

1993 **Vital** *Victories* 50

1997 **EMPOWERED** 700

2007 **kidpower** **teenpower** **fullpower**[®] 16,000
trust nz

2018  **Empowerment Trust** 60,000 people



2019

25th ANNIVERSARY
CELEBRATION CALENDAR

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JANUARY 2019



25 Years Celebration Calendar

In 1993, Cornelia Baumgartner and Martin Hartman started teaching innovative skill building courses in affiliation with Kidpower Teenpower Fullpower International under the name of Vital Victories to help New Zealanders of all ages stay safe, act wisely and believe in themselves.

A group of passionate people helped found the 'Empower Self-Defence Trust' in 1997 which then became Kidpower Teenpower Fullpower Trust and now Empowerment Trust in 2018.

The Trust is keen to not only help as many New Zealanders as possible, but also evaluate and learn from every course we run, so we can continue to provide relevant and high quality services.

Statistics tell just a part of the story, but they are enlightening. In the first 19 years, we served around 30,000 people. In the six years since, we doubled that number and now reached a total of over 60,000 people with a team of 42 staff and five Trustees.

Since our early formation, our enthusiasm and commitment to 'people safety' has never changed and we take pride in **creating safe and fun learning environments**.

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DECEMBER 2018

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JANUARY 2019

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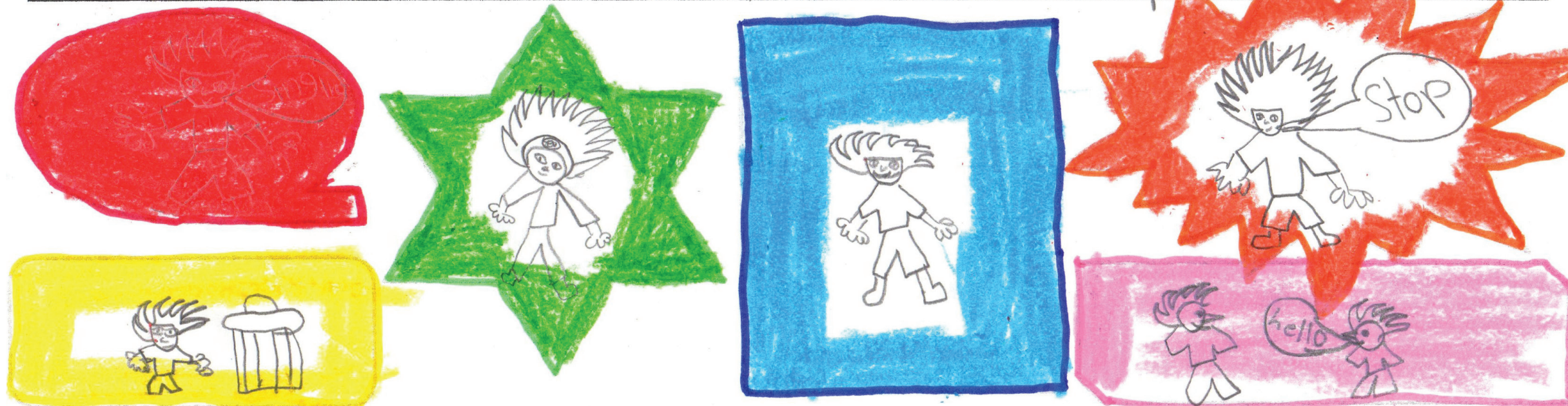
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*Empowerment is
discovering the powers
we already have*

FEBRUARY 2019



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Chairperson Report

After 25 years it is still exciting to be involved in the Trust, and it is indeed a privilege to volunteer for such a stimulating organisation, which, year by year, continues to reach and support more people in more places nationwide.

One major change you might have noticed is that the name of our Trust has changed, in an effort to better represent the work that we do. While we still consistently offer the Kidpower Teenpower Fullpower programmes, we have also for some years been delivering Mates and Dates, a programme directed towards high school students around safe dating practices. By re-branding as Empowerment Trust, we open ourselves to bringing on board other programmes which fit with our mission – to **promote people safety and successful communication**.

With your support, we look forward to continuing our work in the coming year: please enjoy this calendar and annual report.

