



My Body is My Body

*Free Animated Musical
Child Abuse prevention Program*

www.mybodyismybody.com

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About The Program



My Body
is
My Body

"Preventing Child Abuse"

Are you looking for a way to teach young children about child abuse prevention - but you don't know where to start?

Well look no further !!

Our child abuse prevention program contains activities to teach child abuse prevention to children all around the world.

The My Body Is My Body Program will give you a step by step easy way to approach this subject through fun animated songs.

This simple program will give you a way to empower children and help you open the lines of communication

Our international child abuse prevention program contains:

- *Full .pdf downloads in several languages*
- *5 songs to help prevent abuse*
- *Step by step instructions for each song*
- *Ideas to get the children involved*
- *Warning signs of child abuse*
- *Lots of useful information*

About Prevention

Why do we need to teach children about child abuse prevention?

The consequences of child abuse for the affected child and for society as a whole are substantial, data shows that 5 children die every day because of child abuse, while many more suffer life long consequences.

Over 40% of children around the world experience abuse annually

Education is one of the best ways to prevent this from happening, or at least if a child is already in an abusive situation, it will give them the knowledge of what to do, and who to turn to, so that they can get some help.

The earlier we can teach children about the subject of "Body Safety" the better, and I know that this programme works for children from the age of 3, as I have presented this to over 350,000 children in the USA with great success.

The beauty of the **My Body Is My Body Program** is that it can be taught by anybody. Social workers, teachers, day care providers, parents, after school programme providers, sports club organisers and many more.

It is simple, memorable, and opens the channels of communication about the subject of abuse, which is of the utmost importance.

"How do you approach young children about the subject of child abuse?"

Most adults don't like to talk about the subject of abuse, and the thought of trying to approach young children in a positive manner can be a daunting prospect.

The fun songs in this programme allow people to engage with children in a simple and positive way.

Why music?

Songs are also a wonderful way for children to remember the important messages being taught as they are interactive. I am sure you all remember little songs that you were taught as a child, these songs and messages will stay with the children and will also be good grounding for future life lessons.

A study which involved children, published in the Journal of Music Therapy, showed that music, and learning new songs relate to a more positive self concept and development of self esteem, helping children feel better about themselves.

WHO SHOULD PRESENT THE PROGRAM

- **Parents**
- **Nursery School Teachers**
- **Teachers**
- **Social Workers**
- **Music Therapists**
- **Sports Coaches**
- **Anyone working with young children from 3 - 10 years old.**



Benefits of the program

- **Keeping children safe and preventing child abuse**
- **Dealing with this subject in a positive non-threatening way**
- **Children will remember the message through the music**
- **Find out the signs of child abuse**
- **Open the lines of communication**
- **Have fun presenting the program**



What Do You Need

IMPORTANT

If you are presenting this program as part of a school or any other organisation

- 1. Please find out your procedures for reporting abuse*
- 2. Find out who you need to report to*
- 3. Find out what associations are available to help you*
- 4. Find out who can help you if a child discloses abuse to you*

1. As a parent you need is access to the internet and a computer.

2. As a teacher if you only have access to a small computer, I suggest you present the program in small groups of children so everyone can see and hear the videos.

3. If you have access to a projector and a sound system

you can present the program to a full hall of children

*Be sure that no matter how big or small the group -
make it fun and get the children to join in...*

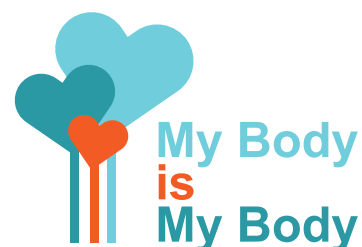
**All videos are available on Youtube or you can link through
the website pages**

After presenting the program always leave time to discuss the song subjects with the children, do the suggested activities and allow the children to feel comfortable in sharing any problems with you.

If a child reveals abuse information to you:

- 1. Remain calm and do not force the child to give further information.*
- 2. Comfort the child and thank them for sharing with you, then follow your school or organisational procedures, if you have non please notify your relevant Child Protection Services.*

3. Remember a child may only disclose a small portion of information at a time until they see your reaction is calm and supportive.



How To Present

How do I teach child abuse prevention?

Keep it fun!!

The songs are fun positive animations, introduced by a character called **Cynthie**, this should help you to keep the message simple.

