



My Body is My Body

www.mybodyismybody.com



Today we are going to learn about our bodies.
Do you know that your body is very special?

It is the **only body** you have, so you have to look after it!

We have lots of important parts of our body. We have hair, eyes, ears, a mouth, legs, arms, feet and fingers... and we also have private parts.

Do you know where your private parts are?

Your private parts are where your underpants or swimsuit covers. Nobody should ever be touching your private parts, because they are private and belong to you.

Draw a line
to each
Body Part ⇐

Hair
Eyes
Nose
Mouth
Arms
Hands
Fingers
Private Parts
Legs
Feet



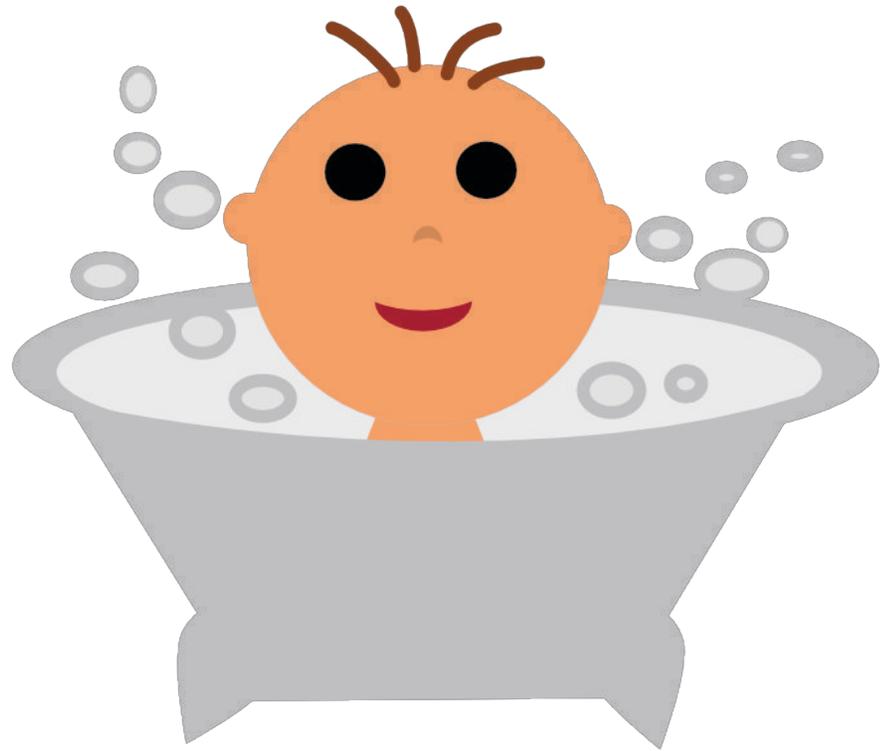
Draw a line
to each
Body Part ⇐

Hair
Eyes
Nose
Mouth
Arms
Hands
Fingers
Private Parts
Legs
Feet



These are the only times when someone can touch your private parts:

1. When you are young, your mommy, daddy, or the person who looks after you will have to wash your private parts (because you will be too young to do it for yourself), but as you grow bigger you will learn how to wash your own body.

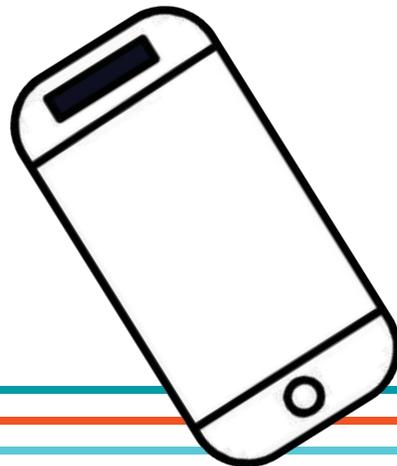


2. If your private parts are sore, mommy or daddy or your caretaker might have to put medicine there, but if you are uncomfortable with this you can ask to put the medicine on yourself.
3. If you are sick or sore, the doctor might have to touch your private parts, but a parent or someone that cares for you will always be with you as well.