Annie Simmons, Chairperson

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Young Children and Their Adults

These Kidpower Programmes have been developed to be **Easy, Positive, Safe,** and **Fun!!**

- The triangulation approach builds consistent, common language and common strategies for conflict resolution and boundary setting through:
- Professional Development for Teachers/ Caregivers
 - Children/Tamariki workshops
 - Parent/Whānau education

It supports Te Whāriki Early Childhood and the NZ Education Curriculum.

- Eight new Kidpower songs make it easy for parents and other caring people to have fun and at the same time teach them important safety messages:
- Move away when something or someone is not safe
 - How to protect yourself from hurtful words
 - Who can touch private parts
 - Checking first before going somewhere or with someone
 - Sharing (and more)

In 2017/2018 we directly worked with 250 participants through our Parent/Child and Early Childhood workshops.

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Self defence skills as last resort

Children (8-12 years old)

“Kidpower was presented in an energetic, passionate & constructive way by a highly skilled presenter. We believe that it will become a tool that our whole school will revisit again and again both inside and outside the classroom.”

Principal Kaukapakapa School

We use the carefully developed Skills First for Safety, strength-based, step-by-step **Kidpower Positive Practice™** teaching method (an approach used since 1987) to teach the Essential Safety Skills.

In the past year, 3128 children practised skills and strategies to:

- keep themselves safe with peers,
- set boundaries with others,
- be safe outside of the family or school environment,
- get help and insist if someone does not understand or help, and
- defend themselves as a last resort.

We also develop resources and programmes so other caring people can practise safety skills with the children in their life and/or work. A new edition of the Kidpower Confident Kids Programme is now available, based on the successful programme we developed with NZ Police in 2003 to complement their Keeping Ourselves Safe programmes.

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We all need someone
we can talk to

MAY 2019

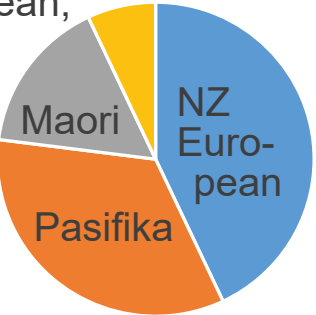
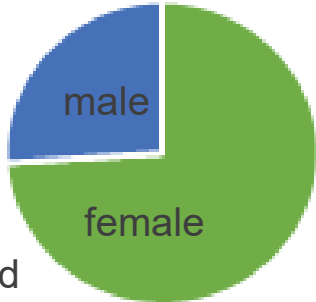


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Teens & Adults

Data from adult participants illustrate who we reach, i.e.

- 74% were female and
- 26% male.
- 43% were NZ European,
- 34% Pasifika,
- 16% Maori, and
- 7% Asian or other ethnicity.



Adults and young people practised how to

- recognise an emergency situation, and take quick, effective action take charge for their own and other’s safety
- get help as soon as possible,
- stop bullies and inappropriate touch or behaviour,
- cope with peer group pressure,
- turn fear into positive practical action,
- de-escalate potentially dangerous situations including
 - dealing confidently and effectively with verbal aggression
 - stopping aggressive confrontations before they start by being: Supportive; Redirective; Directive; Taking Charge;
- and - as a last resort - use effective physical defence skills only to stop violence and get help

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JUNE 2019

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Sometimes you
need to talk to
a three-year-old
so you can
understand life
again.

kidpower
colorado



Mates & Dates
in Secondary Schools

Mates & Dates is a strengths based healthy relationships programme for secondary school students. It’s designed to help **prevent sexual and dating violence** by teaching young people relationship skills and behaviours to carry with them throughout their lives. It’s about all kinds of relationships, including friends and family.

The themes are:

- healthy relationships
- skills & consent
- identity, gender & sexuality
- when things go wrong
- keeping safe together

Post Survey Results:

- 70% found facilitators engaging
- 84% now knew what to do if feeling pressured to take part in sexual activity that they didn’t really want to do.

In 2017, our teams facilitated the ACC Mates & Dates programme in 13 Secondary schools across the Tasman, Auckland and Canterbury regions, running 80 modules. In the first half of 2018 we increased this number to 27 schools and over 200 modules.

