



Empowerment Trust

2022

ANNUAL REPORT CALENDAR

 i like...  
beautiful  
power!

Child



Empowerment Trust provides **tailored 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.

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.

**Research shows that for too long adults have been supplied with information and advice instead of active skill building training, coaching and practising of tools that make a difference in daily life.**



The Office team

| Monday                       | Tuesday                          | Wednesday | Thursday | Friday | Saturday           | Sunday                       |
|------------------------------|----------------------------------|-----------|----------|--------|--------------------|------------------------------|
| 31                           |                                  |           |          |        | 1<br>NEW YEARS DAY | 2<br>DAY AFTER NEW YEARS DAY |
| 3<br>NEW YEAR'S DAY OBSERVED | 4<br>DAY AFTER N.Y. DAY OBSERVED | 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 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  |     |     |

## JANUARY 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| 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  | 30  |

## FEBRUARY 2022

| 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  |     |     |     |     |     |     |

We learned *lots* of things  
at KidPower.

We used *lots* of *power*.  
Brain power, voice power  
and *lots* of things at  
KidPower.

I really *loved* it so much.



Empowerment Trust continues to flourish despite the ongoing challenges of the uncertain times we live in. Our reputation as a leader in violence prevention skills and awareness continues to grow and break new boundaries.

In the past year our nation-wide team has engaged further with both established and new partners to deliver life-changing programmes for young and adult New Zealanders. My sincere thanks goes to our hard-working staff who have again produced outstanding results.

To my fellow trustees, thank you for all your support and guidance. To everyone who has participated in and supported the Empowerment Trust suite of programmes, our sincere thanks. It has again been a privilege to work with you. Please enjoy this calendar and annual report.

Dean Kelly, Chairperson

| Monday                     | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday            |
|----------------------------|---------|-----------|----------|--------|----------|-------------------|
|                            | 1       | 2         | 3        | 4      | 5        | 6<br>WAITANGI DAY |
| 7<br>WAITANGI DAY OBSERVED | 8       | 9         | 10       | 11     | 12       | 13                |
| 14                         | 15      | 16        | 17       | 18     | 19       | 20                |
| 21                         | 22      | 23        | 24       | 25     | 26       | 27                |
| 28                         |         |           |          |        |          |                   |



## JANUARY 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| 31  |     |     |     |     | 1   | 2   |
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| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |

## FEBRUARY 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
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| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  |     |     |     |     |     |     |

## MARCH 2022

| 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  |     |     |     |

*I feel I can now*

**communicate  
effectively with  
my children**

*about conflict they  
experience in a way  
they will relate to*

"MY SAFETY AND SELF ESTEEM ARE MORE IMPORTANT  
THAN ANYONE'S TROUBLE OR EMBARRASSMENT"  
"EVEN MINE!!"

Kidpower Programmes have been developed to be **easy, positive, safe and fun!**

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

- Professional development for educators
- Child/Tamariki workshops
- Parent/Whānau education

It supports Te Whāriki Early Childhood and the NZ Education Curriculum. Resources like the Kidpower Flip Cards make it easy for teachers, parents and other caring people to reinforce the learning.

**"We have just about finalised working Kidpower into our PB4L programme in the school, to keep up the sustainability of the programme on a planned basis, just like PB4L."**

*Howick Primary Learning  
Support Coordinator*

| 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       |        |          |        |



## FEBRUARY 2022

| 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  |     |     |     |     |     |     |

## MARCH 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
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| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  | 29  | 30  | 31  |     |     |     |

## APRIL 2022

| 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  |     |

i like the  
beautiful  
power

because when someone says  
something nice to you  
can do the power



We use our strength based, step-by-step Skills First For Safety Kidpower Positive Practice™ teaching method (an approach used since 1987) to teach the Essential Safety Skills. In the past year, **2,845 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.

A variety of resources and programmes help caring people practise safety skills with the children in their life and/or work.

