

MBIMB

August 2024 Newsletter



PARENTS BEWARE:
The 5 Most Dangerous Apps
Putting Your Children
at Risk Online



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MBIMB SEPTEMBER 2024 NEWSLETTER

Welcome to the September edition of the MBIMB Newsletter!

I am thrilled to welcome you to another edition of the My Body is My Body Newsletter! Every month brings exciting new developments, and I couldn't be prouder of the incredible work being done around the world by our MBIMB Ambassadors. These dedicated individuals are making a huge difference, educating children on body safety and empowering them with knowledge that can protect them from harm. It's inspiring to see the positive impact they are having in their communities, fostering safer environments for children to grow, learn, and thrive.

I'm also delighted to welcome all the new Ambassadors (Page 63) who have joined us this past month. Your passion and dedication have already started making waves, and we are so excited to have you as part of the MBIMB family. Together, we are spreading a message of protection, empowerment, and care to every corner of the world.

The power of our work comes not just from individuals, but from our collective strength, and I would like to take a moment to express my gratitude for the powerful partnerships that continue to propel us forward. Our collaboration with Rotary International, ISPCAN, Safeguarding Fundamentals, and so many other wonderful organizations is a testament to what we can achieve when we work together. The real force behind our progress is this network of partners, supporters, and volunteers who are all dedicated to the same mission: creating a safer world for children.

In this time of global uncertainty, it's also important for us to reflect on the struggles many children are facing in areas affected by conflict. Our hearts go out to all the innocent children suffering in war-torn communities, and we fervently hope that peace prevails soon. Every child deserves a happy, healthy childhood, free from violence and fear.

Thank you to each and every one of you for your continued support, whether as an Ambassador, a partner, or a follower of our mission. Together, we are making a real difference.

With gratitude and hope,



Chrissy Sykes





Why MBIMB is Essential

Child abuse is a global crisis affecting up to 1 billion children annually. The MY Body is My Body Programme addresses this urgent need by:



Early Intervention



Educating children on body safety from the age of three years



MBIMB Accessibility



Available in 28 languages, reaching diverse communities worldwide



Engagement



Using music and animation to captivate children's attention



Empowerment



Teaching children to recognise and report inappropriate behavior



Key Benefits



Cost-Effective

All our training and resources are provided free of charge



Minimal Expenses:



*The only costs are printing teacher lesson plans,
children's workbooks, and posters
and volunteer transportation*



Comprehensive Approach



Educates children, parents, and communities



Proven Impact:



Presented to over 2.3 million children in 60+ countries

Supporting the My Body Is My Body Programme is an investment in the safety and well-being of children. By providing educators and children with the tools they need to understand and prevent abuse, we can create safer, more informed communities. We urge community leaders, educators, and concerned citizens to support this vital initiative and help us spread the message of safety and empowerment.

We invite you to join us in our mission to safeguard children by sponsoring the My Body Is My Body Programme printed materials in schools and community group. Your support will enable us to print the essential materials needed to educate children worldwide about body safety and prevent abuse. Together, we can create a safer world for all children.

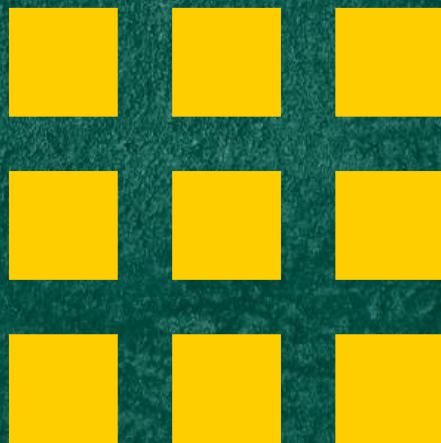
To get started, please visit www.mbimb.org to learn more about the programme and how you can contribute.

Let's make a difference, one child at a time.

**PARENTS
BEWARE:**



**THE 5 MOST DANGEROUS APPS
PUTTING YOUR CHILDREN
AT RISK ONLINE**



I completely understand how overwhelming it can be to protect your children online. With all the apps and platforms out there, it's tough to know where to even start. But, just remember—you're not alone in this, and there are ways to help safeguard them while still letting them enjoy the benefits of being online. Protecting children online really is a multifaceted task, but by being aware, staying involved, and putting a few key measures in place, you can make a big difference.

Educate About Online Risks

- **Discuss Internet Safety:** Talk to your children about the potential dangers online, including cyberbullying, phishing scams, and inappropriate content.
- **Personal Information:** Teach them not to share personal details like their full name, address, school, or phone number without your permission.

Set Clear Usage Guidelines

- **Establish Rules:** Create a family agreement outlining acceptable online behavior and consequences for violating the rules.
- **Screen Time Limits:** Set boundaries on how much time they can spend online daily.



Use Parental Control Tools

- **Install Software:** Utilize parental control apps and software to monitor and restrict access to certain websites and content.
- **Device Settings:** Configure built-in device settings to limit app downloads and in-app purchases.

Monitor Online Activity

- **Regular Check-ins:** Keep an eye on their browsing history and online interactions.
- **Friend Lists:** Review their friends and followers on social media platforms to ensure they know them personally.

Encourage Open Communication

- **Safe Space for Sharing:** Let your children know they can come to you with any concerns or uncomfortable experiences online without fear of punishment.
- **Stay Informed:** Ask them about the sites they visit and the games they play.

Stay Updated on Technology Trends

- Learn About New Platforms: Familiarize yourself with popular apps and websites to understand potential risks.
- Privacy Updates: Keep up with changes in privacy policies and terms of service for platforms your children use.

Secure All Devices

- Use Strong Passwords: Ensure all devices have strong, unique passwords that are changed regularly.
- Software Updates: Keep operating systems and security software up to date to protect against malware and viruses.

Promote Digital Literacy

- Critical Thinking: Teach children to question information they find online and recognize credible sources.
- Respectful Communication: Encourage them to interact respectfully with others and understand the impact of their words. Use our **FREE Digital Discoverers Animated Course** on our website to help with this education.



Set a Good Example

- Model Behavior: Demonstrate responsible internet use in your own online activities.
- Mindful Sharing: Show caution in sharing personal information and photos online.

Report and Block Inappropriate Content

- Know How to Report: Teach your children how to report inappropriate or harmful content on the platforms they use.
- Block Features: Utilize blocking features to prevent contact from strangers or bullies.
-

By actively engaging with your children's online lives and implementing these strategies, you can create a safer digital environment that allows them to enjoy the benefits of the internet while minimizing potential risks.

HELP US MAKE A DIFFERENCE



Every year worldwide, over a billion children suffer from abuse. Education is our most powerful tool to prevent these tragedies and ensure every child grows up safe and confident.

www.mbimb.org
chrissy@mbimb.org



DONATE TODAY

www.mbimb.org/donate



Our Commitment.....

100% of your donations go directly into the printing and distribution of our educational materials in 28 languages to schools and community organisations worldwide.



What We Provide

- Children's Workbooks
- Teacher Lesson Plans
- Informational Flyers
- PLUS FREE ONLINE COURSES



Empower children around the world with essential knowledge about body safety.

MY BODY IS MY BODY FOUNDATION - CHARITY NUMBER 1199901

Tik Tok



What are the risks to your child?

Exposure to Inappropriate Content:

Despite content moderation efforts, TikTok can expose children to videos featuring explicit language, sexual themes, or violent content not suitable for their age group.

Privacy Concerns:

The app collects significant user data, and there have been concerns about how this information is stored and used, potentially compromising user privacy.

Cyberbullying Risks:

Users can receive negative comments or be targeted by trolls, which can lead to emotional distress and mental health issues.

Interaction with Strangers:

TikTok allows users to follow and message each other freely, which can result in unsolicited contact from strangers.

Dangerous Challenges:

Viral challenges may encourage risky or harmful behavior that children might attempt to replicate without understanding the consequences.

Source: NSPCC



Tik Tok



Here are steps you can take to protect your child while they use TikTok:

TikTok is one of the most popular social media platforms, especially among kids, with over 150 million users in the United States alone. Chances are your child either has a TikTok account or has asked for one. While TikTok can be fun, it also presents some risks, including issues related to mental health, screen time, and exposure to inappropriate content.

But don't worry—there are steps you can take to ensure a safer experience for your child. Below, we'll walk you through some important parental controls and safety features.

Family Pairing: Take Control Together

TikTok's Family Pairing feature allows parents to customize their child's TikTok experience for safety. With Family Pairing, you can:

- Set a daily screen time limit
- Restrict inappropriate content
- Make the account private
- Manage direct messaging and other safety features

How to enable Family Pairing:

1. Make sure both you and your child have TikTok accounts.
2. Go to your child's profile (bottom right corner).
3. Tap the three lines in the top right corner and select Settings and Privacy.
4. Select Family Pairing and follow the setup instructions.

Screen Time Management: Setting Limits

In March 2023, TikTok introduced a default one-hour daily screen time limit for users under 18. Once this limit is reached, a passcode is required to continue using the app. Parents can customize this time limit (between 40 minutes to two hours) to ensure healthy digital habits.

How to set up screen time management:

1. Go to your child's profile and tap the three lines in the top right corner.
2. Select Settings and Privacy, then choose Family Pairing.
3. Tap your child's profile, then select Screen Time Management.
4. Choose your preferred time limit and enable it.

