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KIA ORA / WELCOME

It has been a great year – 3326 people took part in courses, more than ever before. We are confident that every one of them now has some skills to keep themselves safer, and we hope they had some fun along the way.

We have just reached a major milestone: Kidpower Teenpower Fullpower Trust has now been operating in New Zealand for 20 years (and we still feel young)! More important, though, is what we have achieved in those 20 years: we have now instructed 32,258 people and we are reaching more every year, with growth of 15% in the past year, particularly in the Auckland area. There has been a lot to learn for a Trust based in rural Nelson to deliver quality courses in a Super-city, but we are delighted that participants throughout New Zealand are finding these courses relevant and helpful. The very high levels of satisfaction are shown in the Annual Report, page 10.

Another significant indicator of success is the ethnic mix of adult participants (we do not keep these statistics for children). While NZ European is still our largest single group, this year, more than half of the total were Maori, Pasifika, Asian or people of other ethnic groups, reflecting both the growth in these groups nation-wide and the importance of our courses to these. Furthermore, of the total participants this year, about 750 (22%) had some sort of

disability. There are challenges in ensuring that these courses are seen as relevant and suitable to the cultures of each of these groups, and we keep learning and growing from these. As in previous years, more than 2/3 of our participants are female. We however see it as vital that we continue to work effectively with men and boys as well.

What does the organisation actually do, and why do people think we do it well? And why, for that matter, do I, the other Board members and many others donate time to help? The Trust teaches people skills they need to live confidently and protect themselves, and to keep themselves safe with strangers as well as with people they know. It teaches awareness, avoidance of dangerous situations and – in case no escape is possible – some emergency self-defence skills.

We don't want to overstate the risks, but we want people to be aware of and ready for them. In Nelson this year, for example, there were a number of violent attacks against women, and we wanted to do what we could to help women feel and be safe. We decided to run two extra courses for local women, free of charge. The courses were fully subscribed, and greatly appreciated.



NZ Kidpower Instructor Training 2012

Back Row: Claudia Manderson, Julie Nevin, Ezekiel Robson

Middle Row: Cornelia Baumgartner, Jan Sagar, Jolene McCue, Sue Aldridge, Jack Wyllie, Darney Takao, Susan Franson
Front Front Row: Neil Sutherland, Kate Canton, Fiona Bryan, Martin Hartman, Rona Sedman, Kirk Tucker

The Trust again recorded a small financial surplus for the year. We are a 'not for profit' organisation, but sound financial management and reporting are essential if we are to provide valuable services and grow so that we can reach people who might otherwise miss out. We are confident in our ability to provide value and accountability for all funds provided, and to be able to prove this. This Annual Report is part of this accountability. Please get in touch with the Trust with any feedback, with any suggestions for providing even better outcomes, or if you want to know anything more about us.

Finally, a very big 'thank you' to the Board and Staff, and to our wonderful supporters who make it all possible (details on page 20) and especially to every one of our 32,258 participants so far – you are the reason we do what we do, and we all can – together – make a real difference.

Many thanks,

Bruce Gilkison, Chairperson, Board of Trustees

WHAT PROOF IS THERE THAT KIDPOWER ACTUALLY WORKS?

Kidpower programmes and curriculum have been developed and are continuously reviewed to ensure that we provide consistently evidencebased and effective personal safety training and curriculum.

Additionally, the spontaneous feedback and formal evaluations from workshop participants – be they parents and kids, educators, law enforcement, mental health, or child development professionals – has been overwhelmingly positive since our establishment, with almost everyone who has had direct experience with our services giving Kidpower a very high rating for relevance, effectiveness, and competence. i.e. 98.2% of the learners [participating said that they feel more confident after the training! For more statistics see page 10.

In addition to regular participant evaluations, Kidpower programmes have undergone multiple formal research studies and evaluations by independent evaluation professionals in the US, Canada, and New Zealand.