**“Student wellbeing continues to be a schoolwide focus... repeating key messages from the programme helps to consolidate the strategies.**

**The programme compliments our school values (Respect, Resilience, Responsibility and Kindness) and students can use our values to relate to the programme too..”**

*Principal, Gulf Harbour School*

| Monday        | Tuesday | Wednesday | Thursday | Friday      | Saturday | Sunday        |
|---------------|---------|-----------|----------|-------------|----------|---------------|
|               |         |           |          | 1           | 2        | 3             |
| 4             | 5       | 6         | 7        | 8           | 9        | 10            |
| 11            | 12      | 13        | 14       | 15          | 16       | 17            |
|               |         |           |          | GOOD FRIDAY |          | EASTER SUNDAY |
| 18            | 19      | 20        | 21       | 22          | 23       | 24            |
| EASTER MONDAY |         |           |          |             |          |               |
| 25            | 26      | 27        | 28       | 29          | 30       |               |
| ANZAC DAY     |         |           |          |             |          |               |



## MARCH 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
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| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  | 29  | 30  | 31  |     |     |     |

## APRIL 2022

| 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  |     |

## MAY 2022

| 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  |

*...showing the  
children that they  
have a right to stand  
up and be proud of  
who they are*



"my safety and self esteem are more important  
than anyone's trouble or embarrassment"  
"EVEN MINE!"

The past years data regarding adult participants illustrates our reach:

- 42% NZ European
- 36% Pasifika
- 17% Maori
- 5% Asian or other ethnicity

Adults & young people practised how to:

- recognise an emergency situation and take quick 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
- (as a last resort) use physical defence skills to stop violence and get help

\* reach includes ECE adults, doesn't include Mates & Dates teens

| 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     |



## APRIL 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
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| 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  |     |

## MAY 2022

| 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  |

## JUNE 2022

| 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  |     |     |     |



*the important thing we learnt is to*

***be confident,  
stand up for  
yourself***



## 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:

- **89%** said that the programme helped them understand the importance of consent.
- **96%** had a better idea of what to do to help if a friend who was in a harmful (violent or abusive) situation.

In 2020/2021 our teams facilitated the ACC Mates & Dates programme in **44 Secondary schools** across the Tasman, Auckland and Canterbury regions, running **280 modules**

| Monday           | Tuesday | Wednesday | Thursday | Friday                          | Saturday | Sunday |
|------------------|---------|-----------|----------|---------------------------------|----------|--------|
|                  |         | 1         | 2        | 3                               | 4        | 5      |
| 6                | 7       | 8         | 9        | 10                              | 11       | 12     |
| QUEEN'S BIRTHDAY |         |           |          |                                 |          |        |
| 13               | 14      | 15        | 16       | 17                              | 18       | 19     |
|                  |         |           |          |                                 |          |        |
| 20               | 21      | 22        | 23       | 24                              | 25       | 26     |
|                  |         |           |          | NEW PUBLIC HOLIDAY:<br>MATARIKI |          |        |
| 27               | 28      | 29        | 30       |                                 |          |        |



## MAY 2022

| 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  |

## JUNE 2022

| 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  |     |     |     |

## JULY 2022

| 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  |

THE MOST USEFUL THING I LEARNT WAS THE  
BREATHING TECHNIQUES BECAUSE WHEN I'M  
ANGRY I FIND IT REALLY HARD TO CALM DOWN.



More than 447 young people and adults with intellectual disabilities used our Healthy Relationships resources.

Fullpower Healthy Relationships is a evidence based programme that continues to be developed with and for teens and adults with intellectual disabilities. They provide practical tools to build resiliency and prevent bullying, violence and abuse covering three modules:

**Four Healthy Relationships Rules**  
**Saying Stop and Stopping**  
**Getting Help**

**10 Fullpower Healthy Relationships Ambassadors** (and more in training) in Christchurch, Wellington and Tasman are teaching peers and:

- co-lead interactive sessions
- teach relationship skills
- facilitate genuine sharing Outcomes include
- awareness, safety and inclusion for all
- increased capability
- mutual understanding and connection

| 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     |



## JUNE 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
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| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  |     |     |     |

## JULY 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 1   | 2   | 3   |
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| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  | 31  |

## AUGUST 2022

| 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  |     |     |     |     |

WHAT AN AWESOME COLLABORATION WITH EPILEPSY NZ!

IT WAS GREAT TO UNDERSTAND  
THE POWER BEHIND OUR VOICE.



# Whiria te Tangata

Weave people together!

