIMB family. Across the world, people came together with one shared purpose — to help protect children and spread the message that every child has the right to feel safe, to speak up, and to be heard.

I would like to say a very heartfelt thank you to our MBIMB Board of Directors for your continued support, guidance, and belief in this programme. Your encouragement helps us keep moving forward and reaching more children, families, schools, and communities around the world.

To our amazing MBIMB Ambassadors, I am so proud of you all. You have worked with such passion, kindness, and commitment. From schools and nursery schools to community events, radio interviews, awareness days, fundraising activities, exhibitions, and training sessions — you have shown what can happen when people truly care about children's safety.

A huge thank you also goes to all our wonderful supporters. Some of you took part in Global Day events, and hundreds more helped behind the scenes by sharing our information with schools, nursery schools, friends, families, community groups, and across social media. Every share, every conversation, every leaflet, every post, and every introduction helped carry the MBIMB message further.



“MBIMB is not just a programme. It is a family.”

A global family of people who believe that prevention matters, education matters, and children deserve to grow up feeling safe, confident, and empowered.

To everyone who helped make MBIMB Global Day such a great success, thank you from the bottom of my heart.

I am so proud of our MBIMB family. Together, we are raising awareness. Together, we are opening conversations. Together, we are building safer futures for children everywhere.

With love and gratitude,

Chrissy Sykes

Founder, MBIMB Foundation





MBIMB

A Heartfelt Thank You

♥ To all our amazing Ambassadors and Supporters ♥

Thank you for supporting MBIMB Global Day and for continuing, year after year, to help us protect children.

Together, we are building a safer world for children.



Uniting Communities



Empowering Children

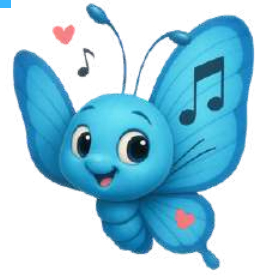


Creating a Safer Tomorrow



south africa

Tiny Todds Nursery School Continues Its Beautiful MBIMB Journey



Tiny Todds Nursery School in Johannesburg, South Africa, is a beautiful example of how the My Body Is My Body Programme can become part of everyday early years education.

Through songs, workbooks, performances and school activities, the children have been learning simple but powerful body safety messages in a way that is positive, memorable and age-appropriate.

This year, Tiny Todds once again shared the MBIMB Programme with their children and proudly took part in **MBIMB Global Day**, helping to spread the message that every child deserves the knowledge, confidence and voice they need to stay safe and be heard.

Their participation is especially meaningful because Tiny Todds has been part of the MBIMB journey for several years. The school first came to wider attention through the GGAF and MBIMB Competition, where they were recognised as the South Africa winner in the Singing Competition. Their joyful involvement showed exactly why music is such a powerful way to teach young children important safety messages.

Tiny Todds Nursery School is located in the western part of Johannesburg and was founded in 2006 within the premises of a historic church school. With a dedicated team and a nurturing early years environment, the school supports children from babies through to age six, helping prepare them for a confident start as they move towards junior school.

Their motto, "Knowledge is Power," connects beautifully with the heart of MBIMB. At My Body Is My Body, we believe that children need knowledge before danger happens. They need to understand that their bodies belong to them. They need to know they can say no, speak up, and tell a trusted adult if something does not feel right. Most importantly, they need to learn these messages in a way that feels safe, gentle and empowering.

Tiny Tods has embraced this approach with warmth and commitment. By teaching MBIMB songs and sharing the programme with their young children, they are helping to open important conversations about body safety, boundaries and speaking up.

We would like to give a heartfelt thank you to Tiny Tods Nursery School, Headmistress and MBIMB Ambassador Hendriëtta Van Der Merwe, and Richard Galloway for their continued dedication to teaching the My Body Is My Body Programme.

Their work shows the real impact that can happen when caring educators bring prevention education into early childhood settings.

Tiny Tods is not only helping children sing the songs. They are helping children remember the message. And that message can stay with them for life:

My body is my body.

I have the right to feel safe.

I can speak up.

And I will be heard.

Video

Polokwane

Girls' Empowerment Team



MBIMB Global Day

A BIG THANK YOU

to our amazing Polokwane Team
in South Africa

Thank you for helping us
educate, empower and protect children.

Stronger Together.
For Every Child.

We are so proud of you all





Reaching New Communities: MBIMB Empowers 200 Children in South Africa



The My Body Is My Body Foundation is delighted to celebrate another wonderful milestone as our dedicated Ambassadors continue to expand the reach of the MBIMB Programme across **South Africa**.

On 22nd May 2026, our Ambassador Pastor Rose Papola, together with fellow Ambassadors Nyiko and Khombelo, successfully delivered an inspiring body safety awareness event for 200 children in the Makhado Municipality, situated in the Vhembe District of Limpopo Province.

This event marked an important step in MBIMB's vision of reaching more regions and communities with life-changing child abuse prevention education.

The programme attracted strong support from local leaders and government departments, highlighting the importance of working together to keep children safe. Among those in attendance were representatives from:



The programme attracted strong support from local leaders and government departments, highlighting the importance of working together to keep children safe. Among those in attendance were representatives from:

- * The Mayor of Makhado Municipality
- * The Department of Education
- * The Department of Social Development
- * The Independent Electoral Commission (IEC)
- * The South African Police Service (SAPS)



The presence of these key stakeholders demonstrates a growing recognition that protecting children is a shared responsibility and that prevention through education plays a vital role in creating safer communities.

A special mention must go to Khombelo, a dynamic young community leader and politician, whose vision and determination were instrumental in organising this successful event.

Having completed the initial MBIMB training course and continuing her journey through the remaining courses, Khombelo has already demonstrated exceptional leadership and a genuine passion for protecting children. As MBIMB's contact person within the district, she has brought together local government, community leaders and educators to create an event that will have a lasting impact on hundreds of children.

Pastor Rose Papola now has a bi weekly spot at Shynebright Radio where she will be discussing the My Body is My Body Programme, reaching many more community members.



SHYNEBRIGHT
RADIO



@ShynebrightRadio

THE MID-MORNING
LOUNGE

With

MAPITSO MAKGATHO

TOPIC: MBIMB
(Mybody is Mybody programme)

TUESDAY - 30 JUNE '26

10h30

GUEST

PASTOR ROSE
PAPOLA



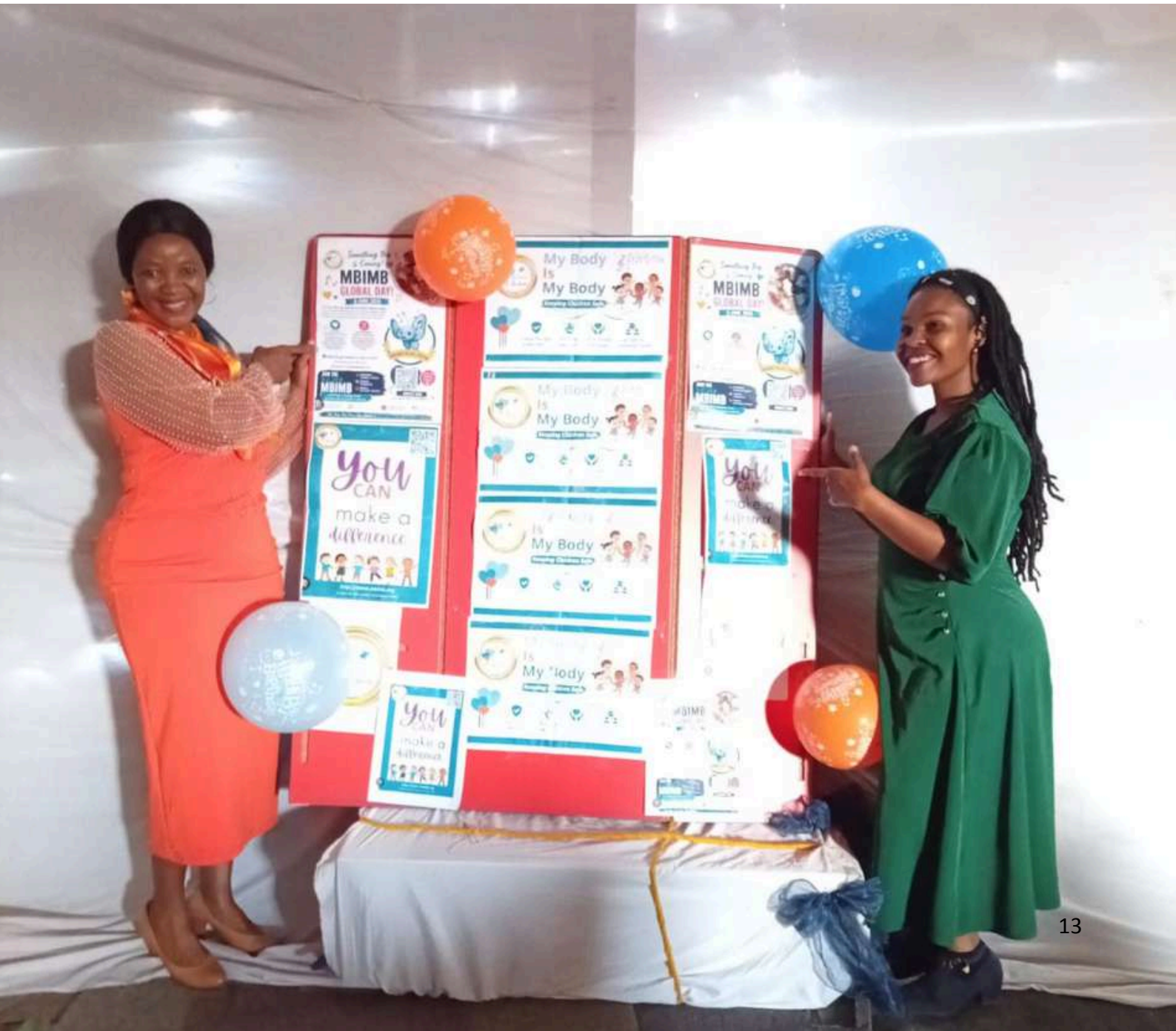


MONALISA SATHEKGE AND THE CHILDREN FROM HER ECD CENTRE ON GLOBAL AWARENESS DAY





Pastor Rose and Zama Buthelezi doing exhibition for Global awareness day





Pastor Rose and Zama Buthelezi doing exhibition for Global awareness day





Pastor Rose

Lielies Pre-and Primary School in South Africa Limpopo province in Polokwane city enjoyed hearing My Body is My Body song for the first time and they loved it





Pastor Rose

Teen models in Seshego zone 4 supporting the MBiMB Global Awareness Day



SOUTH AFRICAN NATIONAL CIVIC ORGANISATION (SANCO)
The Voice of the People. The Power of Unity. The Future is Ours.

A MESSAGE OF SUPPORT FOR MBiMB GLOBAL DAY!

