
Charlotte Diamond



BE SAFE! CD SONG LYRICS

1. My Body 2:37
2. My School is the World 2:31
3. Love Me For Who I Am 1:47
4. Leave the World a Little Better 3:08
5. Mon corps 2:37
6. Mon école est le monde 2:31
7. Aime-moi comme je suis 1:51
8. Pour que le monde soit plus beau 3:08

INSTRUMENTAL TRACKS

9. My Body/Mon corps 2:37
10. My School is the World/Mon école est le monde 2:31
11. Love Me For Who I Am/Aime-moi comme je suis 1:52
12. Leave the World a Little Better/Pour que le monde soit plus beau 3:08

Tracks 1–12 Performed by Charlotte Diamond
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hugbug@intergate.ca
 Mastered by Roy Code, SSR Studio, Sechelt, BC

“My Body”, © Peter Alsop, Moose School Music, BMI 1983
www.peteralsop.com
 “Mon corps” translated by Charlotte Diamond
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 BSP102

My Body



Song #1
Instrumental #9

By Peter Alsop

© Moose School Music BMI 1983

www.peteralsop.com

Recorded, adapted and arranged by Charlotte Diamond, SOCAN 2016

1. My legs are made to dance me around,
To walk and to run and to jump upside down.
2. Your body loves to pedal a bike.
Our bodies do whatever they like.

CHORUS

**My body's nobody's body but mine.
You run your own body, let me run mine.**

3. When I am touched, I know how I feel.
My feelings are mine, my feelings are real.
4. Sometimes it's hard to say "no" and be strong.
When the "no" feelings come, then I know something's wrong.

CHORUS

5. 'Cause my body's mine from my head to my toe.
Please leave it alone when you hear me say "no."
6. My body's mine, to be used as I choose.
Not to be threatened, or forced or abused.

CHORUS

7. Don't hit me or kick me, don't push or shove.
Don't hug me too hard, when you show me your love.
8. Secrets are fun, when they're filled with surprise.
But not when they hurt us with tricks, threats or lies.

CHORUS

9. This is my body, it's one of a kind.
I've got to take care of this body of mine.

CHORUS

Peter Alsop is a psychologist whose fun and humorous songs are used by thousands of parents, teachers, and counselors to help kids and families cope with difficult issues. Check out www.peteralsop.com or contact Peter about his songs or presentations at peter@peteralsop.com or call 800-676-5480.

Mon corps



Song #5
Instrumental #9

French version translated and performed by Charlotte Diamond
of the song “My Body” composed by Peter Alsop, Moose School Music BMI 1983
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www.charlottediamond.com hugbug@intergate.ca

1. Mes jambes me servent à courir, à marcher,
À sauter, à tourner quand j’ai envie de danser.
2. Ton corps aime rouler à bicyclette,
Nous aimons jouer et faire des pirouettes.

REFRAIN

**Mon corps est mon corps, ce n’est pas le tien,
Tu t’occupes de ton corps, je m’occupe du mien.**

3. Quand on me touche, je sais ce que je ressens,
C’est à moi qu’appartiennent ces sentiments.
4. Il est difficile de dire « Non! », n’est-ce pas?
Quand mon cœur dit « Non! », c’est que ça ne va pas.

REFRAIN

5. Mon corps m’appartient des orteils à la tête,
Laisse-moi tranquille quand je te dis « Arrête! »
6. Mon corps est à moi, j’en fais ce que je veux
Je dis « Non » aux menaces, aux gestes injurieux.

REFRAIN

7. Ne me pousse pas, ne me frappe pas,
Vas-y doucement quand tu me serres dans tes bras.
8. J’aime les surprises et les secrets amusants
Sans trucs et sans mensonges menaçants.

REFRAIN

9. C’est mon corps, du lever au coucher du soleil,
Je prends soin de ce corps comme nul autre pareil.

REFRAIN

Charlotte Diamond is an international award-winning Canadian composer and performer of music for children and families. For more information on Charlotte Diamond’s music and educational materials, please visit www.charlottediamond.com. Charlotte’s songs and albums are also available on iTunes.

My School is the World



Song #2
Instrumental #10

By Charlotte Diamond
© Charlotte Diamond Music SOCAN 1999
Recorded on “Charlotte Diamond’s World”
www.charlottediamond.com hugbug@intergate.ca

1. I want to learn how to dance; I want to learn how to sing
Paint a picture, play a game
I want to do everything!

I want to learn how to read; I want to learn how to write;
For I’m a child and I’m ready to learn
My school is the world.

2. I want to learn how to weave; I want to learn how to sew
Cook good food and build a home
There’s lots that I don’t know.

I want to learn about peace and how to be a good friend;
For I’m a child and I’m ready to learn
My school is the world.

3. I want to study the earth; I want to study the sky
Plant a seed and help it grow
Just give me the chance to try.

I want to learn how to dream; imagine what I can be;
For I’m a child and I’m ready to learn
My school is the world.

BRIDGE

I need teachers; I need books; I need paper and pens,
With time enough and helping hands
My education will never end.