Tik Tok



Here are steps you can take to protect your child while they use TikTok:

Restricted Mode: Filtering Content

Restricted Mode helps limit content that may not be appropriate for younger viewers. Although it's not foolproof, it can reduce the likelihood of your child coming across graphic or mature content.

How to turn on Restricted Mode:

1. Go to your child's profile and tap the three lines in the top right corner.
2. Select Settings and Privacy, then choose Family Pairing.
3. Tap your child's profile, then select Restricted Mode and turn it on.



Private Account: Control Who Sees Your Child's Videos

Setting your child's TikTok account to private prevents strangers from viewing their videos and messaging them. However, some profile details (like the username and bio) remain public, so it's important to remind your child not to share personal information like their age, school, or location.

How to make an account private:

1. Go to your child's profile and tap the three lines in the top right corner.
2. Select Settings and Privacy, then choose Family Pairing.
3. Tap your child's profile, select Privacy and Safety, and toggle Private Account on.

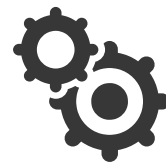


Additional Safety Controls: Customize Who Can Interact

TikTok offers more ways to control who interacts with your child's account. You can decide who can send direct messages, see their liked videos, or comment on their posts. You can also block any individual account that seems unsafe or inappropriate.

How to manage these settings:

1. Go to your child's profile and tap the three lines in the top right corner.
2. Select Settings and Privacy, then choose Family Pairing.
3. Tap your child's profile, go to Privacy and Safety, and adjust who can send messages, comment, or view liked videos.
4. To block a specific account, visit the user's profile, tap the share icon, and select Block.



By using these tools and having open conversations with your child about online safety, you can help them enjoy TikTok more safely. Stay informed, stay involved, and remember—you've got this!

SNAPCHAT



What are the risks to your child?

Disappearing Messages Encourage Risky Sharing:

The ephemeral nature of snaps may lead children to share inappropriate images or messages, believing they won't be saved.

Screenshot and Recording Risks:

Recipients can capture and share supposedly temporary content without the sender's consent.

Location Sharing with Snap Map:

This feature can reveal a user's real-time location to others, potentially compromising safety.

Exposure to Inappropriate Content:

The Discover section may feature adult-oriented content, including articles or videos not appropriate for younger users.

Potential for Unwanted Contact: Strangers can send friend requests or messages, increasing the risk of exposure to inappropriate interactions.

Source: Common Sense Media



SNAPCHAT



Here are steps you can take to protect your child while they use Snapchat:

1. Set Up Privacy Settings

- **Make Their Account Private:**

By default, Snapchat accounts are set to allow anyone to view your child's story and send them snaps. You can change this by going to Settings > Who Can... and setting "Who Can Contact Me" and "Who Can View My Story" to My Friends. This ensures only approved friends can interact with their content.

- **Limit Who Can Contact Them:**

Go to Settings > Who Can... > Contact Me and change this setting to My Friends. This restricts snaps and chats to people your child has added as friends.

2. Disable Location Sharing

- **Enable Ghost Mode:**

To prevent Snapchat from sharing your child's real-time location, enable Ghost Mode. This can be done by going to Settings > See My Location, and toggling Ghost Mode on. This ensures their location is hidden from all contacts.

- **Turn Off Snap Map Sharing:**

Double-check that Snap Map is disabled for all friends or that it's set to "Only Me" (Ghost Mode), so no one can see where your child is.

3. Enable Snapchat's In-App Safety Features

- **Friend Confirmation:**

Snapchat has a feature that prevents strangers from sending messages or friend requests without mutual friends or if their username isn't known. Encourage your child to only accept friend requests from people they know.

- **Review Friend Lists:**

Regularly review the friends list with your child to ensure they know and trust everyone on their Snapchat.

4. Manage Discover Content

- **Hide Inappropriate Content:**

Snapchat's Discover section may feature content not suitable for children. While you can't completely block this content, you can hide certain types. Press and hold on a Discover story and tap See Less Like This to reduce exposure to inappropriate content.

5. Monitor Their Activity

- **Regularly Check Their Interactions:**

Snapchat doesn't save snaps by default, but you can check who your child interacts with most by reviewing their chat feed. Additionally, review any saved messages or images within individual chats.

- **Look Out for Snap Streaks:** Snap streaks can encourage constant messaging with certain people. If any streak seems excessive, it's worth discussing who they're communicating with.

SNAPCHAT



Here are steps you can take to protect your child while they use Snapchat:

6. Educate Them About Online Risks

- **Talk About Privacy:**

Remind your child not to share personal information such as their real name, address, phone number, school, or anything that could identify them.

- **Discuss Temporary Snaps:** Explain that even though snaps disappear, screenshots or screen recordings can still be taken. Emphasize the importance of being cautious about what they send or post.
- **Discuss Risks of Inappropriate Content:** Encourage your child to report inappropriate or harmful content they may encounter. Also, ensure they understand the importance of being careful about what they share, especially with people they don't know in real life.

7. Teach Them About Reporting and Blocking

- **How to Report:**

Teach your child to report inappropriate content or interactions by tapping and holding a Snap, then selecting Report. This will alert Snapchat to inappropriate behavior.

- **How to Block:**

Show them how to block users by tapping and holding a friend's name, selecting More, then tapping Block. This prevents further communication with that user.

8. Encourage Safe Story Posting

- **Set Story Viewing Permissions:**

Remind your child to only share their stories with close friends by setting Who Can View My Story to My Friends. For extra privacy, they can also use Custom to select which friends can view their stories.

9. Manage Screenshots and Replays

- **Be Aware of Screenshot Notifications:**

Snapchat notifies users when someone takes a screenshot of their snaps or stories. However, remind your child that even with notifications, people can still save or misuse their content.

10. Regularly Review Snapchat's Safety Updates

- **Stay Updated:**

Snapchat frequently updates its features and privacy policies. Make sure to check Settings periodically to ensure privacy and safety settings are up to date.

By following these updated steps, you'll have a more effective way to protect your child on Snapchat. Keep communication open and regularly check in to ensure their online experience remains positive and safe.

INSTAGRAM



What are the risks to your child?

Access to Mature Content:

Despite age restrictions, children may encounter posts featuring violence, nudity, or other adult themes.

Cyberbullying and Negative Feedback:

The platform's comment and direct message features can be used to send hurtful or harassing messages.

Pressure from Social Metrics:

Emphasis on likes, followers, and image perfection can impact self-esteem and body image.

Public Sharing Risks:

Unless privacy settings are adjusted, personal photos and information are visible to anyone.

Direct Messaging from Strangers:

Users can receive unsolicited messages, which may include spam or inappropriate content.

Source: Internet Matters



INSTAGRAM



Here are steps you can take to protect your child while they use Instagram

1. Set the Account to Private

- A private account ensures that only people your child approves as followers can see their content. To enable this:
- Go to your child's profile > Tap the three lines > Settings > Privacy > Account Privacy and toggle on Private Account.
- This limits who can view your child's posts, stories, and videos.

2. Manage Who Can Follow and Interact With Your Child

Limit Comments and Messages:

You can control who can comment on your child's posts and send direct messages.

Go to Settings > Privacy > Comments to restrict who can comment, either by allowing only followers or specific people.

Go to Settings > Privacy > Messages to control who can send messages. For more privacy, set it so that only followers or no one can send direct messages.

3. Enable Supervision with Family Center

Instagram now offers a Family Center where parents can supervise their child's Instagram activity.

It allows parents to:

- Set time limits for app usage.
- View the accounts their child follows and who follows them.
- See how much time their child spends on Instagram.
- To set it up, parents and children need to link their accounts via Instagram's Supervision Tools found in Settings under Family Center.

4. Limit Sensitive Content

Instagram has settings to limit the amount of sensitive content your child can see.

Go to Settings > Account > Sensitive Content Control and set this to Less or Standard to reduce exposure to potentially inappropriate content.

5. Turn Off Activity Status

By default, Instagram shows when users are online or were last active. Disabling this feature helps protect your child's privacy.

Go to Settings > Privacy > Activity Status and toggle off Show Activity Status to prevent others from seeing when they are online.

INSTAGRAM



Here are steps you can take to protect your child while they use Instagram

6. Disable Location Sharing

Ensure that location sharing is turned off so that your child's posts don't reveal where they are. Go to your phone's settings > Location Services > Instagram and either set it to Never or While Using the App, depending on the level of privacy you want.

7. Monitor Tagged Photos

Photos that other people tag your child in can appear on their profile. To review these before they are posted: **Go to Settings > Privacy > Tags** and enable Manually Approve Tags. This allows your child to approve tags before they show up on their profile.

8. Restrict Accounts

Instagram allows users to restrict interactions with certain accounts without fully blocking them. If your child feels uncomfortable with someone but doesn't want to block them outright: **Go to the person's profile > Tap the three dots > Restrict**. This prevents the person from seeing when your child is online or reading their messages.

9. Enable Comment Filtering

Instagram has settings to limit the amount of sensitive content your child can see. **Go to Settings > Account > Sensitive Content Control** and set this to Less or Standard to reduce exposure to potentially inappropriate content.

10. Educate Your Child About Online Safety

Discuss Online Dangers:

Have ongoing conversations about the potential risks on Instagram, such as cyberbullying, inappropriate content, or interactions with strangers.

Teach Reporting and Blocking:

Show your child how to report inappropriate content and block users by going to the person's profile and selecting Report or Block.

Encourage Caution in Posting:

Remind your child not to share personal information in their posts, such as their full name, school, or location.