For further information on the research studies completed or for copies of the full reports, please contact us.

- Most recently, an independent study¹ has been presented at the Society for Research in Child Development's Biennial Meeting, which shows that Kidpower's Every Day Skills Programme "significantly increases children's safety skills knowledge" and that 31% of Kidpower students showed improved safety skills and knowledge over a period of three months, compared with a comparison group of children who had not taken Kidpower (until after the study, since we couldn't bear to have them miss out on the training)!
- In 2005, thanks to funding from the Todd Foundation, a study² with children aged 8-12 was conducted in New Zealand. The research concluded that Kidpower workshops were highly effective in teaching students to seek help for safety, protect themselves from emotional forms of abuse, defend against physical assaults, and know how and when to use self defence techniques appropriately.

Teachers and children further reported after three months that learning the skills increased their confidence and reduced their anxiety due to the positive, fluid, and enjoyable structure of the workshop.



1. 2013 Promoting Safety Skills in Children: A Quasi-experimental Evaluation of the Kidpower Everyday Safety Skills Program. Brenick, A., Shattuck, J., Donlan, A., Duh, S., & Zubriggen, E.. (2013, April) P. 2. 2005 Todd Foundation-funded study of New Zealand Kidpower school program



OUR APPROACH: FUN, NOT FEAR

Kidpower Teenpower Fullpower NZ Trust is part of Kidpower Teenpower Fullpower International.

The NZ Trust's mission is "To teach people of all ages and abilities how to use their own power to stay safe, act wisely, and believe in themselves"

Our vision is to work together to create cultures of caring, respect, and safety for everyone, everywhere. How do we do that?

With as much joy and empowerment as possible! In our work with people of all ages, we:

- Lead age-appropriate role-plays with skill, kindness, and humour.
- Create opportunities to "learn by doing" while having fun and laughing.
- Teach people how to be both respectful and powerful in asking for what they want.
- Focus on positive, practical solutions that people can use to stop or get away from trouble as quickly as possible.
- Use upbeat language that is skill-based, not fear-based. To give just one example, we teach "stranger safety" not "stranger danger."

The 'People Safety' skills Kidpower teaches prepare individuals to stay emotionally and physically safe.

Whether it's a child throwing negative comments into an imaginary trash can or a senior practicing physical self-defence skills with a padded instructor, Kidpower offers a wide range of internal, spoken, and physical tools to deal with all levels of problems.

Kidpower's Positive Practice Teaching Method creates role-plays that address individuals' specific concerns. We adapt the role-plays for each learner's abilities and break the skills down into achievable steps.

The Positive Practice Teaching Method is powerful because it gives people the opportunity to rehearse safety skills in situations relevant to their lives. We are committed to this success-based approach, which differentiates Kidpower from other personal defence and violence prevention programmes.

WHO WE SERVE

Here are some of the ways we help everyone take charge of their personal safety:

Children. Kids face challenging situations every day at home, at school, online, and in their communities. Sometimes adults are aware of these issues. Often they are not. Kidpower teaches children positive, practical, and effective ways to think, move, and speak to stay safe in personal safety situations.

Teens. The teenage years bring new challenges for young people. This is the time when young people are forming a sense of their own sexuality, so they may need to address issues that range from setting boundaries with romantic partners to confronting anti-gay harassment. And because of their increasing independence, teens and pre-teens face an especially high risk of violence and assault. Teenpower focuses on providing upbeat and practical guidance to deal with situations in a way that makes sense to teens.

People with special needs. Children, teens, or adults with disabilities or other special needs are much more likely to face bullying, abuse, or assault than their peers without disabilities. We have successfully taught self-

protection skills to thousands of people with such difficult life challenges as developmental delays; loss ofvision, hearing, or mobility; prejudice based on race, religion, economic status, sexual orientation, or other factors; or personal struggles with domestic violence, homelessness, substance abuse, or childhood sexual abuse.

