Empowerment Trust

2020

ANNUAL REPORT CALENDAR

Empowerment Trust

JANUARY 2020

Our point of Difference

Empowerment Trust provides cutting edge primary prevention work across New Zealand that is trauma-informed and evidence-based.

The Kidpower approach **increases protective factors and reduces risk factors** for potential victims AND perpetrators of all types of violence (including sexual violence) by providing strategies, awareness, and skills to prevent potentially violent situations from escalating and getting out of control, build healthy relationships, and navigate conflict without aggression.

Even though the issues we deal with are serious, the Kidpower approach is **empowering, dynamic and fun**.

We create safe learning experiences for adults and young people to take positive effective action to avoid or stop bullying, abuse and violence.

Skill building, hands-on, positive practices act as a catalyst for change. Latest research shows that for too long, adults have been supplied with information and advice instead of this kind of active skill building training, coaching and practising of tools that make a difference in daily life.

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DECEMBER 2019

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JANUARY 2020

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FEBRUARY 2020

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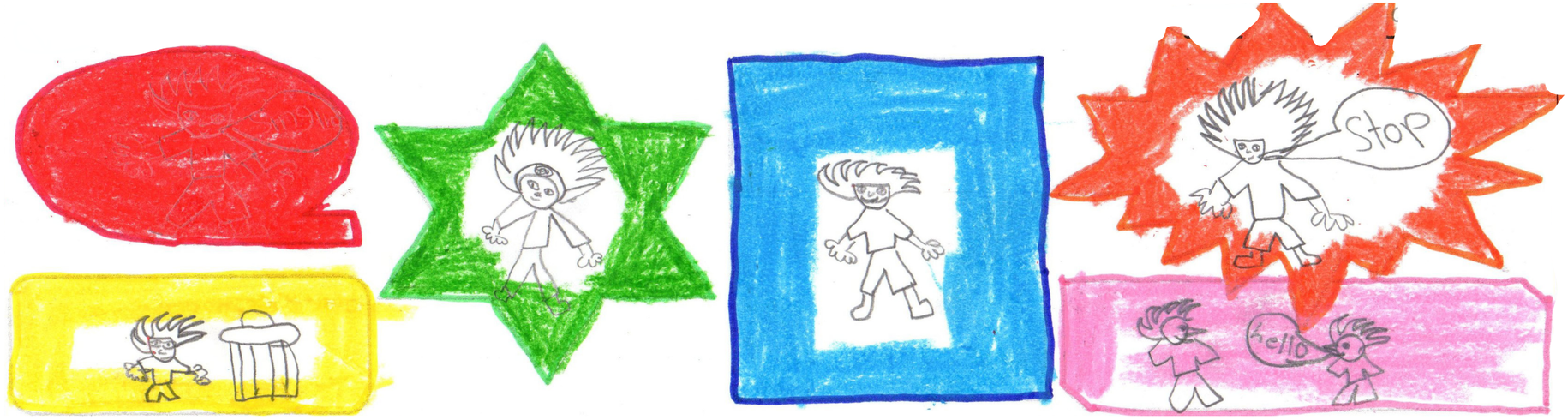
Violence Prevention Skill Cards

Be and Act Aware

Empowerment Trust

FEBRUARY 2020



Chairperson Report

At Empowerment Trust, our mission is to empower people and communities with safety and successful communication skills: our efforts to impact the number of lives by our programmes continue to go from strength to strength.

This year we have increased the number of secondary schools where we deliver the Mates and Dates programme across the country. Our signature Kidpower Teenpower Fullpower programmes also continue to be well received, especially the Confident Kids programme for children in primary schools and the Healthy Relationships programme for young adults living with disabilities.

I would like to extend a sincere thank you to all our funders over the past year: Your support ensures that we continue to be able to deliver our well researched programmes and resources throughout the country.