No one else should ever be touching your private parts!

Never let anyone take a photo of your private parts.

**If someone tries to touch your private parts
say NO and go tell a safe adult.**



Because your body is special, no one should be hurting you!

Nobody should punch you

Nobody should kick you

Nobody should leave bruises

Nobody should cut you

Nobody should burn you

If anybody does anything to hurt your body, you need to tell a **safe adult**



Song 1: My Body Is My Body

Hello, my name is Cynthie and today we're going to do the "My Body Is My Body" Programme. We're going to sing some songs, have some fun and learn about how to keep safe. You know, our bodies are very special and **nobody has the right to hurt us, or touch our private parts or do anything that makes us feel uncomfortable** because it is our special body. We're going to do the first song now, and I want you to sing along with me! It's called **My Body Is My Body**.

It's my body, My body
And nobody has a right to hurt me
'Cos my body is my body for me
It's my body, My body
And nobody has a right to touch me
'Cos my body is my body for me

I've got two hands to feel
And two eyes to see
And two ears to hear what you're telling me
I've got two strong legs to take me where I go
And I've also got some private parts
That I don't want to show

It's my body, My body
And nobody has a right to hurt me
'Cos my body is my body for me
It's my body, My body
And nobody has a right to touch me
'Cos my body is my body for me



I've got hair on my head
I want you to see
And a little belly button
In the middle of me
I've got a cute little nose
And ten little toes
And I've got a mouth to tell you
What I want you to know

It's my body
My body
And nobody has a right to hurt me
'Cos my body is my body for me
It's my body
My body
And nobody has a right to touch me
'Cos my body is my body for me
Yes my body is my body for me



Let's Talk About Feelings

Do you know we all have the same types of feelings?

Sometimes we are **happy**



Sometimes we are **lonely**



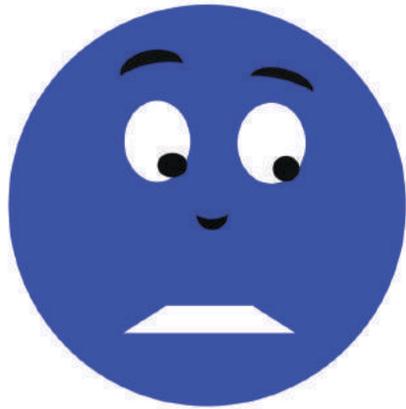
Sometimes we are **sad**



Sometimes we get **mad**



There are lots of different types of feelings. Each face has a feeling.
Can you tell what feelings they are?



Sometimes we get an uncomfortable feeling when people try to touch our bodies, or try to get us to do things that we know are wrong. When you feel that something is not right or makes you feel uncomfortable say NO, and tell a **safe adult**.

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

Have you heard of peer pressure? This is when other children try to get you to do things that they want you to do, even if it is not what you want to do. It could be that they want you to play a game that you do not want to play, or they might want you to go somewhere or do something that you know you are not supposed to do. Listen to your feelings and remember the rule:

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

What Is Bullying?

Bullying is when people try to hurt you either with words or they might try to hit or punch you.

If people are using words to bully you:

Stay calm –Walk away –Ignore the bully

If someone is trying to hurt, hit, or push you

Use your voice –Shout “NO! STOP! HELP!”

Act brave

Then always tell someone. If you or someone else is being bullied,
never ever keep it to yourself!

WORDS HURT

NO. STOP. HELP

Cynthia's text from the video

We're going to have fun with this next song. It has such a great rule to remember, and the rule is, **If it don't feel right, don't do it!**

Now I'm not talking about things like doing your homework, or tidying up your bedroom I'm talking about if someone tries to get you to go somewhere with them and you know it's not the right thing to do. **If it don't feel right, don't do it!**

Or if someone tries to get you to do something that makes you feel uncomfortable.

If it don't feel right, don't do it!