PLEASE JOIN US ON 06 JUNE 2026

ONE DAY. ONE COMMUNITY. ONE SONG AT A TIME.

ALL CHILDREN. ALL BODIES. ALL EQUAL. ALL POWERFUL.
Boys have bodies too. We respect. We protect. We empower.

MESSAGE BY **Cde Lepino Ramogale**
Limpopo Provincial Deputy Secretary

HERE ARE SOME FUN WAYS TO GET INVOLVED:

- TEAM YOURSELF OR YOUR GROUPY:** FASHION ONE OF OUR MBiMB SONGS. Share your video and spread the love!
- SHARE A POST ABOUT OUR PROGRAMME:** Tell others why MBiMB is so special to you!
- SHARE ONE PROGRAMME WITH A SCHOOL OR BAREET:** Help us reach more children and families!
- HOST AN MBiMB SESSION OR MINI EVENT:** By or email, every submission counts!
- GET CREATIVE!** Draw, dance, write a song, make a video - anything that shows how MBiMB means music brings us together!
- SHOW THE WORLD HOW MUSIC BRINGS US TOGETHER!**

TOGETHER, WE CAN MAKE SOME NOISE FOR MUSIC!

SUPPORT MBiMB: Your donation helps us bring the joy of music to more children and communities around the world. THANK YOU!

SCAN TO DONATE: [QR Code]

THANK YOU!

Let's make MBiMB Global Day amazing! See you on 06 June!

www.mbimb.org

KINGDOM COVENANT DEMOCRATIC PARTY (KCDP)
UNITED IN FAITH. COMMITTED TO SERVICE. BUILDING A BETTER TOMORROW.

PRESIDENT ORIEL MASHIMBYI

KCDP proudly SUPPORTS MBiMB GLOBAL DAY!

ONE DAY. ONE COMMUNITY. ONE SONG AT A TIME.

music brings us together

6TH JUNE 2026

KCDP commends MBiMB for inspiring children, strengthening communities, and spreading the joy of music around the world. Let's make MBiMB Global Day amazing! See you on 6th June!

TOGETHER, WE CAN MAKE SOME NOISE FOR MUSIC!

THANK YOU!

SCAN TO DONATE: [QR Code]

TOGETHER WE CAN!

With heartfelt support, **President Oriel Mashimbyi** Kingdom Covenant Democratic Party (KCDP)

www.mbimb.org | #MBiMBGlobalDay | 6 JUNE 2026

do you want to

MAKE A REAL DIFFERENCE?



BECOME A MY BODY IS MY BODY AMBASSADOR!



PROTECT CHILDREN. EMPOWER COMMUNITIES. BE THE CHANGE.



My Body Is My Body is a **free, musical** body safety programme that helps children learn how to protect themselves from abuse in a fun, age-appropriate way — and we need people like **YOU** to help share it.

WHY BECOME AN MBIMB AMBASSADOR?



Share our animated musical programme with children aged 3–10



Host awareness sessions for parents and caregivers



Use social media to spread life-saving information



Help teens share body safety messages with their younger siblings



Inspire others through photos, videos, and stories from your community



This is not just volunteering. It's a movement

No child should suffer in silence. As an MBIMB Ambassador, you will be helping to break cycles of abuse and open channels of communication to build a safer world — one child, one family, one community at a time.



Safeguarding First

All Ambassadors agree to uphold our strict safeguarding policies.

Presentations must be done through recognised schools, NGOs, or approved community organisations.

We are here to support and guide you every step of the way.



READY TO BECOME A VOICE FOR CHANGE?

APPLY TO BECOME AN MBIMB AMBASSADOR TODAY!



VISIT WWW.MBIMB.ORG/AMBASSADOR



united kingdom



HELP PUT BODY SAFETY BOOKS INTO CHILDREN'S HANDS

Support the *My Body Is My Body* Foundation

Every child deserves access to simple, empowering body safety education.

Through the **My Body Is My Body Programme**, children learn about body ownership, recognising uncomfortable feelings, trusted adults, and how to speak up if they have a problem — through music, stories and child-friendly resources.

YOUR DONATION CAN HELP PLACE PRINTED MBIMB MATERIALS INTO:



Primary schools



Nurseries and early years settings



Community groups



Family support projects



Under-resourced schools worldwide

YOUR GIFT COULD PROVIDE:



Children's Workbooks



Teacher Lesson Plans



Body Safety Posters



Family Safety Resources



Translated materials for communities worldwide

SPONSOR MBIMB SAFETY RESOURCES

£10

provide 2 workbooks for children

£25

provides a school starter pack

£50

equips a classroom

£100+

equips a 2 classrooms

YOUR SUPPORT
HELPS PUT
PREVENTION INTO
PRACTICE.

HELP US PLACE BOOKS
WHERE THEY ARE NEEDED MOST.

DONATE TODAY
AND HELP BUILD
SAFER FUTURES TOGETHER.



SCAN TO DONATE

www.mbimb.org



Every child deserves a voice.

Every child deserves safety.





My Body is My Body Safety Rules



MY BODY IS MY BODY

My body belongs to me
and only to me.
Nobody should hurt me
Nobody should touch my private parts
I am the boss of my own body !!



IF IT DON'T FEEL RIGHT DON'T DO IT

If people try to get me to do
things I know are wrong,
or that make me feel uncomfortable
I will say "NO"
THEN I WILL TELL A SAFE ADULT



**WHO CAN I TELL IF I HAVE
A PROBLEM?
I CAN TELL A SAFE ADULT**

MOMMY OR DADDY,
AUNT OR UNCLE
GRANNY OR GRANDPA,
TEACHER OR PRINCIPAL
COUNSELLOR AT SCHOOL

**ARE YOU FEELING
UNSAFE?
HERE ARE SOME
WARNING SIGNS FROM
YOUR BODY**

Your face or your hands
might start to sweat
Your mouth could feel dry
You might feel sick in your tummy
Your heart could beat fast
You could start crying
You could feel scared
Your legs could feel wobbly

If you are feeling any of these warning
signs, find a Safe Adult you can talk to
and tell them you are feeling unsafe.



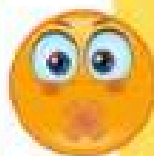
PRIVATE PARTS

My private parts are the parts where
my swimsuit or my underwear covers.

1. Nobody should touch my private parts
2. Nobody can ask me to touch their private parts
3. Nobody should take pictures of my private parts

SAY NO TO SECRETS

If someone is hurting you,
bullying you or doing anything
that makes you feel
uncomfortable, and they ask
you to keep it a secret -
Say No To Secrets
THEN TELL A SAFE ADULT



#MBIMB GlobalDay





MBIMB Global Day in Barnsley

We were delighted to celebrate My Body Is My Body Global Day on the 6th June in Barnsley by sharing the MBIMB Programme with local people at the wonderful Wheels and Walkers Café in Worsborough.

Several people took leaflets and booklets home, and we were so pleased to raise £105 to help print MBIMB books for our local schools. We had interest in our programme from schools, grandparents, local choirs, and members of the community.

We would like to say a big thank you to Joanne Potter and Clare Griffiths from Wheels and Walkers Café for their wonderful support of the My Body Is My Body Programme, and also to Audrey and Denise from DNA Events, who are both MBIMB Volunteers, for helping make the day so special.

#MBIMB GlobalDay

MAKING NOISE FOR CHILD PROTECTION: A SPECTACULAR SUCCESS AT THE #GLOBALDAY GARDEN PARTY!





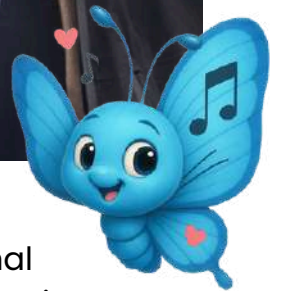
#GLOBALDAY GARDEN PARTY!

**MBIMB Global day
June 2026**



The MBIMB Foundation Garden Party, hosted on #GlobalDay in June 2026, proved to be a vibrant afternoon of community solidarity and child safeguarding advocacy. Organised by MBIMB Trustee, UK Lead, and Deputy Lieutenant of Gloucestershire Dee Russell-Thomas, the event brought together civic leaders, frontline professionals, and renowned artists to celebrate our mission and look toward a bright future.

#GLOBALDAY GARDEN PARTY!



Strong Trustee Support

The event highlighted the deep commitment of our leadership team. While fellow trustee Nick Gazzard was unfortunately unable to attend, he sent his full support. Meanwhile, trustee Antonia Noble was highly engaged in the day's events, actively sharing information and connecting with those present throughout the afternoon.

A Gathering of Civic Dignitaries

The event drew incredible regional backing, highlighted by an impressive "hat trick" of local Mayors who came out to champion the cause. The foundation was honoured to host:

- ***The Mayor of Tewkesbury Town***
- ***The Mayor of Tewkesbury Borough***
- ***The Mayor of Gloucester***

Further elevating the event's prestige, three Deputy Lieutenants from the Gloucestershire Lieutenancy attended to show their official support.



#GLOBALDAY GARDEN PARTY!



A Crossroads of Protection and Creativity

The guest list seamlessly blended civic leadership, grassroots impact, and the arts. The room was buzzing with dynamic conversations between:

- Dedicated social workers, educationalists, and counsellors providing vital care and mental health support
- Councillors representing our local councils
- International inspectors bringing a global perspective to safeguarding standards
- Representatives from the local She Spoke poetry group and the creative arts sectors
- Prominent advocates, including world-renowned artist PJ Crook MBE and charity powerhouse Julie Kent MBE, the recent High Sheriff of Gloucestershire.

Speeches, Poetry, and a Lively Presentation

The event featured an engaging showcase of the foundation's resources. A dedicated display featured examples of MBIMB booklets, worksheets, songs, and poetry for guests to explore.

Dee Russell-Thomas delivered a detailed speech and read some poetry. She also shared some of the programme's educational songs and danced along to them wearing her MBIMB t-shirt. This brought both interest and some amusement to the room as she lifted her blouse to reveal the MBIMB shirt underneath while singing My Body Is My Body.

Following the presentation, the atmosphere shifted to an informal question and answer session. Dee and Antonia mingled around the rooms, sharing ideas, answering questions, and talking directly with attendees to build deeper community connections.

Rain Didn't Dampen the Spirits (or the Generosity!)

While unpredictable British weather forced a swift indoor pivot, the lively atmosphere didn't miss a beat. Guests arrived by the score, enjoying Pimms, punch, and an array of cakes and brownies baked and donated by local supporters.

Beyond sharing refreshments, guests opened their hearts and wallets. A fantastic amount of money was raised during the afternoon, all of which will be directly donated to the MBIMB Foundation to fund the continuation of our vital global work.

Media Spotlight: BBC Radio Gloucestershire Tunes In

The incredible buzz surrounding the party quickly caught the attention of local media. Manny Massey from BBC Radio Gloucestershire attended the event to capture the magic. They interviewed Dee Russell-Thomas, alongside several guests, the visiting Mayors, and members of the She Spoke poetry group. The feature was broadcast across the county on Sunday evening, sharing our story with thousands of local listeners on BBC Radio Gloucestershire.