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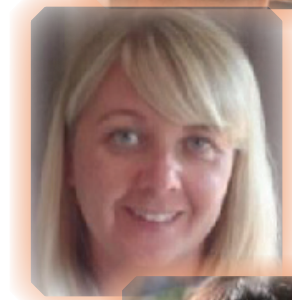
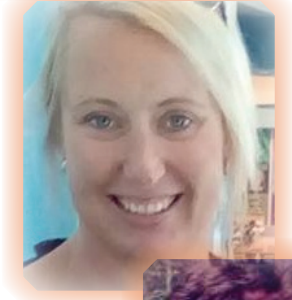
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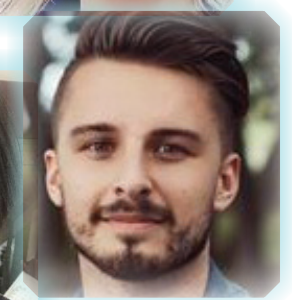
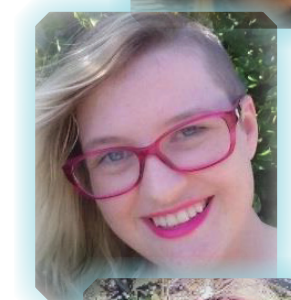
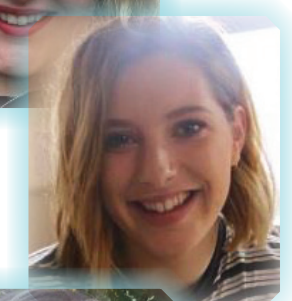
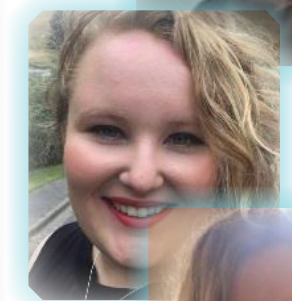
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Tasman

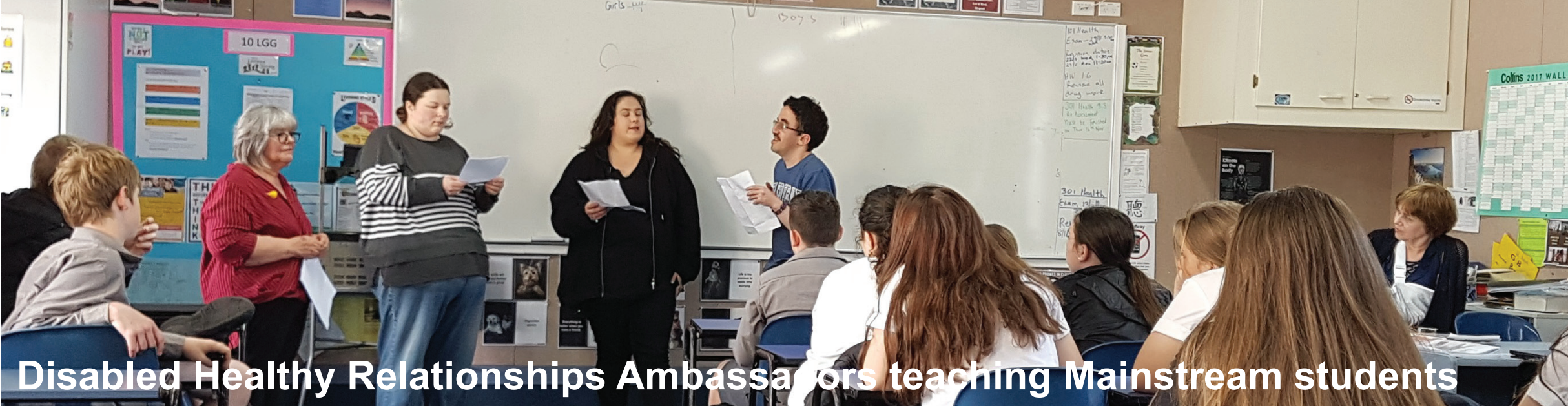


Auckland



Christchurch





Disabled Healthy Relationships Ambassadors teaching Mainstream students

©2019 Empowerment Trust

People Living With a Disability

More than 1778 young people and adults with intellectual disabilities used our Healthy Relationships resources.

Fullpower **Healthy Relationships** is an evidence based programme that was developed with and for teens and adults with intellectual disabilities. It provides practical tools to build resiliency and prevent bullying, violence and abuse covering three modules:

- A Four Healthy Relationships Rules
- B Saying Stop and Stopping
- C Getting Help

The extention project ‘Disabled Teaching Mainstream Fullpower Healthy Relationships’ is led by disabled Ambassadors. They

- co-lead interactive sessions,
- teach relationship skills,
- facilitate genuine sharing and discussions, and
- collaboratively create relevant and skill building role plays.