Adults from the general public. In our lifetimes, we face a higher risk of dealing with a violent assault than of being in a serious car accident. The good news is that learning to protect ourselves is much less complicated than learning to drive a car. Women and men in our Fullpower workshops learn skills to deal with common safety situations in a straightforward, practical way. Despite the seriousness of the issues addressed, our upbeat approach empowers students and can be fund as well.

Participants in our Non Violent Crisis Intervention workshops learn skills that emphasise early intervention and non-physical methods for preventing or managing disruptive behaviour.

Educators of Young Children gain skills to build consistent, common language and common strategies to conflict resolution and boundary setting for the children in their care.



"Over the following two days I learnt that it is my right to be safe no matter what and that it is not my job to try and find out what causes other people to act as they do or feel guilty about hurting them or about how they came to be in a position to act as they do when harming myself or others."

Fullpower Participant

2012/2013 HIGHLIGHTS

We are proud of how the impact of our services continues to grow.

We directly worked with 265 participants through our Parent Child workshops, 1,644 children through Kidpower workshops, 336 teens through Teenpower and the Violence Prevention Toolkit, 541 adults participated in Fullpower, Non Violent Crisis Intervention and Kidpower for Educators of Young Children trainings. We also educated more than 540 people through our Healthy Relationships resources for young people with intellectual disabilities.

A total of 181 courses were conducted, training 3,326 people of all ages and all walks of life. We reached 15% more people nationwide than ever before in a one year period.

Of our adult participants; 43% were NZ European, 20% were of Maori ethnicity, 6 % Pasifika and 31% Asian or other ethnic groups. Of these adults, 68 % were female and 32% male.

98.2% of the learners participating on our programmes indicated that the programme had made them feel more confident and able to speak up and take charge; **96.3%** reported feeling more in control and **98.6%** reported having increased ability to communicate, to learn, to take charge and to achieve.

We ran our first National Kidpower Instructor Training by New Zealanders, for New Zealanders, and were delighted with the outstanding success of this. We now have an additional 7 new Fieldwork Instructor Trainees who are ready to teach with a Senior Instructor. Four have already put their training to use and ably assisted in courses.

As a result of this training and continuing interest we are running a second training in Auckland during 2013.

This year we moved to social media (Facebook) as a means of keeping followers updated and connecting with other groups and organsiations with similar goals.

And check out our new user friendly website. A sample of the front page can be seen on page 13.

Workshops

In addition to serving individuals and families through our public workshops, Kidpower Teenpower Fullpower worked with over 70 different groups to offer personal safety workshops in both the North and South Island. Those groups included early childhood centres, individual schools, alternative education programmes, after school, holiday and youth programmes, staff workshops and organisations supporting people with disabilities and those affected by domestic violence.

We continue to adapt the Kidpower curriculum for a wide range of people with special needs, which we define very broadly to include people with developmental and physical disabilities; survivors of assault, child abuse, and domestic violence; and those who are struggling with personal issues such as poverty.

We are now working collaboratively with Early Childcare (ECE) Centres, Primary Schools and other organisations to adapt and strengthen the 'Kidpower Parent Child' programme's links to Te Whariki (the ECE curriculum) and Junior Primary School NZ Health Curriculum.

Development of Educational Resources

Kidpower also creates materials that benefit thousands of people beyond those who attend our workshops. We thank the International organisation as their support makes these projects possible through permission to adapt the curriculum and through ongoing consultation.

Accomplishments include:

Teenpower Sexual Violence Prevention Toolkit for teachers, parents, caregivers and youth leaders. This is a further adaptation of the Teenpower Violence Prevention Toolkit programme to address sexual violence.

As a result, New Zealand teenagers have more skills to cope with many interpersonal challenges in daily life and enjoy safe intimate relationships.

Collaborations and Partnerships

We continue to promote our expertise in Primary Prevention of Violence in a variety of national and international networks, i.e.