#GLOBALDAY GARDEN PARTY!

Looking Ahead: Expanding Our Reach

The true impact of the afternoon was felt immediately through the incredible commitment of our guests:

- **New Ambassadors:** A number of those present are very keen to become MBIMB Ambassadors themselves, indicating their willingness to take on our training and develop the programme within their own communities.
- **Future Funding:** Following the incredible turnout, discussions are already underway for next year's celebration to be taken on board by one of our well-known charity funders, helping us scale the event even further.

The afternoon left guests inspired, unified, and re-energised. Thank you to everyone who baked, attended, donated, and made this such a memorable day!



SUMMER SOLSTICE OPEN WEEKEND AT HARESTANES TOWER



SUMMER SOLSTICE OPEN WEEKEND AT HARESTANES TOWER



My Body Is My Body
www.mbimb.org

Teaching Children Body Safety Through Music

Our Free Programme
empowers children with body safety knowledge
teaches children to trust their instincts
available in 27 languages and formats
in English, Spanish, French, German, Italian, Portuguese, Russian, Chinese, Hindi, Urdu, Bengali, Tamil, Telugu, Malayalam, Kannada, Marathi, Gujarati, Punjabi, Sinhala, Thai, Vietnamese, and Sign Language and Widgit Sign Board

Free Resources

- Songs and Animated Videos
- Interactive Lessons and Courses
- Teacher and Parental Guides

Visit Our Website To Get Started

Intercountry Committees
SAFE



SUMMER SOLSTICE OPEN WEEKEND AT HARESTANES TOWER

By Deborah J Crozier - Founder of A positive Start CIC

Our Summer Solstice Open Weekend marked an important milestone for A Positive Start CIC as we opened the doors of our new home at Harestanes Tower in the Scottish Borders.

The Scottish weather certainly kept us guessing in the lead up to the event, with rain falling throughout much of the week. Then, almost as if nature had decided to join the celebration, the sun came out for both Saturday and Sunday. We couldn't have asked for a more beautiful setting to welcome families, friends and partners, and we were incredibly grateful for the sunshine that allowed everyone to enjoy the beautiful grounds of Harestanes.

The event was made possible thanks to the generous support of the Greenspace Scotland Parks4Life Fund, whose funding enabled us to create a free community event centred around wellbeing, emotional health and safeguarding. We are also incredibly grateful to Borders Community Action for helping us promote the weekend throughout the local community.

One of the highlights of the weekend was introducing families to our River Room Songbook—a collaboration between myself and Chrissy Sykes, and a natural extension of the My Body Is My Body (MBIMB) programme. Together we wanted to create a resource that would help children understand emotions through music, movement and play while reinforcing important messages of body safety, confidence and connection. The result is a free, fun and engaging resource that is already helping children, families and schools explore emotions, build confidence and learn that every child has a voice that deserves to be heard. 30

SUMMER SOLSTICE OPEN WEEKEND AT HARESTANES TOWER

Across the beautiful grounds of Harestanes, our six River Room characters were carefully hidden for children to discover. Armed with a treasure map, families explored the woodland and gardens together, searching for each character and collecting clues before returning to claim their prize. It was wonderful to watch children running excitedly between the trees while parents, grandparents and carers joined in the adventure, creating precious moments of connection together.



SUMMER SOLSTICE OPEN WEEKEND AT HARESTANES TOWER

Throughout both afternoons, Lesley and I introduced each of the River Room characters, sharing the thinking behind them before teaching the songs and actions. Each character gently introduces an important aspect of emotional wellbeing, helping children recognise feelings, understand their emotions and discover healthy ways of regulating them. Seeing families singing, laughing and joining in together was exactly what we had hoped for when we first created the River Room Songbook.

We are also incredibly grateful to Chrissy Sykes for generously providing copies of both the River Room Songbook and the My Body Is My Body Flip Book for families to enjoy and take home. These wonderful resources enabled the learning to continue long after the weekend had finished, helping children and families revisit the songs, activities and important body safety messages together at home.



SUMMER SOLSTICE OPEN WEEKEND AT HARESTANES TOWER

Our special guest for the weekend was Chrissy Sykes, Founder and CEO of the My Body Is My Body Foundation, who travelled all the way from Yorkshire with her husband, Stuart, to support our event.

Chrissy delivered inspiring presentations across both days, introducing families and professionals to the MBIMB programme and its powerful message of body safety, empowerment and prevention. The presentations generated thoughtful questions, meaningful discussions and genuine enthusiasm for bringing this important work into our communities.

Having proudly served as MBIMB Ambassadors for Scotland for over a year, we have already begun introducing both My Body Is My Body and the River Room Songbook into schools across the Scottish Borders. The response has been incredibly encouraging, and this weekend reinforced our commitment to continue expanding this work, reaching more schools, families and communities with programmes that empower children, strengthen safeguarding and support emotional wellbeing.

Events like this simply would not have been possible without the kindness, generosity and support of so many wonderful people. Our sincere thanks go to Greenspace Scotland and the Parks4Life Fund for making the event possible, and to Borders Community Action for helping us spread the word throughout the Scottish Borders.

SUMMER SOLSTICE OPEN WEEKEND AT HARESTANES TOWER



Looking back, the weekend wasn't measured by the number of visitors who came through the gates, but by the quality of the conversations, the smiles on children's faces as they searched for the River Room characters, the families singing together, and the sense of hope created as our communities came together around a shared vision: helping children feel safe, connected and heard.

Every conversation started, every child who learned that their body belongs to them, every family who sang together and every professional who left inspired represents another step towards creating safer communities.

For us, this wasn't simply an open weekend. It was a celebration of a new beginning at Harestanes, a celebration of community, and another important step in our journey to help children across Scotland grow up feeling safe, heard and empowered.

We are incredibly proud to continue representing the My Body Is My Body Foundation in Scotland and look forward to taking both MBIMB and the River Room Songbook into many more schools and communities, helping children grow up safer, more emotionally aware and empowered to find their voice. Together, we are proving that when communities come together with compassion, creativity and a shared purpose, we really can make a positive start.

MORTON MICHEL INSURANCE TURNS BLUE FOR CHILDREN'S SAFETY



Morton Michel
The Childcare Insurance Specialist

Blue biscuits, blue decorations, and a wonderful shared commitment to helping keep children safe — the Morton Michel Insurance team came together in a creative and heartfelt way to support MBIMB Global Day.

Ahead of the global campaign, the team hosted a blue-themed biscuit decorating fundraiser, helping to raise awareness of the My Body Is My Body Programme and its mission to give children the knowledge, confidence, and voice they need to stay safe and be heard.

Their workplace was filled with blue decorations, bright smiles, and beautifully decorated biscuits — all representing one powerful message: every child deserves to feel safe, listened to, and protected.

MBIMB Global Day encourages people, organisations, schools, families, and communities around the world to “turn blue” in support of children’s safety. The colour blue symbolises protection, hope, trust, and unity — values that sit at the heart of the My Body Is My Body Programme.

We are incredibly grateful to the Morton Michel Insurance team for joining the campaign and showing such kindness, creativity, and commitment. Fundraisers like this do more than raise money — they help start important conversations about child safety and remind communities that everyone has a role to play in protecting children. Thank you, Morton Michel Insurance, for helping us turn the world blue for children’s safety.

Together, we can educate, empower, and protect children everywhere.

MORTON MICHEL INSURANCE TURNS BLUE FOR CHILDREN'S SAFETY



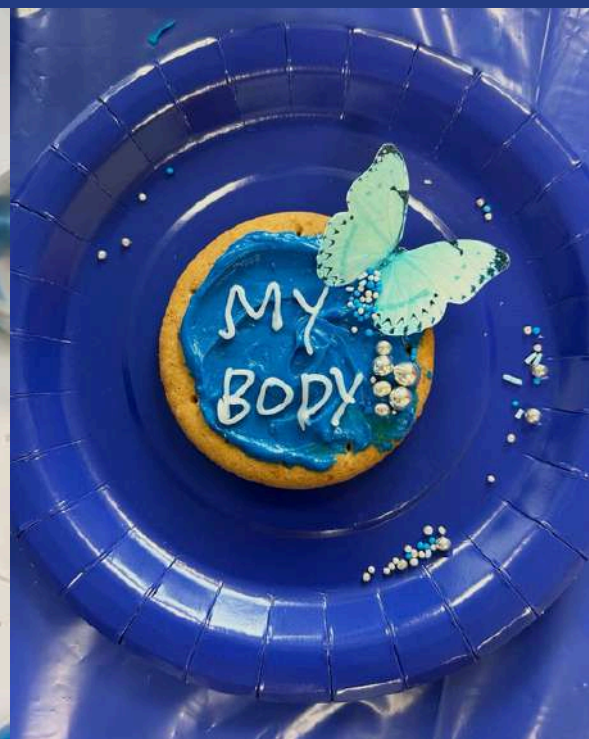
Morton Michel
The Childcare Insurance Specialist



MORTON MICHEL INSURANCE TURNS BLUE FOR CHILDREN'S SAFETY



Morton Michel
The Childcare Insurance Specialist





Belgium



AL AMANA **أمانة**
ETABLISSEMENT D'ENSEIGNEMENT PRIVE خاصة للتربية والتعليم
COLLÈGE-LYCÉE دادي-ثانوي تأهيلي



When a Circle Becomes a Safe Place

By: Chantal Toulmond

Sometimes, the most powerful lessons do not begin in a classroom.

They begin on a playground.

With a ball.

With a group of children standing in a circle.

With one child who has always felt left out suddenly being invited in.

This is the heart of Aainbaal — a sport built not only around movement, but around dignity, inclusion and respect. It reminds us that every child deserves a place in the circle, regardless of gender, ability, background or confidence. For many children, sport is more than a game. It can be the first place where they feel seen. It can be the first place where someone says, “You matter.” It can be the first place where a child who has been quiet, excluded or afraid begins to lift their head and believe in themselves again.

This message connects beautifully with the mission of the My Body Is My Body Programme.

At MBIMB, we believe that child protection should not only begin after harm has happened. It must begin earlier — through education, confidence-building and open conversations. Children need to understand that their bodies belong to them. They need to know they have the right to say no, the right to speak up, and the right to ask for help when something does not feel right.

Sport can support this message in a powerful way.

When a Circle Becomes a Safe Place

When children learn to respect each other's space, listen to each other, include one another and understand boundaries, they are also learning important safeguarding values. They are learning that strength is not about domination. It is about kindness. It is about teamwork. It is about making sure nobody is left behind.

For girls who may have been taught to stay quiet, sport can become a voice. For children with disabilities who may have been treated as different, sport can become a place of dignity.

For children carrying invisible worries, sport can become a safe space where they feel encouraged, valued and supported.