KIK MESSENGER



What are the risks to your child?

1. Anonymity Allows Easy Contact from Strangers:

Users can register without verifying their identity, facilitating contact from unknown individuals.

2. Unmoderated Group Chats:

Public groups may expose children to inappropriate content and conversations.

3. Risk of Sexual Exploitation:

The platform has been associated with cases of grooming and sharing of explicit material.

4. Difficulty Monitoring Conversations:

Messages are not saved on servers, making it hard for parents to review chats.

5. Lack of Parental Control Features:

Minimal options exist for restricting or overseeing a child's use of the app.

Source: Cyberbullying Research Center



KIK MESSENGER



Here are steps you can take to protect your child while they use Kik

Kik Messenger is a popular messaging app that allows users to send texts, photos, and videos to other users without needing a phone number. However, its anonymity and lack of robust parental controls make it potentially unsafe for children.

If possible, avoid Kik for younger children or pre-teens. Since the app allows anonymous interactions and lacks robust parental controls, it may not be suitable for younger users.

For teens using Kik, consistent monitoring and open communication are key to ensuring their safety. Encourage your child to report any inappropriate contact and regularly review their chats together.

1. Know Kik's Risks

- **Anonymity:**

Kik only requires an email address to sign up, which can make it easier for users to remain anonymous. This anonymity poses risks of contact with strangers.

- **Lack of Parental Controls:** Kik does not offer built-in parental controls, so monitoring your child's activity is more challenging.

- **Risks of Predators:** Kik has been associated with predators targeting minors, which is why monitoring its use is critical.

2. Set Up Privacy Settings

- **Limit Who Can Contact Your Child:**

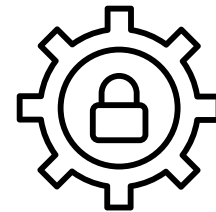
Kik allows users to block people they don't want to communicate with.

- **Show your child how to:**

Go to the person's profile > Tap the three dots > Block. This prevents any further contact with that user.

- **Avoid Public Groups:**

Many Kik groups are public, and users can search and join them. Advise your child to avoid joining public groups, as they can expose them to strangers.



3. Monitor Activity

- **Review Messages and Contacts:**

Since Kik does not offer parental controls, regularly checking your child's messages and contacts is important. You can also review the chat history in individual conversations.

- **Watch for Changes in Behavior:**

If your child becomes secretive or withdrawn about their phone usage, it may indicate they are dealing with inappropriate behavior online.

KIK MESSENGER



Here are steps you can take to protect your child while they use Kik

5. Disable the Kik Browser

- **Kik Browser:**

Kik includes a built-in browser that allows users to browse the web and access third-party content directly from the app. This can expose your child to inappropriate or unsafe websites. Encourage your child to avoid using this feature or closely monitor how they use it.

6. Teach Reporting and Blocking

- **Report Inappropriate Behavior:**

If your child encounters anything inappropriate, they can report it directly to Kik: **Press and hold the message or user's profile > Tap the three dots > Report.**

- **Block Suspicious Users:**

Show your child how to block anyone they feel uncomfortable talking to by **tapping the three dots on the user's profile and selecting Block.**

7. Use Strong Passwords



- **Secure the Account:**

Help your child create a strong, unique password for their Kik account, and remind them never to share it with anyone, even friends. This helps prevent unauthorized access to their account.

8. Encourage Caution with Photos and Videos

- **Discuss Media Sharing Risks:**

Some users on Kik may ask for inappropriate pictures. Teach your child never to comply requests and to block and report those users immediately.



9. Monitor Usage Time

- **Set Screen Time Limits:**

Excessive time on messaging apps like Kik can impact your child's well-being. Use your phone's built-in screen time monitoring tools (such as Apple's Screen Time or Android's Digital Wellbeing) to track and limit how much time your child spends on the app.

10. Be Wary of Kik's Anonymity

- **Stay Informed About Kik:**

The fact that Kik allows users to remain anonymous means there are higher risks of encountering inappropriate or predatory behavior. Stay engaged in your child's online habits and consider whether Kik is a safe platform for them to use based on their age and maturity.

DISCORD



What are the risks to your child?

1. Exposure to Inappropriate Content:

Many Discord servers are unmoderated, which means children can come across explicit language, images, or discussions on sensitive topics not suitable for their age.

2. Contact with Strangers:

Discord allows users to join public servers and interact with anyone. This opens up the risk of children being approached by strangers, including potential predators.

3. Cyberbullying and Harassment:

With private messaging and public chats, children may experience bullying, trolling, or harassment from other users, either in servers or direct messages.

4. Involvement in Harmful Communities:

Some Discord servers may promote unhealthy behaviors or harmful ideologies, such as self-harm, violence, or hate speech, which can negatively influence young users.

5. Lack of Parental Controls:

Discord offers limited parental controls, making it difficult for parents to monitor their child's interactions, the content they are exposed to, or the communities they join.

Source: *Internet Matters / Common Sense Media*



DISCORD



Here are steps you can take to protect your child while they use Discord

1. Enable Privacy Settings

- Set your child's DMs (Direct Messages) to Friends Only by going to Settings > Privacy & Safety and toggling Allow direct messages from server members off. This ensures only approved friends can send them messages.

2. Monitor Their Friends List

- Regularly check who your child is friends with on Discord. Encourage them to only accept friend requests from people they know in real life.

3. Limit Joining Public Servers

- Prevent your child from joining public or unmoderated servers where inappropriate content may be shared. Encourage them to stick to private servers with trusted friends.

4. Turn Off NSFW Content

- Disable access to servers marked NSFW (Not Safe For Work) by going to Settings > Privacy & Safety and turning off Allow access to age-restricted content on iOS.

5. Educate Your Child About Reporting and Blocking

- Teach your child how to report inappropriate behavior and block users. Users can be blocked by clicking on their profile and selecting Block, and inappropriate content can be reported directly to Discord.

6. Enable Two-Factor Authentication (2FA)

- Protect your child's account by enabling **Two-Factor Authentication (2FA) under Settings > My Account**. This adds an extra layer of security by requiring a code in addition to the password when logging in.

7. Check Activity Status and Notifications

- Ensure your child's Activity Status is turned off to prevent others from seeing what game or activity they're involved in. Go to **Settings > Activity Privacy and toggle off Display current activity** as a status message.

8. Use Discord's Parent Guide

- Familiarize yourself with **Discord's Parent & Educator Guide**, which offers specific advice on how to help children use the platform safely. This can be found on Discord's official website.

9. Limit Screen Time

- Use parental control apps or built-in device settings to limit how much time your child spends on Discord. This reduces exposure to risks and encourages healthy online habits.

10. Discuss Online Behavior and Dangers

- Have open conversations with your child about the potential risks of using Discord, such as online predators, cyberbullying, and exposure to harmful content. Establish rules for safe online interactions and stress the importance of telling a trusted adult if something feels wrong.

PARENTAL CONTROL AND MONITORING TOOLS

Designed to help parents protect their children online.



PARENTAL CONTROL AND MONITORING TOOLS

*Designed to help parents protect their children online.
Here's a brief overview of our 5 suggestions*



Bark

Overview: Bark is a parental monitoring tool that focuses on monitoring online activities, including text messages, emails, social media, and web browsing. It uses advanced algorithms to detect risks such as cyberbullying, sexual content, and signs of depression or violence. Parents are notified via alerts without having to review everything manually.

Features:

- Monitors text messages, emails, and social media platforms.
- Web filtering and screen time management.
- Alerts parents to potential dangers like cyberbullying, explicit content, and online predators.
- Location tracking.
- Flexible custom notifications.

Bark Jr: \$5/month (focuses on screen time management, location check-ins, and website filtering).



Qustodio

Overview: Qustodio is a comprehensive parental control app that provides monitoring, filtering, and screen time management across all devices. It allows parents to block inappropriate content, track device usage, and set limits on apps and games.

Features:

- Web filtering to block harmful content.
 - App blocking and screen time management.
 - Social media and activity monitoring.
 - Location tracking and geofencing.
 - Monitor calls and SMS (on Android).
- Free version: Limited features, supports one device.

PARENTAL CONTROL AND MONITORING TOOLS

Designed to help parents protect their children online.

Here's a brief overview of our 5 suggestions

03

Net Nanny

Overview: Net Nanny offers robust parental controls with a focus on web filtering and real-time content analysis. It also allows for app management and screen time control. It's designed to give parents detailed insights into their children's online activities.

Features

- Advanced web filtering for inappropriate content.
- App blocking and usage monitoring.
- Screen time scheduling and management.
- Social media monitoring.
- Alerts for harmful content.

Single Device Plan: \$39.99/year for one desktop or mobile device.

04

FamilyTime

Overview: FamilyTime is a parental control and screen time management app designed for parents to manage device usage, track location, and control apps remotely. It offers features like geofencing and SOS alerts, making it a well-rounded choice for parents.

Features

- Screen time limits and device usage scheduling.
- App blocking and time restrictions.
- Location tracking, geofencing, and SOS alerts.
- Monitor call logs and text messages (on Android).

FamilyTime Premium: \$27/year for 1 child device, \$35/year for 2 devices

05

OurPact

Overview: OurPact is a parental control app that focuses on screen time management and app blocking. It allows parents to control when and how their children use apps and devices through a simple and intuitive interface.