Outcomes include

- awareness, safety and inclusion for all,
- capability of the participating individuals and the group as a whole, and
- mutual understanding and connection.

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AUGUST 2019

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Tongan Faiako
(Teachers)
of the
Malohi Kainga
programme

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Pasifika

Faamalosi Aiga (Strong Families) is a Pasifika safety programme with whole-community engagement, bilingual and fun activities, songs, role-plays, and visuals.

We continue work closely with the Nelson Tasman Pasifika Trust, train Pasifika facilitators, and support their aspirations to meet the needs of the different cultures within Nelson.

During the **collaborative process**, the concept of **Outside/Inside Aiga** (whānau/ family) emerged. This concept creates a safe space for everyone to understand how the Kidpower skills are relevant and appropriate for Outside Aiga and at the same time acknowledge that every family and community has their own safety strategies and tools which work for them.

The programme encourages communities to identify the differences and to discuss how to make sure their children knew them.

“I was really impressed with how fast the children got it. So even the really little ones, the four year olds knew to really clearly say ‘stop, I don’t like that’ very quickly. And it really empowered the children.”
Pasifika parent

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***Ole saogalemu o fanau ole tatou
matafaioi muamua lena.***

The safety of our children is our first priority.

©2019 Empowerment Trust

International Child Protection Month (September)

We invite you to make a special effort to transform the fear of bullying, violence, and abuse into a future of lifelong safety and success for today’s youth.

Our goal is to encourage every adult, parent, teacher, mentor, safety officer, neighbor, everyone – to make SURE that the **children and teens in your life can count on you** for help.

Download posters and resources in a range of languages from Kidpower International website (www.kidpower.org).



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The Kidpower Protection Promise™

**“You are very
important to me!**

**If you have a
safety problem, I
want to know - even if
I seem too busy, even
if someone we care
about will be upset,
even if it is embarrassing,
and even if you made
a mistake.**

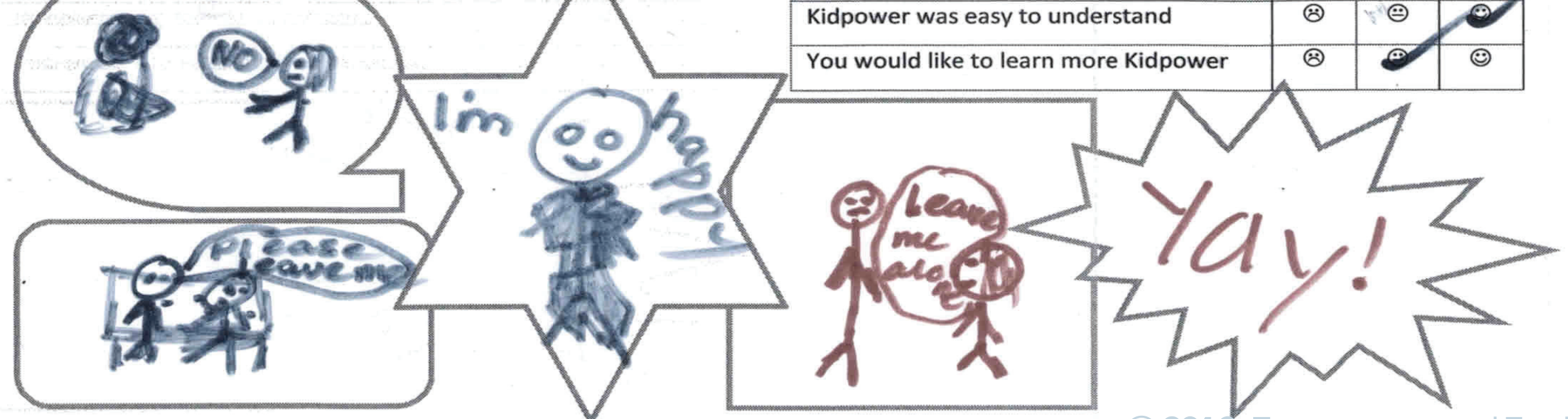
**Please tell me, and
I will do everything in
my power to help you.”**

InternationalChildProtectionMonth.org

kidpower.org.nz
0800 KIDPOWER



OCTOBER 2019



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Proven Results / Evidence

Spontaneous feedback, success stories, and formal evaluations from workshop participants – be they parents, kids, youth, educators, law enforcement, mental health, or child development professionals – have been overwhelmingly positive from the start!

