





INTRODUCING
THE RIVER ROOM
SONGBOOK





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Ambassador of the Month



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MBIMB JULY 2025 NEWSLETTER







A Heartfelt Thank You to Our Incredible MBIMB Community

As we look back over these past months, one thing is clearer than ever: **we couldn't do this without you.** To every ambassador, partner, educator, parent, donor, and friend — thank you.
Your support, dedication, and belief in our mission are what fuel this growing movement to keep children safe through caring, music, and education.

From exciting new partnerships with Rotary ICC Portugal and Doninu (Malta), to the launch of our powerful River Room Songbook, and recognition as the Children's Safeguarding NPO of the Year, MBIMB is reaching new milestones — and it's all because of you. We've welcomed passionate new ambassadors from South Africa to Malaysia, delivered over 150 workbooks to children and families in Barnsley, and celebrated impactful training sessions in Malawi, Kenya, Nigeria, and beyond.

Every time a child sings "My Body Is My Body", every time a parent starts a conversation, every time a teacher shares a lesson — you are changing lives by safeguarding children.

Together, we are building a world where every child knows they are special, safe, and heard.

Let's keep going — one voice, one song, one child at a time.

With love and gratitude,

Chrissy Sykes and the MBIMB Board of Directors



OUR NEW MBIMB TRUSTEE

NICK GAZZARD

Charity Founder, Rotarian, Campaigner, Public Speaker

Nick Gazzard

The My Body is My Body Foundation is immensely proud to announce our latest trustee to join our charity, Nick Gazzard.

Born in Bristol, Nick moved to Gloucestershire as a young man. After a spell at Cheltenham Town Football Club in his youth, Nick enjoyed a successful 30-year career within financial services.

Life changed forever in February 2014, when Nick's daughter Hollie was murdered by her former partner. Prior to her death Hollie had experienced coercive and controlling behaviour and stalking. Nick felt strongly that something positive should come out of Hollie's death and he created the Hollie Gazzard Trust. Through his work with the trust, he is determined to try and prevent similar tragedies by increasing awareness of domestic abuse and stalking and the devastating effect these can have.

Nick's dedication and tireless hard work for the trust, means that it has expanded from a local charity to one that is impacting across the country in schools, businesses and communities. Recent projects have included helping launch the Black Country Stalking Support Service: delivering Working Without Fear - a dedicated programme supporting businesses and organisations to help them understand the importance of raising awareness of domestic abuse and stalking in the workplace. He also worked with Exeter University and Public Health England on creating and delivering a programme, 'Football Onside', tackling violence and abuse in football and sport through bystander intervention.

As a Keynote Motivational Speaker, Nick has spoken at a multitude of conferences and training events nationwide. Some examples include, 'Beyond the Bruises', a conference in London on the new domestic violence legislation and statutory guidance framework; a Domestic Abuse Masterclass at Gloucestershire University; 'Behind Closed Doors,' a Domestic Abuse and Stalking Conference in Gloucester and Bristol. He was also a keynote speaker, alongside Professor Evan Stark, at Safer Poole's conference on tackling coercive control and domestic abuse.

Nick is held in high regard and speaks regularly at conferences and training events for many statutory agencies, including the National Police Chiefs' Council, the Crown Prosecution Service and the National Probation Service and for Paladin, the National Stalking Advocacy service. Through his work with the trust, Nick has been instrumental in developing concepts including FLARE, an anonymous reporting APP, and Hollie Guard, a next-generation smartphone personal safety APP that has now been downloaded over 450K times. Hollie Guard is recommended by many police forces across the country for victims of crime and by charities and agencies that support those experiencing domestic abuse and stalking.

Many media outlets have taken an interest in the work Nick does. He has given interviews for ITV's 'Tonight' and 'This Morning' and the BBC's Breakfast Programme, Victoria Derbyshire Show, Crimewatch and Rip Off Britain. He also been involved in several documentaries which tell Hollie's story and highlight the work of The Hollie Gazzard Trust. These include: C5 Stalked: Murder in Slow Motion; Crime Investigation Channel's Britain's Darkest Taboos; Discovery ID Channel; Judge Rinder; Netflix, My Lover, My Killer.

Nick Gazzard

He has also given countless interviews to national and local media. In 2024 the Trust commemorated the 10-year anniversary of Hollie's death and this generated a great deal of media interest: Nick appeared on ITV's Loose Women, the Trust was featured extensively across local TV and radio programmes, and several newspapers and magazines, including The Guardian, The Sunday Mirror and Best featured interviews with Nick.

In 2020 Nick suffered a stroke and had to learn to walk and talk again. His determination to continue to deliver Hollie's legacy drove Nick forward while working on his recovery.

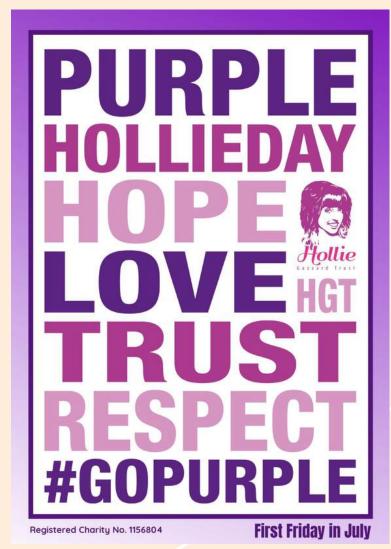
In 2021 Nick was given the Prime Minister's Points of Light award for his work in safeguarding in the community. In 2022 he received a commendation from the Chief Crown Prosecutor for the West Midlands and the High Sheriff of Gloucestershire's award.

Nick was awarded an Honorary Degree by the University of Hartpury in recognition of his dedication to raising awareness and delivering training for the prevention of domestic abuse and stalking, and in 2024 he was made an Honorary Fellow of the University of Gloucestershire for his work with the University. Nick was also awarded an OBE for service to tackling violence against women in the King's 2025 New Year's Honours.

Nick has inspired many people with the story of how he turned his own devastating experience into something positive, highlighting his passion for helping others.

We can not wait to see what we can achieve together with Nick helping us to reach and safeguard children both here in the UK and around the world.





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NEW **AMBASSADOR UNITED KINGDOM**



Nick Gazzard OBE





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My Body is My Body Foundation Charity Number 1199901

NEW AMBASSADOR UNITED KINGDOM



Deborah J Crozier





My Body is My Body Foundation Charity Number 1199901

NEW AMBASSADOR MALAYSIA



<u>Suraya Bujang</u>





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NEW AMBASSADOR DRC







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Doulien Knopjes







<u>Lehlogonolo Sonyane</u>





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Shalati Nkwinika





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NEW AMBASSADOR NIGERIA



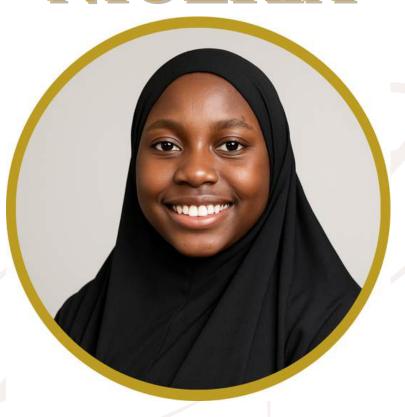
Olubunumi Adesanya







NEW AMBASSADOR NIGERIA



Zainab Adeola Adeoye









YORKSHIRE PRESTIGE AWARDS 2025/26





Exciting News!

