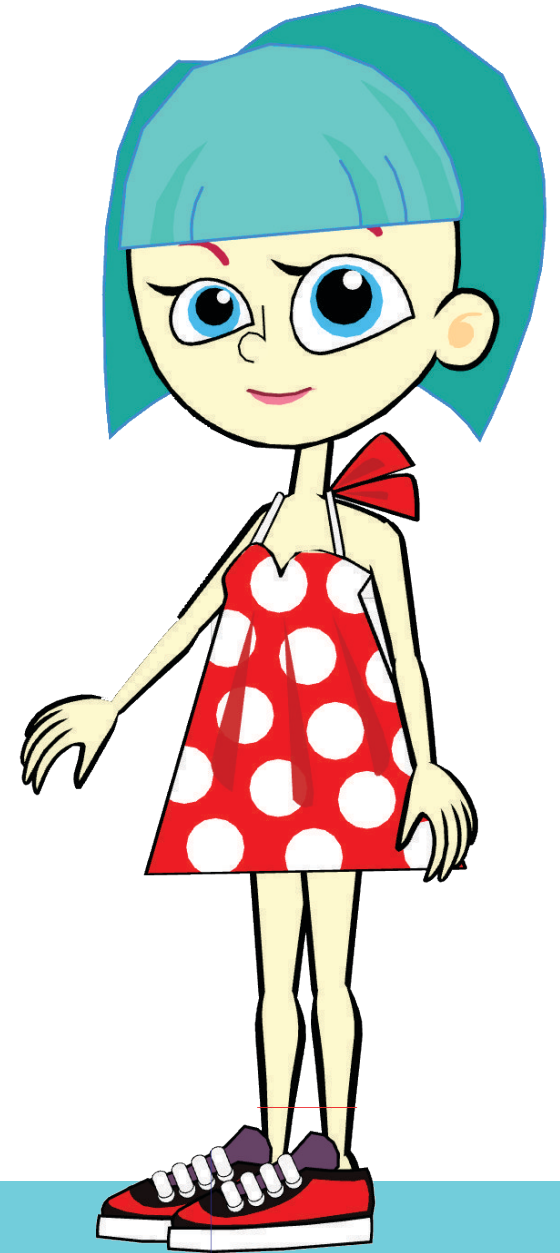




# My Body is My Body

[www.mybodyismybody.com](http://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.

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Draw a line  
to each  
Body Part ⇐

Hair  
Eyes  
Nose  
Mouth  
Arms  
Hands  
Fingers  
Private Parts  
Legs  
Feet