Eleven formal research and independent evaluations in New Zealand, US, and Canada provide evidence that the Kidpower programmes are effective and follow Best Practice in child protection.

Our approach also closely aligns with

- the 10 protective factors conceptual model of ACYF (Administration on Children, Youth and Families),
- the recommendations of the National Scientific Council on the Developing Child,
- the Sexual Violence Primary Prevention Toolkit of ACC, the coordinator of NZ Government's sexual violence prevention work, and
- the philosophy of PB4L (Positive Behaviour for Learning).

*“As a result of only one programme, most have demonstrated **obvious signs of healing past trauma and stepping into new confidence** about their boundaries and self-esteem.”*

Counsellor

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SEPTEMBER 2019

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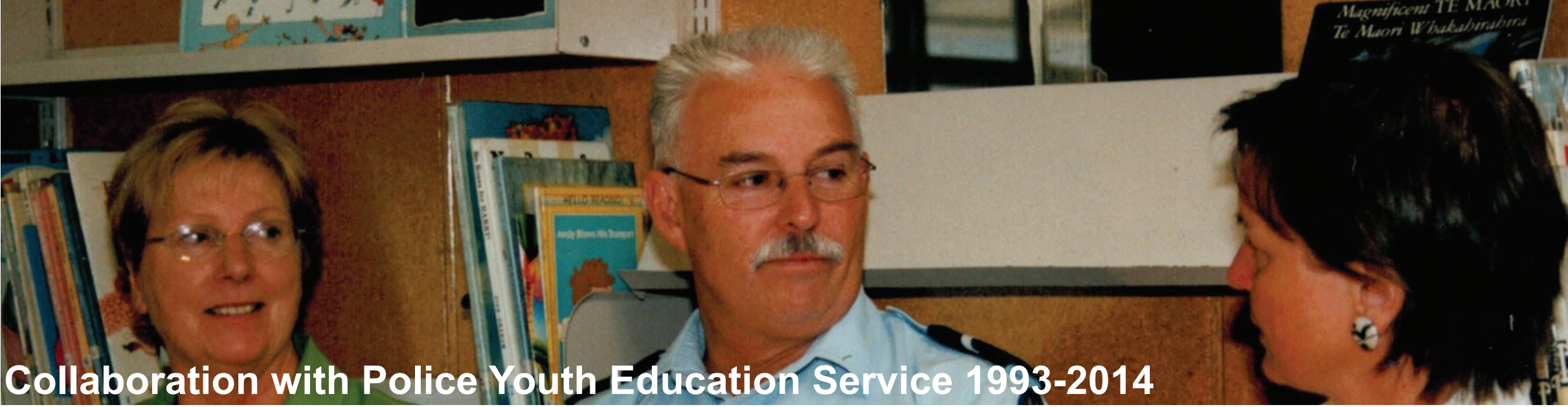
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Collaboration with Police Youth Education Service 1993-2014

Collaboration

We have a strength in community engagement, **community driven programme development** and ability to work with others to develop courses to address identified needs.

Currently, we closely work with the Victory Community Centre in Nelson to reach refugee and migrant communities, the Nelson Tasman Pasifika Trust developing Pasifika programmes, and disability providers in Auckland, Wellington, and Christchurch.

We maintain relationships with other groups within our community, across the nation and overseas to promote the prevention of violence in order to create a safer environment for all.

We actively participate in national and local networks and forums, i.e.

- TOAH NNEST (Te Ohaakii a Hine – National Network for Ending Sexual Violence Together)
- Disability Connect
- Safe Families Motueka, etc

We furthermore hold advisory roles in the

- Kidpower International Senior Programme Leader group and the
- Expert Reference team to Ministerial Sexual Violence Prevention Group.