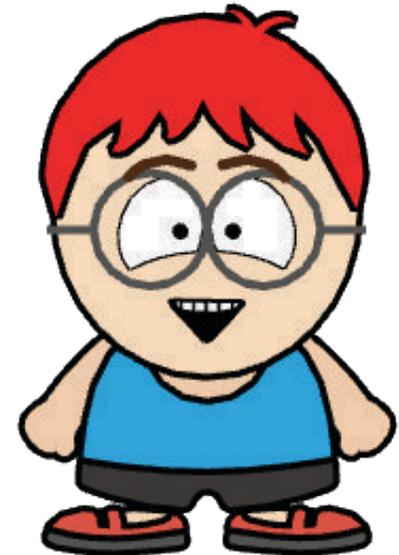
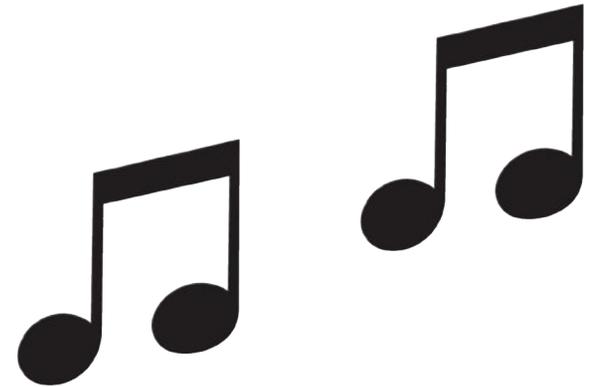


Song 2: If It Don't Feel Right –Don't Do It

People can touch you and say that it's cool
But remember your body belongs to you
You're the one who knows if it don't feel right
And if it don't feel right –Don't do it, Huh!!
No if it don't feel right –Don't do it, Huh!!
Don't do it –Don't do it

There are people out there That think you're a fool
And they try to give you drugs And keep you out of school
Tell you to keep secrets But you know what to do
Cause if it don't feel right –Don't do it, Huh!!
No if it don't feel right –Don't do it, Huh!!
Don't do it –Don't do it

People can hold you and tell you they care
I'm not telling you that it's not good to share
But you will know inside if it don't feel right
And if it don't feel right Don't do it, Huh!!
No if it don't feel right Don't do it, Huh!!
Don't do it Don't do it
No if it don't feel right Don't do it, Huh!!
Don't do it Don't do it
No if it don't feel right Don't do it, Huh!!



Let's learn some things with the
"What If Game."

Do you know what a stranger is?

A stranger is someone we don't know!
A stranger can be a man or a lady,
someone old or young, someone of any
colour, and someone in any social group.

Not all strangers are bad people! If
someone that you love or trust
introduces you to a stranger, that
stranger can become a friend. BUT....
unless someone you love and trust
introduces you to a stranger, **you should
never talk to them or go with them on
your own.**



The “What If” Game

This game is to teach you what to do in difficult situations:

What would you do if a babysitter or someone in your family tried to touch your private parts?

You would – **Shout NO and run to tell a safe adult**

What would you do if you were playing outside and someone said they had lost their puppy and asked you to come help look for him?

You would – **Shout NO and run to tell a safe adult**



What would you do if someone knocked on the door of your house and you were there **on your own**?

- a) Never open the door
- b) Call a neighbour or relative if they won't go away
- c) Call the police if you can't get any help and you are scared

What if a **stranger came to pick you up from school** and said “your mommy or daddy asked me to pick you up and take you home.” What would you do?