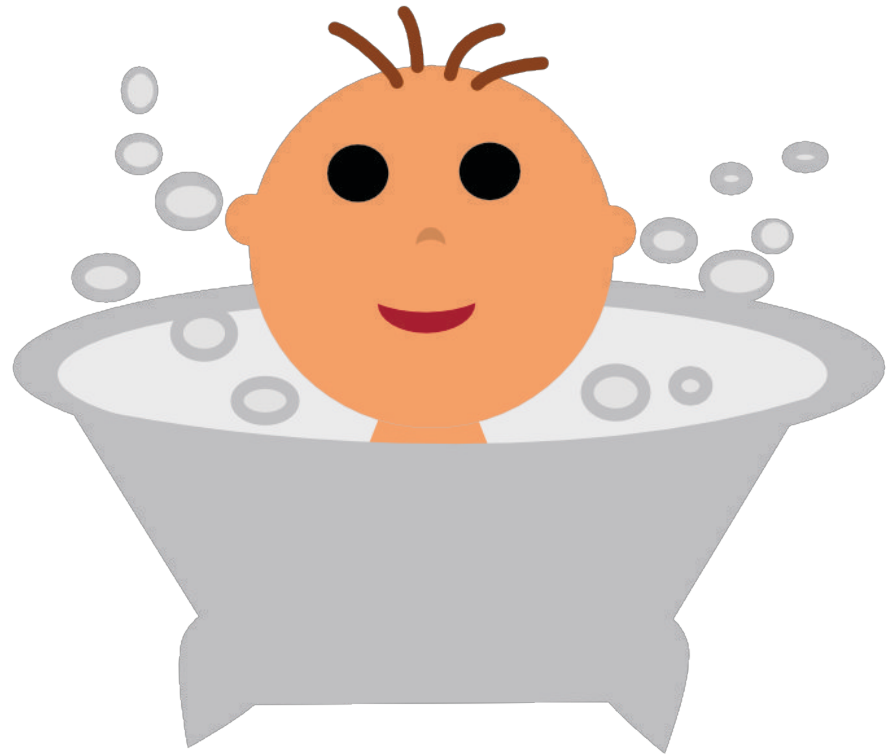
Draw a line  
to each  
Body Part ⇐

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.

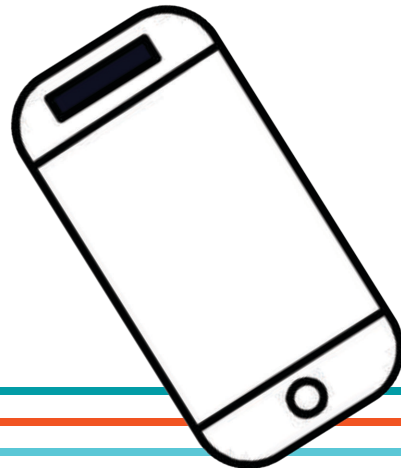


2. If your private parts are sore, mommy or daddy or your caretaker might have to put medicine there, but if you are uncomfortable with this you can ask to put the medicine on yourself.
3. If you are sick or sore, the doctor might have to touch your private parts, but a parent or someone that cares for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

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# 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!**

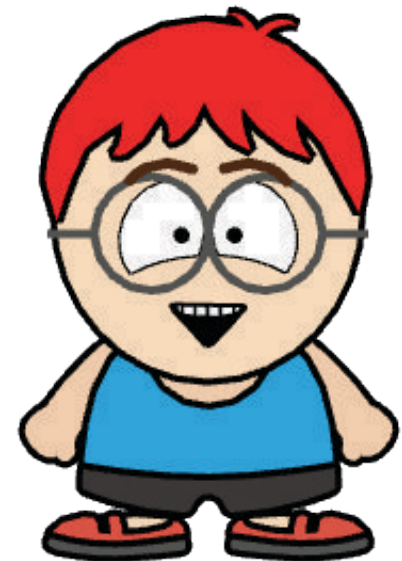


# Song 2: If It Don't Feel Right –Don't Do It

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**

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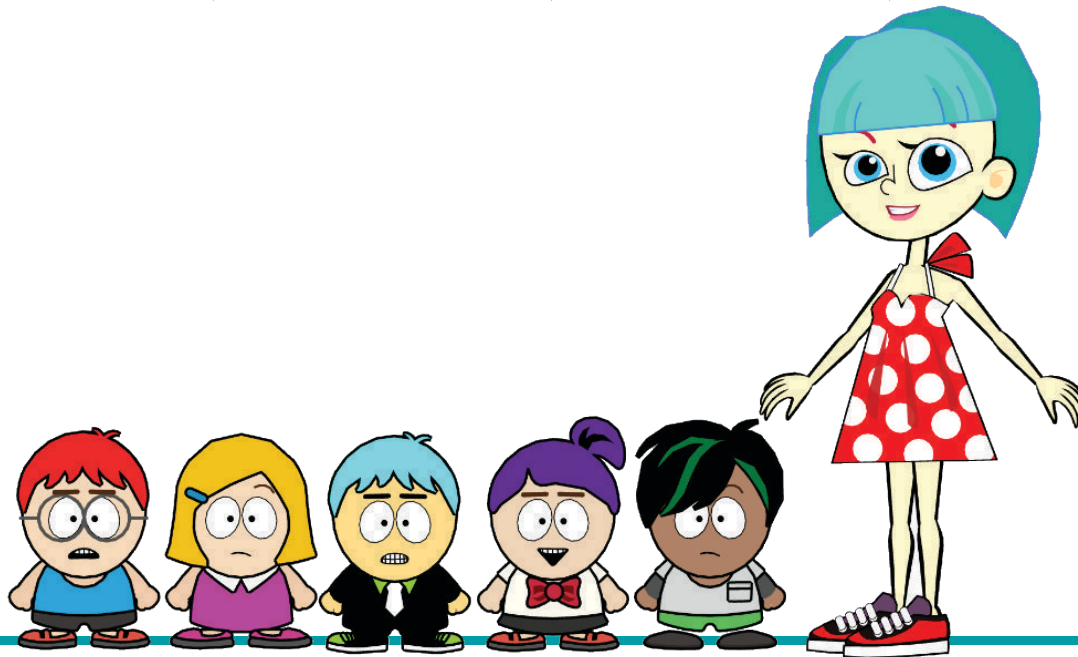