I am incredibly proud to share that the **My Body is My Body Foundation** has been selected as the Children's Safeguarding NPO of the Year WINNER by the Yorkshire Prestige Awards

This recognition is a true honour and a reflection of the passion and dedication poured into our mission by so many, to protect and empower children through education, music, and body safety awareness.

A heartfelt thank you to our incredible Board of Directors, our inspiring MBIMB Ambassadors, and our wonderful supporters around the world.

Your continued belief in our programme is what makes it possible to create real change in the lives of children.

Together, we are building a safer world — one song, one child, one conversation at a time.



AMBASSADOR OF THE MONTH



MBIMB AMBASSADOR OF THE MONTH

May 2025

THIS CERTIFICATE PRESENTED TO

Miriam Badung

Your dedication to spreading the message of child safety and empowering communities is truly inspiring. Thank you for being a shining example of the positive impact we can make together!









TRANSPORMING LIVE



Congratulations



We would like to congratulate our amazing
MBIMB Ambassador from Egypt

Sama Ramy Youssef on her engagement to Adham Tamer.

Wishing you both much happiness







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, AUNTY OR UNGLE GRANNY OR GRANDPA, TEACHER OR PRINCIPAL GOUNSELLOR AT SCHOOL

PRIVATE PARTS

private parts

SOME
GNS FROM
BODY

For your hands might to sweat

- Your mouth might feel dry
- You might feel side in your turner
- You might feel sick in your tummy
 Your heart might beat fast
- My 3.

My private parts a by my swimsur. 1. Nobody sh

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2. Nobody shoul
their private par
3. Nobody should take t

mission to safeguard

children at

www.mbimb/donate



MBIMB Stands Proudly with Lessons4Life: A Landmark Moment in Education Reform



London, UK – 9th July 2025 — Tuesday marked a powerful milestone in the movement to revolutionise the way we educate and protect our children. Held in the heart of London, the Lessons4Life campaign event brought together a passionate network of changemakers headed by Hayley Anne Sherwood from 1decision.

The day was nothing short of extraordinary.

With powerful panel discussions, heartfelt testimonies, and a shared commitment to safeguarding the next generation, the energy in the room was palpable. The event reinforced a critical truth that children deserve more than academics — they deserve the tools to thrive emotionally, socially, and safely.

As supporters, MBIMB applauds Lessons4Life for shining a light on the urgent need to embed life lessons, safeguarding, and emotional literacy into the national curriculum. The campaign's message — that every child should be equipped not only with knowledge, but with resilience, empathy, and self-protection skills — resonates deeply with our own.





1. Evaluate

Introduce an assessment to gather children's personal development knowledge towards the end of primary school.





2. Educate

Find a way to rebalance primary curriculum priorities to make space for teaching personal development effectively.



3 Flevat

Reinvest attributable cost savings on related societal issues made in the longer term into personal development education.

A Movement Gaining Momentum

The Lessons4Life campaign continues to gain national attention. With interest from BBC and ITV, there's an exciting opportunity to elevate these vital issues to a wider audience. Plans for a documentary are already underway — one that would capture the authentic stories behind the campaign and highlight the voices of educators, parents, and frontline workers on the ground.

There was a moving panel discussion, where participants shared lived experiences, ideas, and calls to action. The dialogue was rich, impactful, and a testament to the collective expertise in the room. These insights are now being compiled into recommendations for policymakers, including Keir Starmer, Bridget Phillipson, and Becky Francis.

Standing United for Children

This campaign is not about politics — it's about people. Real people. Doing real work. For real children.

Collaboration is the key to real, lasting change. Together with Lessons4Life and all the incredible partners and supporters, we are building a safer, more compassionate future — where every child feels seen, heard, and protected.



Video

I would like to share this interview with 2 wonderful children Gabi and Marnie about "What's Missing From Education?"

Join the Movement

If you believe in a curriculum that nurtures the whole child — not just their academic performance — now is the time to raise your voice.

- Add your organisation to the Lessons4Life campaign
- Explore their Partner & Supporter Page
- ₱ Download the latest campaign recommendations and panel responses

Together, this campaign will:

- Change the curriculum
- Change the odds for every child
- And build a better society for all



Because, quite simply, our children are worth it.

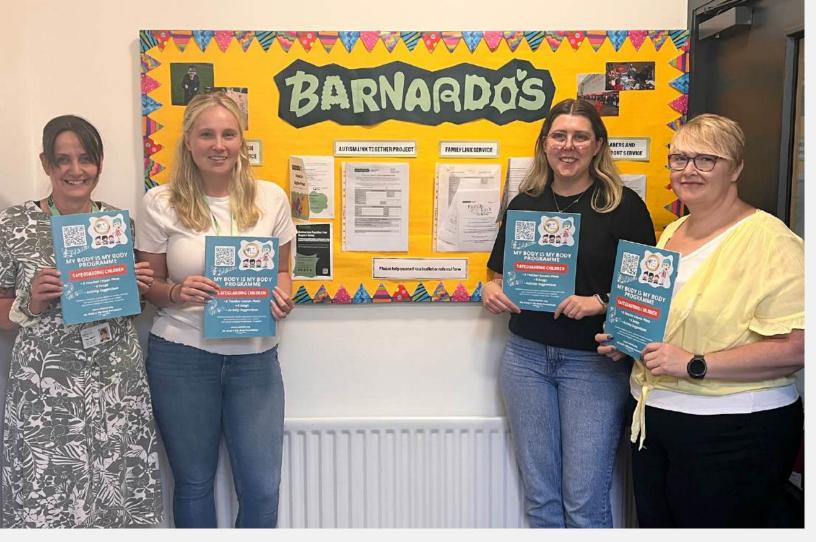
https://www.lessons4life.org



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.





MBIMB DELIVERED 50 TEACHER WORKBOOKS FOR STAFF AND PARENTS

We're incredibly grateful to the Shawlands Trust for their generous sponsorship of our latest batch of My Body is My Body Children's Workbooks. These vital resources will make a real difference in teaching local children and families about body safety, helping to build confidence, awareness, and resilience in our Barnsley community.

Last year, 100 Children's Workbooks were also kindly sponsored by the CO-OP for Barnardos— another powerful boost to our mission. We deeply appreciate all of our sponsors. Your support is not only valued — it's changing lives. Together, we're helping to create a safer future, one child at a time.