- We are active members of DCAV
 (Disability Coalition Against Violence),
 Jigsaw (a national network of 44 organisations working to stop child abuse),
 TOAH NNEST (Te Ohaakii a Hine National Network for Ending Sexual Violence Together), and three large Te Punanga Haumaru Fund collaboration groups in South Auckland, Nelson and Motueka.
- We presented at the Ministry of Justice, Skylight in Wellington, at TOAH-NNEST's Sexual Violence Prevention Hui, and the ASID (Australasian Society for Intellectual Disability) conference.
- Kidpower featured in many articles, on three TV and in the news, i.e. in the Hawkes Bay News, Papakura Courier and World TV, Nelson Mail, Mainland TV and Fresh FM Radio, NZ Down Syndrome Association, Autism NZ, Alltogether Autism and the IDA (Intellectual Disability Australia) magazine in Australia.

- We keep up to date and met with the Police Youth Education Services, Adult Community Education network, Violence Free Waitakere, People First, Wellington Sexual Abulse Help Foundation, Family Planning and the Sophie Elliott Foundation.
- Training is co-led by Dr. Christine Wilson Healthy Relationships DISABLED Leader from SAMS (Standards and Monitoring Services), who supports two groups in Tasman and two groups in Wellington to run the project.
- Cornelia holds advisory roles in the Kidpower International Senior Programme Leader advisory group and TOAH NNEST's sexual violence primary prevention project.

Safety

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The Trust places very strong emphasis on safety and support of staff and trainees. Kidpower has risk management systems in place and we continue to maintain our high safety record. There were four reported minor incidents during 2012/13.



TRIPLE BOTTOM LINE REPORT

The Trust believes that an organisation such as ours is accountable to the community in a number of different ways. Triple Bottom Line reporting on an organisation's social, economic and environmental contributions and impacts is one way of demonstrating the effects of its operations, positive and negative, and being accountable to the community for these. A brief summary of results under these headings appears below.

SOCIAL

The social benefits and impacts of the Trust's operations are by far the most important. For this reason, these are featured throughout the report, and particularly on pages 10 to 13.

ECONOMIC

A summary of our audited accounts is shown on page 16 - 17, and the complete audited accounts are available from the Trust upon request. We were pleased to record a small surplus for the year, just slightly larger than the previous year. A summary of donations and income received from grants and contracts appears on page 21. The Trust is a charitable organisation and pays no income tax.

Other details:

- Amounts paid to employees and NZ contractors: \$122,223
- Other payments to NZ businesses: \$69.984
- GST paid: \$5,379

Investment policies:

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Any surpluses are retained to ensure liquidity and for future use consistent with the Trust's charitable purposes. Such funds are used to repay any debt, and applied to low risk investments.

ENVIRONMENTAL

The Trust takes its environmental impacts seriously. Key items are:

We consider that travel is our most significant impact.

- Total distance travelled by air in 2012-13 was 19,900 km.
- Motor vehicle travel: 21,000 km (estimated). All travel is kept to a minimum, but is considered necessary in order to provide courses throughout NZ, and to ensure the highest possible quality of tuition.