Annie Simmons, Chairperson

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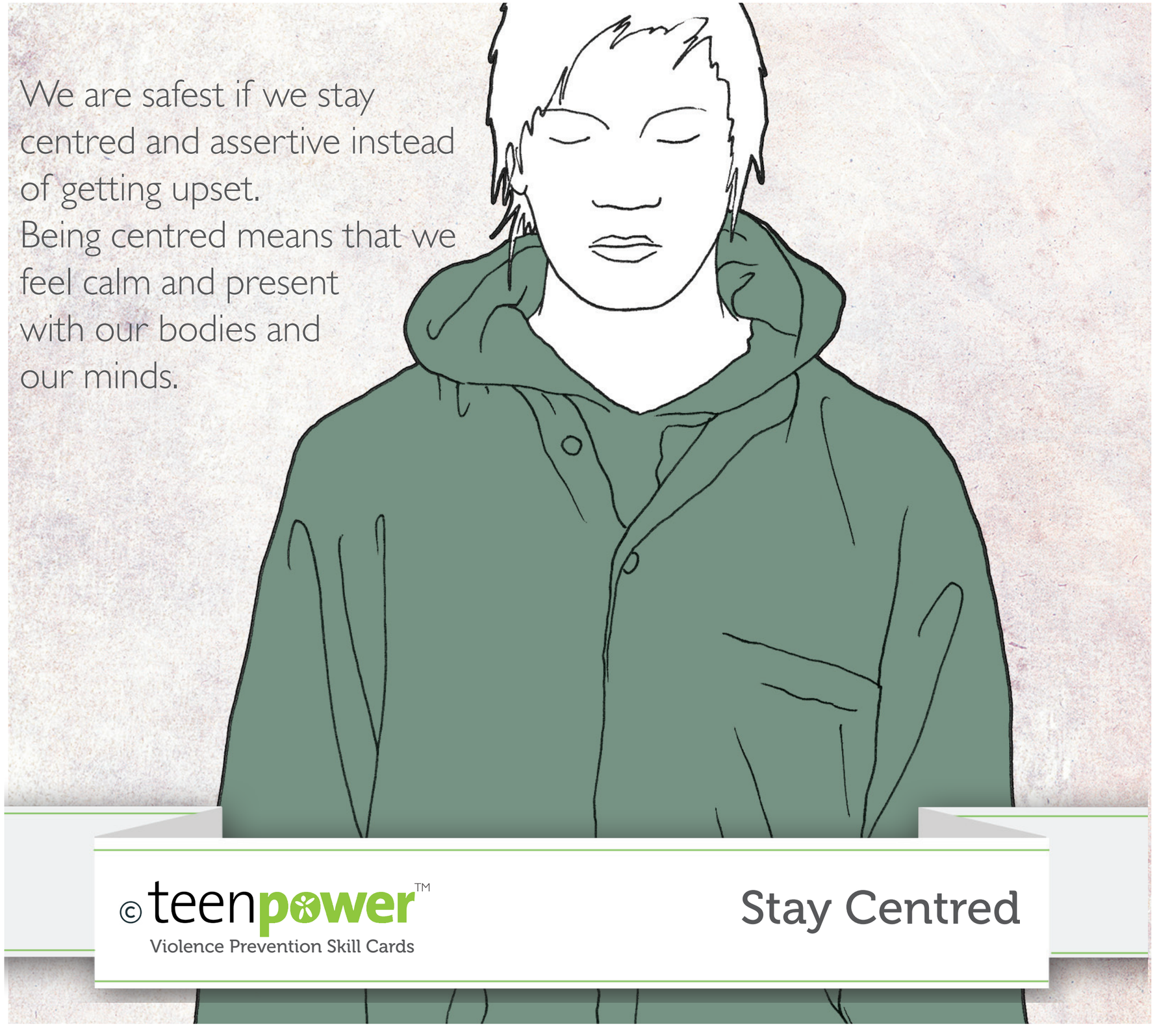
We are safest if we stay centred and assertive instead of getting upset.
Being centred means that we feel calm and present with our bodies and our minds.



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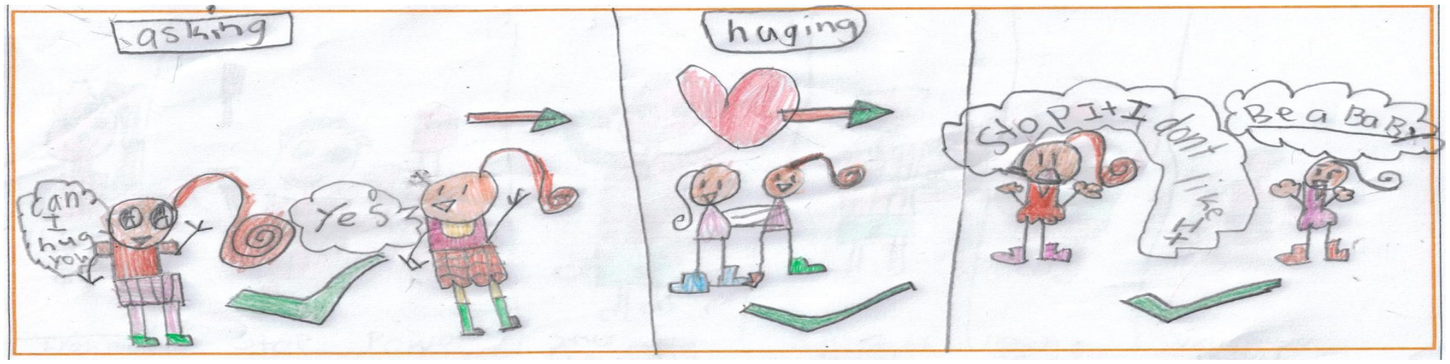
Violence Prevention Skill Cards

Stay Centred

Empowerment Trust

MARCH 2020



Consent comic by a 7-yr old participant

Young Children and Their Adults

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

The triangulation approach builds consistent, common language and strategies for conflict resolution and boundary setting through:

- Professional Development for Educators
- Children/Tamariki workshops
- Parent/Whānau education

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

The new Kidpower Flip Cards are easy to use tools for teachers, parents and other caring people to have fun and at the same time teach them important safety messages.

In 2018/2019 we saw a 235% increase in the number of participants we directly worked with through our Parent/Child and Early Childhood workshops.