Sing along, do hand movements and dance, anything to help make the message memorable and positive for the children.



Keep it simple!!

Young children do not need to know any in depth details of abuse just give them simple rules - we want to keep children innocent.

- 1. Nobody should be hurting you*
- 2. Nobody should be touching your private parts*
- 3. Nobody should take photos of your private parts*
- 4. If you have a problem tell somebody*
- 5. Don't keep secrets if someone is hurting you*
- 6. Tell someone if you are being bullied*

Keep it positive!!

The main objective is to empower children so they feel positive about their bodies and safe in the knowledge that they have someone to talk to if there is a problem.



Songs and Objectives

1. My Body Is My Body

Song Objective

To teach children that their body is their own and no-one has the right to hurt them or touch their private parts. Be clear that the parts of their body covered by underwear are private.

2. If It Don't Feel Right - Don't Do it

Song Objective

To teach children to listen to their own feelings
To talk about peer pressure
To help children with body empowerment

3. The What if Game

Song Objective

To teach children to say NO with authority
The 'What If' game can be applied to any situation that you may suspect is happening to a child. Use the game to give answers to difficult situations that they may not know how to get out of safely.

4. If You've Got A Problem

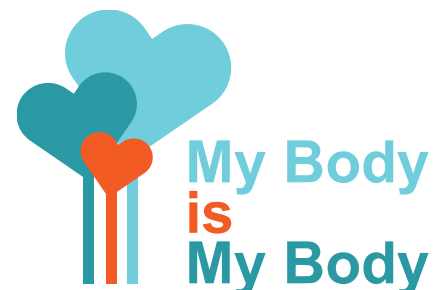
Song Objective

To reinforce the learning of telling someone if there is a problem and if the person you tell doesn't listen to you, keep telling till someone does listen. The song also gives children a list of people to tell their problems to.

5. Love Is Gentle

Song Objective

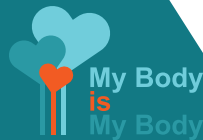
To teach children that love is gentle and kind and is all about caring, sharing and trusting.



Testimonials

I would like to thank you on behalf of the State of Tennessee and the many school children of Tennessee who have benefited from your efforts. The program is one of the largest child sexual abuse prevention programs delivered within the the Tennessee public school system. Your program is entertaining, non-threatening and effective.

State of Tennessee - Department of Human Services - Commissioner

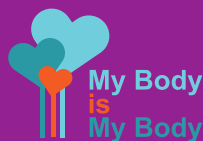


The program is exceptionally well - written and effective in communicating to children what they need to know about this all-too prevalent problem.

*Cumberland Valley Girl Scout Council
USA*

Thank you for the wonderful gift you are presenting to help safeguard children from abuse. The content is excellent and really child friendly as well as a great resource for professionals working with them.

Managing Director Care4Children (UK)

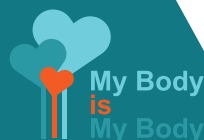


It is a pleasure to express our support in the work you have done. Many of our schools have implemented the program with great success. Counsellors, teachers and parents continue to request information about your materials and school visits. We often recommend this material for meeting our state curriculum mandate for the prevention of child sexual abuse in health education. Teachers have reported it's effectiveness toward reporting abuse.

*State Department of Education Tennessee
Commissioner Charles E Smith -*

The My Body Program was presented in Putnam County during the school year. It was the best child abuse prevention program that I have ever seen. It was presented to over 4000 children and as a result 90 children were referred to the Department of human Services. The program has not only been very good because of the help obtained for children, but it has also been very good for the community to work together to prevent these problems

*The Agricultural Extension service
University of Tennessee Institute of Agriculture*

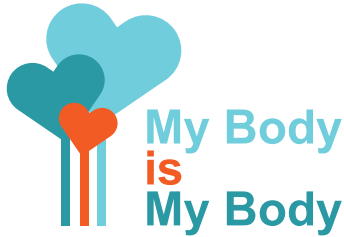


We love the My Body is My Body program. We regularly share the songs via Social Media for parents and children to make it easier to talk about this sensitive subject. Our therapists will also use it as the last phase of therapy, when they work on empowering the children.

