

 Empowerment Trust

2023

ANNUAL REPORT CALENDAR



OUR POINT OF DIFFERENCE

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 people of all ages and abilities 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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31					1 NEW YEARS DAY
2 DAY AFTER NEW YEARS DAY	3 NEW YEARS DAY OBSERVED	4	5	6	7	8
9	10	11	12	13	14	15
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DECEMBER 2022

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JANUARY 2023

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FEBRUARY 2023

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“I learnt to use my
delete button to throw
mean words away...
and to put good words
in our heart”

10 year old



Empowerment Trust has had another successful year despite the challenges of ongoing uncertainty and disruption from COVID. We have continued to provide valuable education and support to the communities we support and strengthen our reputation as a valued contributor in the violence prevention arena.

We have achieved many things during the year: secured new funding streams, strengthened sector collaborations, refreshed our external engagement model and new Board members to name a few.

The close of the Mates and Dates program at the end of 2022 provides an exciting opportunity for us to bring to life our community mobilisation model in the programs we deliver.

My heartfelt thanks to Fe and all our dedicated team for their mahi, we are the organisation we are because you live and breathe our values every day.

Thank you to the Trustees for their time, support and expertise.

We are fortunate to have strong support from our communities and look forward to continuing to work alongside you.

Please enjoy this calendar and annual report.



Nicola Cheeseman,
Chairperson

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WAITANGI DAY						
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JANUARY 2023

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FEBRUARY 2023

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MARCH 2023

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"Awesome and detailed
active training that taught us
proactive tools to use and teach."

School social worker (IOSIS)



Child Protection:
empowermenttrust.nz/child-protection/

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 including the Healthy & Sexuality guidelines. Resources like the Kidpower Flip Cards make it easy for teachers, parents and other caring people to reinforce the learning.

“We kaiako, as a team, will practise these great Kidpower signals and put them into our daily practice with our tamariki.”

Teacher - Harakeke Pre-School

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FEBRUARY 2023

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MARCH 2023

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APRIL 2023

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"BUILDING A CULTURE
of kindness"

Pre-school teacher



Safe, Healthy & Respectful Relationships:
empowermenttrust.nz/healthy-relationships/

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, **2,592 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.

“Such an awesome and detailed active training that taught us proactive tools to use and teach our children and families we work with. ”

Social Worker in Schools - IOSIS

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				GOOD FRIDAY		EASTER SUNDAY
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EASTER MONDAY						
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	ANZAC DAY					

MARCH 2023

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APRIL 2023

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MAY 2023

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“I ALREADY FEEL IN
POWER”

Teacher



Boundaries:
empowermenttrust.nz/consent-boundaries/

The past years data regarding adult participants illustrates our reach:

- 56% NZ European
- 22% Maori
- 15% Pasifika
- 7% 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*

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APRIL 2023

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MAY 2023

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JUNE 2023

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"I learnt that we have powers like brain, body and voice and when I am worried I will do volcano breathing."

8 year old



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 **45 Secondary schools** across the Tasman, Auckland and Canterbury regions, running **259 modules**.

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MAY 2023

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JUNE 2023

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JULY 2023

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“REALLY GOOD TOOLS
AND LANGUAGE AROUND
BUILDING CONFIDENCE,
AUTONOMY AND SAFETY”

Parent/Caregiver



More than 560 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

We are expanding on the successful Fullpower Healthy Relationships Ambassadors 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

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JUNE 2023

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JULY 2023

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AUGUST 2023

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*"I feel more **equipped and confident** to use these strategies within my work and home."*

Teacher



Online Safety:
empowermenttrust.nz/online-safety/

ACCOMPLISHMENTS

Major accomplishments to date include:

- Reaching more than 100,000 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.
- Funded to work in high risk isolated communities with regard to primary prevention skills and strategies
- Continued collaborating on a holistic programme with Safeguarding Children New Zealand with the aim of creating Child Safe Communities

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JULY 2023

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AUGUST 2023

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SEPTEMBER 2023

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**“I FEEL ABLE TO
EMPOWER MY KIDS TO
BUILD CONFIDENCE”**

Parent/Caregiver



Self Defence:
empowermenttrust.nz/self-defence/

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 collaborate with Safeguarding Children New Zealand to support a dedicated week from 4-10th September.