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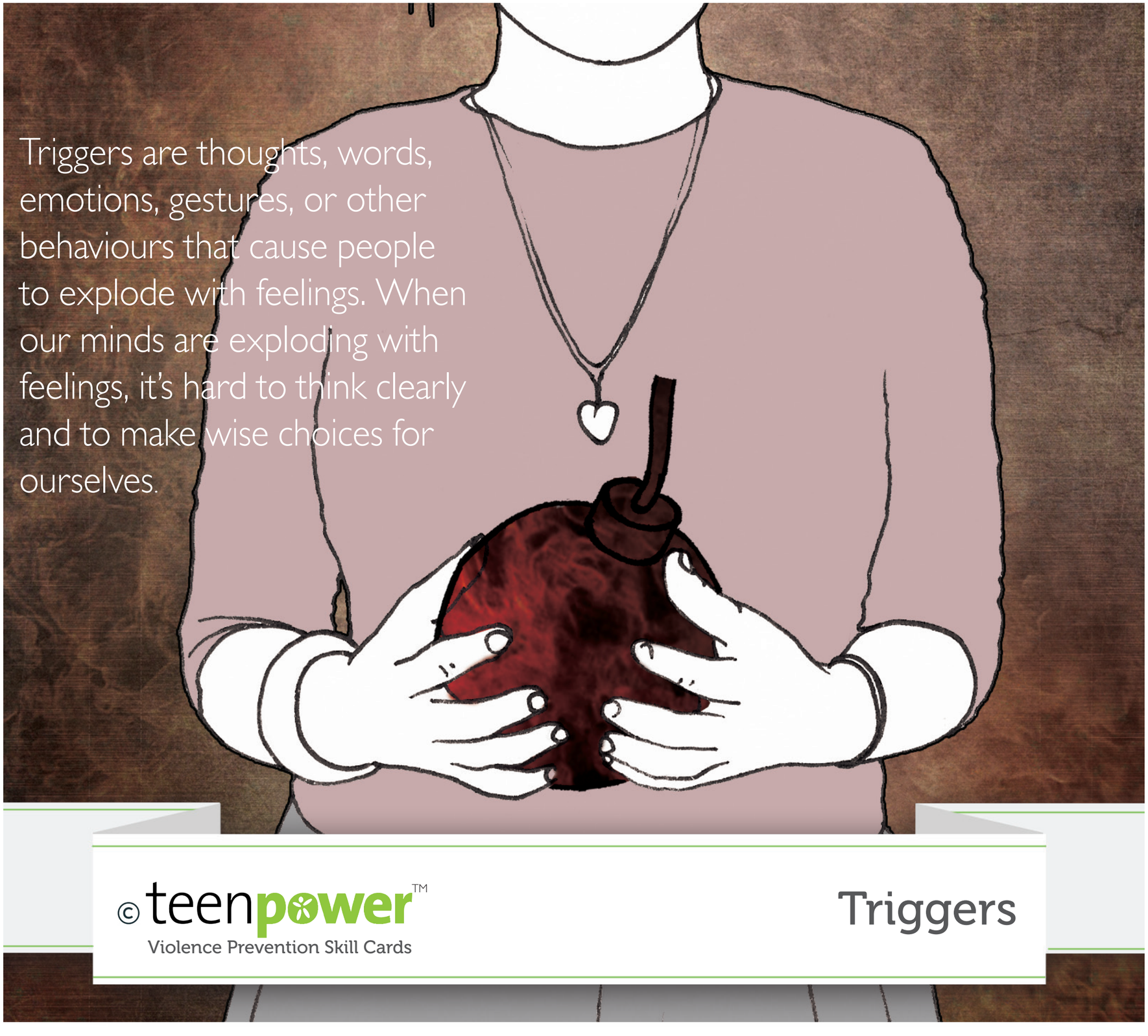

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Triggers

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APRIL 2020

Self defence skills as last resort

Children (8-12 years old)

"Kidpower enables the children to better understand the sometimes difficult situations that they can face, on a day-to-day basis and empowers them to take those situations and actually do something to help work through them."

Principal Gulf Harbour 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, 1,537 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,
- defend themselves as a last resort.

We develop resources and programmes so other caring people can practise safety skills with the children in their life and/or work.

We deliver nationwide with faciilitators based in Auckland, Canterbury, Nelson and Tasman.

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MAY 2020

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Emotional Raincoat

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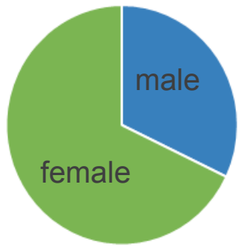
MAY 2020

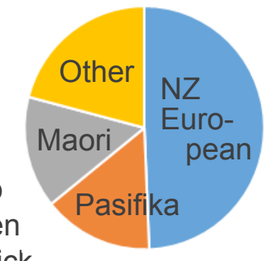
Victory Community collaborating with us!

Teens & Adults

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

- 68% female and 32% male.
- 49% NZ European,
- 15% Pasifika,
- 15% Maori,
- 20% Asian or other ethnicity.





Adults and young people practised how to

- recognise an emergen situation and take quick, effective action to take charge of their own and other people'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;
- use effective physical defence skills to stop violence and get help

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JUNE 2020

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The Teenpower Rubbish Bin provides a metaphor or a picture in your mind to help you remember to protect yourself emotionally out in the real world by throwing put downs into the rubbish.

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Violence Prevention Skill Cards

Rubbish

Empowerment Trust

JUNE 2020

MATES& DATES

An ACC initiative.

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 and consent
- identity, gender and sexuality
- when things go wrong
- keeping safe together

Post Survey Results:
- 70% said that the programme helped them understand the importance of consent.
- 85% had a better idea of what to do to help if a friend who was in a harmful (violent or abusive) situation.

In 2018/19, our teams facilitated the ACC Mates and Dates programme in 13 Secondary schools across the Tasman, Auckland and Canterbury regions, running 80 modules. In the current YTD we have run over 200 modules.