Shout NO and run to tell a safe adult

If the stranger **knew your Mommy and Daddy's name, and your Aunties and Uncles names**, would you think they knew your family? They could have found all this information on the internet, and you should still:

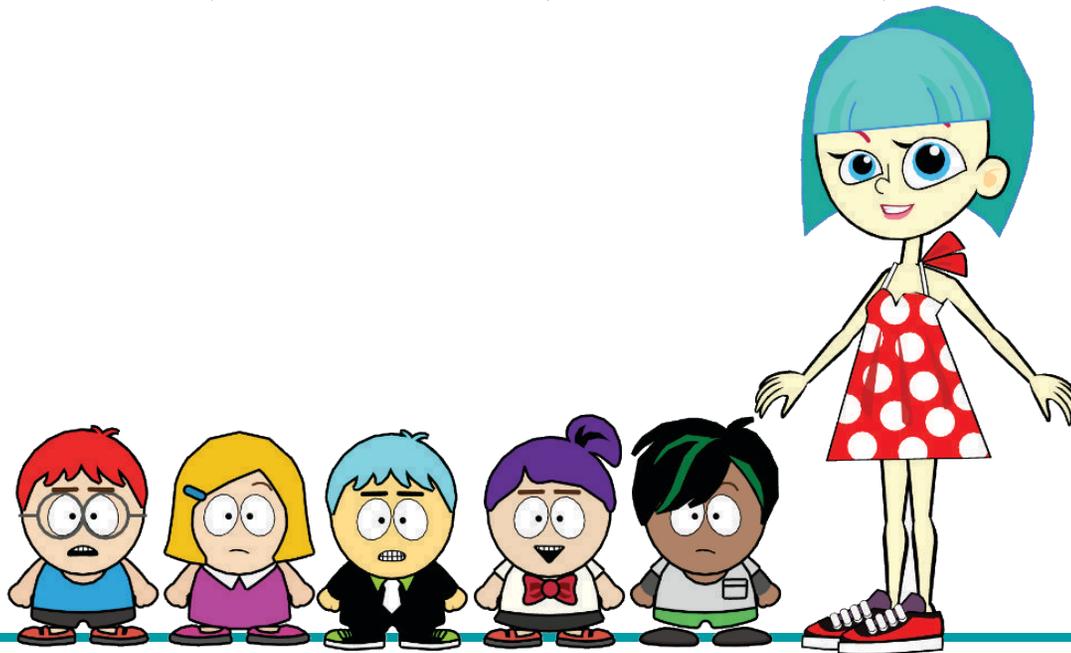
Shout NO and run to tell a safe adult

Cynthia's text from the video

Now we are going to play the **“What If Game”** and in this song we are going to learn what to do if a stranger tries to get you to go with them, or if somebody tries to touch your private parts.

Do you know where your private parts are? They are where your underwear or pants cover. Nobody should be touching your private parts apart from when you are very young, Mommy or Daddy will have to wash you there, but you'll soon learn to do that for yourself. Maybe if you are sick or sore, Mommy or Daddy or a Doctor might have to put some medicine there, but apart from that nobody should ever be touching your private parts.

We are also going to learn what to do if someone in our own home or family makes you feel uncomfortable or tries to hurt you. All you've got to do in this game is say **“NO”** so I want you to shout out nice and loud...



Song 3: The “What If” Game

We are playing The “What If” Game
There’s questions and answers for you
If you want to be a winner every time
This is what you’ve got to do
Say No ! Just say No !

What if, after school
A stranger tries to take you home
And they’re driving in a shiny new car
And they say “Hello ! You want a ride?”
Oh No, you’re a stranger
I won’t go for a ride in your car
Because my Mommy and Daddy told me
Never to go with someone I don’t know
I’d say No !! Just say No !!

Now what if, you’re at home
And the babysitters looking after you
And they try to touch you under your clothes
What would you do?
You’d say No, babysitter
I don’t want you touching me there
Because those are my private parts
And my body don’t belong to you
I’d say No !! Just say No !!

We are playing
The “What If” Game
There’s questions and answers for you
If you want to be a winner every time
This is what you’ve got to do
Say No !
Just say No !

Now what if, there’s someone
A friend or part of your family
And they touch you or hurt you
It makes you feel bad or uncomfortable
What would you say?
You'd say NO !
Please don’t do that
I don’t like you touching me that way
And though I really like you
Please don’t do that to me
Because I’m just little you see
I’d say No!
Just say No!
Say No!

What Is A Safe Adult?

A safe adult is someone you can tell if you have a problem, someone you feel comfortable talking to and that you know will help you.