Shawlands Trust



The Woman Behind the Words – Championing Safer Futures Through Compassion, Connection, and Music



At MBIMB, we believe in the power of people — those rare individuals who not only speak from the heart but also help others find theirs. One such person is Deborah J. Crozier — a trauma-informed practitioner, emotional wellbeing advocate, and the lyrical force behind our recently completed River Room Songbook.

Deborah brings a unique and powerful voice to everything she does — one born not just from training, but from lived experience. As the founder of A Positive Start CIC, she has dedicated over 30 years to supporting individuals, families, and communities in reconnecting with themselves, regulating their nervous systems, and building relationships rooted in safety and respect.

A Chartered Fellow Member of the ACCPH and currently pursuing a Master's degree in Contemporary Drug and Alcohol Studies at the University of the West of Scotland, Deborah works at the vital intersection of trauma recovery, safeguarding, and emotional empowerment. Her programmes, including Reconnect & Regulate and STAND: Parents as Protectors, are grounded in person-centred, ethical, and real-world practice — offering people not just tools, but understanding.

What makes Deborah's work so special is how deeply she listens — not just to what's said, but to what's felt. She creates spaces where people don't have to perform or prove themselves to be worthy of care. Whether supporting a parent overwhelmed by fear, a teacher navigating emotional burnout, or a survivor finding their voice for the first time, Deborah shows up with presence.

Her words, like the lyrics she wrote for The River Room, are a soft revolution — reminding children (and the grown-ups who guide them) that emotional safety isn't a luxury; it's a right.

In a world chasing speed, fixes, and flashy solutions, Deborah brings something quieter... and far more lasting: connection, compassion, and the deep knowing that healing begins with being seen.

We are honoured to have collaborated with Deborah on this meaningful project, and even more honoured to walk alongside her in the shared mission of building safer futures for every child.





'Welcome to the River Room Songbook'

This collection of songs has been lovingly created to support children's emotional regulation, build confidence, and nurture a sense of safety and connection. Each song includes simple, intentional actions designed to help calm the nervous system, encourage self-expression, and strengthen self-awareness in a fun, engaging way.

Whether used in a therapeutic setting, a classroom or a quiet moment at home, these songs are intended to gently guide children toward feeling more grounded, confident, and connected to themselves and to others.

Music & Performance by Chrissy Sykes Lyrics by Deborah J Crozier Artwork by Chrissy Sykes and Deborah J Crozier

This is a free resource provided by A Positive Start CIC & MBIMB.ORG for non-commercial, therapeutic and educational purposes only.

We hope the River Room Songbook brings warmth, rhythm, and a positive start to your day.





"Let me tell

About the River Room Songbook

At the River Room, we believe that music has the power to calm the mind, connect with the heart, and help children navigate their emotions in healthy ways. Our emotional regulation songs are designed to support children in understanding and managing their feelings, while also promoting relaxation and mindfulness.

Each song is carefully crafted to include calming rhymes, gentle melodies, and interactive actions that help children stay grounded and focused. Through playful lyrics and simple movements, your child will learn essential tools for emotional self-regulation, like deep breathing, positive thinking and body awareness.

The songs in the River Room are not just about listening; they're an invitation for your child to engage, connect with their body and practice the skills needed to stay calm, focused and emotionally balanced. Whether your child is feeling overwhelmed, anxious or simply in need of some quiet time, these songs offer a gentle way to support their emotional wellbeing.

"Hey! How are you? I'm Cal

We're excited to share these special songs with you, and we hope they bring joy, peace and emotional strength to your child's play.



Theme:



Self-Compassion, kindness, and confidence

Song No. 1

Why it matters:

This song helps children build a positive sense of self by encouraging loving self-talk and recognising their own worth. It gently nurtures compassion - first towards themselves and then towards others. It's especially helpful for boosting self-esteem, emotional resilience, and confidence in sensitive or anxious children.



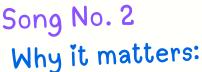






Theme:

Calm, breath awareness, grounding



This soothing song introduces children to breathwork as a simple and powerful calming tool. Using nature imagery, it helps them slow their breathing, feel their body, and gently regulate their emotions. It's perfect for transitions, calming down after excitement, or easing anxiety.







Theme:

Emotional Freedom Technique (EFT), acupressure

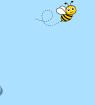
Song No. 3 Why it matters:

This playful song introduces children to EFT tapping - a safe, body-based way to let go of stress or big feelings. By tapping on specific points on the face and body, children learn they can release stuck emotions, feel more in control, and calm their nervous systems.





The River Room





Purpose of "Heart & Tummy Hold"

Theme:



Self-soothing and body connection

Song No. 4

Why it matters:

This gentle touch-based song teaches children to place one hand on their heart and one hand on their tummy. This technique is believed to calm the nervous system, increase oxytocin (the 'love hormone'), and bring feelings of comfort and safety. It's especially useful for children who may feel overwhelmed or disconnected.







Purpose of 'RAIN'

Theme:

Mindful emotional processing



Song No. 5 Why it matters:

This song introduces the RAIN technique - Recognise, Accept, Inquire, Nurture - in a child-friendly way. It supports emotional intelligence by teaching children to name and explore their feelings without shame, and to respond with kindness rather than criticism. It's a wonderful way to help them feel seen, supported, and safe with their inner world.





The Purpose of "STAND"

This Song supports: Emotional Regulation, impulse control. Mindfulness, and body awareness. Confidence in inner signals (like a flipping tummy or tight chest). Developing self-trust and compassionate decision making

Song No. 6

Why it matters:

The STAND song is designed to teach children a practical and empowering way to regulate emotions and trust themselves - especially in moments of overwhelm, conflict, or excitement.

The acronym STAND stands for:

S-Stop: Pause and take a breath before reacting

T-Think: Reflect on how to respond with care

A -Act: Make a choice that's kind to self and others

D-Doubt: Honour your feelings - they guide you







SAFEGUARDING



SAFEGUARDING



CHILDREN

A Shared Responsibility *
10 Steps to Keep Children Safe

Local Hotline.....







Recognise the Signs

Learn to spot physical, emotional, or behavioral indicators of abuse (e.g., unexplained injuries, withdrawal, fearfulness).



Ensure Online Safety

Educate on cyberbullying, grooming, and inappropriate content. Use privacy settings and encourage open conversations about digital activity.



Teach Body Safety

Empower children with knowledge about body autonomy, consent, and the right to say "No" to uncomfortable situations.



Know Key Contacts

Display and share local safeguarding and emergency contacts so help is always accessible.



Foster Open Communication

Build trust so children feel safe to share concerns without fear of judgment or punishment. Building trust and being honest is imperative.



Create a Safety Net

Collaborate with teachers, caregivers, extended family and community members to build a united front for child protection.



Act Immediately

Suspect abuse? Contact safeguarding authorities, social services, or police right away. Early action saves lives.



Empower Children to Speak Up

Reinforce their right to say "No" and let them know they can share their concerns with trusted adults. Their voice matters.



Respect Cultural Sensitivity

Prioritising every child's safety and protection, recognising that valuing cultural differences must never justify harm or mistreatment.