*PATCH Child Abuse Centre,
South Africa*

Please have a look at our website for more testimonials from Organisations and from teachers
www.mybodyismybody.com

How We Started



Excerpts from - The National Coalition On Child Abuse and Neglect

The My Body Is My Body Program was started when Chrissy wrote the song "Kimberley," which was about a young girl that she had read about who died at the age of 4 as a victim of child abuse. The song was chosen for the awareness campaign for the State Of Texas where it raised over \$70,000 for Child Abuse prevention.

As a promotional aspect Chrissy travelled Texas for 3 weeks and found herself being asked to talk to children in schools and to give general public presentations, thus giving birth to the "Kimberley Project". Not being a human services professional Chrissy felt uncomfortable and inadequate speaking the first time to 500 children and then to over 2000 at the next location, but spoke nonetheless with her natural warmth understanding and sincerity. She was a success and children and adults were disclosing their being abused for the first time ever, to anyone, at the rate of 15% per presentation.

Chrissy found audiences being receptive and open, not only to bring up the subject of child abuse, but learning the problem and how to prevent it. Music being her main mode of communication these presentations stirred her creativity and from her own experiences and those shared with her, she began to write her thoughts through songs and here began the "My Body Is My Body" Program. Working closely with professionals Chrissy put together the program that would go hand in hand with the songs. The program was approved by the Department of Human Services in Texas.

Chrissy then moved to Tennessee and the Program was referred to the Nashville Coalition On Child Abuse and Neglect by the Department of Human Services and the project became the Coalition's first Major undertaking.

A research study published in the Journal of Music Therapy which involved children, showed that music, and typically group singing activities like the "My Body Is My Body" program found an increase in trust and group cohesiveness and cooperation. In addition, singing and developing music skills (like learning new songs) relate to increasing a more positive self concept and development of self esteem - helping kids feel better about themselves.

The Coalition feels that this program is a valuable instrument in Child Abuse Prevention. We feel that this program can truly make a valuable contribution, not only for child abuse awareness but even more importantly, child abuse prevention...allowing the rare opportunity to make a significant impact in causing a reduction of the number of children being victimised. A problem that up to now has seen a steady increase.

In a 5 year period Chrissy presented the program to over 350,000 children in Texas, Tennessee, Florida and Virginia, working with Schools, PTAs, Department of Human Services and Department of Education."

An important piece of information came to light when Chrissy was visiting the Tennessee State Prison where some of the inmates were asked - "What would you do if a child said No to you?" the answer was "We would look for another child that did not say No" So therefore the answer is to educate as many children as possible to say NO !!!

Author Biography



As an award winning singer/songwriter, with a career in South Africa and Nashville Tennessee, Chrissy decided to put her songwriting skills into practice by writing the **My Body is My Body** Program. She did this in conjunction with various Departments of Education and Departments of Human services in the United States. Over the next 5 years she presented the program to over 350,000 children with great success.

Chrissy decided that she could only reach a small portion of children by doing the program live and decided to put the program onto video. It took 4 years to learn how to animate and set up a recording studio and in 2017 she released the first program in English. The video's were so well received, that before long there were requests for different languages. Within 1 year there have been just over 200,000 hits on youtube on the various videos from over 200 different countries. It is available on the website with 12 Language translations with many more to come.

This program is **FREE** to all, and everyone that works on it does so at no charge. There is no funding and everything that has been achieved is totally through the kindness and goodwill of caring people that want to make a difference.

Available Languages



Full Websites

Arabic

جسدي هو جسدي

English

My Body Is My Body

Chinese

我的身体是我的身体

Dutch

Mijn Lichaam is Mijn Lichaam

Portuguese

Meu Corpo é Meu Corpo

Russian

Мое тело - это мое тело

Spanish

Mi Cuerpo Es Mi Cuerpo

Swahili

Mwili Wangu Ni Mwili Wangu

Urdu

میرا جسم میرا جسم ہے

Xhosa

Umzimba Wam Ngumzimba Wam

Song Translations Only

Farsi

Tamil

Turkish

Languages coming soon

French

German

Hindi

Swedish

Setswana

Romanian

Zulu



My Body
is
My Body



**My Body
is
My Body**

“A Safer World For Children”

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[mybodyismybodyprogram/](https://www.facebook.com/mybodyismybodyprogram/)

Youtube: <https://www.youtube.com/user/chrissykykes>