This is why the connection between Aainbaal and MBIMB is so meaningful. Both share a belief that children should be educated, empowered and protected. Both place the child at the centre. Both understand that confidence can change a life.

A safe child is not only a child who is protected by adults.

A safe child is also a child who knows they have rights.

A child who knows they can speak.

A child who knows they are not alone.

A child who knows they have a place in the circle.

The true victory is not always a medal or a trophy.

Sometimes, the true victory is seeing a child smile again.

A girl daring to dream.

A child with a disability being included with respect.

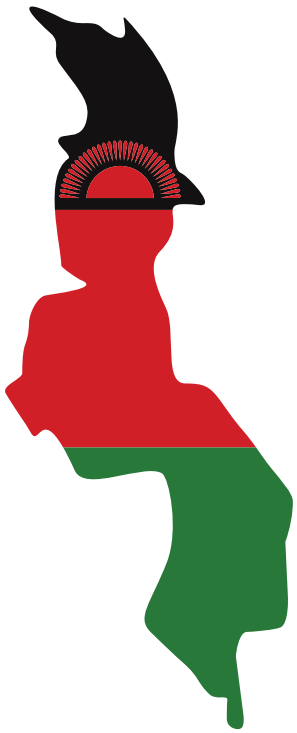
A young person learning that their body, their voice and their safety matter.

Together, through education, sport and community action, we can build a world where every child feels safe, valued and heard.

Because every child deserves their place in the circle.



Malawi



My Body Is My Body Foundation Signs Partnership Agreement with Alliance for Children Everywhere (ACE), Malawi

The My Body Is My Body (MBIMB) Foundation is delighted to announce the signing of a Memorandum of Understanding (MOU) with Mr Chisango Lalo Antonio from the Alliance for Children Everywhere (ACE), Malawi, marking the beginning of an exciting partnership that will help bring life-changing body safety education to children across Malawi.

At MBIMB, we believe that prevention begins with education. Every child deserves to understand that their body belongs to them, to recognise unsafe situations, to identify trusted adults, and to have the confidence to speak up if something doesn't feel right.

Through this new partnership, Alliance for Children Everywhere (ACE), Malawi will introduce and promote the My Body Is My Body Programme within schools and communities, helping to equip children with essential body safety knowledge through our award-winning songs, animated videos, children's workbooks, lesson plans and educational resources.

As part of the agreement, all facilitators delivering the programme will complete MBIMB's safeguarding and programme training courses, ensuring that every child receives high-quality, age-appropriate body safety education delivered in line with international safeguarding standards

Together, MBIMB and ACE Malawi are committed to creating safe learning environments where children are empowered to:

- * *Understand that their body belongs to them.*
- * *Recognise appropriate and inappropriate behaviour.*
- * *Identify trusted adults they can turn to for help.*
- * *Speak up when they feel worried or unsafe.*
- * *Build confidence, resilience and self-esteem.*

This partnership also reflects a shared commitment to maintaining the very highest standards of safeguarding and child protection. Through ongoing collaboration, monitoring and evaluation, both organisations will work together to ensure the programme continues to make a meaningful and lasting difference in the lives of children throughout Malawi.

Alliance for Children Everywhere (ACE), Malawi has a strong reputation for supporting vulnerable children and strengthening communities. By combining ACE Malawi's local knowledge and trusted relationships with MBIMB's internationally recognised prevention programme, we believe this collaboration will empower thousands of children with knowledge that could help keep them safe throughout their lives.

A Special Thank You

The My Body Is My Body Foundation would like to extend our heartfelt thanks to Dr Arafat and Dr Darwin Moses for their dedication and commitment in helping make this partnership possible.

Their shared vision of creating a safer world for children, together with their encouragement and support, has been instrumental in bringing our organisations together. We are deeply grateful for their belief in the power of prevention through education and look forward to working alongside them as this partnership grows.

Together, we are building more than a partnership—we are building hope, confidence and safer futures for children.



Uganda



AMBASSADOR OF THE MONTH



Charles Muwangala

★
MBIMB Ambassador – Uganda



Celebrating Exceptional Service

“

*Every child deserves
to feel safe, valued and heard.*

”

– Charles Muwangala



AVAILABLE IN
35 LANGUAGES



REACHING OVER
3 MILLION CHILDREN
WORLDWIDE



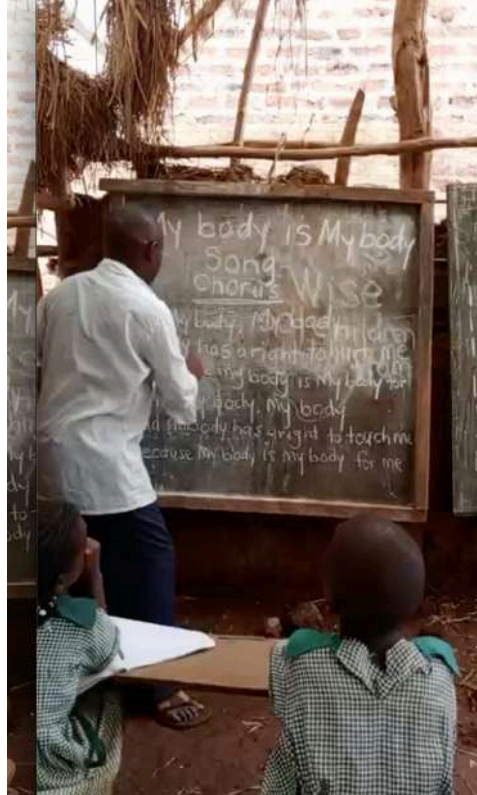
www.mbimb.org



MBIMB Ambassador of the Month – June 2026

Each month, the My Body Is My Body Foundation recognises an Ambassador who has gone above and beyond in their commitment to protecting children. This month, we are incredibly proud to celebrate Charles Muwangala from Uganda as our MBIMB Ambassador of the Month.

Since becoming an MBIMB Ambassador, Charles has embraced our mission with extraordinary enthusiasm, dedication and compassion. In a relatively short time, he has become a shining example of what it means to be an MBIMB Ambassador, working tirelessly to ensure that more children grow up informed, confident and safe.



Charles has embraced our MBIMB mission with extraordinary enthusiasm, dedication and compassion.



MBIMB Ambassador of the Month – June 2026

Charles is not only a respected Headteacher and educator, but also a passionate community leader who believes that every child deserves the opportunity to thrive, regardless of their circumstances.

From the moment he joined the My Body Is My Body Programme, Charles recognised the life-changing potential of prevention through education. He immediately immersed himself in the programme, completing the training, studying the lesson plans, learning the songs and preparing himself to deliver the programme with confidence and enthusiasm.

But Charles didn't stop there.

He has introduced the My Body Is My Body Programme into both St. Agnes School and Maligita School, bringing body safety education to hundreds of children. Every lesson he teaches helps children understand that their bodies belong to them, that they have the right to feel safe, and that they should always speak up if something doesn't feel right.

What makes Charles' achievements even more remarkable is the environment in which he works.

Like many schools in rural Uganda, resources are extremely limited. Access to printed materials, technology and educational resources is often taken for granted elsewhere, yet Charles refuses to let these challenges stand in the way of protecting children.

His determination reminds us that safeguarding is not about having the perfect resources—it is about having the passion to keep going because every child matters.

Charles' impact extends far beyond the classroom.

Alongside his work as a Headteacher, he leads community literacy projects for grandmothers, supports agricultural initiatives, develops fish-farming projects that provide sustainable income for families, and works tirelessly to strengthen his local community.

MBIMB Ambassador of the Month – June 2026

Perhaps one of his greatest achievements has been growing what began as a small community group of just 50 members into six thriving groups with approximately 500 members. His leadership is empowering entire communities and creating lasting opportunities for children and families alike.

Every photograph Charles shares tells a story of hope.

They show children smiling as they learn, teachers committed to making a difference, and communities working together to create brighter futures. Behind every photograph is someone who believes wholeheartedly that children deserve to grow up safe, respected and heard.

Charles embodies everything the My Body Is My Body Ambassador Programme stands for:

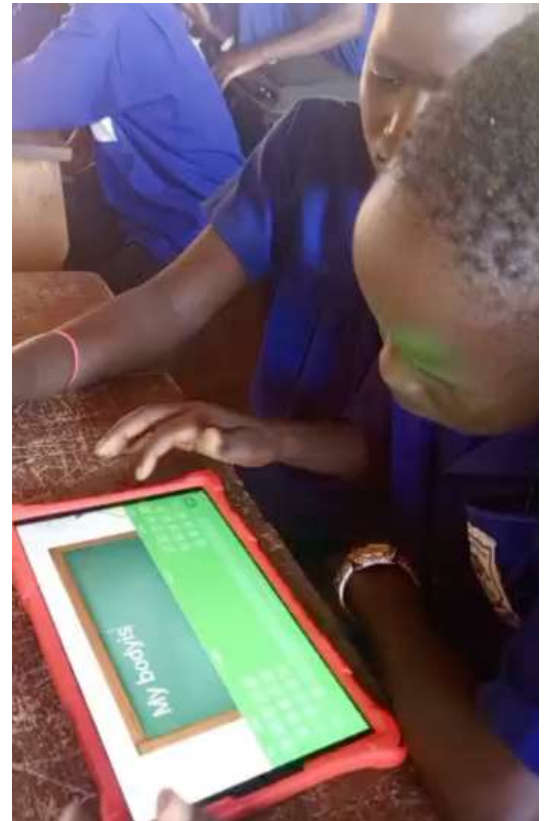
- ♥ Compassion
- ♥ Dedication
- ♥ Leadership
- ♥ Service
- ♥ Perseverance
- ♥ A genuine commitment to protecting children

We are immensely proud to have Charles as part of the MBIMB family.

His energy, kindness and unwavering commitment continue to inspire all of us. Through his work, countless children are gaining knowledge that could one day protect them from abuse and give them the confidence to seek help when they need it most.