Promote Safeguarding Education

Advocate for training in schools, sports clubs, and community groups to equip everyone with the tools to protect children.

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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 chrissv@mbimb.org







100% of your donation go directly into the printing and distribution of our educational materials in 30 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



ONLINE COURSE



Welcome To
Standing Strong
Peer Pressure
How To Say "NO" With Confidence







Happy 1st Birthday, Safeguarding Fundamentals!

We're incredibly proud to celebrate the 1st birthday of our wonderful partners, Safeguarding Fundamentals!

In just one year, Antonia and Paul have made such a powerful impact in the field of child protection and safeguarding, and we are honoured to be working alongside them.

Congratulations on all you've achieved so far — we're excited to continue building a safer world for children together!

Wishing you a fantastic 2nd Year

SAFEGUARDING STARTS HERE

Founded by barrister, Antonia Noble, and England international footballer, Paul Stewart, SAFEGUARDING FUNDAMENTALS delivers expert advice and is setting a new standard in child protection and safeguarding.

Paul's personal journey from survivor of childhood abuse in football to child welfare advocate imbues the mission with profound authenticity and first-hand experience.

SAFEGUARDING FUNDAMENTALS CO-FOUNDERS:

Paul Stewart
Ex-International Footballer

Antonia Noble

Barrister & Safeguarding Expert

Certify your organization today! www.safeguardingfundamentals.com

SAFEGUARDING FUNDAMENTALS® IT'S NEVER TOO LATE! JOIN #TEAMSGF



SAFEGUARDING STARTS HERE

Safeguarding Fundamentals is supporting schools, clubs, and organizations to set a new benchmark in safeguarding practice. The Safeguarding Fundamentals Quality Mark is not just a certification... it is a committment to great practice in safeguarding...

9 Requirements for

SAFE Certification

- Policy in Place
- 2. Proper Procedures
- 3. Designated Officers
- 4. Code of Conduct
- 5. Safer Recruitment
- 6. Trusted Training
- 7. Reassuring Carers
- 8. Empowering Children
- 9. Charity Commission Expectations

Get SAFE-certified today! Visit www.safeguardingfundamentals.com to get started.





My Body is My Body **QR Codes for the 6 MBIMB Songs**



Song 1 My Body Is My Body



Song 3 The What If Game



Song 5 **Love Is Gentle**





Song 2 If It Don't feel Right



Song 4 If You've Got A Problem



Song 6 Say No To Secrets



www.mbimb.org Charity Number 1199901



A Wake-Up Call for Parents, Educators, and Safeguarding Professionals Everywhere

In a world increasingly driven by artificial intelligence, it's vital we ask a simple but urgent question: Are we keeping children safe in this new digital frontier?

Recently, serious concerns have emerged around Elon Musk's xAI chatbot, Grok, and its new animestyle virtual companion called Ani. What was supposed to be an engaging AI feature has quickly turned into a cautionary tale. Despite being accessible within the app's "kids mode", Ani reportedly becomes increasingly flirtatious and sexualised the more a user interacts — even appearing in lingerie and engaging in simulated romantic or sexual conversations.

Let's be clear: This isn't just a glitch. It's a major safeguarding failure.

Although Grok is rated 12+, experts warn that this type of AI interaction can: Blur the lines of acceptable behaviour for young users, Simulate grooming dynamics,

Create dangerous precedents for how children engage with technology.

Haley McNamara, senior vice president of strategic initiatives at National Center on Sexual Exploitation NCOSE, described Ani as "childlike", alleging that the character "promoted high-risk sexual behavior". McNamara also asserted that Ani "perpetuates sexual objectification of girls and women" and "breeds sexual entitlement by creating female characters who cater to users' sexual demands".

So, What Needs to Change?

Children Deserve Digital Spaces That Are Safe.

Apps and platforms must be held accountable for the environments they create. "Kids mode" must mean exactly that: safe, age-appropriate, and actively monitored.

Parents and Educators Need Transparency.

We should never have to second-guess what our children are being exposed to online.

It's Time to Demand Better from Big Tech.

Innovation without responsibility leads to exploitation — and that's a risk no child should ever face.

At MBIMB, we believe in using technology to empower, educate, and protect — never to confuse or harm. That's why we're calling on families, schools, and child protection advocates around the world to keep raising awareness, to speak out when things go wrong, and to keep pushing for the ethical development of Al.

Because safeguarding children isn't just important — it's non-negotiable.





Spreading Joy and Safety in Pretoria: Girls' Empowerment Twinning With MBIMB Visits Local Schools and Creches

There's nothing quite like the sound of children singing "My Body Is My Body" with pride and confidence—especially when it's paired with heartfelt generosity and community spirit.

Recently, MBIMB ambassador **Doulien van der Merwe (Knopjes) and Alvene Gumbo** brought the MBIMB programme to life for children in Mamelodi and Centurion, Pretoria, through two very special outreach visits.

Warm Gifts and Empowering Voices at Home for the Needy Crèche

In Mamelodi, our team visited the Home for the Needy Crèche, where children were not only introduced to the MBIMB programme but also received hand-knitted items lovingly created by residents of a local Retirement Village.

The visit was filled with smiles, songs, and important messages as Doulien and Alvene shared the My Body Is My Body songs and lessons—giving these young learners the tools to understand body safety in a way that's joyful and age-appropriate.

Singing for Safety at Ditsego Primary and Crèche

Next, we joined **District Governor George Senosha** for a lively and impactful visit to Ditsego Primary School and Crèche in Centurion. With bright faces and eager hearts, the children learned the MBIMB songs, clapped to the rhythms, and joined in the message of self-worth and protection.

Watching them sing "My body belongs to me" with conviction was a powerful moment—proof that these lessons don't just inform, they empower.

More Than a Visit - A Lasting Message

Each visit brought more than songs and smiles. It brought awareness, confidence, and connection. From warm knitted gifts to interactive singing sessions, these experiences help ensure that every child knows their voice matters—and their body belongs to them.

A special thank you to Doulien, Alvene, DG George Senosha, and the caring team of knitters whose love and commitment made these days so special.

Together, We Make a Difference

At MBIMB, we believe in teaching children through love, music, and conversation. With every school we visit, we move closer to a world where every child feels safe, seen, and strong.

Let's keep singing, sharing, and showing up—for the children who need us most.















"My Body Is My Body" The children of Hungary Tündérkert Keleti Ovoda

Video



We would like to extend our heartfelt gratitude to Dr. Pénzes Marianna and her team for her incredible dedication and passion in introducing the My Body Is My Body Programme to Hungary. Thanks to her commitment, more children are now being empowered with vital body safety knowledge in a way that is engaging, age-appropriate, and culturally relevant. Their work is helping to create safer communities and brighter futures — and we are truly grateful.