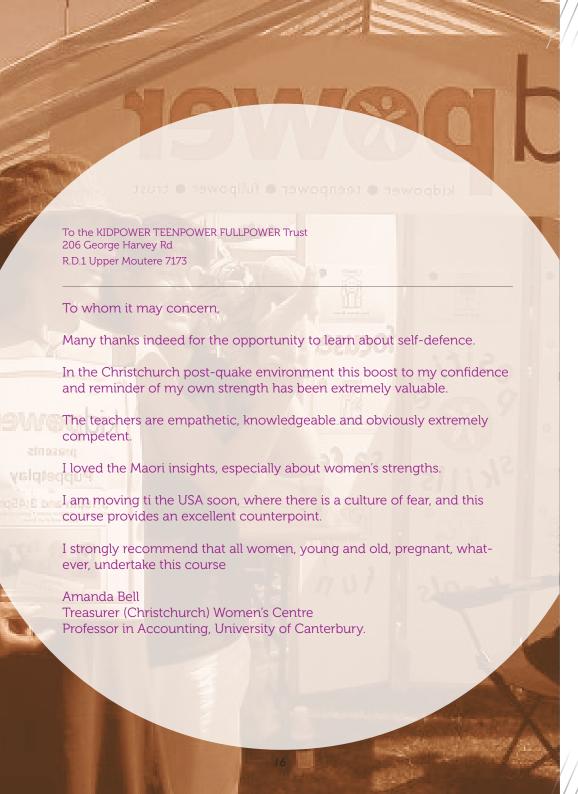
Emissions from travel this year have been calculated at 11.7 tonnes carbon dioxide equivalent (calculated from carboNZero online Travel & Tourism Calculator).

Electricity is included in our head office rental and is not metered separately. No electric heating or air conditioning is used; the office is heated by log fire in winter. Power for the various course venues is likewise not paid separately. Emissions from these sources have not been calculated.

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. Furniture and fittings are largely pre-loved, reused items.

Sound environmental practices are demonstrated and encouraged in the various courses run.

Sue and Claudia raising awareness The Sarau Festival, Upper Moutere





17/5/2011

To Whom it May Concern

In late 2002 the New Zealand Police Youth Education Service (YES) and the Kidpower Teenpower Fullpower Trust (NZ) explored the possibility of working together to develop a practical component to support the Police *Keeping Ourselves Safe* and *Kia kaha* programmes. As a result, a series of working parties were held involving Kidpower, the YES National Office and Police Education Officers (PEOs). New Zealand Police (Police) also signed a Memorandum with the KIDPOWER TEENPOWER FULLPOWER International Organisation, which gave them permission to adapt the copyrighted KIPOWER curriculum to suit New Zealand schools.

Working with Cornelia Baumgartner and some of her staff proved to be a thoroughly rewarding experience. Their commitment to keeping children and young people safe is paramount and they were generous with their teaching materials and experiences. We worked well as a team and as a result of this collaborative work a new curriculum, called *Confident Kids,* was developed that would be used to provide opportunities for children to practise safety skills in their interactions with other people, when out and about and with people they know. These interactive, experiential activities support and extend the knowledge, understandings and skills that children gain through *Keeping Ourselves Safe* and *Kia Kaha*.

Once *Confident Kids* was produced, Cornelia and her team undertook training of PEOs so that they could, in turn, train teachers to use the programme. Their training approach was totally interactive and very effective and as well they bonded quickly with PEOs.

Police have maintained an ongoing relationship with Kidpower NZ which includes updating of the *Confident Kids* material, consulting on the development of new *Kia Kaha* and Keeping Ourselves Safe programme and some ongoing training.

Kidpower demonstrated to Police their total suitability and capability for primary prevention work.

Gill Palmer
Curriculum Officer
Youth Education Service

FINANCIAL STATEMENT 2012/2013

INCOME & EXPENDITURE STATEMENT I April 2012 to 31 March 2013

TOTAL INCOME

INCOME		EXPENDITURE	
Course Fees	\$ 23,802	Course Costs	\$ 30,774
Grants Allocated	\$ 107,983	Development/Staff Training	\$ 14,301
Donations Allocated	\$ 26,828	Programme Development	\$ 25,636
Small Donations	\$ 4,611	Staff Costs	\$ 95,683
Contracts Allocated	\$ 49,063	Office Running Costs	\$ 25,143
Book Sales	\$ 2,584	Other Support Costs	\$ 9,275
Interest Received	\$ 3,296		
Dividends Received	\$ 320		

STATEMENT OF ASSETS, LIABILITIES AND EQUITY As at 31 March 2013

ASSETS		FUNDS AVAILABLE	
Fixed Assets	\$ 218	Opening Balance	\$ 9,855
Current Assets	\$ 77,542	Net Income	\$ 17,675
		funds available	\$ 27,530
		LIABILITIES	
		Current Liabilities	\$ 8,117
		Monies Received in Advance	\$ 42,113
		TOTAL LIABILITIES	\$ 50,230
TOTAL LIABILITIES & EQUITY	\$ 77,760	TOTAL ASSETS	\$ 77,760

These figures are from our audited financial statements which are available on request.