I want to learn how to dream; imagine what I can be
For I’m a child and I’m ready to learn
My school is the world.

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Mon école est le monde



Song #6
Instrumental #10

By Charlotte Diamond SOCAN 1999

© Charlotte Diamond Music

Recorded on “Nous sommes tous comme les fleurs”

www.charlottediamond.com hugbug@intergate.bc.ca

1. Je veux apprendre à danser; je veux apprendre à chanter
À faire un dessin, à jouer un jeu
Je veux faire tout ce que je peux.

Je veux apprendre à lire; je veux apprendre à écrire.

Je suis un enfant et je suis prêt

Mon école est le monde.

2. Je veux apprendre à tisser; je veux apprendre à coudre
À bâtir une maison, à préparer un repas
Y’a beaucoup de choses que je ne sais pas.

Je veux apprendre à vivre en paix; je veux être un bon ami.

Je suis un enfant et je suis prêt

Mon école est le monde.

3. Je veux observer la terre, je veux observer le ciel
Planter une graine, l’aider à pousser
Je suis prêt à m’aventurer.

Je veux apprendre à rêver, à imaginer ce que je serai

Je suis un enfant et je suis prêt

Mon école est le monde.

VARIATION

J’ai besoin de livres, de professeurs, de stylos et de papier
D’assez de temps et d’encouragement
Je vais apprendre toute ma vie.

Je veux apprendre à rêver, à imaginer ce que je serai

Je suis un enfant et je suis prêt

Mon école est le monde.

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Love Me For Who I Am



Song #3
Instrumental #11

By Charlotte Diamond
© Charlotte Diamond Music 1985 SOCAN
Recorded on “10 Carrot Diamond”
www.charlottediamond.com hugbug@intergate.ca

1. Love me for who I am,
Not what you want me to be.
Love me for who I am,
And we can get along.
2. If I like you and you like me,
Then good friends we both can be.
If I like you and you like me,
Then we can get along.

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Aime-moi comme je suis



Song #7
Instrumental #11

By Charlotte Diamond
© Charlotte Diamond Music 1985 SOCAN
Recorded on “Nous sommes tous comme les fleurs”
www.charlottediamond.com hugbug@intergate.ca

1. Aime-moi comme je suis,
Pas comme tu veux que je sois.
Aime-moi comme je suis,
Nous nous entendrons bien.
2. Si je t'aime et si tu m'aimes,
Nous serons de bons amis.
Si je t'aime et si tu m'aimes,
Nous nous entendrons bien.

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Leave the World a Little Better



Song #4
Instrumental #12

By Charlotte Diamond

© Charlotte Diamond Music SOCAN 1997

As recorded on “Charlotte Diamond’s World”

www.charlottediamond.com hugbug@intergate.ca

CHORUS

Leave the world just a little bit better,
A little better than it was,
Leave the world just a little bit better,
A little better than you found it
When the sun came up.

1. I’m only one and we are two
But there are others like me and you,
Step by step and hand in hand
We can help our land.

CHORUS

2. If I listen to you and you listen, too
Soon there’ll be others like me and you,
We know a word, it’s called “Respect”,
Give what you expect.

CHORUS — Variation

Leave the world just a little bit kinder,
A little kinder than it was,
Leave the world just a little bit kinder,
A little kinder than you found it
When the sun came up.

3. If I smile at you and you smile, too
Soon there’ll be others like me and you,
Let’s send a giggle around the world
To every boy and girl.

CHORUS — La, la, la ...

Repeat Verse 1

1. I’m only one and we are two
But there are others like me and you,
Step by step and hand in hand
We can help our land. CHORUS

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Pour que le monde soit plus beau



Song #8
Instrumental #12

By Charlotte Diamond
© Charlotte Diamond Music 1998 SOCAN
Recorded on “Nous sommes tous comme les fleurs”
www.charlottediamond.com hugbug@intergate.ca

REFRAIN

Pour que le monde soit plus beau,
Un p’tit peu plus beau qu’hier,
Pour que le monde soit plus beau,
Un peu plus beau qu’il ne l’était hier
Au lever du soleil.

1. Je suis tout seul, puis nous sommes deux
Puis des milliers d’enfants de partout!
Pas à pas, soeurs et frères
Aimons notre terre!

REFRAIN

2. Si je t’écoute, si tu m’écoutes,
D’autres seront à l’écoute aussi.
Nous connaissons le mot respect,
Sachons partager!

REFRAIN — Variation

Pour que le monde soit heureux,
Un peu plus heureux qu’hier,
Pour que le monde soit heureux,
Plus heureux qu’il ne l’était hier
Au lever du soleil.

3. Si je souris, si tu souris,
D’autres enfants souriront aussi.
Faisons rigoler le reste du monde
Filles et garçons.

REFRAIN — La, la, la ...

Répétez le premier couplet et le refrain 1

1. Je suis tout seul, puis nous sommes deux
Puis des milliers d’enfants de partout!
Pas à pas, soeurs et frères
Aimons notre terre! REFRAIN

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