Features

- App and screen time management.
 - Block or grant access to apps remotely.
 - Schedule device usage (e.g., block devices during homework time).
 - Web filtering and location tracking.
 - Geofencing and device tracking.
- Free Version: Limited control for 1 device. OurPact Plus: \$1.99/month (up to 5 devices).



OUR FREE COURSE FOR CHILDREN

DIGITAL DISCOVERERS: YOUNG EXPLORERS NAVIGATING THE INTERNET



1

Lesson 1

Digital Discoverers - What is the Internet?

Understand the basics of how the Internet works:
The focus will be on teaching children the fundamental concept of how the Internet works. We'll simplify it by explaining how information travels from one device to another, much like sending a letter in the mail. We'll touch on aspects such as websites, links, and data, aiming to help children grasp that the Internet is a system for sharing and accessing information.

2

Lesson 2

Digital Discoverers - Navigating the Internet

In this lesson, students will learn about web browsers, search engines, and website addresses. They will understand how web browsers function as spaceships, taking them to different websites, while search engines act as magical compasses, guiding them to specific information. Through engaging activities, students will have hands-on experiences exploring websites, conducting searches, and identifying website addresses (URLs).



OUR FREE COURSE FOR CHILDREN

DIGITAL DISCOVERERS: YOUNG EXPLORERS NAVIGATING THE INTERNET



3

Lesson 3

Digital Discoverers - Understanding Websites

In this module, children will learn about web browsers as tools for accessing websites and explore popular browsers like Chrome and Firefox. They will also be introduced to search engines such as Google and Bing, discovering how to use keywords to find specific information on the internet. Emphasis will be placed on safe and responsible internet use, fostering digital citizenship skills and promoting respectful online behaviour.



4

Lesson 4

Digital Discoverers - Understanding Internet Safety and Privacy

In this module, students will learn about online privacy and the importance of keeping personal information safe while using the internet. They will understand the concept of personal information and the potential risks of sharing it online. Students will explore safe and unsafe online behaviours, comparing them to playground behaviours, and develop an understanding of actions to take when encountering uncomfortable situations online. Trusted adults play a crucial role in guiding and supporting students, encouraging them to seek help whenever necessary.





OUR FREE COURSE FOR CHILDREN

DIGITAL DISCOVERERS: YOUNG EXPLORERS NAVIGATING THE INTERNET



5

Lesson 5

Digital Discoverers – Exploring Email and Online Communication

In this module, students will learn about emails and online messaging. They will learn what emails are, how they are sent and received, and the fundamentals of online messaging.

6

Lesson 6

Digital Discoverers – Strong Passwords

In this module, children will learn about creating strong and secure passwords to protect their personal information online. They will understand the importance of longer passwords, mixing different types of characters, and avoiding personal information. Children will be encouraged to keep their passwords secret and develop strategies to remember them without compromising security, such as using password patterns or creating password stories. By mastering the art of strong passwords, students will gain the superpower of protecting themselves and their information from online threats.



OUR FREE COURSE FOR CHILDREN

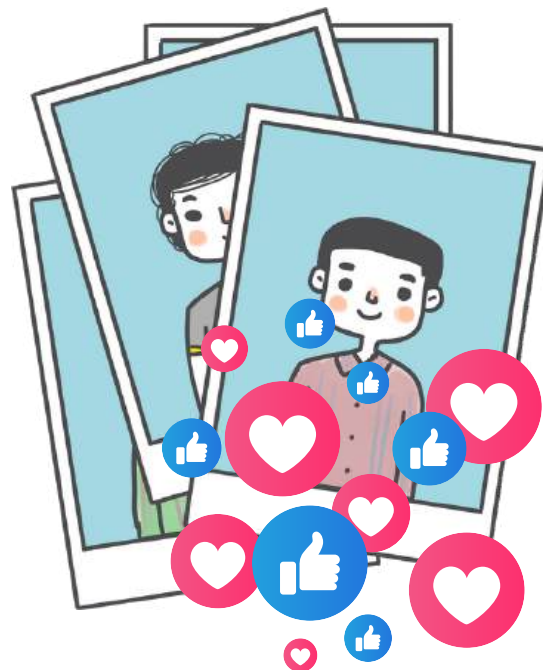
DIGITAL DISCOVERERS: YOUNG EXPLORERS NAVIGATING THE INTERNET



Lesson 7

Digital Discoverers – Sharing Photos and Videos Online

In this module, children will learn the importance of being cautious when sharing photos or videos online. They will understand guidelines such as sharing happy moments, avoiding personal information, obtaining permission before posting pictures of others, refraining from sharing embarrassing photos, and respecting privacy boundaries. Children will develop a critical mindset and learn to think twice before posting, emphasizing the need to seek adult guidance when unsure. By promoting responsible online behaviour, children will learn to protect themselves and others while fostering a safe and positive digital environment.



Lesson 8

Digital Discoverers – Cyberbullying

In this module, children will learn about cyberbullying, its impact, and how to respond to and prevent it. They will first understand that cyberbullying involves using technology to harm or be unkind to others. Specifically, this can occur through sending mean messages or by sharing embarrassing pictures. Children will be empowered with strategies to address cyberbullying, including not responding to bullies, saving evidence, telling a trusted adult, blocking or unfriending bullies, reporting incidents, and becoming upstanders by supporting those who are targeted.





OUR FREE COURSE FOR CHILDREN

DIGITAL DISCOVERERS: YOUNG EXPLORERS NAVIGATING THE INTERNET



Lesson 9

Digital Discoverers - The Importance of Asking for Help

In this module, children will learn the importance of asking for help. Then, as they encounter uncertain or uncomfortable situations online, they will understand how crucial it is to reach out for assistance. They will understand that it's okay to seek guidance from trusted adults. These can include parents, teachers, or counsellors, who can provide support and answer questions. Children will be encouraged to openly share their concerns and show specific examples to adults. This will enable them to better understand and address the issues.





**DEAF LEADERS
FOUNDATION**



MBIMB Songs Now Available in Indian Sign Language Thanks to Deaf Leaders Foundation

**My Body Is My Body
Song With
Indian Sign Language**

www.mbimb.org

DEAF LEADERS FOUNDATION

**If It Don't Feel Right
Song With
Indian Sign Language**

www.mbimb.org

DEAF LEADERS FOUNDATION

**The "What If" Game
Song With
Indian Sign Language**

www.mbimb.org

DEAF LEADERS FOUNDATION

**If You've Got A Problem
Song With
Indian Sign Language**

www.mbimb.org

DEAF LEADERS FOUNDATION

**Love Is Gentle
Song With
Indian Sign Language**

www.mbimb.org

DEAF LEADERS FOUNDATION

**Love Is Gentle
Song With
Indian Sign Language**

www.mbimb.org

DEAF LEADERS FOUNDATION





My Body Is My Body
www.mbimb.org

www.mbimb.org

Teaching Children Body Safety Through Music

Our Free Programme

- Empowers children with body safety knowledge
- Teaches children to trust their instincts
- Accessible in 27 languages and formats (including Sign Language and Widgit Sign Books)

Free Resources

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

Visit Our Website To Get Started

Rotary Intercountry Committees SAFE ISPCAN



FAMILY HUBS FESTIVAL 2024: A CELEBRATION OF COMMUNITY AND ENGAGEMENT

25th September 2024

**My Body is My Body Foundation Joins Local Offer Live Event at
Barnsley Metrodome Arena**

The My Body is My Body Foundation was proud to be invited to participate in the Local Offer Live Event, held on Wednesday, 25 September, at Barnsley Metrodome Arena. This incredible day allowed us to meet and engage with many parents, professionals, and organisations dedicated to supporting children and young people with Special Educational Needs and Disabilities (SEND).

The event, organised by Barnsley Family Hubs Local Offer and Post-16 provision and partnerships showcased a wide range of services and support available for children and young people with SEND, as well as their families. With over 35 stalls, attendees were able to access valuable information and guidance on every stage of the SEND journey, from early years to transitioning into adulthood.

We were thrilled to be part of this community effort, sharing our work and connecting with families and professionals committed to ensuring children and young people are safe and supported. It was a great opportunity to raise awareness about body safety, and we are grateful to have been part of such an impactful day.

We look forward to continuing our work with Barnsley Family Hubs and the wider SEND community to ensure children have access to the support and services they need to thrive.

My Body is My Body

QR Codes for the 6 MBIMB Songs



Song 1
My Body Is My Body



Song 2
If It Don't feel Right



Song 3
The What If Game



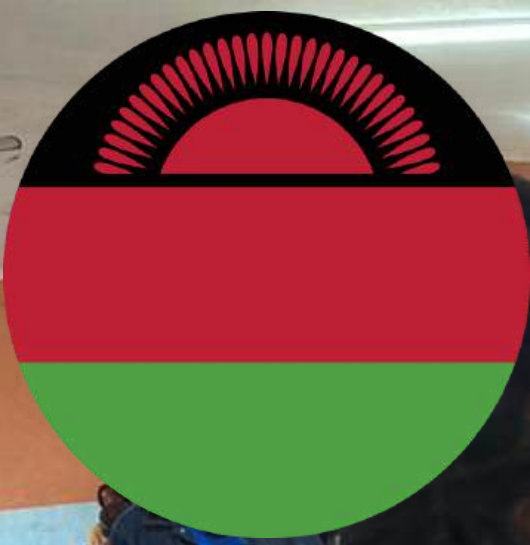
Song 4
If You've Got A Problem



Song 5
Love Is Gentle



Song 6
Say No To Secrets



SPREADING SAFETY AND HOPE: MBIMB TRAINING IN THE DZALEKA REFUGEE CAMP

By Prince Lokendo

From the 27th to the 29th of August 2024, the My Body Is My Body (MBIMB) Foundation conducted a life-changing training program at the Dzaleka Refugee Camp in Malawi. Hosted at the Salama Africa Hall, this three-day event brought together nine dedicated volunteers and a group of 130 children, who were eager to participate despite the summer holidays.