## Cynthia's text from the video

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**

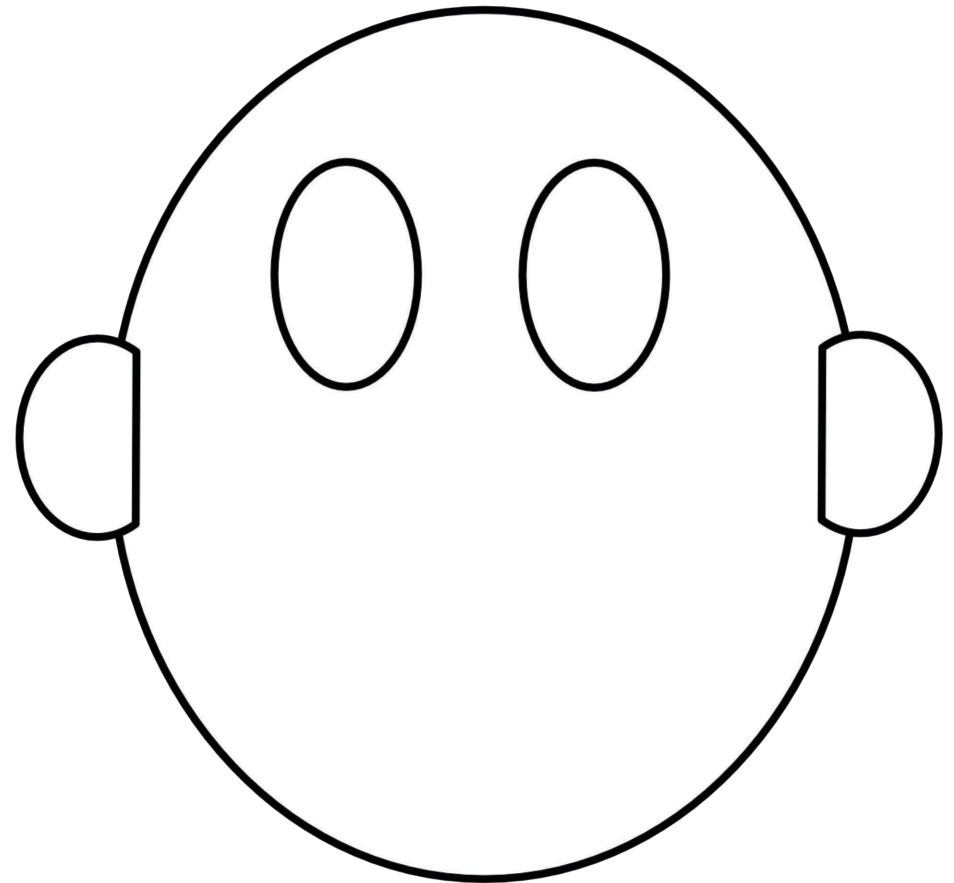
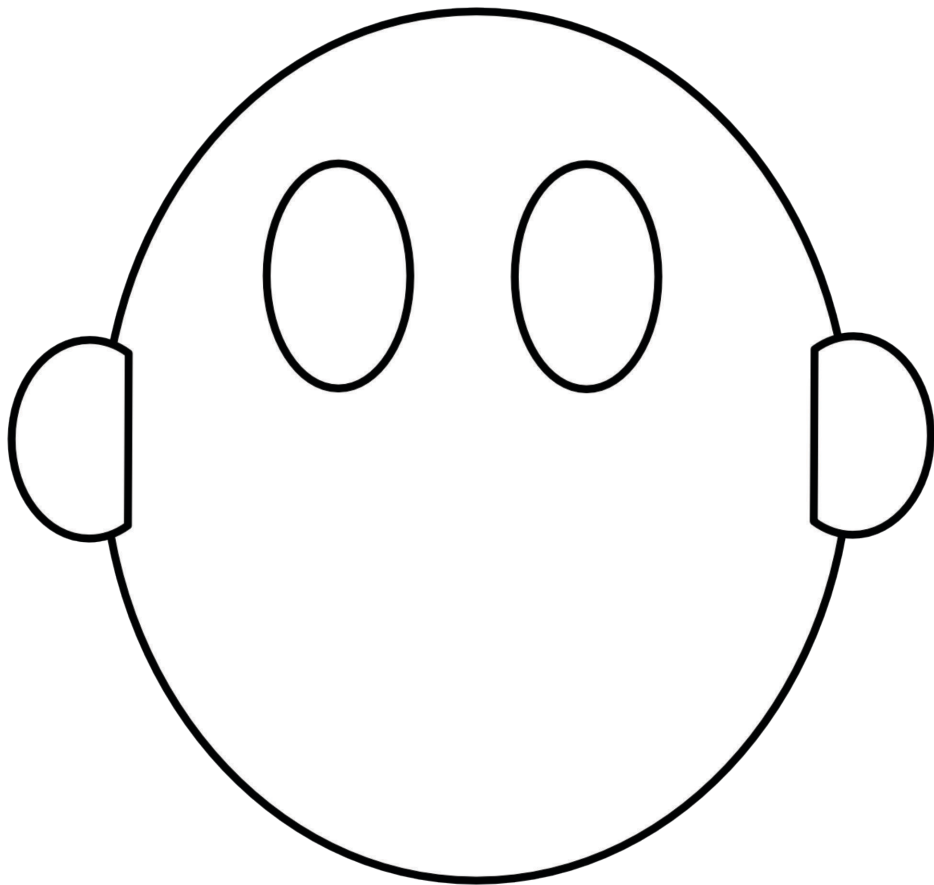
**Mentor**