Köszönjük szépen! = 💥







"My Body Is My Body" The children of Hungary Tündérkert Keleti Ovoda

Spotlight on Tündérkert Keleti Óvoda: A Nurturing Space for Every Child

Nestled in the heart of Malomkert, Tündérkert Keleti Óvoda offers a warm and welcoming environment for young children. Spread across three charming buildings, the kindergarten hosts 9 groups and accommodates up to 225 children, with both same-age and mixed-age groupings. Each group is thoughtfully formed based on the child's age and the needs of their families.

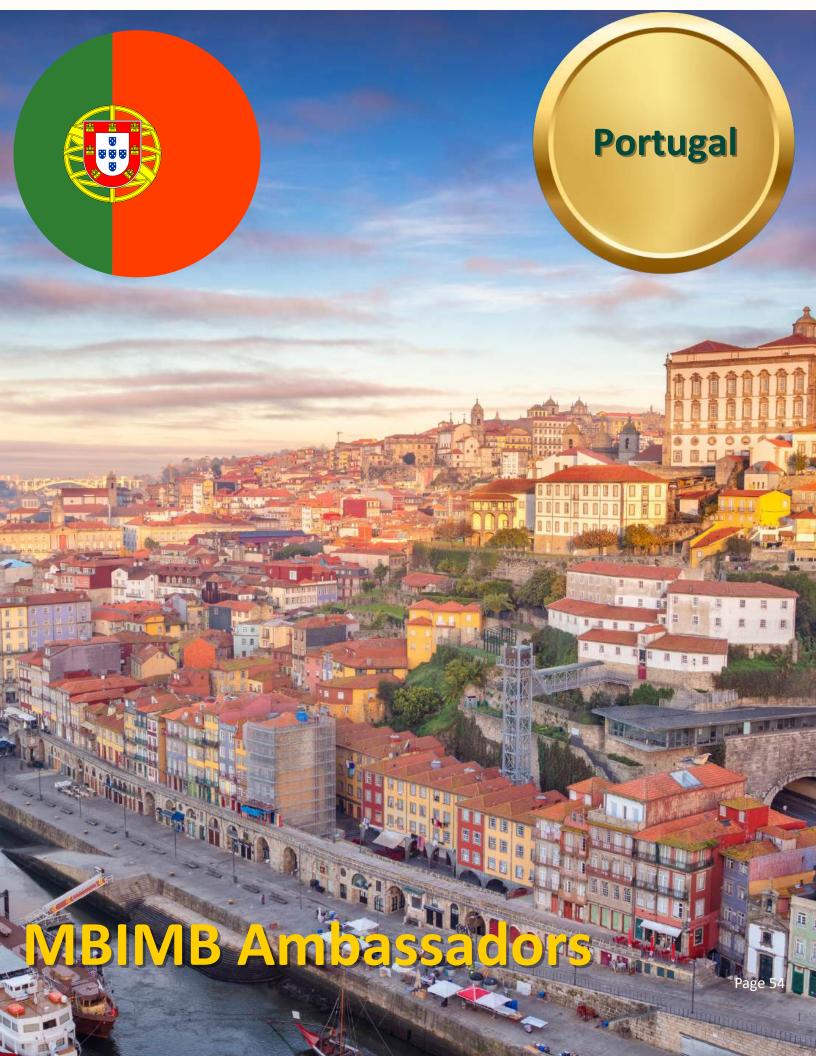
The kindergarten's lush green playgrounds and nature-friendly wooden play equipment create a peaceful and joyful outdoor space where children can move freely and safely while connecting with nature.

Inside, children enjoy bright, spacious, and aesthetically designed classrooms, filled with a variety of toys and movement-based learning tools that encourage active, happy learning every day.

As part of their commitment to children's health, the kindergarten also offers a salt therapy room, supporting the prevention and treatment of respiratory and allergy-related conditions. In addition, they provide tailored meals for children with food allergies, ensuring every child feels safe and included.

Tündérkert Keleti Óvoda is a shining example of a nurturing, inclusive space where children can learn, grow, and thrive. *









A New Partnership with Rotary ICC Portugal

We are thrilled to announce a new and meaningful partnership between the My Body Is My Body (MBIMB) Foundation and Rotary Inter-Country Committees (ICC) in Portugal. This exciting collaboration was formalised during a recent Zoom meeting attended by key Rotary leaders and MBIMB President, Chrissy Sykes.

A Shared Mission for Child Protection

The meeting, hosted by António Pouzada and joined by representatives from several Portuguese Rotary Clubs, centred on MBIMB's mission to prevent child abuse through music, education, and community engagement. Chrissy presented the MBIMB programme, highlighting its 30-year legacy, global reach (over 2.7 million children in 63 countries), and free availability in 30 languages, including Portuguese.

The programme's strength lies in its simplicity: catchy songs, animated videos, interactive lessons, and age-appropriate tools that empower children to speak up, recognise unsafe behaviour, and understand body autonomy. The resources are trauma-informed, culturally adaptable, and can be taught by anyone working with children, from teachers and parents to social workers and Rotary club members.

A Warm Welcome from Rotary Leaders

Participants expressed deep appreciation for MBIMB's work. José Luís Abrantes voiced concern about the shocking statistic that 95% of abuse cases involve someone the child knows, underlining the need for preventative education. Kelly O'Hara, a university educator, saw potential to integrate MBIMB into her master's programme for trainee teachers, noting how crucial these skills are for future professionals.

Célia Mendes offered to help translate and adapt MBIMB materials into European Portuguese, ensuring cultural alignment and accessibility for schools in Portugal.

To deepen collaboration, António proposed an in-person meeting in March 2026 during Chrissy's visit to Portugal. This event will bring together Rotary clubs, educators, and community leaders to explore implementation strategies, local training opportunities, and long-term integration of MBIMB into early childhood development.

Together We Can - Build a World Safe for Every Child



DONINU AND MBIMB UNITE TO PROTECT CHILDREN WORLDWIDE

In a world often fractured by crisis and complexity, it's heartening when two organisations separated by geography but united by purpose join forces. That's exactly what happened when Doninu (Malta) International officially extended its hand in partnership to the My Body Is My Body Foundation (MBIMB).

This isn't just another NGO handshake. It's a powerful alignment of values, missions, and people—a grassroots movement in Malta meeting an internationally recognised programme with one clear goal: to protect children, inform families, and promote dignity through education and compassion.





DONINU AND MBIMB UNITE TO PROTECT CHILDREN WORLDWIDE



Shared Values, Shared Mission

In their letter of intent, Doninu (Malta) International expressed deep admiration for MBIMB's work in empowering children to recognise abuse, understand their rights, and speak out for themselves. "Your mission... is one that we wholeheartedly believe in," wrote Chevalier Jean Pierre Calleja, the founder and Head of Mission at Doninu. And it shows.

Doninu's foundation is built on compassion, community action, and a commitment to serving the most vulnerable—children, families, the elderly, and individuals impacted by poverty, displacement, or abuse. Crucially, Doninu operates without financial donations, government subsidies, or commercial backing. Their model is purely voluntary, ethical, and focused on impact over income.