Training Objectives and Participants

The primary goal of the training was to empower volunteer instructors with the skills and knowledge to effectively deliver the MBIMB program to children. The training introduced the volunteers to the MBIMB songs, printed materials, and the essential message of body safety. By the end of the sessions, the volunteers were well-equipped to communicate the program's crucial lessons on child protection and well-being.

Interactive Training Sessions

The training sessions began with an in-depth review of the printed MBIMB materials. Volunteers were guided through the content, ensuring they fully understood the importance of educating children about their bodies, personal safety, and the right to be free from harm.

Next, we moved into learning the MBIMB songs—an integral part of the program that engages children through music and helps make the important lessons memorable. These songs, filled with simple yet powerful messages, were designed to resonate with the children and leave a lasting impact.

Challenges Encountered

Despite the positive energy, the team faced a couple of challenges during the training:

1. Language Barriers: The MBIMB songs are primarily in English, which presented a challenge for many children who are not fluent in the language. To overcome this, the volunteers employed a phrase-by-phrase teaching method, breaking down the lyrics and explaining their meaning slowly. This approach helped the children better understand the songs, though it required more time than initially expected. The next sessions will be in Swahili and French.

2. Limited Time: While the three-day training was productive, it wasn't enough to cover all of the MBIMB songs and lessons in the curriculum. Nonetheless, the children and volunteers made significant progress, and we believe the continuation of the program will allow for a full understanding and mastery of the material.

SPREADING SAFETY AND HOPE: MBIMB TRAINING IN THE DZALEKA REFUGEE CAMP

A Bright Future Ahead

Despite these challenges, the training was a success. The volunteers showed immense dedication, and the children demonstrated genuine enthusiasm and engagement with the program. We are confident that with the resumption of regular school sessions, the volunteers will continue to build on the foundation established during these training days.

In the coming months, we look forward to expanding the MBIMB program at Dzaleka Refugee Camp. As the school holidays come to an end and normal routines return, we anticipate that the remaining songs and lessons will be fully absorbed by the children, ensuring that they are empowered with the tools and knowledge they need to stay safe.

Thank you, Chrissy and MBIMB, for your continued support and for designing such an impactful program. The MBIMB initiative is already making a difference, and we are excited to see its reach extend even further within the community.

We would like to thank the wonderful
Volunteers for their work

Bayoli Linda Angel

Eddy Grand Bararunyeretse

Jean Maheruka

Mediator Chizumila

Espoir Maheruka

Gadi Matabishi

Wamunonda Elengisa

Chinsinsi Malabwe

Amani David Rubambiza



Volunteers Training To Be Ambassadors



My Body is My Body

Questions

1. My body belongs only to me.

2. I know where my private parts are.

3. Can I tell my parent if something is not safe?

4. I know I can't ask to see private parts.

5. Should I keep secrets if someone is hurting me?

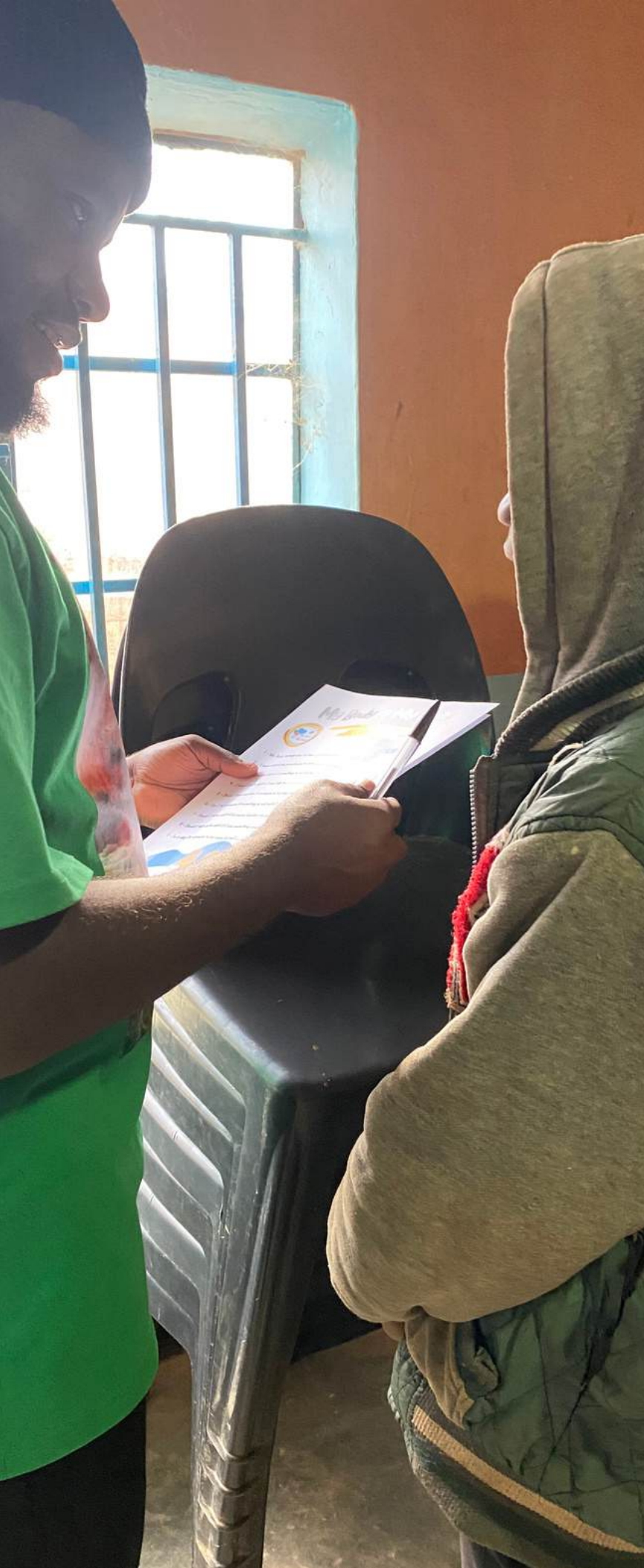
6. Can I tell someone if someone is hurting me?

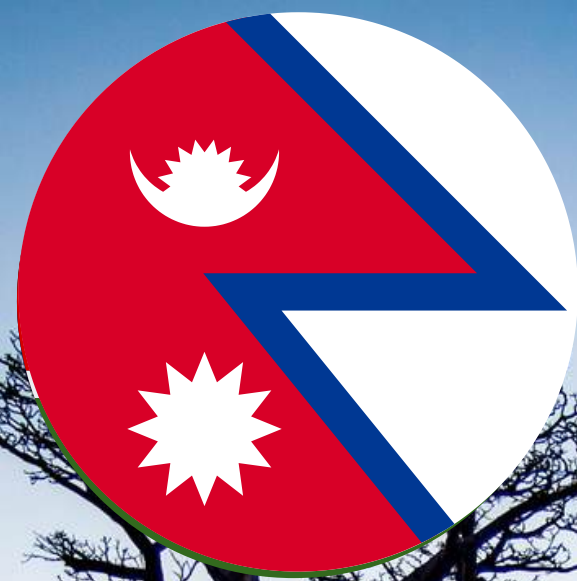
7. Should I tell someone if something is not safe?