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MAY 2020

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JULY 2020

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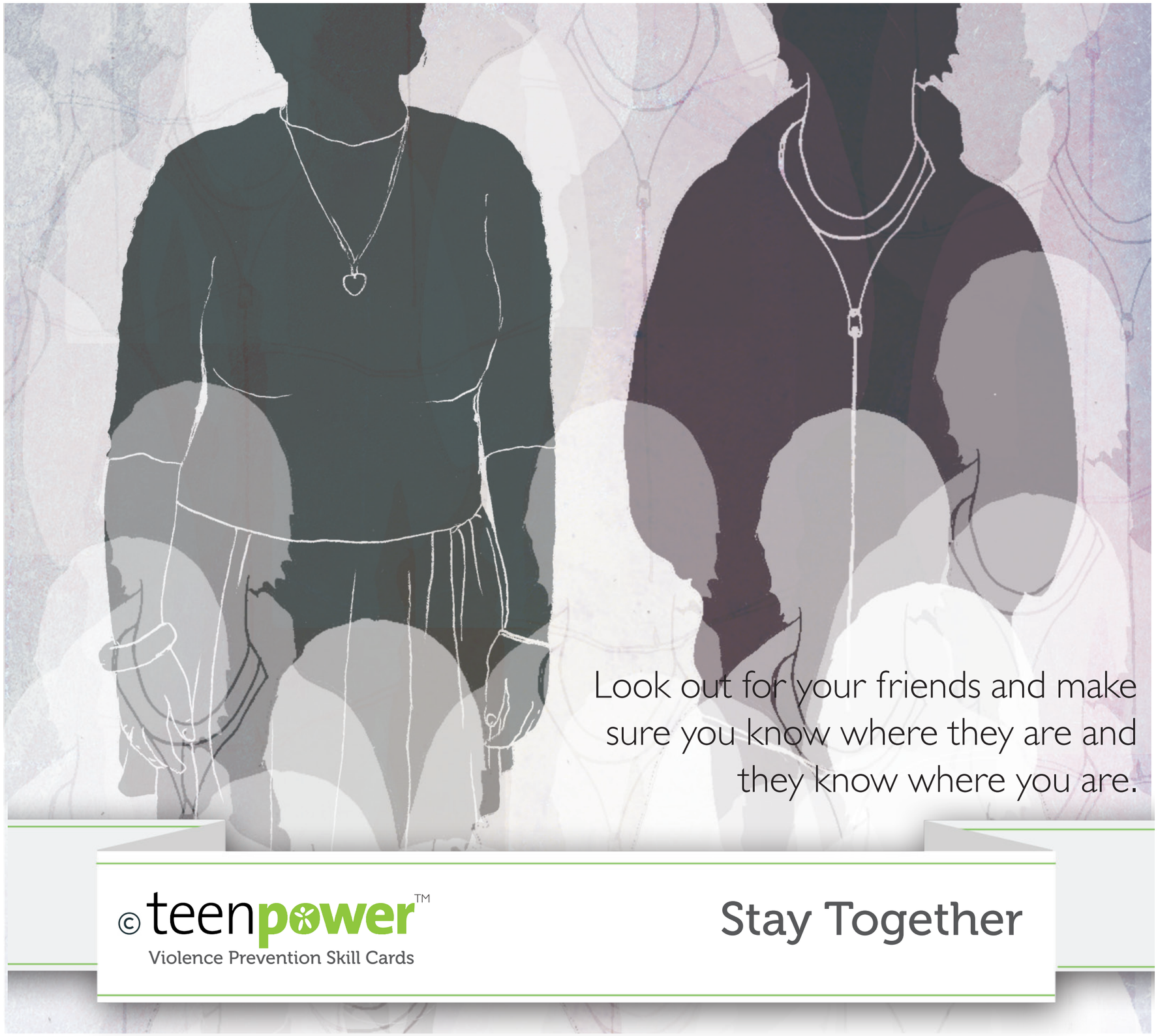

Look out for your friends and make sure you know where they are and they know where you are.

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Stay Together

Empowerment Trust

JULY 2020

Dream Catchers team using the Healthy Relationships Resources for role-plays

People Living With a Disability

More than 595 young people and adults with intellectual disabilities used our Healthy Relationships resources.

Fullpower and the pilot Kidpower version of **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 Healthy Relationships Rules
B Saying Stop and Stopping
C Getting Help

The extension project 'Disabled Teaching Mainstream Fullpower Healthy Relationships' is led by disabled Ambassadors, who:

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

Outcomes include

- awareness, safety and inclusion for all
- increased capability for participants
- mutual understanding and connection

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JUNE 2020

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AUGUST 2020

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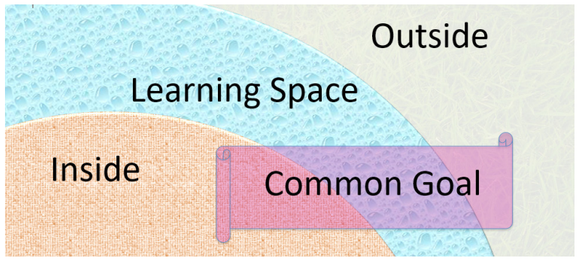
Empowerment Trust

AUGUST 2020

Tongan Faiako (Teachers) of the Malohi Kainga programme

Ambi-Cultural Programme Development

While developing the Faamalosi Aiga child safety programme with the Nelson Tasman Pasifika Trust over the past four years, a concept emerged that attracted interest from Pasifika Proud, Adult Community Education and the Sexual Violence Sector.