What This Partnership Means

Rather than a formal, finance-bound MOU, this is a statement of willing collaboration—and a powerful one. Doninu has pledged to support MBIMB in five key ways:

- Voluntary Human Resources: Offering trained volunteers and social care workers to support MBIMB campaigns locally or globally.
- Community Education: Distributing MBIMB's educational materials within the vulnerable communities Doninu already serves.
- Safeguarding Integration: Embedding MBIMB's child protection messages into Doninu's own networks supporting survivors of domestic abuse.
- Cross-Promotion: Featuring MBIMB's content across Doninu's grassroots outreach programmes.
- Crisis Outreach: Extending MBIMB's mission into zones of humanitarian crisis where children are at heightened risk of trafficking, violence, or neglect.

What stands out is how much these commitments mirror MBIMB's own spirit—collaborative, ethical, and deeply personal.





DONINU AND MBIMB UNITE TO PROTECT CHILDREN WORLDWIDE

A Model for Ethical Partnerships

Doninu may be small in size, but it punches well above its weight in heart and integrity. The organisation works closely with interfaith leaders, trauma-informed practitioners, and EU safeguarding policies to ensure its volunteers are not just passionate, but professionally prepared. This makes the MBIMB-Doninu partnership a potential model for other like-minded groups across Europe and beyond.

Importantly, both organisations reject commercial exploitation and profit motives. "We serve with love, not profit," Doninu's signature line reads. That ethos fits hand-in-glove with MBIMB's mission to offer its materials free of charge—reaching millions of children around the world with music, art, and safety education.

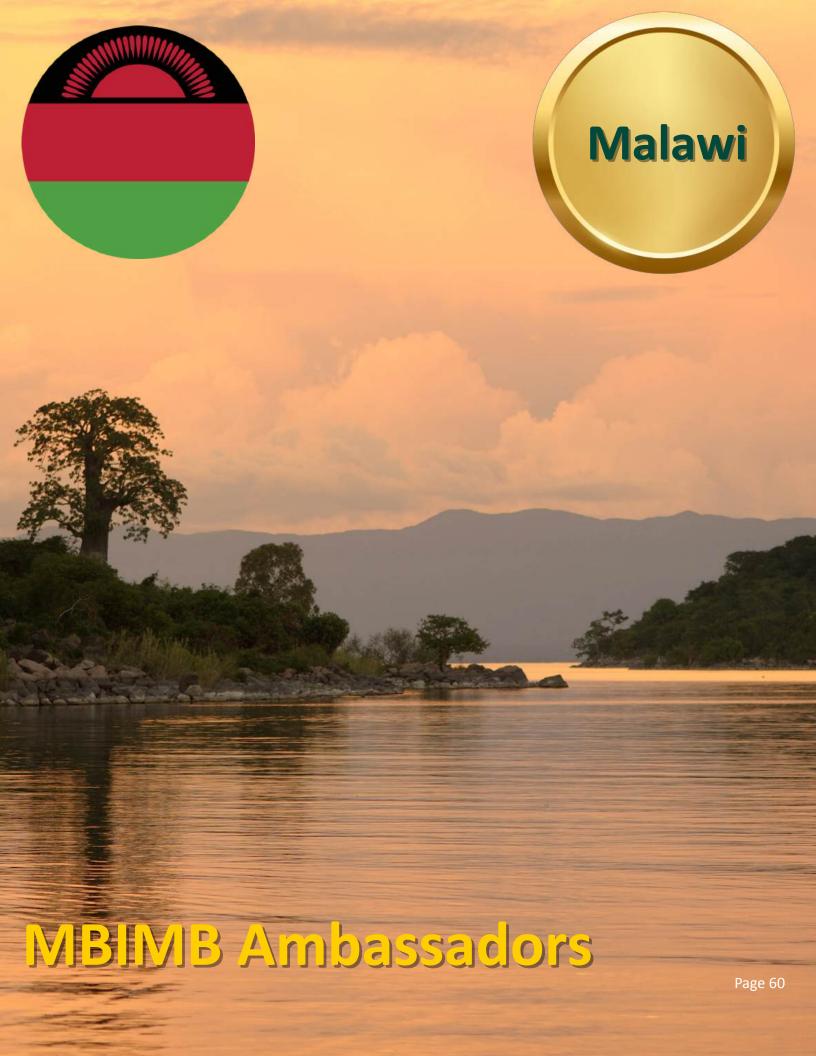
Looking Ahead

This collaboration may still be in its early stages, but the intentions are crystal clear. As Calleja says, "We look forward to the possibility of exploring how we can stand together in the mission to protect children globally, one step at a time."

In an era where bureaucracy and branding often get in the way of meaningful action, MBIMB and Doninu remind us that true change still begins with people who care—and act.

And sometimes, that action begins with a simple, heartfelt letter of solidarity.

For more about Doninu (Malta) International, visit <u>doninu.eu</u>. Learn about the My Body Is My Body Foundation at <u>mbimb.org</u>.

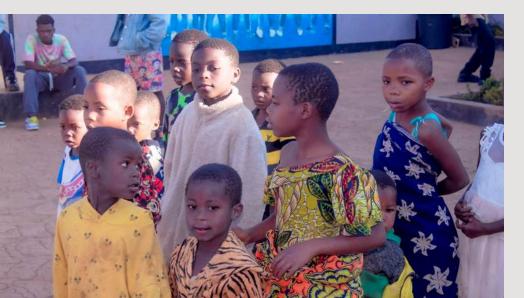




By MBIMB Ambassador: Prince Lokendo

MBIMB Training Reaches 80 Smiling Faces

There's something incredibly special about watching children not only learn but light up while doing it — and that's exactly what happened during our recent My Body Is My Body (MBIMB) training sessions.



With nearly 80 children in attendance, the energy was high from the start. Some of the children were already familiar with parts of the programme, but for many, this was their first experience learning about body safety, respect, and empowerment through our unique musical approach. The children eagerly participated, showing curiosity, confidence, and a readiness to learn.

To make the sessions even more engaging, we projected the MBIMB videos — which instantly captivated their attention — and followed up with a fun group singing session. Music, as always, helped the message stick in their minds and hearts. To keep everyone energised (and smiling!), we handed out snacks — a small gesture that made a big difference after their focused learning.

video

By MBIMB Ambassador: Prince Lokendo



One of the most touching parts of the day came from the parents. When we asked for consent to use photos of the children, the response was overwhelmingly positive. Many parents shared that we were the first organisation in the camp to request photo consent, and they truly appreciated this respectful approach. It was a beautiful moment of trust and collaboration between our team and the families we serve.

With the support of 8 passionate trainers, this MBIMB session was a joyful reminder of how powerful body safety education can be when it's delivered with care, creativity, and community.

Together, we're not just teaching — we're making a lasting difference, one song and one child at a time.