8. Should I tell a safe adult if I see something unsafe?

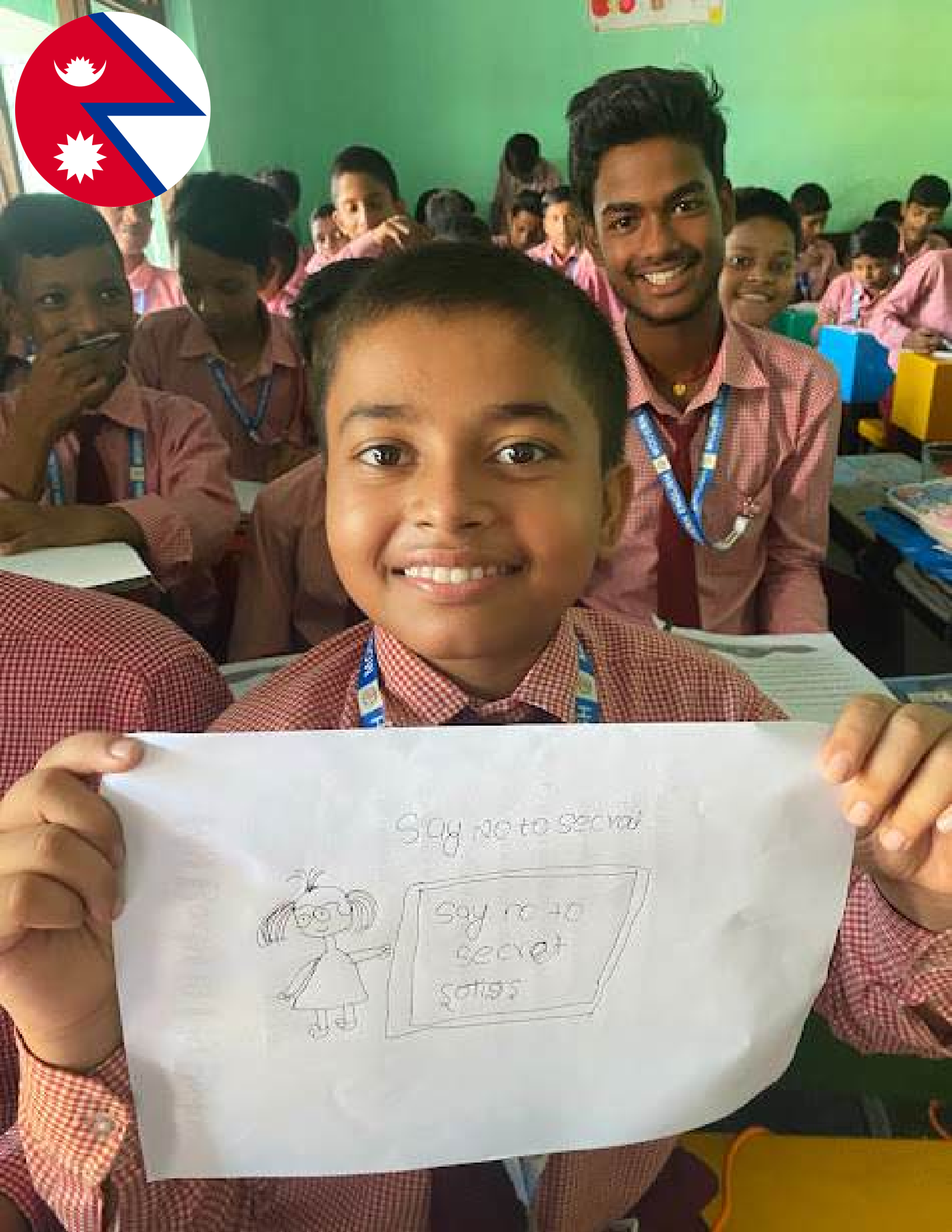
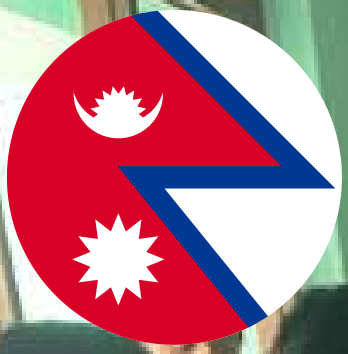
9. It is okay for someone to be mean to me?

Volunteers asking the children the questions on the MBIMB Form to see what they had learned.





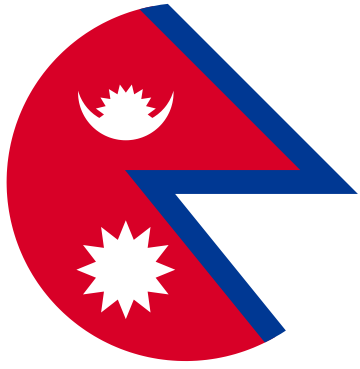
MBIMB Ambassadors



Say no to secret



Say no to
secret
songs



EMPOWERING

THE FUTURE:

MBIMB PROGRAM

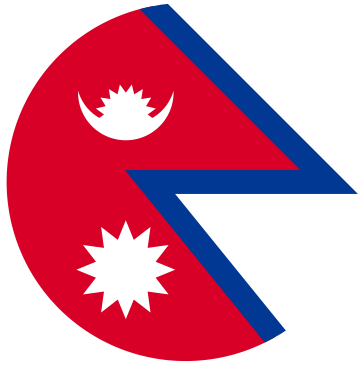
REACHES 17 SCHOOLS ACROSS NEPAL

We are thrilled to share an incredible story of impact and dedication. In August, a group of students from the **Budhanilkantha School** —Nistha Shah, Avigya Paudel, Dikshya Koirala, and Ichchha Chhetry—took the “My Body is My Body” (MBIMB) program to new heights by conducting sessions in their local villages across Nepal. These students had previously participated in MBIMB sessions at their school and were deeply moved by the program’s message. They believed that more children in their communities needed to receive this essential body safety education.

Before leaving for further education, including one student’s admission to Harvard University, these students were determined to make a lasting contribution to their communities. They translated the program into the Maithili language to reach local children more effectively, and they translated the worksheets into Nepali to ensure the material was accessible and engaging.

Together, they visited 17 schools across the districts of Dhanusha, Nawalpur, and Lalitpur, reaching 1,063 students from grades 6 and 7.

Each session lasted between 1 hour 15 minutes to 1 hour 45 minutes, filled with interactive discussions, songs, and activities. The goal was clear, to teach children that their bodies are special, that no one has the right to make them feel uncomfortable, and how to respond if they ever face violence or abuse.



EMPOWERING

THE FUTURE:

MBIMB PROGRAM

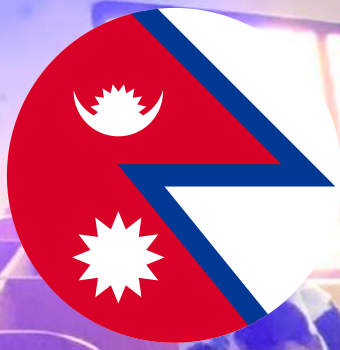
REACHES 17 SCHOOLS ACROSS NEPAL

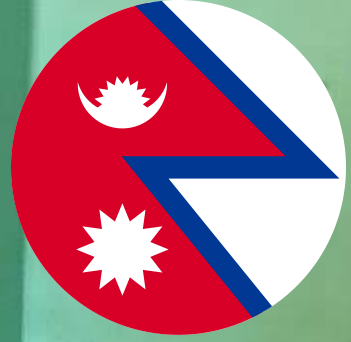
The students took the program to schools such as Siddhartha Shishu Sadan School, Modern English Boarding School, and Shree Mithila Bihari Ra Pra Bi in Janakpur district; Gyandarshan English Boarding School and Janata Higher Secondary School in Nawalpur district; and Shree Krishna Secondary School, Mahendra Adarsha Vidyalaya, and Holy Temple School in Lalitpur district, among others. They ensured that every sessions were engaging by incorporating songs in Nepali and Maithili, encouraging the children to sing and dance along.

At the end of each session, children were given worksheets to reflect on what they had learned, drawing pictures and writing about the importance of body safety. The impact was clear, with both students and teachers reporting a noticeable shift in the children's understanding of personal boundaries and their right to safety.

The students involved in this outreach were driven by a strong desire to ensure that more children in rural Nepal have access to body safety education, and their hard work has certainly made a difference.

We are incredibly proud of their efforts and the impact of the MBIMB program. As these young leaders move on to pursue their higher education, their legacy will continue in the hearts and minds of the children they reached. We hope this is just the beginning of many more such initiatives to come.





Resources at Your Fingertips

In today's digital age there are some fantastic resources available. But wouldn't it be great if they were easier to find? The LinkIndex Keyring makes targeted resources more accessible by giving you instant access to them (via QR codes) on the go.



The LinkIndex Keyring is the ideal tool if you work in: Education, Health, Foster Care, Law, Nursing, Medicine, Probation, Social Work, Youth Work, Housing, Juvenile Justice and many more areas.

You will find resources for Domestic Abuse, Support for Men, Child Sexual Exploitation, FGM, Contextual Safeguarding, Crime, Knife Crime, Food banks, Parenting Support, Helplines and much more.

www.qrcoderesources.co.uk

About the LinkIndex Keyring

Here are some things you might want to know about the QR Code LinkIndex Keyring:

DESIGNED FOR PROFESSIONALS

The MAAPP LinkIndex Keyring was designed by professionals for professionals to give you instant access to over four hundred targeted resources.