**Pastor**

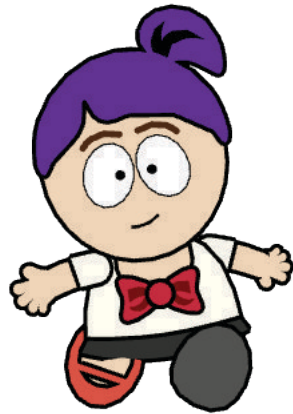
**Spiritual leader**

**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!**

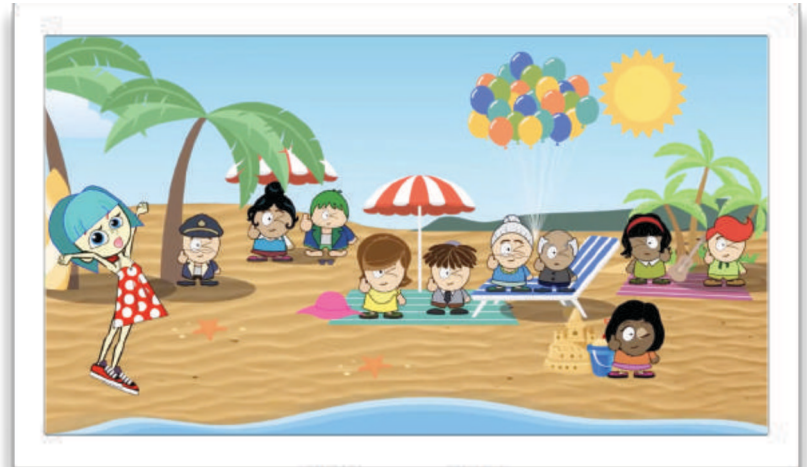
Keep telling til someone believes you!

**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 defined by a dashed orange border on the left and top, and a dashed teal border on the right and bottom, intended for writing or drawing.

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**

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# 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**

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# 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!