Inside-Outside Model of Engagement

a collaboratively evolving concept by Kidpower and

Nelson Tasman Pasifika Community Trust

The simple but effective model creates a safe space for everyone to understand what is relevant and works 'outside' i.e. in schools, mainstream society etc. AND understand individual, family and community values, safety strategies and tools that are relevant and work 'Inside' i.e. in a family, particular community, island etc. It promotes community self-determination, leadership and ownership.

This concept is being independently evaluated by Dr Lanuola Asiasiga.

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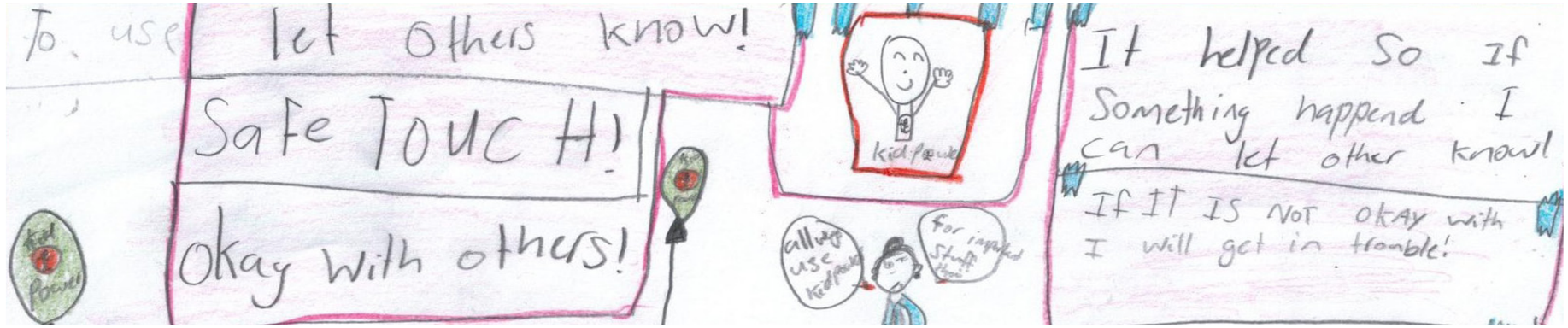
Empowerment Trust

SEPTEMBER 2020



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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OCTOBER 2020

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Speak Up

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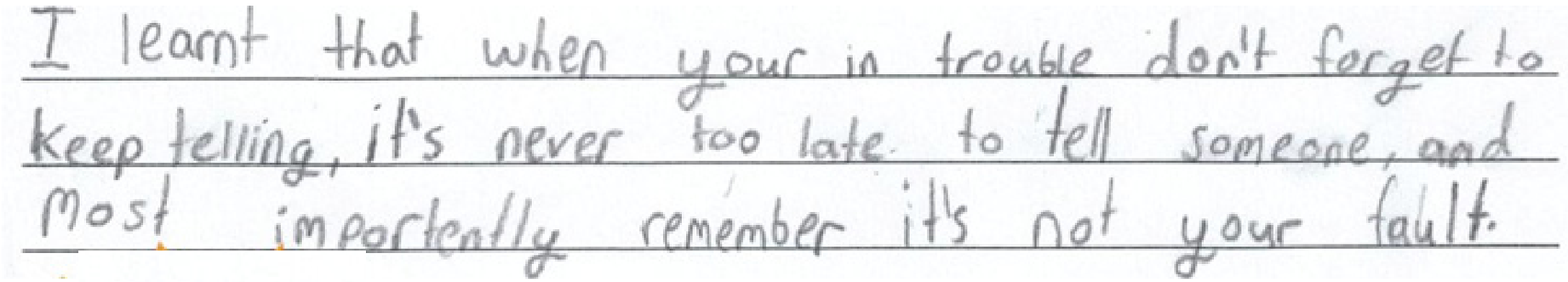
OCTOBER 2020