EDUCATIONAL AND INFORMATIVE

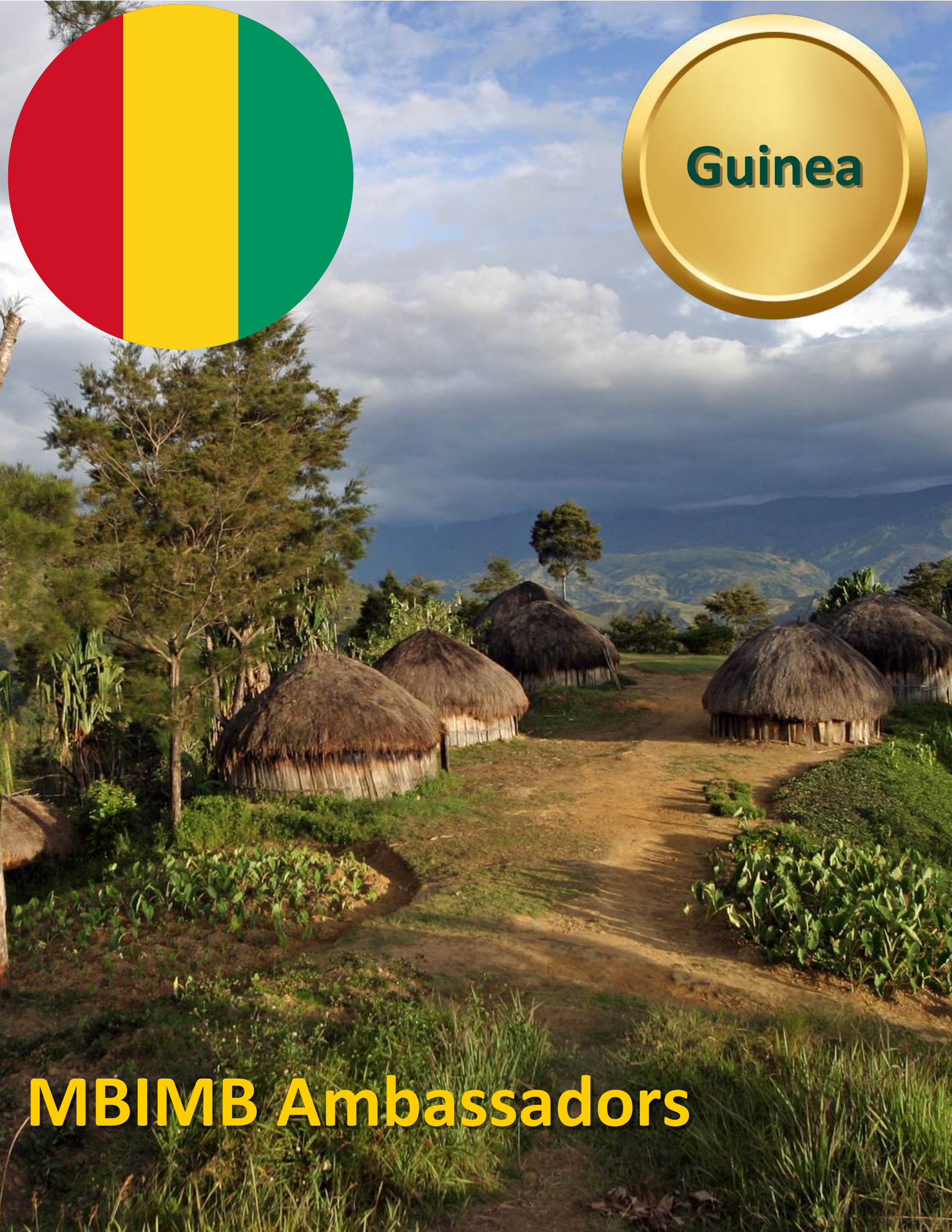
Each category has multiple resources from partner agencies and they are both educational and informative.

EASILY ACCESS RESOURCES

Use of the LinkIndex Keyring gives you easy access to targeted resources and will help you promote better outcomes for children, adults and families.

ENHANCE YOUR KNOWLEDGE

The MAAPP keyring will enhance your knowledge of partner agency resources enabling you and families to make direct access to resources.



MBIMB Ambassadors

BENIE FOUNDATION INC. BRINGS JOY AND EMPOWERMENT TO ORPHAN CHILDREN WITH MBIMB PROGRAM

On Saturday, September 7th, Benie Foundation Inc. hosted a truly memorable event for 300 orphan children as part of the BEN SALIAH KOUYATE GRANT Project. This beautiful initiative not only filled the day with happiness and excitement but also provided these children with essential tools for their future—school bags to support their education and growth.

However, the day was about more than just material gifts. As part of the event, the “My Body is MY Body” (MBIMB) program was introduced to raise awareness about the importance of bodily safety and personal boundaries. More than just a collection of songs, the MBIMB program opened up vital conversations on how children can protect themselves from unwanted touch and abuse. Through these lessons, children learned the power of their voice and their right to say no, empowering them to prevent and stop harmful situations.

Families and communities were also provided with valuable resources, making My Body is MY Body a must-have tool for safeguarding our children. This collaboration between the Benie Foundation and MBIMB brought more than joy to these children—it gave them the knowledge and confidence to stand up for their own safety.

Thanks to everyone's support, this first edition was truly an unforgettable day. Together, we not only created moments of joy but provided these children with the tools they need for a brighter and safer future.



BENIE FOUNDATION INC. BRINGS JOY AND EMPOWERMENT TO ORPHAN CHILDREN WITH MBIMB PROGRAM

BENIE FOUNDATION **BUREAU BENIE FONDATION** 
EN COLLABORATION AVEC ORPHANS DAY
J'aime mon corps PRESENTE
MON CORPS EST MON CORPS
07 SEPTEMBRE 2024


GUINEE / KANKAN





MBIMB Ambassadors

EMPOWERING THE NEXT GENERATION: MHF JOS TEAM'S MBIMB SENSITIZATION AT VICTORY ACADEMY SCHOOL



TRANSFORMING LIVES



On the 24th of September 2024, the Mujib Hope Foundation (MHF), as part of the global My Body is My Body (MBIMB) initiative, took an important step in child safety education by conducting a sensitization session at Victory Academy School in Turu, Plateau State. The MHF Jos team, led by Miriam Bitrus and Emmanuel Sunday, arrived bright and early, greeted by the warm smiles of the school's headmistress and class teacher, who eagerly introduced them to the pupils.

The focus of the session was both timely and critical. With engaging discussions and heartfelt interaction, the MHF team tackled important topics such as child abuse, bullying, and the children's right to protect their bodies. Miriam opened the session by educating the pupils on how to recognize and respond to situations where someone may try to force them into inappropriate actions, whether at school or at home. The children were not just passive listeners; they actively participated, asking questions and sharing their thoughts, which highlighted the importance of open dialogue on these serious issues.



EMPOWERING THE NEXT GENERATION: MHF JOS TEAM'S MBIMB SENSITIZATION AT VICTORY ACADEMY SCHOOL

BY MUNIRATU JIBRIN

The numbers tell the story of a successful outreach: the MHF team reached 67 pupils, with 30 boys and 37 girls empowered by the knowledge that their bodies are their own, and no one has the right to harm or violate them. The emphasis on personal boundaries and child rights resonated deeply, ensuring that these children left the session more aware of how to stand up for themselves.

After the session, the team presented a certificate to the headmistress, a symbol of gratitude from the Executive Director and the MHF staff, further solidifying the partnership between the school and the foundation.





EMPOWERING THE NEXT GENERATION: MHF JOS TEAM'S MBIMB SENSITIZATION AT VICTORY ACADEMY SCHOOL



#MBIMB
My Body is My Body





Working Together





HMGSF's Visit to Pupils at Aunty Precious Schools: MBIMB Program

The His Marvellous Grace Support team recently had the privilege of visiting Aunty Precious Schools for a powerful and educational session focused on body safety. Our visit was dedicated to helping students understand the importance of knowing and respecting their bodies. Through engaging discussions, songs and interactive activities, we emphasized key concepts such as personal boundaries, privacy, and mutual respect, using the My Body Is My Body Program.

The goal of the session was to equip pupils with the knowledge and confidence they need to recognize their rights, speak up, and feel safe in their surroundings. It was a meaningful experience, as we saw firsthand the impact that such vital conversations can have on children's awareness of their own safety.

A heartfelt thank you to Aunty Precious Schools for partnering with us in this important initiative. Together, we are laying the foundation for a safer, more confident generation.



HMGSF's Visit to Pupils at Aunty Precious Schools: MBIMB Program

HMGSF (His Marvellous Grace Support Foundation) is dedicated to assisting primarily women and children facing vulnerability and hardship. Our mission focuses on providing essential support, including healthcare, education, and empowerment initiatives.

Through strategic partnerships and sustainable programs, we aim to uplift these marginalized groups and advocate for their rights and well-being. Community involvement and collaboration are central to our approach, ensuring tailored interventions that address specific needs and promote long-term resilience.

By fostering empathy and solidarity, HMGS Foundation strives to create positive change and build a more inclusive and compassionate society for women and children worldwide.

Save the date

October 6-9, 2025



In the modern world, knowledge of child's rights and their proper and timely implementation at all levels of society is one of the most important features of a democratic state, and educating society to know and respect child's rights is an integral part of a democratic civic tradition. Children need special protection and care due to their physical and mental immaturity. Children's rights must be particularly protected. Children's development, upbringing, education and living conditions must be improved all over the world. Recognizing the rights and interests of children as a special group in society and the paramount importance of the United Nations Convention on the Rights of the Child, which is the most comprehensive in the world, and its additional protocols and other international instruments relating to children, world leaders are committed to create child-friendly world.

Special ombudsmen institutions are set up to carry out in-depth inquiries and evaluations of the application of the law, to make recommendations for better lawmaking, to formulate and implement policies related to the protection of human rights and freedoms, and to protect human rights. Depending on the Ombudsman's mission to protect human rights, these officials are referred to differently in different countries: human rights commissioners, representatives, defenders, etc., or the international legal term "ombudsman".

Together with ISPCAN, we hope to build a legacy of child protection in the region, to improve coordination of systems, better support for children and families in the early childhood development phases of growth to ensure healthy futures. We welcome you to Vilnius to build better solutions, and for us to debut the Rise Up Policy forum day to help governments to address this growing public health crisis. Together with innovative researchers and practitioners from around the globe, we know we can find many commonalities to harness the strengths, to learn from one another and to build a brighter future. Our languages, cultures and landscapes may be different, but our shared dream is the same: for every child to have a right to achieve all their dreams.

Join us in the beautiful city of Vilnius, which dating back to the 14th century, has quite the historical pedigree. The city's UNESCO listed Old Town is primarily known for its baroque buildings, such as the meticulously restored Palace of the Grand Dukes, but a variety of styles are built into its diminutive medieval footprint, from the Gothic St Anne's Church to the classical exterior of the gargantuan Vilnius Cathedral. The Old Town's jumbled cobbled streets are simply a delight to wander through; perfect for getting lost and 'finding' yourself in one of the many coffee bars nestled away in its alleyways or courtyards.

Come get lost in Vilnius with us and find inspiration in ISPCAN2025.