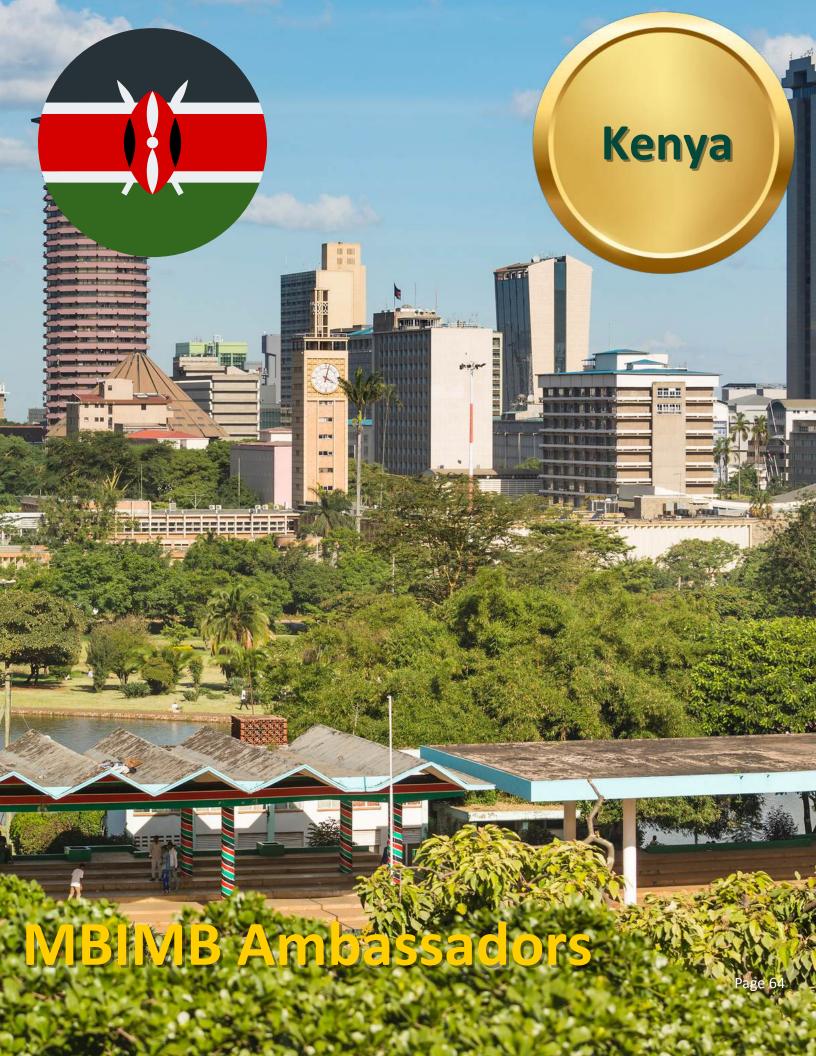




Inspiring Change:

Our Amazing Girls Empowerment Team is now Worldwide







Carrying More Than Supplies - Sharing Safety, Joy and Hope in Naivasha

In the heart of Naivasha, Kenya, where over 100 vulnerable children find shelter and care at the Memorial Children's Home, a special kind of visit recently brought more than just food, clothes, and tricycles. It brought dignity. It brought joy. And most importantly—it brought knowledge and safety. The Darren Hart Foundation, led a heartfelt outreach that reminded every child: you matter, and your body belongs to you.

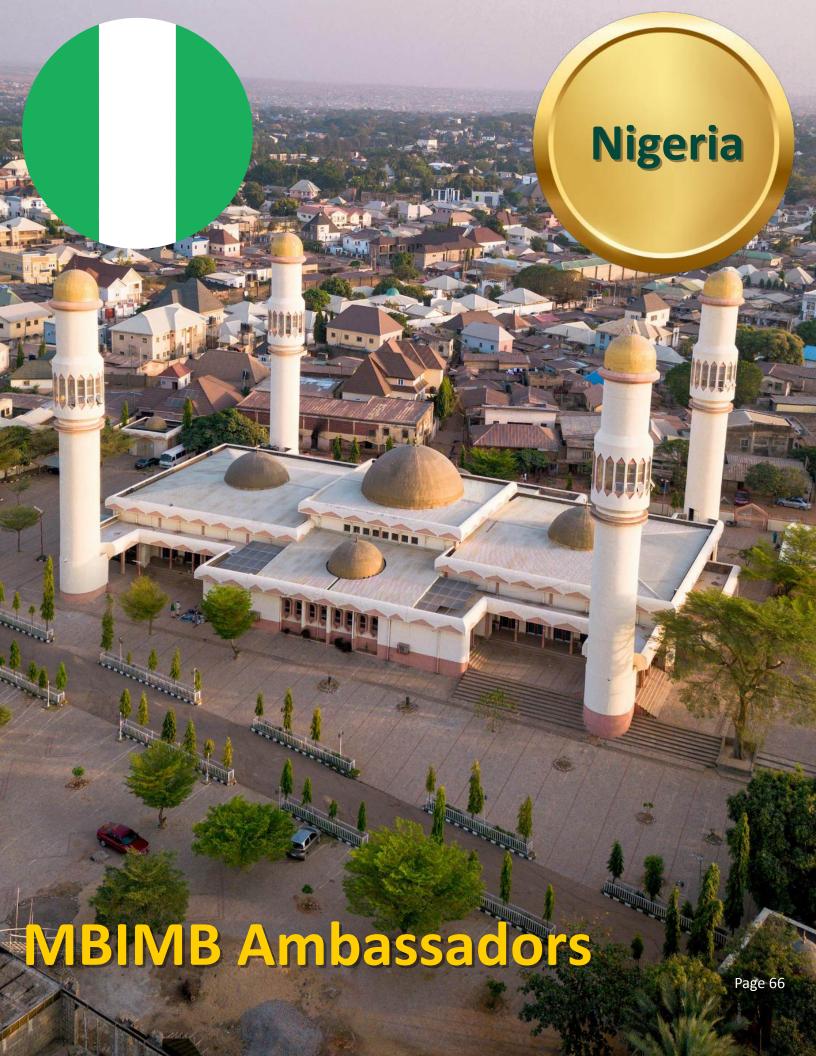
From the moment they arrived, volunteers created an atmosphere of warmth and celebration. The day kicked off with singing, dancing, and birthday cheers—celebrating six children's birthdays complete with cake, laughter, and hugs. But the highlight for many was the MBIMB body safety session, where children learned—through music, games, and story-based activities—how to recognise unsafe situations, say "no" when something doesn't feel right, and speak out to trusted adults.

The Darren Hart Foundation's team also delivered essential resources, including sanitary pads (thanks to the generous support of Zeno Life Plan), shoes, firewood, sports balls, and even gas for cooking—reminding these children that they are seen, valued, and supported by a global community.

"Educating children on body safety is one of the most important things we can do to protect their dignity and future," said Darren Hart, founder of the foundation. "Together with MBIMB, we are not just giving information—we're nurturing strength, confidence, and hope."

None of this would have been possible without the incredible volunteers, partners, and well-wishers who believe in creating a world where every child can grow up safe and strong.

And this is just the beginning.