## Major accomplishments to date include:

- Reaching more than 95,000 people nationwide since 1993.
- Eliminating barriers to delivery by ensuring the needs of minority groups are met including deaf and hearing impaired communities, young people and adults living with intellectual disabilities, head injury patients and senior groups.
- Collaborating with Skillswise and Community Connections on our Fullpower Ambassador programme where people living with intellectual disabilities are empowered to deliver healthy relationships education to other people living with intellectual disabilities – an example of community mobilisation where initiatives are developed with community, for their community.
- Consulted on the MoE/ACC Evaluation of Healthy Relationships Education for secondary schools
- A member of the Advisory Panel for the University of Canterbury Relationships & Sexuality project in consultation with the Ministry of Education
- Collaborating on a holistic programme with Safeguarding Children New Zealand with the aim of creating Child Safe Communities.

| 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        |          |        |          |        |



## JULY 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
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| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  | 31  |

## AUGUST 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
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| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  | 31  |     |     |     |     |

## SEPTEMBER 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
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| 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  |     |     |

WHAT I  
INTERESTING  
LEARNT WAS A  
NEW POWER

HELP POWER

SOMETIME  
I NEED HELP  
BECAUSE I  
MIGHT BE LOST  
OR I AM SAD



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, neighbour, everyone – to make sure that the children and teens in your life can count on you for help.

We are working with Safeguarding Children New Zealand to support a dedicated week from 5-11th September.

**Protection of our tamariki should be a part of our everyday lives.** It is the responsibility of the whole community. Child Protection Week will highlight the importance of safeguarding children and raise awareness in the prevention of child abuse, maltreatment and exploitation.



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



## AUGUST 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
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| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  | 31  |     |     |     |     |

## SEPTEMBER 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
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| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  |     |     |

## OCTOBER 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| 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  | 30  |

September: International Child Protection Month

**MAKE THE KIDPOWER PROTECTION  
PROMISE TO YOUR CHILD TODAY!**

**"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,  
even if you promised  
not to tell, and  
even if you made a mistake.**

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



## OUR VISION

Our vision is a New Zealand/Aotearoa where all people are empowered to live, play, learn and work in safe communities free from harm and violence.

Spontaneous feedback, success stories, and formal evaluations from workshop participants, observers, and professionals have been overwhelmingly positive from the start!

**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 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
- the philosophy of Bullying Free NZ, Keeping Ourselves Safe, Kia Kaha, and Positive Behaviour for Learning

| Monday     | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|---------|-----------|----------|--------|----------|--------|
| 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       | 30     |
| LABOUR DAY |         |           |          |        |          |        |



## SEPTEMBER 2022

| 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  |     |     |

## OCTOBER 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| 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  | 30  |

## NOVEMBER 2022

| 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  |     |     |     |     |

I didn't know we had to be  
***aware, calm and confident***  
until Kidpower came



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

This year, we are collaborating with Safeguarding Children with the aim of creating Child Safe Communities. This will involve working with communities and organisations on the prevention of sexual harm and involve empowering communities and working on system change through organisational structures and staff training.

We maintain relationships with other groups internationally, nationally and locally, to promote the prevention of violence in order to create a safer environment for all.

**These include networks and forums such as:**

- TOAH NNEST (Te Ohaakii a Hine – National Network for Ending Sexual Violence Together)
- Kidpower International Senior Programme Leader Group
- Safeguarding Children

| 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        |          |        |          |        |



## OCTOBER 2022

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| 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  | 30  |

## NOVEMBER 2022

| 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 2022

| 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  |     |

**The amazing posters are in every classroom and every teacher has a lanyard with the powers on.**

**The resources are second to none.**



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

Check out our wide range of safety comics and teaching resources on our web page: [empowermenttrust.nz/resources](https://empowermenttrust.nz/resources)

The latest additions are:

- Teenpower Violence Prevention Skill Cards in digital format
- a new version of the Confident Kids Facilitator Guide for 5-12 year olds
- online webinars



STOP POWER means using a strong voice and clear words. It is also a decisive action. Putting your hands up and in front of you like a gate gives you power and provides a boundary which you want crossed, it also enforces that you mean what you say.

**Role-play Scenario**

A child grabs at another child's tamariki bag. "It's my turn," the other child tamariki says. "No, the stop power gesture and saying in a clear voice "STOP, wait, No grabbing!"



Early Childhood Education (ECE) resources

| 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     | CHRISTMAS EVE | CHRISTMAS DAY |
| BOXING DAY | CHRISTMAS DAY OBSERVED |           |          |        | NEW YEARS EVE |               |



## NOVEMBER 2022

| 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 2022

| 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 2023

| 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  |

I LIKED BRAIN POWER BECAUSE YOU HAVE TO

THINK FIRST &  
THEN YOU DO IT!



