

kidpower™ teenpower™ fullpower™
trust nz



FULLPOWER

Self Defence for ALL Ages and Abilities

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Who Are We?

- Part of Kidpower International
- New Zealand Centre established 1993
- Reached over 28,200 people in New Zealand (1 million worldwide)
- Hundreds of success stories
- Police Youth Education Service endorsement and collaboration to integrate the Kidpower curriculum into their programmes





Why We Teach



- Even one person in NZ's abuse statistics is one too much!
- Like fire safety, water safety and car safety practices, people safety practices should be part of everyone's life.



What We Teach

- **Everyday Safety Skills:**
 - Be Aware
 - Take Charge
 - Get Help
- **Emergency Safety Skills:**
 - Self protection





What We Teach

- Setting boundaries for better relationships
- Safety plans to prepare for the unexpected
- Speaking up for oneself and for others
- Self protection to prevent trouble
- Self defence skills to stop emergencies



How We Teach



Success based **Coaching**, using

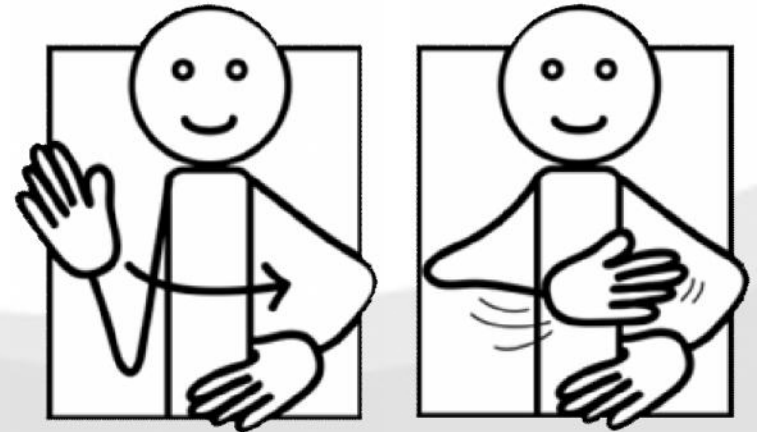
- Simplicity – complicated ideas and skills are hard to remember
- Consistency – conflicting information leads to confusion
- Repetition – practice is the best way to learn to use skills
- Relevance – the context needs to make sense in someone's life



EXAMPLE : Safety with Words



- Learn how to throw away hurting words – rather than getting hurt feelings or fighting back when other people say hurtful things to them.
- Avoid saying hurtful things to other people or to themselves.
- Replace hurtful words with positive reinforcement.



Kidpower Rubbish Bin



Research-based

Moira Carmody (2009)

- ✓ Ensure the model is dynamic
- ✓ Ensure the model is comprehensive
- ✓ Reach victims AND perpetrators
- ✓ Focus on successful communication
- ✓ Provide alternatives
- ✓ Build skills
- ✓ Include men

Barger et al. (2009)

Address specific challenges, i.e.:

- ✓ Reliance on care providers and family
- ✓ Limited material resources
- ✓ Limited communication abilities

Morrissey et al. (1997)

- ✓ Create intensive learning environment
- ✓ Tailor to the needs of the participants
- ✓ Allow consumer ownership
- ✓ Follow up and evaluate



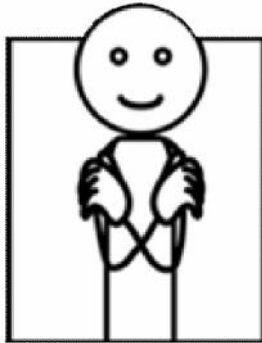
Evidence-based

- Independent evaluations (2011) show that Kidpower's Safety Skills Programme can help prevent bullying and give children the social skills they need to protect themselves.
- This study extends the evidence that a safety skills programme can enhance protective factors associated with preventing and stopping most bullying and violence.

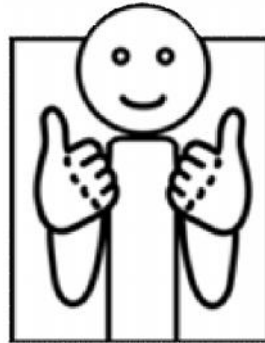
Shattuck Applied Research & Evaluation 2011



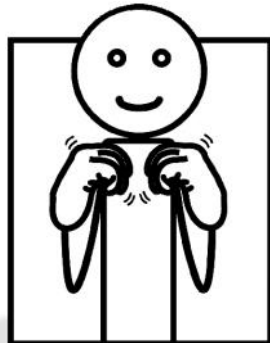
Healthy relationships and interactions are:



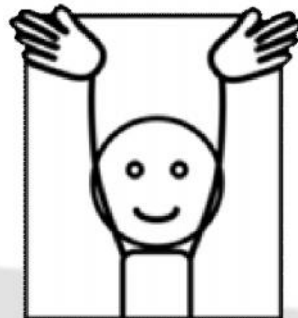
Safe



Allowed



OK with everyone involved



OK for others to know (not a secret)

A – Healthy Relationships

1. What are Healthy Relationships?
2. Understanding When Something is NOT a Choice

B – Saying Stop and Stopping

1. When and How to say Stop
2. Listening When Other People say Stop

C – Getting Help

1. What is Urgent?
2. Where to Get Help
3. How to Get Help

Resources

- 1 Facilitators' guide
- 3 Posters A, B & C
- 3 Workbooks A, B & C
- 3 CDs A, B & C with animated stories to play on computers and interactive whiteboards.



Success Stories



“I now know I can be strong even though I’m small”
(8 yr old girl)

“Kidpower made me feel better about myself”
(10 yr old)

“It gave me the confidence to de-escalate the situation” (adult man)

“Was serious but also heaps of fun”
(14 yr old)

“Instead of being aggressive or really pathetic & girly I was firm.” (17 yr old)

“I never before realised how much power I have within me” (young woman)

How Can We Help You?

- Website :- free articles, sign up for e-newsletter
- Order teaching kits
- Schedule some training or join a public workshop
- Train as an instructor

Website

www.kidpower.org.nz

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Building a safer world with positive strategies to stop violence