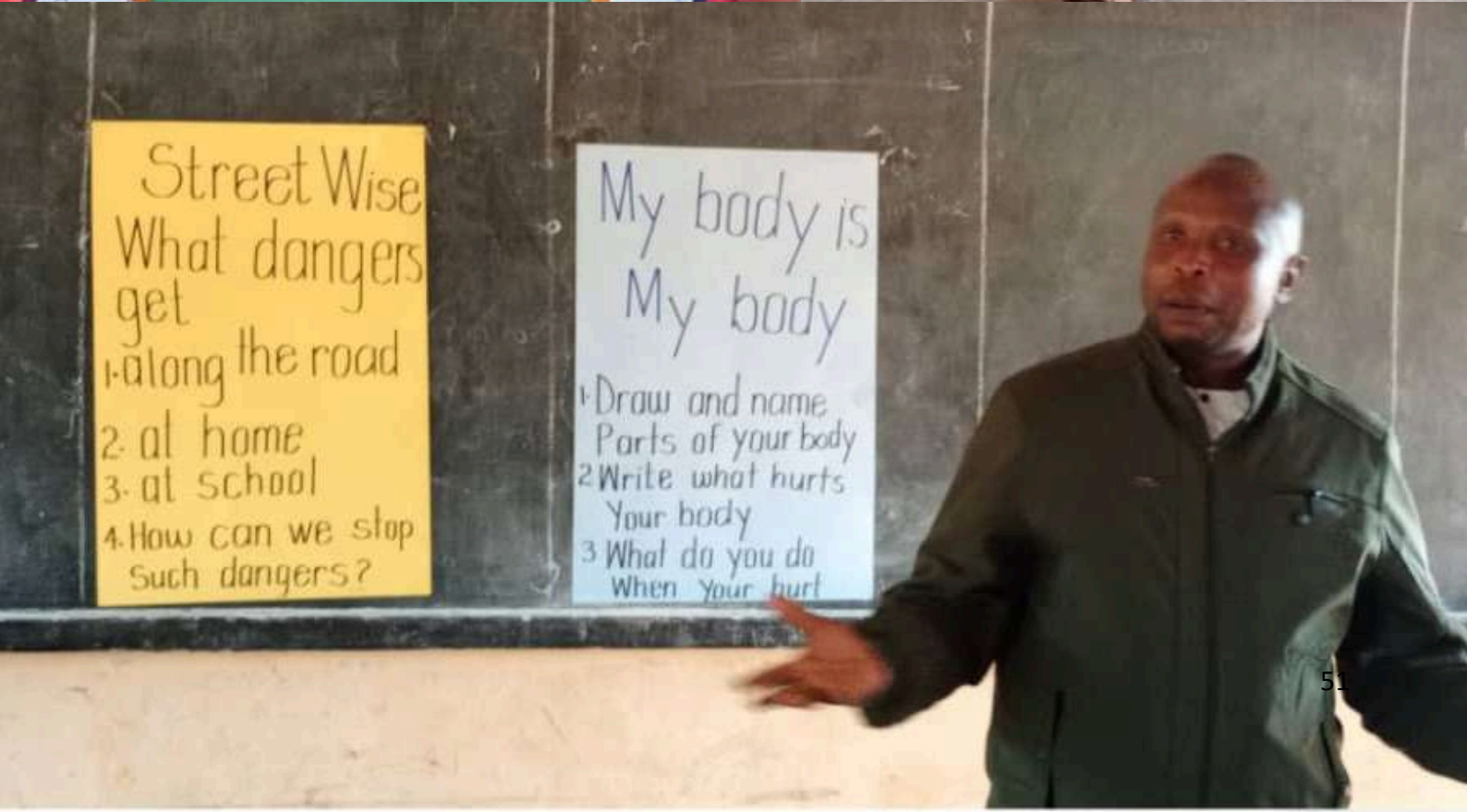
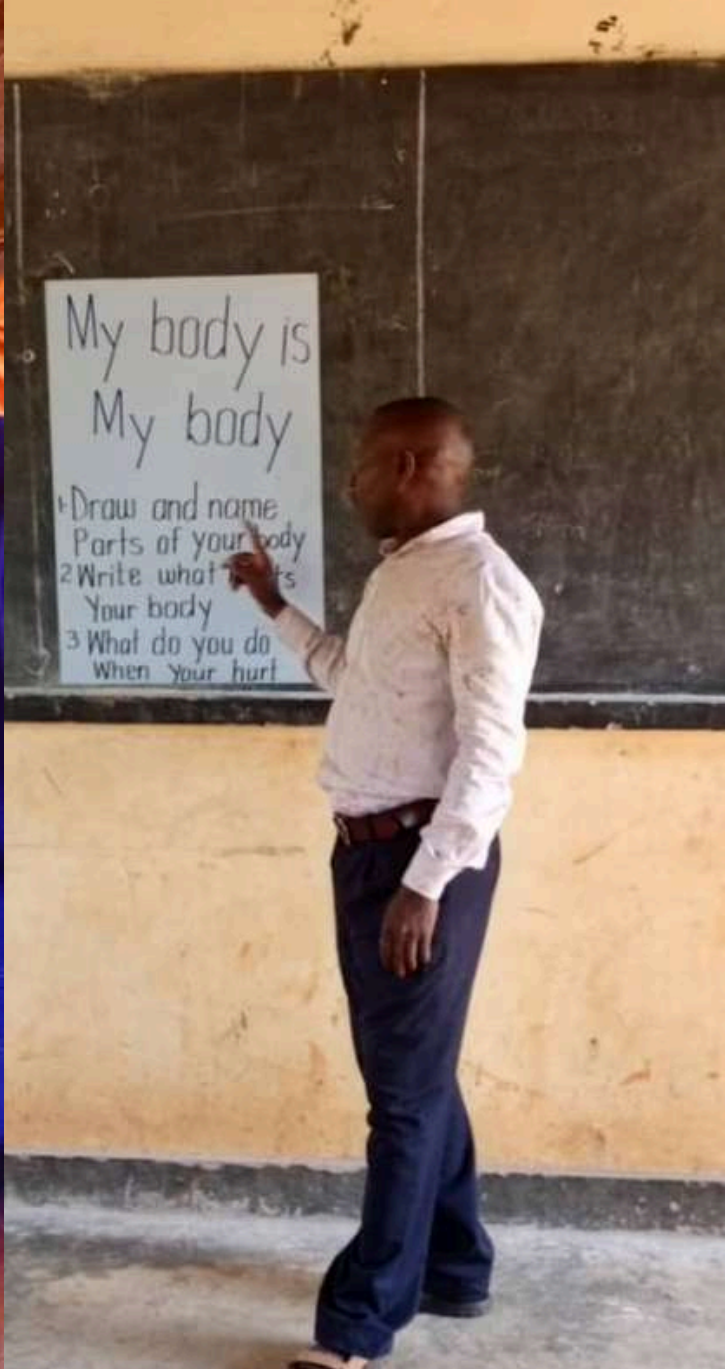
Charles, thank you for everything you are doing. You are making an extraordinary difference in the lives of children, strengthening your community, and helping us build a safer world for future generations.

Congratulations, Charles Muwangala!
MBIMB Ambassador of the Month – June 2026



We are incredibly proud of you, and we cannot wait to see what you accomplish next.







MISSION & VISION

Empowering children. Preventing harm.
Building safer futures.

 **3 MILLION**
LIVES CHANGED

 **380**
AMBASSADORS

 **65**
COUNTRIES
REACHED

 **35**
LANGUAGES

Every year, according to the WHO, an estimated 1 billion children - that's half of all children worldwide experience some form of violence, whether physical, emotional, or sexual. This is why programmes like My Body Is My Body are essential to communities.

THE MY BODY IS MY BODY (MBIMB) FOUNDATION EXISTS TO CHANGE THAT. We use the universal power of music, stories, and community action to teach children simple, memorable body-safety messages in over 35 languages.

THE GOOD NEWS?

Violence is preventable, and through clear, memorable messaging and community action, we can start breaking this global cycle - one child, one classroom, one song at a time.

THROUGH SONGS, ANIMATED VIDEOS, WORKBOOKS, AND WORKSHOPS, MBIMB HELPS CHILDREN:

Understand what safe and unsafe behaviour looks like
Build confidence to speak up if something feels wrong
Learn who they can trust and where to get help
So far, MBIMB has reached over 3 million children in 65 countries - but with your help, we can reach millions more.

SCAN THIS QR CODE
TO FIND OUT MORE
ABOUT MBIMB



*Together, we can
create a world
where every child
is safe, heard,
and empowered.*



**HELP US BUILD SAFER FUTURES
FOR CHILDREN EVERYWHERE.**
Education today. Safety forever.

www.mbimb.org





NEW MBIMB LANGUAGES

*More languages. More children.
Stronger, safer futures.*



NEW!

Ez az én testem

Hungarian



We're excited to introduce the **Hungarian** version of our My Body Is My Body song and animation.

Helping more children learn important body safety messages in a way they understand and feel confident with.



NEW!

I Miri Wa Mina

Xitsonga



We're excited to introduce the **Xitsonga** version of our My Body Is My Body song and animation.

Supporting even more children to understand their bodies, know their rights, and speak up if something doesn't feel right.



**More languages mean more voices, more understanding,
and more children protected.**

Thank you for helping us share these important messages!





Taipei

MBIMB Introduced in Taipei at the Rotary International Convention



The “My Body Is My Body (MBIMB) Foundation” was honoured to be introduced at the recent “Rotary Taipei Conference” by our dedicated Board Member and Ambassador, **Annemarie Mostert**.

Annemarie attended the conference in her dual roles as the Rotary Action Group for Girls' Empowerment (RAG4GE) Charter Member and Board Member, and as the newly appointed President of Rotary Inter Country Committees (ICCs) for 2026–2028..

With Rotary leaders and members from across the region gathered together, the conference provided an excellent opportunity to introduce the My Body Is My Body Programme and highlight the importance of prevention through education.

MBIMB Introduced in Taipei at the Rotary International Convention



Annemarie shared how MBIMB aligns closely with Rotary's commitment to protecting and empowering children and strengthening communities. Through Rotary's extensive international network, there is enormous potential to bring preventative child safeguarding education to many more schools and communities around the world.

As the newly elected President of Rotary Inter Country Committees (ICCs) for 2026–2028, Annemarie is uniquely placed to encourage greater collaboration between Rotary clubs across the world, helping organisations share successful projects and work together to improve the lives of children and families.

MBIMB Introduced in Taipei at the Rotary International Convention



Driven by a passion to make a difference to as many children as possible, Annemarie Mostert continues to champion initiatives that protect, educate and empower children. Her unwavering commitment to child protection, girls' empowerment and international collaboration is helping to open doors for the **My Body Is My Body Programme**, creating new opportunities for Rotary clubs and partner organisations to introduce life-changing body safety education into communities worldwide.

The My Body Is My Body Foundation is deeply grateful for Annemarie's outstanding leadership, friendship and continued support. Together, we look forward to strengthening our partnership with Rotary International, Rotary Inter Country Committees and the Rotary Action Group for Girls' Empowerment as we work towards a shared vision:

*A safer world where every child has the knowledge,
confidence and support to stay safe.*



NEW MBIMB LANGUAGES

*More languages. More children.
Stronger, safer futures.*



NEW!

O meu corpo

Portuguese

European



We're excited to introduce the **Portuguese (European)** version of our My Body Is My Body song and animation.

Helping more children learn important body safety messages in a way they understand and feel confident with.



NEW!

Ke mmele wa me

Setswana



We're excited to introduce the **Setswana** version of our My Body Is My Body song and animation.

Supporting even more children to understand their bodies, know their rights, and speak up if something doesn't feel right.



**More languages mean more voices, more understanding,
and more children protected.**

Thank you for helping us share these important messages!