For more information please [click here](#)



MBIMB NEW COURSE FOR CHILDREN

QUIZ!



FUN!





MBIMB NEW COURSE FOR CHILDREN

We are thrilled to introduce our new addition to our My Body is My Body Programme – an engaging, interactive course designed specifically for children. This innovative course offers a unique blend of education and fun, aimed at empowering kids with knowledge about body safety in a manner that's both entertaining and memorable.

The activities are tailored to keep children engaged while they learn crucial life skills. Featuring a series of fun quizzes that test their understanding, interactive drag-and-drop exercises that enhance their learning, and a "What Face Is This?" activity to help them express and identify emotions, this course is packed with creative ways to engage young minds.

My Body is My Body - Drag and Drop Body Parts

- HAIR
- EYES
- EARS
- NOSE
- MOUTH
- ARMS
- HANDS
- PRIVATE PARTS
- LEGS
- FEET

Check

Is this a shocked face or an embarrassed face

Your answer

A highlight of our course is the inclusion of our six fun animated songs, each crafted to reinforce important messages about body safety and self-awareness. Through these catchy tunes and vibrant animations, children will learn to recognize their value and the importance of consent and personal boundaries.

Furthermore, the course encompasses the entire My Body is My Body Programme, ensuring a comprehensive learning experience. Children will explore various sections, each designed to address key aspects of body safety and emotional intelligence, with plenty of interactive elements to keep them involved and excited about learning.

Are you a Teacher, Social Worker or do you work for an NGO or Charity



Become a My Body is My Body (MBIMB) Ambassador!

If you're passionate about making a difference in the lives of children and helping to create safer communities, we invite you to become an MBIMB Ambassador! Whether you're a teacher, social worker, community leader, or simply someone who cares about children's safety, you can play a vital role in sharing our important message.

The My Body is My Body Programme is a free, internationally acclaimed child abuse prevention initiative that uses engaging songs and animations to teach children about body safety. As an MBIMB Ambassador, you'll have the opportunity to educate children, parents, and communities on this vital topic and empower them with the tools to prevent abuse.

As an Ambassador, You Can:

- Share the MBIMB Programme with children in your classrooms.
- Educate parents on how to talk to their children about body safety.
- Help create community awareness around child abuse prevention.
- Use our free resources, courses, and materials to make a meaningful impact.

Why Become an MBIMB Ambassador?

Our Ambassadors are the heart of our programme, and their work is transforming lives around the world. By becoming an MBIMB Ambassador, you'll be joining a global movement committed to protecting children and making our world a safer place. Plus, you'll have access to all of our free resources and the support of a like-minded community of passionate advocates.

Find out more on our website [CLICK HERE](#)

TINY TODS SCHOOL PRINCIPAL BECOMES MBIMB AMBASSADOR



Hendriëtta Van Der Merwe

19 September 2024

Firstly, I want to say thank you for awarding me the Ambassadorship for South Africa for the MBIMB Program. It is a big privilege and honor.

I can truly say that the MBIMB Program has had a positive effect on our school (Tiny Tods Pre Primary School). Our kids love singing and dancing; they had so much fun learning the song and dance along with it. I'm proud to be part of our school.

They learned that their bodies are special. Therefore, nobody has the right to touch, hurt, or make them uncomfortable in any way. When that happens, they must find a safe adult or teacher and tell them, who will help them.

We also taught them that no matter what nice things strangers offer them, they must never talk to or get in their cars. They must run and tell a safe person.

They also now understand that bullying is wrong. Bullying is not just beating or hurting someone physically but also includes mean things they say to one another or laughing at their friends when they fall or struggle to do something. It is a no-no.

So, thank you so much for this great tool to equip our future leaders, doctors, teachers, and pastors.

*Blessings,
Hendriëtta vd Merwe
Tiny Tods Pre Primary School
Westonaria, South Africa*

My Body is My Body Foundation
Charity Number 1199901



NEW AMBASSADOR SOUTH AFRICA



Hendriëtta Van Der Merwe



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR SOUTH AFRICA



Phuti Ragophala



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR SOUTH AFRICA



Itumeleng Fortunate Chego



My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR TURKEY



Emerald Christiana Odey

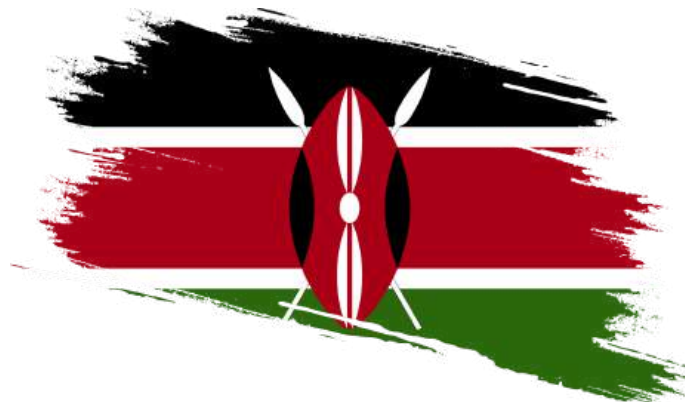


My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR KENYA



Mary Anyango Akatch

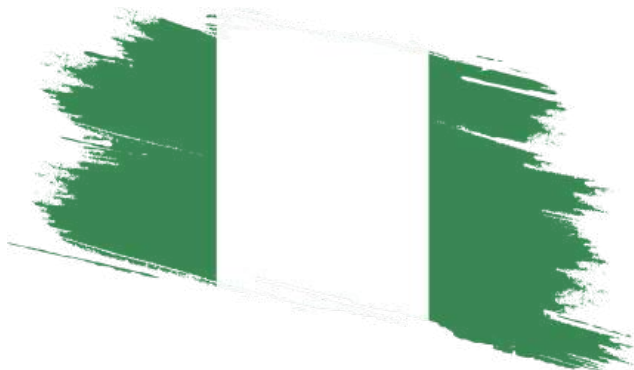


My Body is My Body Foundation
Charity Number 1199901

NEW AMBASSADOR NIGERIA



Taiwo Yusuf

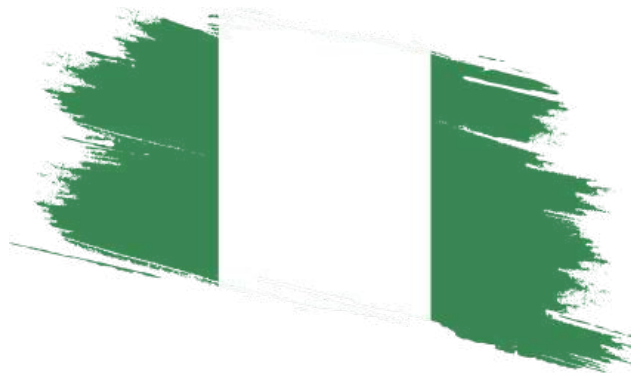


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NEW AMBASSADOR NIGERIA



Abdulgafar Jimoh

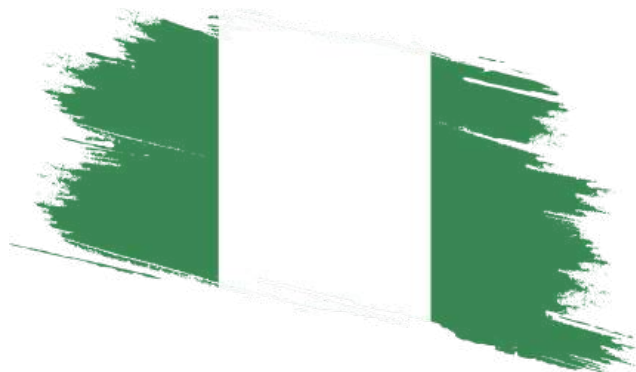


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NEW AMBASSADOR NIGERIA



Maryam Salihu Sulaiman



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NEW AMBASSADOR TANZANIA



Yohana John Rupia



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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 MILLION CHILDREN WITH THE PROGRAMME. ANOTHER 1.7 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.



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.

DAVID ELLIS

ADVISORY BOARD

DAVID HAS WORKED IN THE VOLUNTARY SECTOR FOR OVER 35 YEARS, BOTH OVERSEAS AND IN THE UK. THIS HAS INVOLVED DIRECTOR LEVEL AND CHIEF EXECUTIVE APPOINTMENTS WITH A NUMBER OF NATIONAL DISABILITY CHARITIES. DAVID HAS RECENTLY RETIRED AS THE CHIEF EXECUTIVE AT NATIONAL STAR, A NATIONAL CHARITY WORKING WITH AND FOR YOUNG PEOPLE WITH COMPLEX DISABILITIES.



DR. JOHN HARRISON

ADVISORY BOARD

DR. JOHN HARRISON IS AN EDUCATOR PAR EXCELLENCE, AN ALUMNI OF THE SO CALLED OXFORD OF INDIA - THE PRESTIGIOUS ST. STEPHEN'S COLLEGE, DELHI UNIVERSITY, WHO IN HIS 30 YEARS ILLUSTRIOUS CAREER HAS SERVED IN DIRECTOR LEVEL POSITIONS HEADING SEVERAL TOP INTERNATIONAL CBSE AND IB SCHOOLS IN INDIA, G D GOENKA WORLD SCHOOL - GURGAON, THE VENKATESHWAR SCHOOL - GURGAON, INDUS INTERNATIONAL SCHOOL - HYDERABAD TO NAME A FEW.



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.



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