Proven Results / Evidence

Spontaneous feedback, success stories, and formal evaluations from workshop participants, observers, and 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,
- NZ Government's sexual violence prevention work, and
- the philosophy of Bullying Free NZ, Keeping ourselves Safe, Kia Kaha and 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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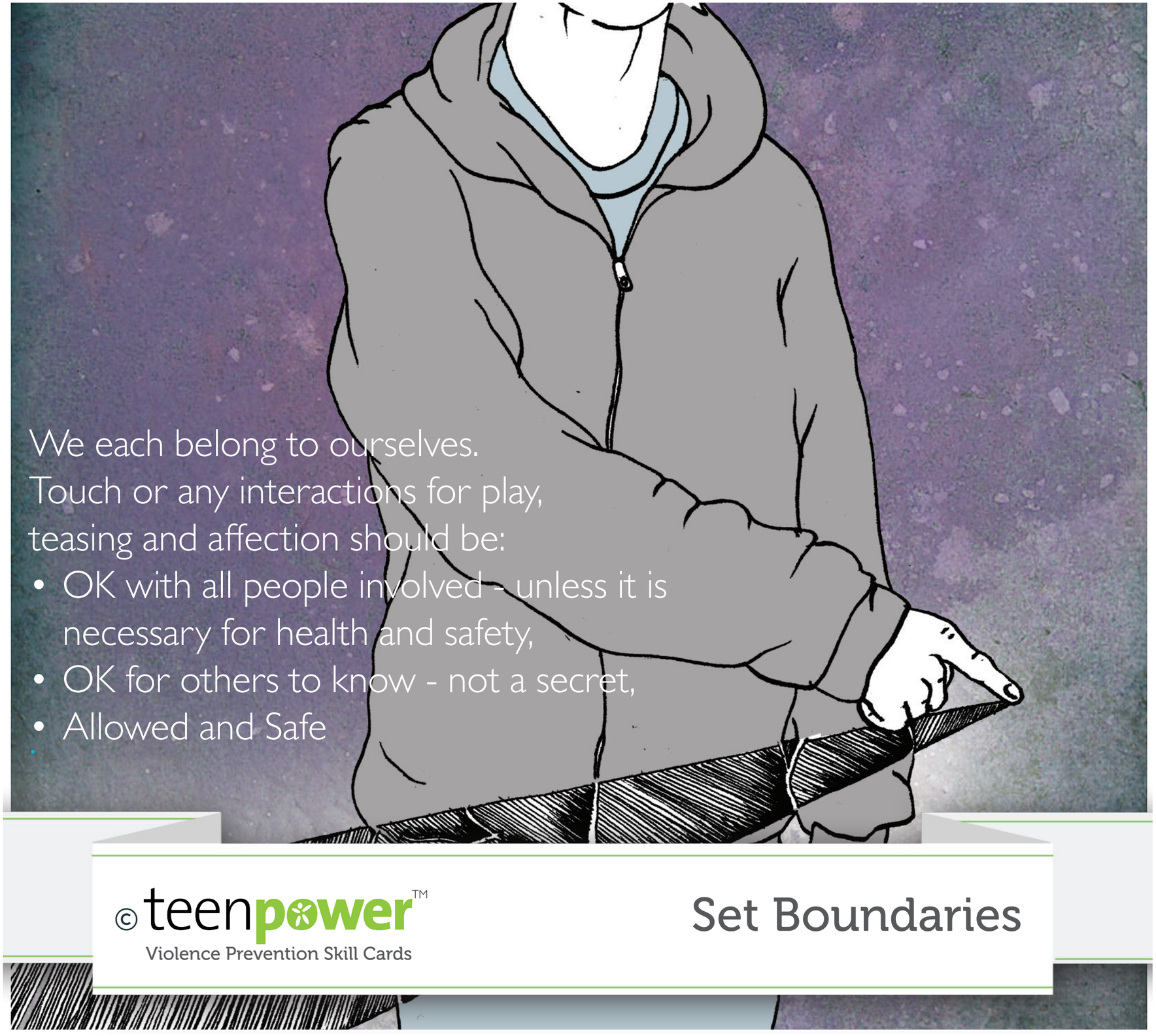

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Set Boundaries

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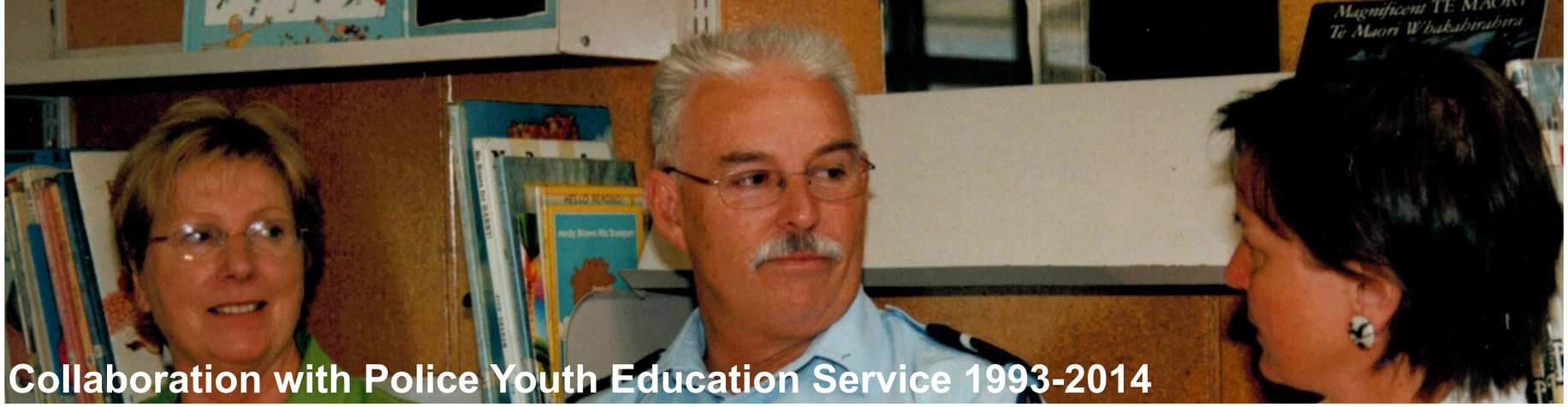
NOVEMBER 2020



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.