DRC

Train-the-Trainer Sessions Strengthen MBIMB Outreach in the Democratic Republic of Congo



From 16th to 18th May 2026, a special Train-the-Trainer programme was held at the Camp of God Church in Malanga Lombe Village, Songololo Territory, Kongo Central Province, Democratic Republic of Congo.

Led by MBIMB Ambassador **Papy Makela**, the training brought together trainers from different regions of Kongo Central Province and other parts of the Democratic Republic of Congo, helping to expand the reach of the My Body Is My Body Programme across communities.

Over the three days, participants were introduced to the different MBIMB modules and learned how to share the programme's important body safety messages with children in a clear, positive and age-appropriate way. The training focused not only on understanding the content, but also on building confidence in how to communicate these sensitive topics with care, respect and compassion.

The final day was especially meaningful, as the trainers had the opportunity to put their learning into practice by presenting the first MBIMB module directly to children. This practical session allowed the trainers to demonstrate their understanding of the programme and their ability to engage children effectively.

The children responded with great interest and attention throughout the session. Their focus from beginning to end showed just how powerful and engaging the MBIMB messages can be when delivered with warmth, clarity and care.

At the end of the training, a snack was shared with the children and all participants, bringing the session to a close in a friendly and joyful atmosphere.

A heartfelt thank you to Ambassador **Papy Makela** and everyone involved in organising and supporting this important training. Through initiatives like this, more trainers are being empowered to educate, protect and support children across the Democratic Republic of Congo.





Pakistan



MBIMB

Global Day - Pakistan

Child Protection Awareness through the 'My Body is My Body' Song

♥ 6 June 2026 ♥

In partnership with PAHCHAAN & ILM Power Learning Centre



76 children reached



33 girls



43 boys



Learning body safety through music, discussion and participation



Body Safety



Speak Up



Trusted Adults

PAHCHAAN and ILM Power Learning Centre Bring MBIMB Song-Based Safety Learning to Children in Pakistan

Background

The ILM Power Learning Center (IPLC) was established in 2017. It is a joint project of PAHCHAAN and the University of Lahore. This project is designed for low-income families who are unable to provide education to their children. This center comprises of two shifts, morning shift and evening shift. As we have children from different backgrounds and children who spend hours in workshops that's why we design flexible time for these children so they can study here.

PAHCHAAN is implementing a holistic approach at IPLC through the provision of services aligned with the Nurturing Care Framework. The program supports children's healthy growth and development by addressing key components, including health, nutrition, responsive caregiving, early learning, and protection. Through integrated activities such as health and hygiene awareness, educational support, child protection interventions, and safe learning and recreational spaces, IPLC-PAHCHAAN promotes the overall well-being of children and their families. By strengthening protective environments and fostering nurturing relationships between children, caregivers, and communities, the program contributes to ensuring that every child has the opportunity to survive, thrive, and reach their full potential.



Need for the Activity- MBIMB Song

Violence against children and child exploitation remain critical child protection concerns across Pakistan, particularly among vulnerable and underserved communities. Children who lack access to age-appropriate personal safety education are at heightened risk of violence, as they may not recognize unsafe situations, know their rights, or feel empowered to seek help.

The "My Body is My Body" (MBIMB) framework uses music, movement, and repetition to deliver key protection messages in an accessible, non-threatening, and culturally appropriate manner.

IPLC, in collaboration with PAHCHAAN, organized a child protection awareness session using the MBIMB awareness song as its awareness tool of protection. The activity aimed to reach children directly in a safe and engaging environment, equipping them with foundational knowledge about consent and ownership of body and safety.



PAHCHAAN and ILM Power Learning Centre Bring MBIMB Song-Based Safety Learning to Children in Pakistan

Activity Description

The session followed in following steps:

- Children were warmly welcomed and comfortably seated before the session began
- Introduction to the song: Facilitators introduced the MBIMB song.
- Children listened to the song with full participation.
- The song was repeated 2–3 times with children encouraged to sing and move along.
- Facilitators paused after each key verse to ask simple questions and reinforce the message in plain language.
- Open Q&A / sharing circle

Key Outcomes and Observations

All children were reached with child protection messages through the MBIMB song.

- Children were actively singing along and repeating key safety phrases by the end of the session.
- Children demonstrated understanding of key concepts, including body ownership, safe vs. unsafe touch.
- A brief Q&A session was held after the activity, during which the teacher asked questions to assess the children's knowledge and understanding gained from the song.

Student's Learning Points

Following the "My Body is My Body" (MBIMB) activity, the teacher conducted a brief question-and-answer session to assess the children's understanding of the key child protection messages delivered through the song.

Question # 1

Teacher: *What have you learned from this song?*

Student 1 (Grade: 3): I learned that my body belongs to me and no one has the right to touch me without my permission.

Student 2 (Grade 5): I learned about safe and unsafe touch and that I should tell a trusted adult if something makes me feel uncomfortable.

Student 3 (Grade 1): I learned about every part of body is mine and no one has right to touch those parts.

Question # 2

Teacher: *What will you do if someone touches your body in a way that makes you feel uncomfortable*

Student 1 (Grade 3): I will immediately tell my parents because they are the people I trust the most and can help keep me safe.

Student 2 (Grade 5): I will say "No," move away from the person, and inform my teacher & parents about this.

Student 3 (Grade 1): I will seek help from a trusted adult, such as my parents and teacher and tell

Question # 3

Teacher: *How will you remember and apply these messages in your daily life?*

Student 1 (Grade 3): I will remember to say "No" if someone touches me in a way that makes me uncomfortable and tell my parents or teacher.

Student 2 (Grade 2): I will keep these messages in mind and share them with my friends and younger siblings so they can stay safe too.

PAHCHAAN and ILM Power Learning Centre Bring MBIMB Song-Based Safety Learning to Children in Pakistan

Children's Feedback

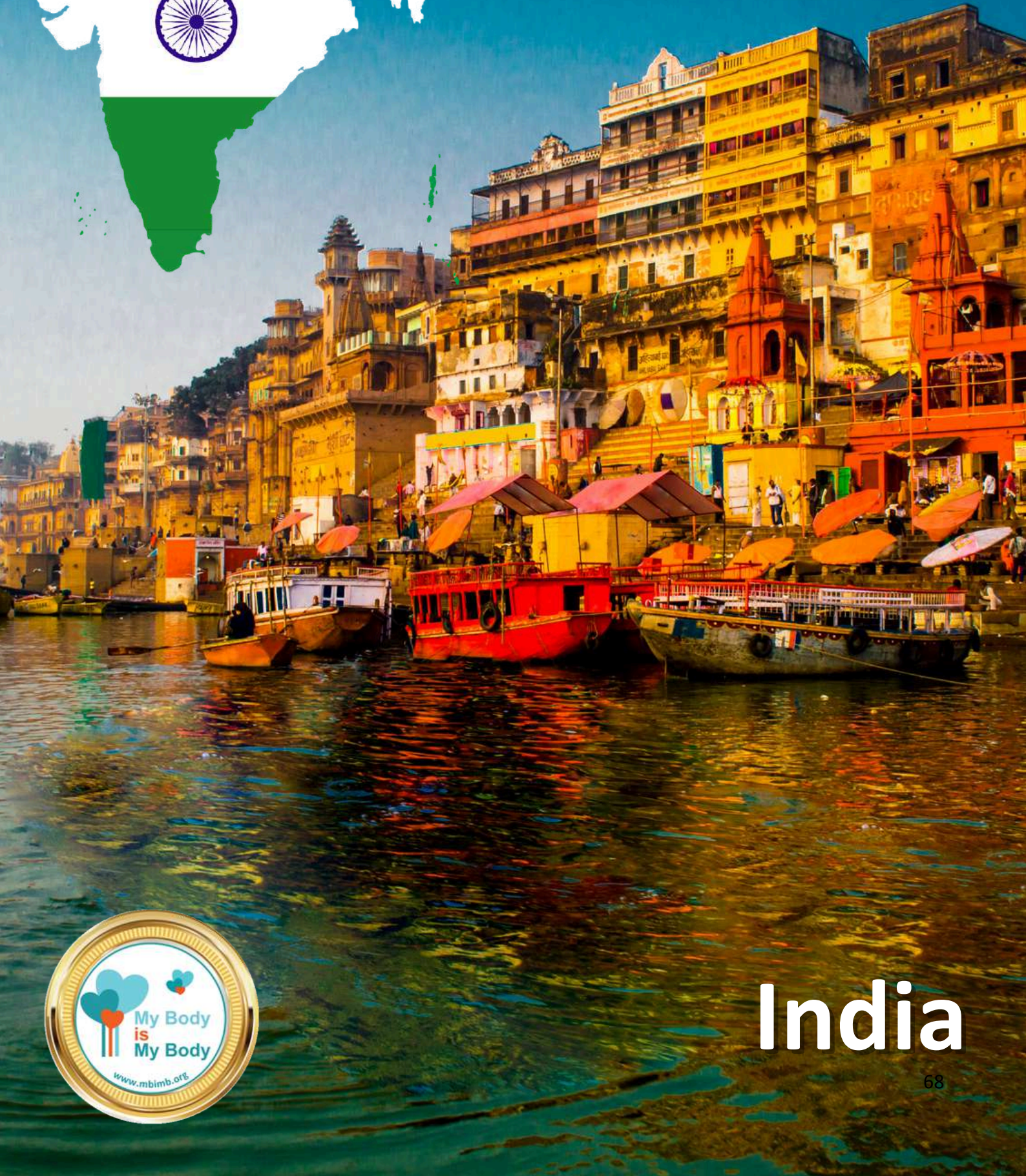
The children expressed positive feedback regarding the video-based activity and shared that they enjoyed learning about child protection through song. Many children stated that they had previously received child protection awareness sessions; however, they appreciated learning the same important messages through a different and more engaging method. The use of music, visuals, and interactive discussion made the session enjoyable and easier to understand. They also expressed interest in participating in similar activities in the future and requested that more awareness sessions be conducted using song and video.

Way Forwards

The "My Body is My Body" (MBIMB) song proved to be an effective and child-friendly approach for communicating important child protection messages in an engaging and impactful way. It is recommended that IPLC continue incorporating MBIMB songs alongside other PAHCHAAN child protection awareness materials and resources in future activities to reinforce key safety concepts, strengthen children's understanding of personal protection, and promote their overall well-being.







India



ROTARY CLUB OF SALT LAKE METROPOLITAN KOLKATA AND YOUNG INDIA BRING MBIMB BODY SAFETY EDUCATION TO CHILDREN IN SUNDARBAN

On 7 June 2026, the Rotary Club of Salt Lake Metropolitan Kolkata, together with Young India, conducted a meaningful My Body Is My Body Programme session for the children of Mokemberia Primary School in Sundarban.

This important initiative was led by **Dr Aruna Tantia** and formed part of the global My Body Is My Body Programme partnership with Rotary Girls' Empowerment RAG4GE, working together to educate, empower and protect children through age-appropriate body safety education.