Protection of our tamariki should be a part of our everyday lives. It is the responsibility of the whole community.

Child Protection Week highlights the importance of safeguarding children and raise awareness in the prevention of child abuse, maltreatment and exploitation.



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NEW ZEALAND CHILD PROTECTION WEEK						
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AUGUST 2023

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SEPTEMBER 2023

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OCTOBER 2023

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*"I want my own children
to learn this, too."*

Teacher



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

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LABOUR DAY						

SEPTEMBER 2023

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OCTOBER 2023

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NOVEMBER 2023

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*“Great discussions
with excellent
student participation”*

Teacher



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 have continued to collaborate with Safeguarding Children with the aim of creating Child Safe Communities. This involves 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

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OCTOBER 2023

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NOVEMBER 2023

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DECEMBER 2023

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*"This was such an
AMAZING & EMPOWERING
workshop to be a part of."*

School social worker (IOSIS)



Contact and book:
empowermenttrust.nz/contact/

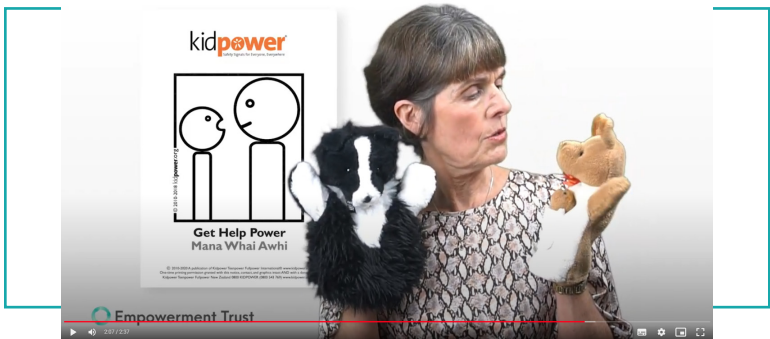
RESOURCES

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

The latest additions are:

- ‘Kidpower with Maree’ teaching video series
- a new version of the Confident Kids Facilitator Guide for 5-12 year olds
- online webinars



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						CHRISTMAS EVE
25	26	27	28	29	30	31
CHRISTMAS DAY	BOXING DAY					NEW YEARS EVE

NOVEMBER 2023

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DECEMBER 2023

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JANUARY 2024

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“We really appreciate you all.”

School social worker (IOSIS)



Our story:
empowermenttrust.nz/our-story/

FINANCIAL PERFORMANCE & POSITION AS AT 31 MARCH 2022

Revenue

Goods & services	\$ 761,561
Donations & Grants	\$ 129,237
Interest and Other	\$ 10,015
<i>Total Revenue</i>	<i>\$ 900,812</i>

Expenses

Course Costs	\$ 118,891
Staff Costs	\$ 736,532
Other	\$ 11,921
<i>Total Expenses</i>	<i>\$ 867,344</i>
<i>Surplus for the Year</i>	<i>\$ 33,468</i>

Assets

Fixed Assets	\$ 1,626
Current Assets	\$ 466,947
<i>Total Assets</i>	<i>\$ 468,573</i>

Liabilities

Current Liabilities	\$ 96,740
Received in Advance	\$ 87,546
<i>Total Liabilities</i>	<i>\$ 184,285</i>

Funds Available

Opening Balance	\$ 250,870
Net Income (Deficit)	\$ 33,468
<i>Total Funds Available</i>	<i>\$ 284,288</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****Cognition Education Trust****Foundation North****New Zealand Lottery Grants Board****Oranga Tamariki****Tertiary Education Commission****The Launch Foundation****Youthtown****\$5,000 - \$9,999****Ministry Social Development****Pub Charity****\$1,000 - \$4,999****Nelson City Council****PwC****Rehabilitation Welfare Trust****St Andrews Trust****Auckland City Council****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 2021/22 Board of Trustees: Annie Simmons, Arend Merrie, Dean Kelly, Nicola Cheeseman, Nicola Purvis, Annie Simmons, Martha Jane Greenstreet, Paige Sullivan, Simon Jones, 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 our office team without whom we would not be able to serve and reach so many.

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www.empowermenttrust.nz

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.