This year, we worked with Multicultural Nelson Tasman 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 Service Providers
- Safe Families Motueka, etc

We furthermore hold advisory roles in the

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

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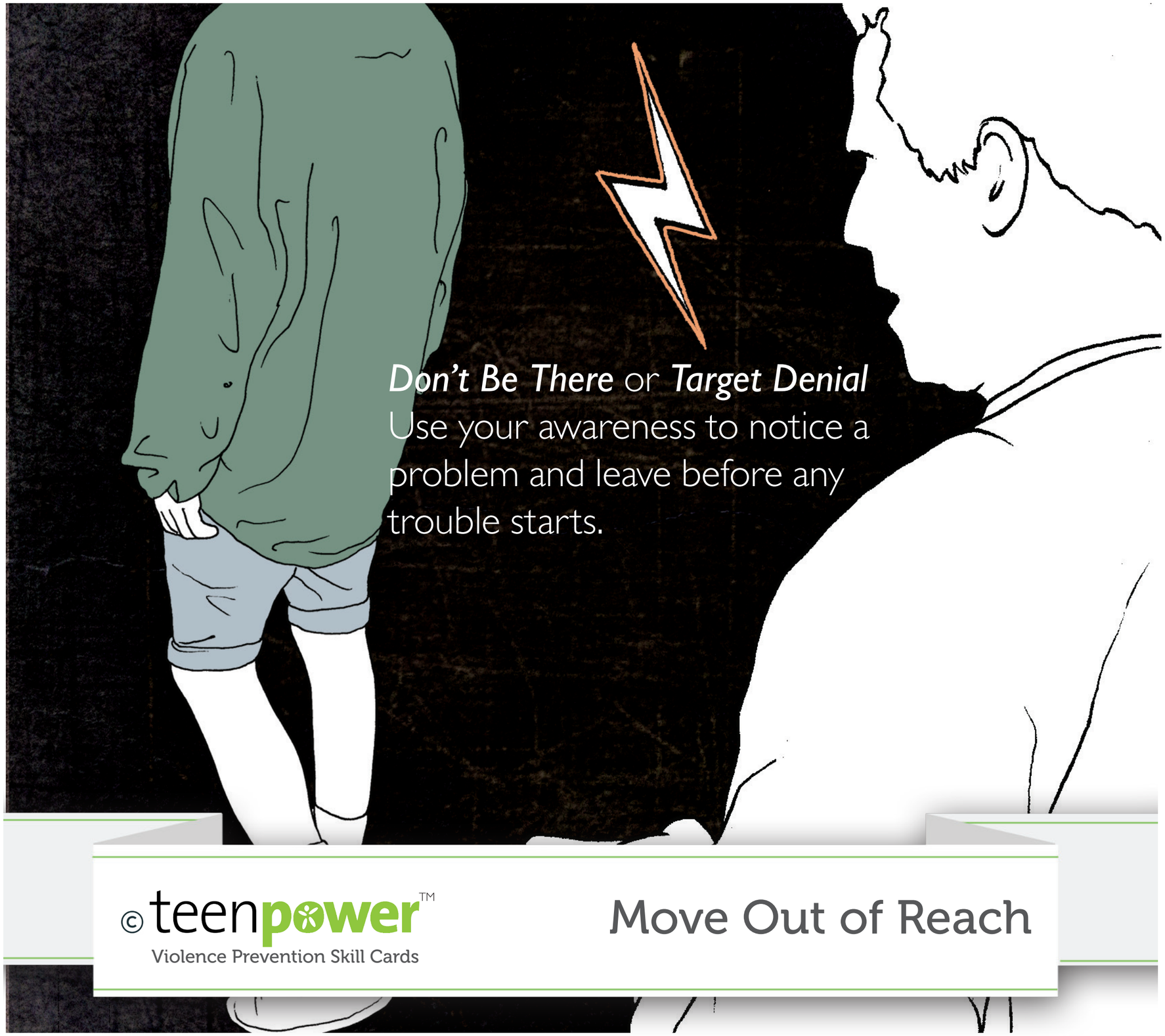
23	24	25	26	27	28	29

DECEMBER 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			

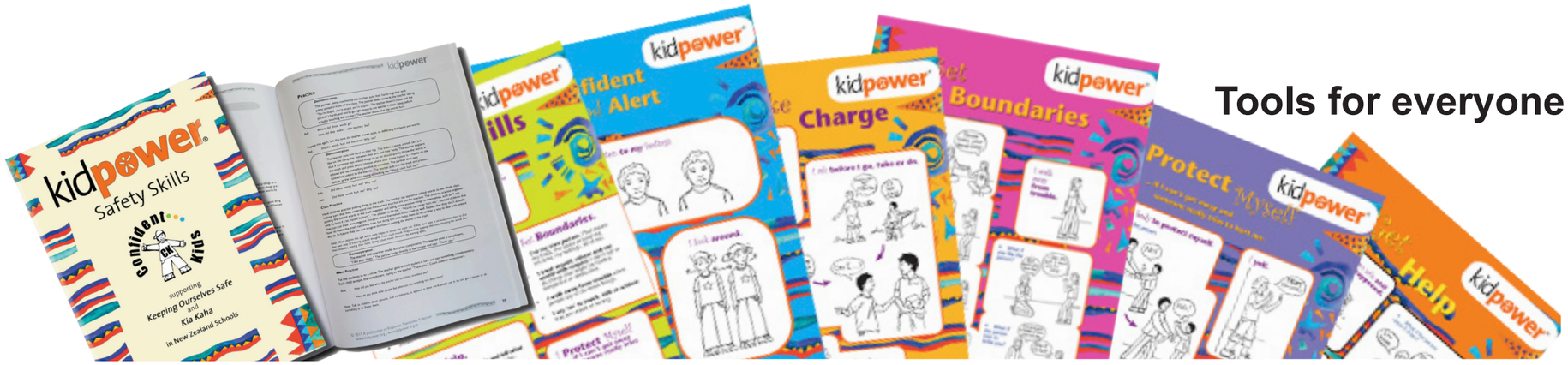


© teenpower™
Violence Prevention Skill Cards

Move Out of Reach

Empowerment Trust

DECEMBER 2020



Resources

Resources make it easy for adults to integrate People Safety practices into their personal and professional life.