The session focused on helping children understand the difference between safe and unsafe touch, often referred to as "good touch and bad touch," and encouraged them to recognise when something does not feel right. Through an engaging and interactive skit, the children learned:

- when to speak up
- whom they can speak to
- why safety worries should never be kept secret
- the importance of asking a trusted adult for help

The interactive format helped the children take part actively, making the learning memorable, child-friendly and easy to understand.

In addition to the body safety awareness session, each child was given a fruit plant to take home and plant, encouraging care for the environment, responsibility and long-term nurturing. Every child also underwent an eye screening, adding an important health and wellbeing element to the day.

This event beautifully reflected the spirit of community service, child protection and empowerment. By combining safeguarding education, health screening and environmental awareness, the Rotary Club of Salt Lake Metropolitan Kolkata, Young India and Dr Aruna Tantia created a positive and impactful experience for the children of Mokemberia Primary School.

The My Body Is My Body Foundation is deeply grateful to Dr Aruna Tantia, Rotary Club of Salt Lake Metropolitan Kolkata, Young India and Rotary Girls' Empowerment RAG4GE for helping bring this vital message to children in Sundarban.

Together, we are helping children understand that their bodies belong to them, their voices matter, and they have the right to feel safe.



EMPOWERING 140 GIRLS IN KOLKATA THROUGH THE MY BODY IS MY BODY PROGRAM

Rotary Salt Lake Metropolitan and WICCI recently organised a wonderful awareness session on the My Body Is My Body Programme for 140 girls at GOBINDA Home, Panihati, Kolkata.

Led by **Dr Aruna Tantia**, the session helped the girls learn important body safety messages in a positive, age-appropriate and engaging way. Through the MBIMB Programme, children are encouraged to understand that their bodies belong to them, to recognise unsafe situations, and to speak up if they ever feel worried or uncomfortable.

As part of this caring community initiative, each girl received a goody packet and also took part in a health check-up, making the day both educational and supportive.

A big thank you to Rotary Salt Lake Metropolitan, WICCI and Dr Aruna Tantia for their continued commitment to educating, empowering and protecting children.







Nigeria

Favout Ojo Omonoyi Continues to Empower Girls Through Education and Body Safety

We are delighted to celebrate the continued dedication of our long-time MBIMB Ambassador, Favout Ojo Omonoyi, from Young Productive Mind Initiatives, whose commitment to educating and empowering children continues to make a meaningful difference in Nigeria.

On 10th June 2026, Favout visited **Abeokuta Girls Grammar School** through **Young Productive Mind Initiatives**, in partnership with **Wheel of Hope Rising Foundation**. The outreach focused on sensitising girls about menstrual hygiene, distributing sanitary pads, and providing essential education to help young people better understand and care for their bodies.

Alongside this important menstrual hygiene awareness session, Favout also taught the My Body Is My Body Programme, sharing vital body safety messages in a positive, age-appropriate, and memorable way.

Through the MBIMB Programme, children are encouraged to understand that their bodies belong to them, to recognise unsafe situations, and to know that they have the right to speak up and seek help from a trusted adult. These lessons are especially powerful when shared alongside wider health education, as they help girls build confidence, dignity, self-respect, and awareness of their personal safety.

We are incredibly proud of Favout for her continued work as an MBIMB Ambassador and for her passion in reaching children and young people with education that protects, empowers, and inspires. Her work is a wonderful example of how community partnerships can create safe spaces where girls can learn, ask questions, and feel supported.

A huge thank you to Favout Ojo Omonoyi, Young Productive Mind Initiatives, and Wheel of Hope Rising Foundation for their commitment to supporting girls, promoting dignity, and helping create a safer world for children.





WHEELS OF HOPE RISING
FOUNDATION



PRODUCTIVE MIND
INITIATIVES



Liberia

LIBERIA TURNS BLUE FOR CHILDREN'S SAFETY



WORLD MBIMB DAY
Building Safer futures Together



On 6 June, **Comfort the Children Initiative in Liberia** joined people around the world in wearing blue for MBIMB Global Day, standing together for the safety, protection and wellbeing of every child.

Led by MBIMB Ambassador **Comfort M Baidah**, the team brought the My Body Is My Body Programme to children at Trytrona Education Academy in Paynesville, Liberia. It was a joyful and meaningful day filled with learning, interaction, smiles and important conversations about body safety.

The children took part with great enthusiasm. Using MBIMB cards, they read the safety messages aloud and then explained what they understood in their own words. This made the session interactive, child-centred and memorable — exactly how body safety education should be.

Through the activities, the children learned that their bodies belong to them, that they have the right to feel safe, and that they should trust their feelings when something does not seem right.

Comfort and her team encouraged the children to speak to a trusted adult if they ever feel worried, confused or unsafe. They also helped them understand that it is okay to say “No” to unsafe behaviour, and that secrets which make them feel uncomfortable, scared or unsafe should never be kept.

This is the heart of the My Body Is My Body Programme: giving children simple, positive and age-appropriate messages that help them recognise unsafe situations, speak up, and know where to go for help.

We are so grateful to Comfort M Baidah and Comfort the Children Initiative for sharing MBIMB with children in Liberia and for taking part in MBIMB Global Day.

Their work is a beautiful reminder that when caring adults take the time to teach children about safety, confidence and speaking up, they are helping to build stronger, safer communities.

Thank you, Comfort, for helping us turn the world blue for children's safety. Together, we can educate, empower and protect children everywhere.



Further Education

Free Online Child Safety Training Programmes




The **My Body Is My Body Programme** offers **FREE online courses** to help parents, teachers, professionals and community leaders build confidence in child abuse prevention, safeguarding and body safety education.



These courses give practical, step-by-step guidance on how to use and present the MBIMB Programme safely and effectively.

10 Free MBIMB Online Courses

- 1 Introduction to Child Maltreatment & Safeguarding 
- 2 How to Present the MBIMB Programme 
- 3 Digital Discoverers 
- 4 Children's MBIMB Programme 
- 5 Safeguarding Fundamentals 
- 6 Essential Skills for New Mothers 
- 7 MBIMB Presenter Next Steps 
- 8 Bully Aware 
- 9 Standing Strong With Noah 
- 10 Standing Strong With Sofia 



Start Learning Today! 

Explore all free MBIMB courses here:

<https://mbimb.org/courses/>



Together, we can empower adults, educate children and build safer futures.





WHY TEACHERS LOVE MBIMB

Easy to teach. Meaningful for children. Free for every classroom.

WHY TEACHERS LOVE MBIMB



Ready-to-teach: Each lesson plan comes with clear learning objectives, timings, and extension ideas.



Curriculum-aligned: Built to support child safety and wellbeing education across a wide range of international curricula and safeguarding frameworks.



Inclusive and accessible: Available in over 30 languages, ensuring every child can join in and understand.



Engaging and memorable: Music and animation capture children's attention and help vital messages stick.



Completely free: All resources, including songs, videos, and workbooks, are available at no cost to schools.

Empowering children with body safety knowledge through music, animation and learning.



MAKING BODY SAFETY SIMPLE, MUSICAL AND FREE FOR EVERY CLASSROOM



Teaching about body boundaries and personal safety is one of the most important – yet often most sensitive – parts of PSHE. Many teachers tell us they want to get it right but sometimes struggle to find age-appropriate language or engaging materials that don't cause fear or confusion.



That's exactly where the **My Body Is My Body (MBIMB) Programme** helps. This free, ready-to-use safeguarding resource turns a challenging topic into a series of fun, memorable lessons through music, animation, and storytelling.



The programme includes six lively songs, each with an accompanying free lesson plan, discussion prompts, and optional follow-up activities.



Every resource is designed so teachers can deliver powerful safeguarding education straight away – no specialist training required.



Children learn key messages such as recognising unsafe behaviour, understanding that their body belongs to them, and knowing who they can turn to for help – all in a way that is uplifting, positive, and easy to remember.



*With MBIMB, you're not just teaching a lesson.
You're helping build safer, stronger futures for every child.*





MAAPP

MAAPP - The Home Of LinkIndex A Safeguarding Toolkit for Professionals and Families

LinkIndex – is a game-changing safeguarding toolkit designed for professionals and families. In a world overflowing with digital resources, LinkIndex brings clarity and convenience. Its smart keyring, powered by QR codes, gives instant access to carefully curated, trusted safeguarding materials — anytime, anywhere. Whether you're supporting a child at home or in a professional setting, MAAPP puts the right tools at your fingertips when they're needed most.

Introductory Offer:

Available at £1.00 per month, valid for 12 months only.



<https://maappuk.co.uk>



GLOBAL SAFEGUARDING CHILDREN UPDATE



Keeping children safe in an ever-changing digital world

1 Growing concern over children's safety on gaming and social platforms

- Voice and text chat
- Children interacting with strangers
- Weak age verification systems
- Manipulative monetisation systems targeting young users



Platforms designed for children continue to face increasing scrutiny over how effectively they protect young users.

2 Children still exposed to harmful online content



Positive signs:

- Stronger parental controls
- Improved age verification
- Better moderation systems
- Limits on adult-child contact

73%

of children aged 11-17 reported seeing harmful online content within a single month.

84%

of children aged 8-12 use platforms officially intended for users aged 13+.

But regulators warn progress is still too slow.

3 Think Before You Share



- AI image scraping
- Deepfakes
- Identity fraud
- Grooming risks
- Children's images used for AI training systems



Celebrate children's achievements while protecting their digital privacy.

4 AI and Emerging Risks



3,440

AI-generated child abuse videos identified in one year

compared with just 13 the year before.

- AI-assisted grooming
- Synthetic abuse imagery
- AI voice impersonation
- Rapidly evolving technology

Helping children recognise trustworthy adults and speak up remains one of the strongest forms of protection.