Here is a list of some people you could tell if you have a problem

Mommy

Daddy

Granny

Grandpa

Older Brother or Sister

Aunty

Uncle

Teacher

Principal or Head Master

Neighbour

Policeman

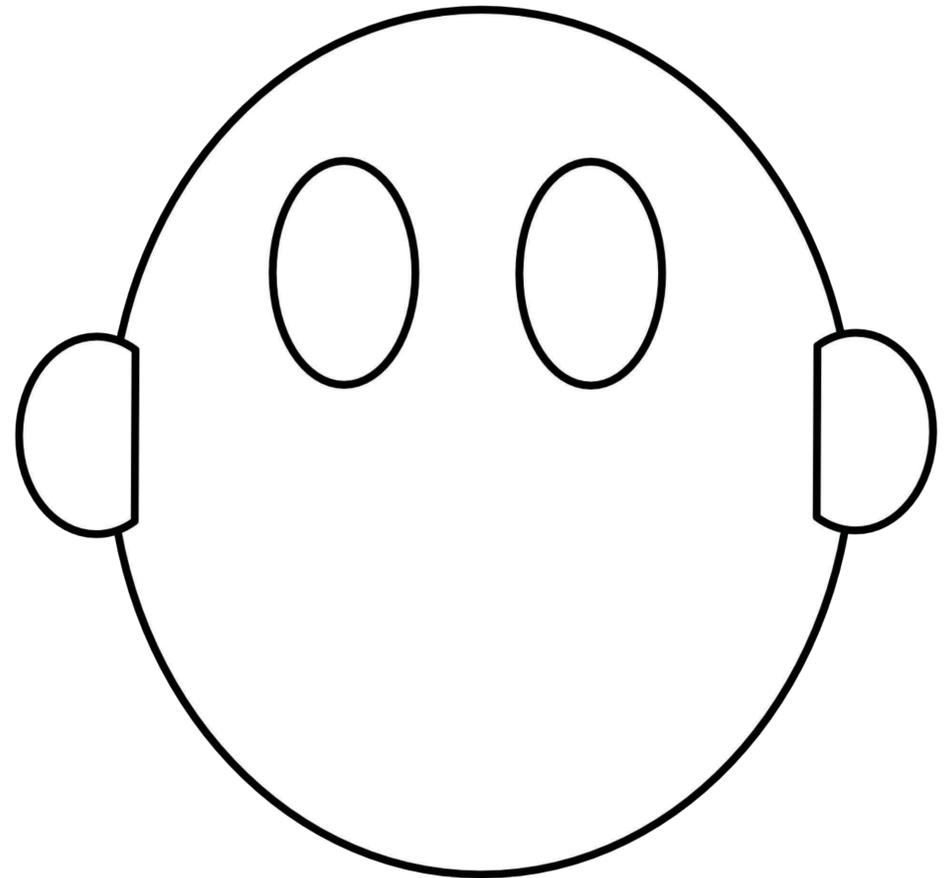
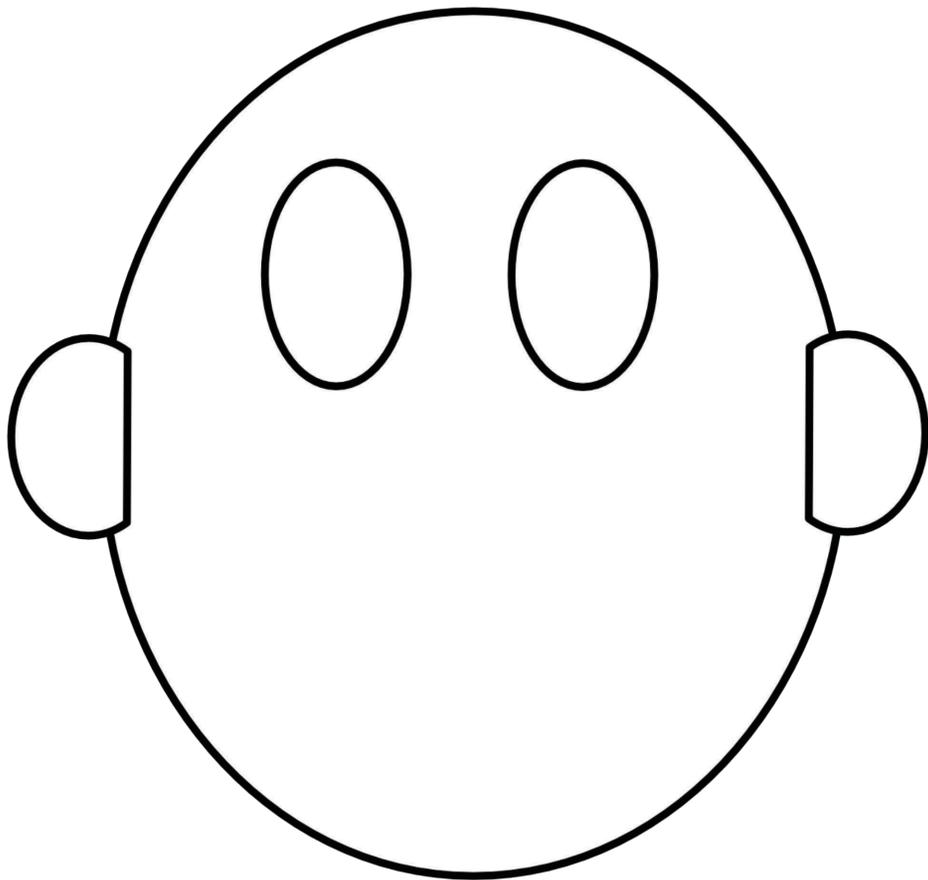
Mentor