## FINANCIAL PERFORMANCE & POSITION AS AT 31 MARCH 2021

### Revenue

|                      |                   |
|----------------------|-------------------|
| Goods & services     | \$ 811,242        |
| Donations & Grants   | \$ 87,555         |
| Interest and Other   | \$ 4,871          |
| <i>Total Revenue</i> | <i>\$ 971,812</i> |

### Expenses

|                             |                   |
|-----------------------------|-------------------|
| Course Costs                | \$ 61,905         |
| Staff Costs                 | \$ 838,016        |
| Other                       | \$ 19,074         |
| <i>Total Expenses</i>       | <i>\$ 918,995</i> |
| <i>Surplus for the Year</i> | <i>\$ 52,816</i>  |

### Assets

|                     |                   |
|---------------------|-------------------|
| Fixed Assets        | \$ 836            |
| Current Assets      | \$ 403,947        |
| <i>Total Assets</i> | <i>\$ 404,783</i> |

### Liabilities

|                          |                   |
|--------------------------|-------------------|
| Current Liabilities      | \$ 91,226         |
| Received in Advance      | \$ 62,687         |
| <i>Total Liabilities</i> | <i>\$ 153,913</i> |

### Funds Available

|                              |                   |
|------------------------------|-------------------|
| Opening Balance              | \$ 198,053        |
| Net Income (Deficit)         | \$ 52,816         |
| <i>Total Funds Available</i> | <i>\$ 250,870</i> |

## ACCOUNTABILITY

The Trust believes that an organisation like ours is accountable to the community in a number of different ways, such as:

**Social:** The social benefits and impacts of the Trust's operations are featured throughout this annual report/calendar.

In addition, the physical and mental wellbeing of all involved is one of the core values we continually strive to uphold.

**Economic:** The summary of our audited accounts is shown here, and the complete audited accounts are available from the Trust upon request.

**Environmental:** Emissions from travel this year are consistent with the year previous.

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. Empowerment Trust reuses paper where possible.

Sound environmental practices are demonstrated and encouraged in the various services offered.

## OUR VALUES

We will be:

**Honest**  
**Fair**  
**Supportive**

**Celebrating**  
**Productive**  
**Safe**  
**Confidential**

**Pro-active**  
**Inclusive**  
**Courageous**



**APPRECIATION POWER!**

**\$10,000 and above**

**Foundation North**

**New Zealand Lottery Grants Board**

**Oranga Tamariki**

**Tertiary Education Commission**

**\$5,000 - \$9,999**

**Ministry Social Development**

**Pub Charity**

**\$1,000 - \$4,999**

**Nelson City Council**

**Network Tasman Trust**

**PwC**

**Rehabilitation Welfare Trust**

**St Andrews Trust**

**Community Organisations Grants:**

**Manukau**

**Nelson**

**Rodney/North Shore**

**COGS Waitakere**

Plus the many individual donors who wish to remain anonymous and to all our other supporters who volunteered over 900 hours and donated space or other resources for the Trust this year!

**Special Thanks**

To our 2020/21 Board of Trustees: Dean Kelly, Simon Jones, Fiona Bryan, Nicola Cheeseman, Annie Simmons, Martha Jane Greenstreet and Stephen Cheadle.

We are excited to see the diversity and growth in our board.

To our wonderful team of Kidpower Confident Kids instructors who make it possible for us to offer our programmes nationally and our Mates & Dates Facilitators who teach in Tasman, Auckland and Canterbury regions. There are now too many of you to mention individually, but you are all truly appreciated and have a great passion for working with children and young people to help keep them safe.

To Cornelia Baumgartner, our Founder and Advisor who without your passion

and tenacity we wouldn't be here.

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

To Flavia King-Turner for volunteering and supporting us in the office.

To our office team 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 her wealth of copyrighted materials and for the countless hours she and her husband Ed van der Zande donate in support of the International Kidpower community.





[www.empowermenttrust.nz](http://www.empowermenttrust.nz)

[safeNZ@empowermenttrust.nz](mailto:safeNZ@empowermenttrust.nz)

0800 KIDPOWER / (03) 543 2669

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



*i like...  
beautiful  
power!*

Child