MBIMB
MY BODY IS MY BODY FOUNDATION
Safer World For Children



NEW AMBASSADOR AUSTRALIA



Caroline Joy



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR UNITED KINGDOM



Martin Keightley

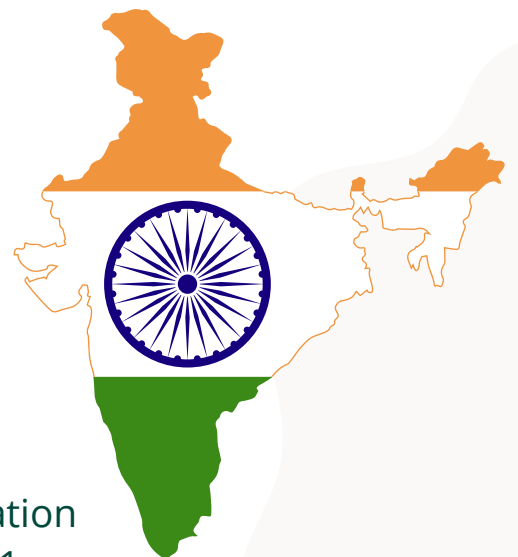


My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR INDIA



Dr Vandana Kashina Sawant



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR SPAIN



Noemi López Prats



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR CAMEROON



Mathilda Muatesih Sangha

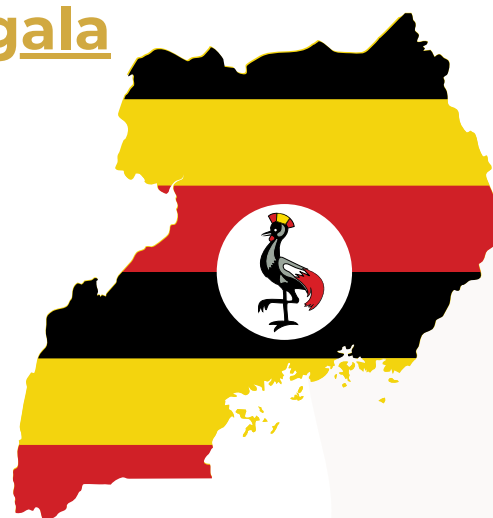


My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR UGANDA



Charles Muwangala



My Body is My Body Foundation
Charity Number 1199901

CONGRATULATIONS™

AMBASSADOR NANCY ABDELHADI



AMBASSADOR NANCY ABDELHADI CHIEF OPERATIONS OFFICER AFRICAN TOURISM BOARD

African
Tourism
Board™



LEADING THE FUTURE OF AFRICAN TRAVEL



PROMOTING



BUILDING



SUSTAINABLE



ONE CONTINENT

Celebrating Our MBIMB Ambassador Nancy Abdelhadi

We are delighted to celebrate Ambassador Nancy Abdelhadi, our valued My Body Is My Body Foundation Board Member and Head of African Development, following the official announcement of her appointment as Chief Operations Officer of the African Tourism Board.

This prestigious appointment recognises Nancy's outstanding leadership, professionalism, and commitment to strengthening collaboration across the African continent. Her work has always reflected a deep belief in building safer, stronger, and more connected communities — values that sit at the very heart of the My Body Is My Body Programme.

As Head of African Development for MBIMB, Nancy has played an important role in helping us expand our reach across Africa, supporting our mission to provide free, accessible body safety education for children, parents, teachers, community leaders, and child protection advocates. Her passion for empowering communities and protecting children continues to inspire everyone involved in the programme.

Nancy's new role with the African Tourism Board places her in a key continental leadership position, supporting strategic growth, operational development, and stronger cooperation between countries. For MBIMB, this is a proud moment. It highlights the calibre of leadership within our Foundation and the powerful impact that dedicated, compassionate leaders can have far beyond one organisation.

At My Body Is My Body, we believe that meaningful change happens when committed people work together with purpose. Nancy's appointment is a wonderful example of leadership in action — leadership that opens doors, builds partnerships, and creates opportunities to make a lasting difference.

We are incredibly proud of Nancy and warmly congratulate her on this well-deserved appointment. Her continued dedication to African development, child safety, education, and community empowerment is an inspiration to us all.

Congratulations, Ambassador Nancy Abdelhadi. We are honoured to have you as part of the MBIMB family.



MBIMB Board Of Directors



CHRISSY SYKES

CEO AND FOUNDER

CHRISSY CURRENTLY WORKS WITH NGO'S AND SCHOOL VOLUNTEERS IN OVER 60 COUNTRIES WHO HAVE REACHED AT LEAST 2.5 MILLION CHILDREN WITH THE PROGRAMME. ANOTHER 1.8 MILLION PEOPLE HAVE BEEN REACHED ON YOUTUBE. CHRISSY SPENDS HER TIME TEACHING VOLUNTEERS, SCHOOL TEACHERS AND COMMUNITY LEADERS HOW TO INTRODUCE THE SUBJECT OF CHILD ABUSE PREVENTION INTO THEIR COMMUNITIES USING THE MBIMB PROGRAMME.



DEE RUSSELL - THOMAS

TRUSTEE

WITH OVER 30 YEARS OF EDUCATION EXPERIENCE IN THE UK AND OVERSEAS, IN STATE AND PRIVATE SECTOR AND FROM INFANT THROUGH TO UNIVERSITY LEVEL, DEE IS ABLE TO SUPPORT, ADVISE AND PROVIDE TRAINING IN AREAS OF SCHOOL IMPROVEMENT, PLANNING FOR INSPECTIONS, LESSON OBSERVATIONS AND PERFORMANCE MANAGEMENT.



ANTONIA NOBLE

TRUSTEE

DURING HER 25 YEARS AS A BARRISTER, ANTONIA NOT ONLY DEVELOPED A DEEP UNDERSTANDING OF THE LAW BUT THE ABILITY TO PROCESS AND PRESENT INFORMATION LOGICALLY AND CLEARLY. WHAT'S MORE, IT'S WHAT SHE IS PASSIONATE ABOUT. SHE CARES DEEPLY ABOUT JUSTICE, FAIRNESS AND LIBERTY AND LOVES NOTHING MORE THAN HELPING INDIVIDUALS AND ORGANISATIONS FIND THEIR VOICE AND REACH BETTER OUTCOMES.



NICK ASKEW

TRUSTEE

CEO + FOUNDER OF SPACE AUTO, A RETAIL AND MARKETING SOFTWARE AND DATA TECHNOLOGY COMPANY IN DALLAS, TEXAS. ALSO, FOUNDER OF LUMINARY 2, A DEVELOPMENT AND TECHNOLOGY AGENCY DELIVERING CUTTING-EDGE BUSINESS TECHNOLOGY SOLUTIONS, SPECIALIZING AND INVESTING IN STRATEGIC SAAS PRODUCTS THAT REVOLUTIONIZE INDUSTRIES.



NICK GAZZARD OBE

TRUSTEE

NICK GAZZARD OBE IS A NATIONALLY RESPECTED CAMPAIGNER, SPEAKER, AND FOUNDER OF THE HOLLIE GAZZARD TRUST. HIS PIONEERING WORK ON DOMESTIC ABUSE AND STALKING PREVENTION HAS SAFEGUARDED THOUSANDS THROUGH AWARENESS PROGRAMMES, TRAINING, AND INNOVATIVE SAFETY TECHNOLOGIES. HE BRINGS INVALUABLE EXPERTISE AND PASSION TO PROTECTING CHILDREN WORLDWIDE.



CAROLINE FLYNN

TRUSTEE

CAROLINE IS THE VICE CHAIR FOR THE BASW ENGLAND LONDON BRANCH BRITISH ASSOCIATION OF SOCIAL WORKERS. SINCE 2006 CAROLINE HAS WORKED AS A LOCUM SOCIAL WORKER, CONSULTANT SOCIAL WORKER, MANAGER AND CHILD PROTECTION CHAIR THROUGHOUT THE UK.



DR. TUFAIL MUHAMMAD

ADVISORY BOARD

DR. TUFAIL MUHAMMAD (MD, MCPS, DCH, DCPATH) IS A PAEDIATRICIAN BY PROFESSION. CURRENTLY, HE IS THE CHAIRMAN OF THE CHILD RIGHTS & ABUSE COMMITTEE, PAKISTAN PEDIATRIC ASSOCIATION AND DIRECTOR OF THE REGIONAL TRAINING INSTITUTE PESHAWAR. HE HAS POSTGRADUATE QUALIFICATIONS AND TRAINING IN PEDIATRICS, CLINICAL PATHOLOGY, PUBLIC HEALTH AND REPRODUCTIVE HEALTH.



NANCY ABDELHADI

ADVISORY BOARD

NANCY HAS EXTENSIVE BUSINESS DEVELOPMENT, MARKETING, COMMUNICATIONS, PUBLIC RELATIONS, EVENT PLANNING AND RESEARCH EXPERTISE AS WELL AS A RICH ACADEMIC AND PROFESSIONAL BACKGROUND ON REGIONAL AND INTERNATIONAL LEVELS. SHE ALSO HAS COMPREHENSIVE ORGANIZATIONAL, PUBLIC RELATIONS AND MANAGEMENT COMPETENCIES.



ANNEMARIE MOSTERT

ADVISORY BOARD - ANNEMARIE IS ROTARY

INTERNATIONAL DISTRICT GOVERNOR OF DISTRICT 9400 FOR 2020 - 2021 COVERING BOTSWANA, ESWATINI, PARTS OF MOZAMBIQUE AND PARTS OF SOUTH AFRICA. MEMBER OF THE ORGANISING COMMITTEE FOR RI CONVENTION, 2025 CALGARY. COORDINATOR OF STRATEGIC PLANNING COMMITTEE, ZONE 22, AFRICA. AMBASSADOR GIRLS' EMPOWERMENT ZONE 22. AMBASSADOR, IEP (INSTITUTE FOR ECONOMIC AND PEACE). LEAD TRAINER FOR ROTARY INTERNATIONAL ASSEMBLY ORLANDO 2023. CEO AND FOUNDING MEMBER OF SESEGO FOUNDATION. DISRUPTING POVERTY.



DR. DARWIN MOSES

ADVISORY BOARD DIRECTOR OF INCLUSION AND ACCESSABILITY SERVICES

DISABILITY AND INCLUSIVE DEVELOPMENT PROFESSIONAL WORKED FOR THE EMPOWERMENT OF PEOPLE WITH DISABILITIES FOR MORE THAN 19 YEARS IN THE THEMATIC AREAS OF SPECIAL EDUCATION, INCLUSIVE EDUCATION, LIVELIHOOD, ADVOCACY AND NETWORKING. WORKED PAN INDIA AND INTERNATIONALLY. WORKED WITH ALL TYPES OF DISABILITIES.



DEBORAH J CROZIER

ADVISORY BOARD HEAD OF SCOTLAND

DEBORAH CROZIER IS A PERSON-CENTRED COUNSELLOR, CHARTERED FELLOW MEMBER OF THE ACCPH, AND TRAUMA-INFORMED PRACTITIONER DEDICATED TO CREATING SAFER, MORE COMPASSIONATE COMMUNITIES. SHE IS THE FOUNDER OF A POSITIVE START CIC, A SOCIAL ENTERPRISE SUPPORTING COMMUNITY MENTAL HEALTH AND EMOTIONAL REGULATION ACROSS THE SCOTTISH BORDERS.

Join our **MBIMB** Community



Together, we can
empower children
and build
safer futures.

Be part of a global movement dedicated to protecting children and promoting body safety, respect and confidence for all.

AS A MEMBER, YOU'LL RECEIVE:



EXCLUSIVE UPDATES

Be the first to know about new resources, training and important news.



COMMUNITY CONNECTION

Join a supportive community of parents, educators and professionals.



LEARNING & RESOURCES

Access expert advice, practical tools and free training opportunities.



MAKE AN IMPACT

Your involvement helps us continue creating a safer world for children.



Visit us online

www.mbimb.org

Explore our programmes, access free resources and stay connected with our mission.



Shop with
Purpose

Wear your support and help spread our message.



my-body-is-my-body.teemill.com



Thank you for being part of our community.
Together, we make a difference.