Pastor

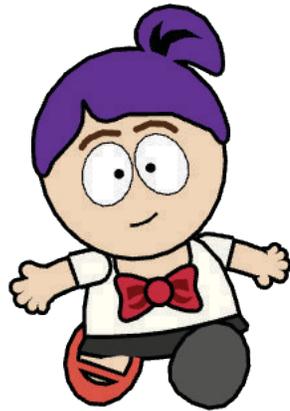
Spiritual leader

Can you think of anyone else you could talk to if you had a problem?

Write down who you can tell and draw their faces below.



If you have problems and are trying to tell someone about it, these are some of the feelings you might have:



Find the best way to tell!
Remember **ALWAYS** tell someone about your problems or if someone is hurting you, or touching your private parts.

a) You might feel embarrassed - but it is OK lots of people feel like this when they are trying to tell about problems

b) You might find it hard to find the right words, but just explain the best way you can

c) Your heart might beat fast and your voice might shake and your body might shake - but just take a deep breath and talk slowly

d) You might find it easier to tell a little at a time over a few days
It doesn't matter how you tell - as long as you tell

e) You might find it easier to write down your problem - then give it to your a safe adult

One last thing to remember!

If you tell someone and they do not help you or believe you,

TELL SOMEONE ELSE!

If they don't believe you,

TELL SOMEONE ELSE!

Keep telling til someone believes you!

Let's sing the "If You've Got A Problem" song

Cynthia's text from the video

It is really important to tell somebody if someone is hurting you or touching your private parts, even if you feel scared or embarrassed you need to be very, very brave and tell someone. There are so many people to tell, Moms, Dads, Grannies, Grandpas, Aunties, Uncles, Teachers, Cousins, Neighbours, parents of your friends, police, nurses and many more people around you. Now if you tell and people don't believe you, they might even tell you to keep it a secret –but then you go and tell someone else. If they don't believe you, then you tell someone else and you keep on telling until someone listens to you.

Don't ever, ever give up!!