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\$ 218,487 TOTAL EXPENDITURE

Net income

200,812

\$

17,675

INTERNATIONAL ACKNOWLEDGEMENT

A NOTE FROM IRENE VAN DER ZANDE

Executive Director and Founder of Kidpower Teenpower Fullpower International

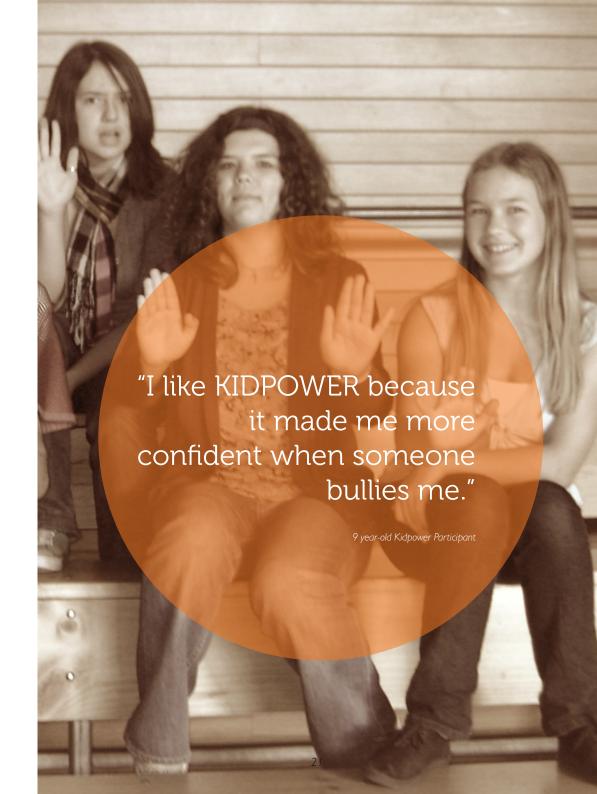
I want to congratulate the Kidpower Teenpower Fullpower Trust on celebrating 20 years of providing exceptional services to make people of all ages and abilities safer and more confident throughout New Zealand. Thanks to the leadership of Cornelia Baumgartner and the support of her partner Martin Hartman, your New Zealand Centre also has made and continues to make major contributions to our international work as well.

The New Zealand office has grown from small beginnings of two staff and reaching 50 participants in the first year to a 13 plus strong team and reaching 3326 participants nationwide in the past year. Many obstacles were overcome with an inspiring 'Kidpower' attitude by looking for what we CAN do and then doing it with joyful determination.

I feel honored to work together with you to further our vision of creating cultures of caring, respect, and safety for everyone, everywhere!

With heartfelt appreciation to each of you for your commitment to safety and empowerment,

Irene



HOW YOU CAN

Kidpower achieved significant progress in 2012/13, and we're excited about our plans for 2013 onwards.

If you would like to support Kidpower financially, here are some examples of what your donation can do:

- \$10 covers the cost of a Kidpower Comic Book, used by parents and caregivers to teach our skills in the home.
- \$50 covers the cost of a child attending a holiday programme.
- \$200 covers the cost of a Teenpower onehour 'Safety with Peers' workshop with up to 30 students.
- \$500 covers the cost of Professional Development, Kidpower and Parent/ Whanau Education for one early childcare centre.