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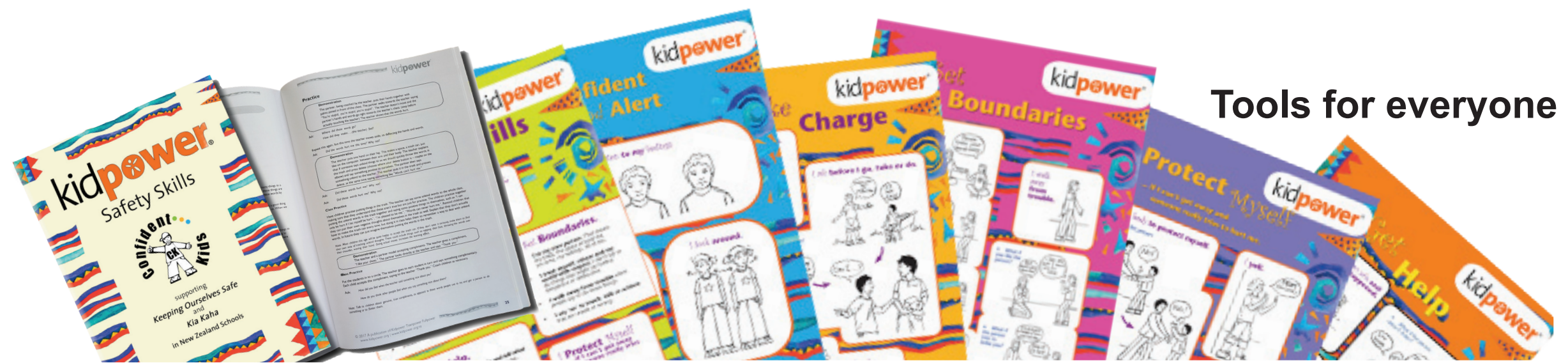


A speaker needs
no tools

- Nepali Proverb

© 2017 Empowerment Trust

DECEMBER 2019



Tools for everyone

Resources

Tailored resources make it easy for adults to integrate People Safety practises into their personal and professional life(s).

Check out our wide range of safety comics and teaching resources on our web page www.kidpower.org/resources. The **latest additions** are:

- 8 Kidpower songs for young children,
- flipcard set on a lanyard with 16 Kidpower Safety Signals,
- Kidpower Healthy Relationships for 7-12 year olds with learning disabilities with stories and pictures in response to requests from user groups,
- new version of the Confident Kids Facilitator Guide for 5-12 year olds,
- fun follow-up activity sheets
- new edition of the Kidpower for Young Children Facilitator Guide for 0-7 year olds, and
- Pasifika Faamalosia Aiga (Strong Families) resources, for whole-community engagement with bilingual fun activities, songs, role-plays, visuals and other resources.

We thank the International organisation as their support makes these projects possible through permission to adapt the curriculum and ongoing consultation.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

NOVEMBER 2019

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER 2019

MON	TUE	WED	THU	FRI	SAT	SUN
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

JANUARY 2020

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



**GIVE US THE TOOLS, AND
WE FINISH THE JOB** WINSTON CHURCHILL



Our Kidpower Confident Kids Facilitators

Financial Performance & Position

as at 31 March 2018

REVENUE	
Course Fees	\$ 322,829
Donations & Grants	\$ 85,918
Interest and Other	\$ 4,383
TOTAL REVENUE	\$ 413,130
EXPENSES	
Course Costs	\$ 37,738
Staff Costs	\$ 341,608
Other	\$ 4,884
TOTAL EXPENSES	\$ 384,230
SURPLUS FOR THE YEAR	\$ 28,900
ASSETS	
Fixed Assets	\$ 679
Current Assets	\$ 265,427
TOTAL ASSETS	\$ 266,106
LIABILITIES	
Current Liabilities	\$ 45,371
Received in Advance	\$ 138,660
TOTAL LIABILITIES	\$ 184,031
FUNDS AVAILABLE	
Opening Balance	\$ 53,175
Net Income (Deficit)	\$ 28,900
TOTAL FUNDS AVAILABLE	\$ 82,075

Triple Bottom Line

The Trust believes that an organisation like ours is accountable to the community in a number of different ways; i.e.

- Social - the social benefits and impacts of the Trust’s operations are featured throughout the calendar. Furthermore, the **physical and mental wellbeing of all involved** is one of our core values we strive to uphold.
- Economic - summary of our audited accounts is shown here, and the complete audited accounts are available from the Trust upon request.
- Environmental
 - Total distance travelled by air in 2017/2018 was 31,122 km.
 - Motor vehicle travel: 8,280 km (est.)
 - Emissions from travel this year are consistent with year previous - 8.43 tonnes carbon dioxide equivalent.
 - Electricity is included in our head office rental and is not metered separately.
 - All waste is sorted into compostable paper, aluminium, glass and other, and are composted on site or recycled as appropriate. Kidpower reuses paper where possible.
 - Sound environmental practices are demonstrated and encouraged in the various services offered.