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

- Kidpower songs for young children,
- Flipcard sets on a lanyard with Kidpower Safety Signals,
- Kidpower Healthy Relationships for 7-12 year olds with learning disabilities,
- New version of the Confident Kids Facilitator Guide for 5-12 year olds,
- New edition of the Kidpower for Young Children Facilitator Guide for 0-7 year olds, and
- Pasifika Faamalosi 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.

Note: The Teenpower Skill cards depicted in this calendar are part of our Teenpower Violence Prevention Toolkit.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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			

NOVEMBER 2020

MON	TUE	WED	THU	FRI	SAT	SUN
30						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

DECEMBER 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			

JANUARY 2021

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

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Violence Prevention Skill Cards

Get Help

Empowerment Trust

PERFORMANCE

Financial Performance & Position

as at 31 March 2019

REVENUE		
Course Fees	$	594,442
Donations & Grants	$	73,740
Interest and Other	$	6,202
TOTAL REVENUE	$	674,384
EXPENSES		
Course Costs	$	96,645
Staff Costs	$	557,355
Other	$	5,560
TOTAL EXPENSES	$	659,560
SURPLUS FOR THE YEAR	**$**	**14,824**
ASSETS		
Fixed Assets	$	269
Current Assets	$	177,801
TOTAL ASSETS	$	178,070
LIABILITIES		
Current Liabilities	$	23,266
Received in Advance	$	56,084
Non Current Liabilities	$	4,796
TOTAL LIABILITIES	$	84,046
FUNDS AVAILABLE		
Opening Balance	$	79,200
Net Income (Deficit)	$	14,824
TOTAL FUNDS AVAILABLE	**$**	**94,024**

In The Last Year We Directly Worked With

431 Participants through our Parent Child and Early Childcare workshops.

1379 Children through Kidpower workshops.

576 Adults participated in Fullpower, Kidpower Parent Whanau and Professional Development workshops.

5893 Teens through Teenpower and ACC Mates & Dates

We also educated more than . . .

595 People through our Healthy Relationships resources for young people with intellectual disabilities.

A total **404** courses were conducted, training **8874** people of all ages and all walks of life with a further **495** accessing the Fullpower Healthy Relationships resource.

Triple Bottom Line

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

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 - complete audited accounts are available from the Trust upon request.

Environmental
Our staff and volunteers conciously minimise
- Travel emissions,
- Use of electricity and
- Waste.

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Empowerment Trust

APPRECIATION

Appreciation Power!

$5,000 and above
- Community Organisations Grants Nelson
- Foundation North
- Ministry of Social Development
- New Zealand Lottery Grants Board
- Tertiary Education Commission

$1,000 - $4,999
- Anglican Diocese of Nelson
- ANZ Community Foundation
- Auckland City Council
- Community Organisations Grants
  - Auckland
  - Manukau
  - Rodney/North Shore
  - Waitakere
- Frozen Funds Charitable Trust
- John Ilott Charitable Trust
- Nelson City Council
- Network Tasman Trust
- Pub Charity
- Rehabilitation Welfare Trust
- RG&EF MacDonald
- Working Together More

$0 - $999
- Motueka Community Board
- Nelson Bays PHO
- Pub Charity
- Sarau Trust
- Tasman District Council

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

Special Thanks

To our 2018/19 Board of Trustees; Annie Simmons, Simon Jones, Josef Hodel, Trish Casey, Dean Kelly and recently Nicola Cheeseman and Mane Tahere.
We are excited to see the diversity and growth in our board.

To our wonderful team of Kidpower and Confident Kids instructors who make it possible for us to offer our programmes nationally.

To our Mates & Dates Facilitators in Tasman, Auckland and Canterbury regions who have a passion for working with teenagers to help keep them safer.

To Cornelia Baumgartner and Martin Hartman for providing us with an office space that has a lovely outdoor area and the best office views - the Mt Arthur ranges.

To Dominic Scott, our amazing IT volunteer, for keeping our systems running. To our office staff without whom we would not be able to serve and reach so many.

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 Kidpower community.

Our Values

We do our utmost to be:

- *Honest*
- *Evolving*
- *Celebrating*
- *Productive*
- *Safe*
- *Fair*
- *Supportive*
- *Inclusive*
- *Confidential*
- *Pro-Active*

Kidpower International Celebrating 30 Years

Our co-founders Martin and Cornelia and our senior instructor & mentor Maree joined over 100 people from all continents celebrating 30 years Kidpower International in California.

30 years | kidpower Planting Seeds of Safety

They were inspired by the calibre of the representatives who all contribute to the combined wisdom and illustrate how Kidpower works for different cultures and environments from universities in Sweden to street children in South America.

If you want to go fast, go alone.
If you want to go far, go together.
African Proverb

2020 ANNUAL REPORT CALENDAR

Empowerment Trust