A Day of Empowerment at LEA Primary School, Gazok



At LEA Primary School in Gazok, a small community in Jos South, Plateau State the students had an exciting day. The Mujib Hope Foundation (MHF) Jos Team arrived early that morning, ready to spend the day teaching and connecting with the pupils. Their goal? To help children understand how to stay safe, feel confident, and live healthier lives.

The team was warmly welcomed by the school's staff, who were incredibly supportive in getting the pupils ready for the sessions. With bright eyes and eager smiles, **108 children** — **43 boys and 65 girls** — gathered to take part in something a little different from their usual lessons.

The day began with a powerful session from the My Body Is My Body (MBIMB) programme, led by **Miss Miriam Badung**. Through storytelling, music, and open conversations, the children learned about their right to feel safe, what to do if something doesn't feel right, and how to recognise and respond to bullying. For many of them, it was the first time they realised that some everyday behaviours — teasing or excluding others — could actually be hurtful.

One of the most touching moments was when the whole group joined together to shout, "Say No to Bullying!" followed by the **MBIMB** theme song, which filled the room with energy and hope.



A Day of Empowerment at LEA Primary School, Gazok

Next came the WASH session, focusing on water, sanitation, and hygiene. The children learned about the importance of handwashing, staying clean, and keeping their environment safe and healthy. To support the school's hygiene efforts, the MHF team donated some essential supplies — soap, detergent, hand sanitiser, germicide, and child-friendly flyers to remind everyone of what they'd learned.

To mark the occasion, MHF presented the school with a Certificate of Participation, recognising their commitment to child safety and wellbeing. It was a small gesture, but one that meant a lot to the school community.

Teachers and pupils gave fantastic feedback, thanking the team for the engaging, respectful way they delivered the sessions. There was a genuine interest in having more visits like this — and a strong sense that the messages shared would stick.

In just one day, the children of Gazok walked away with more than knowledge — they left feeling seen, valued, and empowered. And for the **MHF Jos Team**, that's what it's all about: planting seeds of hope and protection in every child they meet.





Celebrating World Children's

Day with Joy, Learning, and

Empowerment

TRANSFORMING LIVES



On World Children's Day, the **Mujib Hope Foundation (MHF) Jos Team**, in partnership with El-Light Public Library, brought World Children's Day to life in the heart of Vwang, Jos South, Plateau State. The celebration wasn't just about marking a date — it was about honouring children, amplifying their voices, and creating a space where they could feel safe, confident, and truly celebrated.

The MHF team arrived at the library by 10:30 a.m. to a warm and enthusiastic welcome from the El-Light team. The day began with preparations for what would be a lively, inspiring mix of learning, fun, and creativity.

The first part of the day focused on something deeply important: keeping children safe. The team led an interactive **My Body Is My Body (MBIMB) session**, which opened up powerful conversations around two core issues — child sexual abuse and bullying.

With compassion and care, the team helped children understand what inappropriate behaviour looks like, how to set personal boundaries, and how to speak up if something feels wrong. Many of the children had never had the chance to talk openly about these topics before — and it showed. You could see the lightbulbs go on as they realised: "I have the right to feel safe."



Celebrating World Children's Day with Joy, Learning, and Empowerment

TRANSFORMING LIVES



The discussion then turned to bullying — not just what it is, but how it feels and why it happens. For some, it was the first time they recognised that teasing or excluding others could actually cause harm. Through open dialogue, the children began to understand the value of empathy, kindness, and accountability. The session wrapped up with everyone joining in a joyful chant of "Say No to Bullying!" followed by the much-loved MBIMB theme song that filled the space with energy and unity.

To mark the occasion in true World Children's Day fashion, the team hosted a range of fun competitions — from art to games to public speaking — all designed to build confidence, encourage teamwork, and let every child express their unique creativity. It wasn't just about winning; it was about being seen, heard, and encouraged to shine.

To reward the children's efforts, the Mujib Hope Foundation donated \\$10,000 in prize money, presented to the second runner-up in the competition. It was a small gesture with a big message: we see you, we value you, and we believe in your potential.

By the end of the day, the impact was clear. The children left with more than prizes and songs — they left more informed, more confident, and more connected to their peers and community. Teachers and facilitators praised the initiative and expressed a strong desire to see more of these events in the future.

Because when you educate, empower, and celebrate children, everyone wins.



THE HAVILAH **VIEW SCHOOLS, ENUGU**

We are delighted to host Chrissy Sykes, founder of the "My Body is My Body" program, at Havilah View Schools. Her visit is a true honor, and we look forward to the lasting impact her powerful child protection message will have on our pupils and the wider community. At Havilah View Schools, the progress, safety, and well-being of our pupils remain our highest priority.

Date: 14th July 2025



CHRISSY SYKES

FOUNDER MY BODY IS MY BODY PROGRAM





...Raising Future Leader

A Special Thank You to Okeke Chidi **Chinwendu and Raising Future Leaders**

We would like to express our heartfelt thanks to Okeke Chidi Chinwendu, one of MBIMB's dedicated Ambassadors, and the team at Raising Future Leaders for arranging a special presentation for the children of Havilah View Schools in Enugu, Nigeria on 14th July.

Although the session began well, we unfortunately experienced technical difficulties, and the sound connection failed before the children could hear the full presentation. However, we didn't let that stop us! A full presentation was sent to Okeke to ensure the children still received the important messages about safety and empowerment.

At MBIMB, we are committed to reaching children with our vital messages—no matter the obstacles. Thank you once again, Okeke, for your excellent organisation, your continued dedication, and for being one of MBIMB's outstanding Ambassadors. Together, we will keep finding ways to reach and educate children everywhere.













Working Together



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, ageappropriate 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 ther younger siblings
- inspire others through photos, videos, and stories from your

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.



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.

Ready to become a voice for change?
Apply to become an MBIMB Ambassador
Visit www.mbimb.org/ambassador





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.



CAROLINE FLYNN

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,
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EVENT PLANNING AND RESEARCH EXPERTISE AS WELL
AS A RICH ACADEMIC AND PROFESSIONAL BACKGROUND
ON REGIONAL AND INTERNATIONAL LEVELS.
SHE ALSO HAS COMPREHENSIVE ORGANIZATIONAL,
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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
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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 WILL ALL TYPES OF DISABILITIES.

HELP SUPPORT OUR WORK AT MBIMB

Each purchase helps us continue our #MBIMB work to educate and protect children worldwide, making a real difference one shirt at a time.



Of Profit made on sales will go to the MBIMB Foundation





SUPPORT MBIMB

EXPLORE OUR RANGE OF T-SHIRTS. JUMPERS. HOODIES AND TOTES

Each purchase helps us continue our #MBIMB work to educate and protect children worldwide, making a real difference one shirt at a time.

MY-BODY-IS-MY-BODY.TEEMILL.COM











Join our MBIMB Community www.mbimb.org

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







A special thank you to Space Auto for hosting and managing our MBIMB website. We are immensely proud of our members' portal and learning centre.

www.space.auto