Song 4: If You've Got a Problem

If You've Got A Problem –
You don't know what to do
Go and tell somebody –
Till they listen to you
You've got to find someone –
To tell your troubles to
If You've got a problem –
Find someone who'll listen to you

Talk to your Mom or Dad –
Gran or Grandpa too
Your Aunt or your Uncle –
or a teacher at school
You've got to keep on telling –
Till someone listens to you.
If you've got a problem –
Find someone to tell it too

If someone has hurt you –
You don't know what to do
Go and tell somebody –
Till they listen to you
You've got to find someone –
To tell your troubles to
If You've got a problem –
Find someone who'll listen to you

Talk to your neighbour –
Your mentor at your school
Someone you know or trust –
Sharing problems is a must
Just keep on telling –
till someone listens to you
If you've got a problem –
Find someone to tell it
If you've got a problem –
Keep telling till they listen to you

Song 5: Love Is Gentle

Love is gentle and kind. It is all about caring, sharing, and trusting each other.

We like to spend time with the people we love and we like to do things together for example:

Reading books

Playing games

Taking a walk

Drawing

Listening to music

Cooking

Watching TV or movies



Write down some of the things you like to do with the people you love
or draw a picture of what you like to do the most.



A large rectangular area with a dashed border, intended for writing or drawing. The border is composed of orange dashed lines on the top and left sides, and teal dashed lines on the right and bottom sides.



When people look after you they need to make sure that :

1. You are loved
2. You have enough food to eat
3. You have clean clothes
4. You clean your teeth
5. You brush your hair
6. You have a bath
7. They help you with your problems
8. They are there to help you if you are sad

It is important that you are looked after well so that you can grow up

HAPPY and **HEALTHY** and **STRONG**

Let's Sing The Love Is Gentle song

Cynthia's text from the video

Let's talk about love, it's very important to be loved and people don't show their love to you by hurting you or doing things that make you feel uncomfortable. People show that they love you by doing things with you like reading books, playing games, having fun, going for walks or maybe showing you how to ride your bicycle. Love is all about sharing and caring for each other. Our parents and carers make sure we are looked after, they feed us, make sure we clean our teeth, and that we have clean clothes to wear and if we are sick they take us to the doctor. It's very important that we are looked after well so we can grow up healthy, happy and strong.

Love is gentle -Love is kind, Sing along and you will find
There's so many nice things we can do -To show our love

Won't you read me a story Or let's go out and play some ball
You could help me ride my bike -So I won't fall

There are so many things -We can do together
There are so many ways -We can show we care
There are so many times we can tell each other I love you
If you've got some time to share -I'd like to share with you

Love is gentle -Love is kind
Sing along and you will find
It's so nice to share these things with you



Say No To Secrets

Let's learn the **“Say NO To Secrets”** rule. Sometimes when people hurt you or try to touch your private parts they will ask you to keep it a secret. So, we need to learn the **“Say NO To Secrets”** rule.

When people that are doing things to hurt you, they do not want other people to find out what they are doing. So they will try to tell you things that are not true:

They might say:

- a) People won't listen to you.....**DON'T BELIEVE THEM**
- b) People will say it is your fault....**DON'T BELIEVE THEM**
- c) People won't love you any more...**DON'T BELIEVE THEM**
- d) You are going to get into trouble...**DON'T BELIEVE THEM**
- e) I am going to hurt you if you tell...**DON'T BELIEVE THEM**
- f) I will hurt someone in your family....**DON'T BELIEVE THEM**





Surprises are about FUN! SAY NO TO SECRETS



Circle if it is a secret or a surprise.

1. We are having a special part for Mommy's birthday.

Secret Surprise

2. I want you to come with me, let's not tell Mommy and Daddy.

Secret Surprise

3. I am going to bake your sister's favorite cake.

Secret Surprise

4. Let's play a touching game but we must not tell anyone.

Secret Surprise

If someone says something to you that makes you feel bad, feel uncomfortable or they touch your private parts and they tell you to keep it a secret, say **NO** and tell a **SAFE ADULT**

Song 6: Say "NO" To Secrets

I'm not gonna keep your secrets
We're not gonna keep your secrets
I'm not gonna keep your secrets
We're not gonna keep your secrets

If you try to hurt me
I'm gonna tell on you
Come on everyone
We're gonna tell someone
If you try and do things
I know are wrong
I'll be strong,
I'm gonna tell someone