Our Board of Trustees

Appreciation Power!

\$10,000 and above

- Department of Internal Affairs
- Foundation North
- Ministry of Social Development
- New Zealand Lottery Grants Board
- Tertiary Education Commission

\$1,000 - \$4,999

- Community Organisations Grants -
 - Nelson
 - Waitakere
 - Rodney/North Shore
- Frozen Funds Charitable Trust
- John Ilott Charitable Trust
- Nelson City Council
- Pub Charity
- Rata Foundation
- RG&EF MacDonald
- Sir John Logan Campbell Residuary Estate
- Working Together More

\$0 - \$999

- Sarau Trust
- Tasman District Council

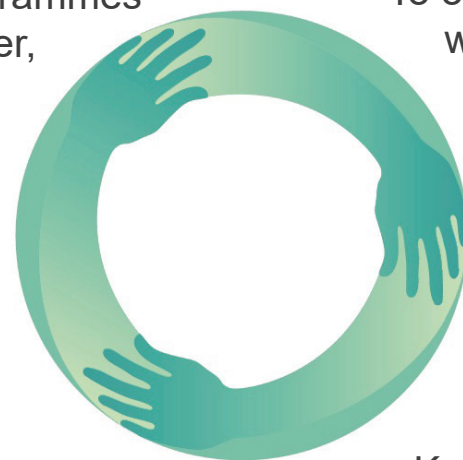
Plus the many individual donors who wish to remain anonymous and to all our other supporters who **volunteered 1,420 hours** and donated space or other resources for the Trust this year!

Special Thanks

To our 2017/18 Board of Trustees; Annie Simmons, Simon Jones, Christine Piper, Josef Hodel, Trish Casey and Dean Kelly. Special thanks to Bruce Gilkison who resigned as a trustee during the year.

To our wonderful team of Kidpower and Confident Kids instructors who make it possible for us to offer our programmes nationally: Cornelia Baumgartner, Maree O'Donnell, Frith Daniels, Alida Turnbull, Kathy Garrett, Merepaea Dunn and Vicki Yeatman-Biggs.

To our Mates & Dates Facilitators who teach in Tasman, Auckland and Canterbury regions: Alan Taylor, Alex Michel-Smith, Ali Winsloe, Alida Turnbull, Carl Chapman, Dylan Walls, Emma Ferner, Esther Brunning, Georgina Lee, Jess Redman, Jacinda Nurse, Jennifer Crowley, Jono Selu, Kathryn Heape, Kathy Garrett, Kelly Shotter, Marie Jones, Megan Alderson, Merepaea Dunn, Michael Sutton, Michelle Fulford, Olivia Maisey, Paul Johnson, Paul McConachie, Sally Wood, Scott Riethmaier, Sophie Bailey, and Storm Geldenhuis.



To Cornelia Baumgartner and Martin Hartman for donating office and garden space.

To Dominic Scott, our amazing IT volunteer for keeping our systems all running smoothly.

To our office staff without whom we would not be able to serve and reach so many:

Fiona Bryan (National Executive Director)
Cornelia Baumgartner (National Programme Director), Frith Daniels (Auckland Area Manager & Programme Coordinator),
Karen Borlase (National Fundraising Administrator), Maree O'Donnell (Instructor Mentor & Nelson/Tasman Programme Coordinator).

To Irene van der Zande, the Founder of Kidpower Teenpower Fullpower International, for allowing us to use the wealth of copyrighted materials and for the countless hours she and her husband Ed van der Zande donate to support the International Kidower community.

International Acknowledgment



A note from Irene van der Zande Executive Director and **Founder** of Kidpower Teenpower Fullpower International

My heartfelt congratulations for another tremendously successful year of empowering and protecting thousands of people of all ages, abilities, cultures, and identities, especially children and teens, throughout New Zealand.

Thank you to all board members, staff, volunteers, funders and service partners for your commitment, generosity, and dedication.

You have an exceptional staff whose creativity and competence is providing life-changing workshops and is developing new educational resources to meet important needs.

Together, we can turn stories of fear, isolation and suffering from bullying, violence, and abuse into a future of freedom and power for today's youth.

Irene

1993 *Vital* **Victories** 50

1997 **EMPOWER** 700

2007 kid**power** teen**power** full**power**[®] 16,000
trust nz

2018  **Empowerment Trust** 60,000 people



2019
25th ANNIVERSARY
CELEBRATION CALENDAR