I'm not gonna keep your secrets
We're not gonna keep your secrets
I'm not gonna keep your secrets
We're not gonna keep your secrets

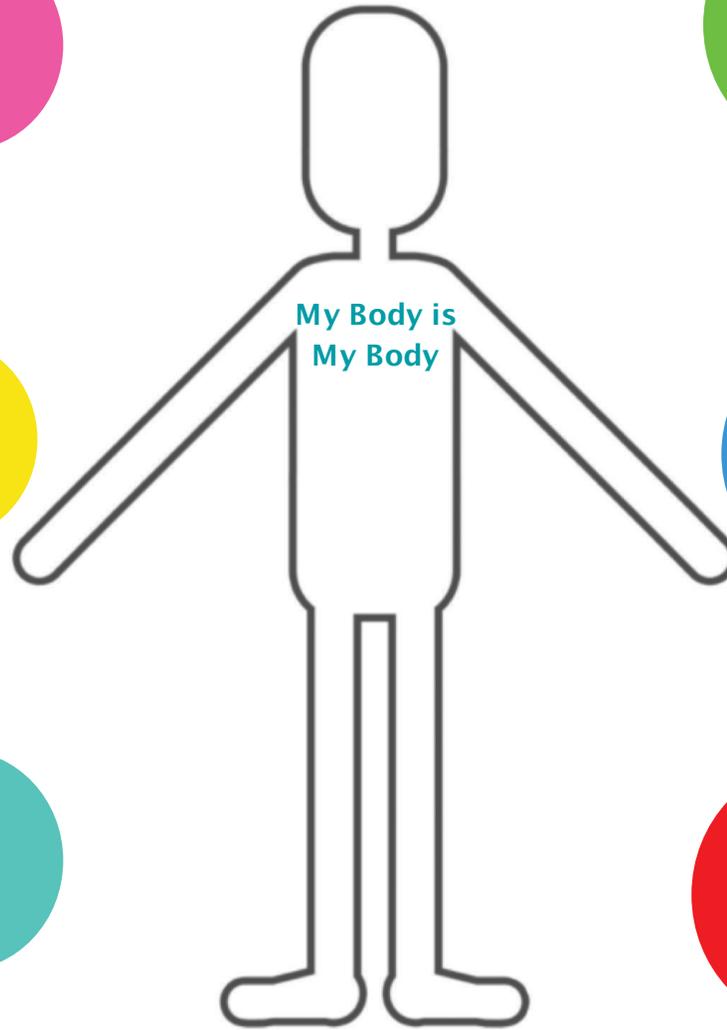
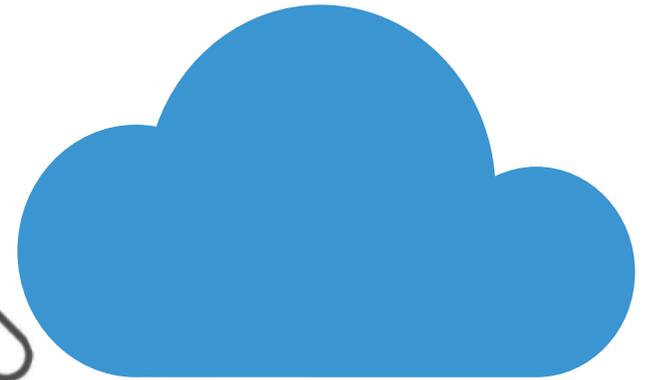
If you try to bully me,
I know that's wrong
I'm gonna tell someone
We're gonna tell someone

We say "No" to secrets,
We say "No" to secrets,
We say "No" to secrets,
We say "No" "No" "No" "No"

I'm not gonna keep your secrets
We're not gonna keep your secrets
I'm not gonna keep your secrets
We're not gonna keep your secrets

We say "No" to secrets
We say "No" to secrets
We say "No" to secrets
We say "No"

Write down six things you have learned to keep your body safe!



My Body is
My Body