We invite you to visit our website, www.kidpower.org.nz to find out more about Kidpower, learn where you can take a class, and download free resources about personal safety that you can share with your family, friends, students, and clients.

LOOKING FORWARD

- In the year to 31 March 2014 we aim to directly teach at least 3,000 children, teens, and adults, through our 'People Safety' workshops.
- With ongoing collaboration extend our Whanau programmes and to reach more parents, families and Whanau of young children (ages 3-7) with education around "People Safety", raising their literacy, and providing ideas and tools to empower them as individuals.
- With funding secured from Ministry of Justice, complete the Healthy Relationship Disabled Leadership Training, enabling people with disabilities to teach others 'People Safety' skills.
- Train 7 new instructors in April 2013 and work with them to gain local accreditation to enable us to reach those that need our services nationwide efficiently and effectively.
- Continue to develop and implement programs to integrate Kidpower skills and practices into agencies and schools to help them address bullying, child abuse, domestic and relationship violence, and other violence.

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INCOME SOURCES FINANCIAL YEAR 2012/13



\$ 71,060 Grants



\$ 35,198
Government Contracts



In Kind Sponsorship & Donations



\$ 30,170 Individuals

No

These amounts differ from the amounts shown as revenue in the annual financial statements, summarised on page 16-17. The above are amounts actually received in the 2012/13 financial year. Amounts received are initially recorded as a liability, and are not treated as Trust income, and shown as such in the financial statements, until these funds are allocated and spent. The above amounts also include "in kind" items, not shown in the financial statements.

KIDPOWER THANKS OUR SUPPORTERS

\$10,000 and above

Tertiary Education Commission • Lottery Community - National • Ministry of Justice

\$5,000-\$9,999

Canterbury Community Trust • Community Organisation Grants - Manukau • Community Organisation Grants - Papakura

\$1,000-\$4,999

Community Organisations Grants - Nelson • Community Organisation Grants - Auckland• Community Organisation Grants - Otago• John llott Charitable Trust • Community Organisation Grants - Waitakere • Auckland City Council • Sir John Logan Campbell Residuary Estate • Nelson City Council - Community Assistance

\$500-\$999

Tasman District Council • RG & EF MacDonald Trust • Lion Foundation • Mainland Foundation • Auckland Energy Trust • Kathleen Alice Boyd Estate • Sisters of St Joseph's • Fox & Ferrit Ale House Riccarton

Workshop space for public classes:

Nelson Aikido • Nick Smith • Motueka Community House • Accident Compensation Community Rooms Nelson

The many individual donors that wish to remain anonymous

Special Thanks

To our 2012/13 Board of Trustees; Bruce Gilkison, Annie Simmons, Simon Jones, Josef Hodel, Christine Piper, Marion Satherleyand Anne Michelle Mattsen. Background information on our trustees can be found on our website.

To our wonderful team of instructors who make it possible for us to offer our programmes nationally: Rona Sedman, Jack Wyllie & Ezekiel Robson. We welcome Kate Canton and Lisa Piper to the team.

To Cornelia Baumgartner and Martin Hartman for pro bono programme development, instructor training and capacity building, and for donating office and garden space.

To Simon Hartman for the website upgrade, development of our flyers/handouts/marketing material and the development of the Teenpower Sexual Violence Prevention Toolkit resources.

To Ged Stephens, Logres Computing, for donating time and maintaining our computer system.



Thank You!

To Ezekiel Robson and Susan Franson, for their wonderful ongoing support as volunteers helping to develop Auckland.

To our office staff who without them we would not be able to function and flourish:
Fiona Bryan - Centre Co-Director
Cornelia Baumgartner - Programme Director
Christine Piper - Finances
Nettie Stow - Fundraising Administrator
Rona Sedman - Community Educator
Kate Canton - Nelson Outreach
Ezekiel Robson - Auckland Programme Manager
Lisa Piper - Auckland Programme Coordinator

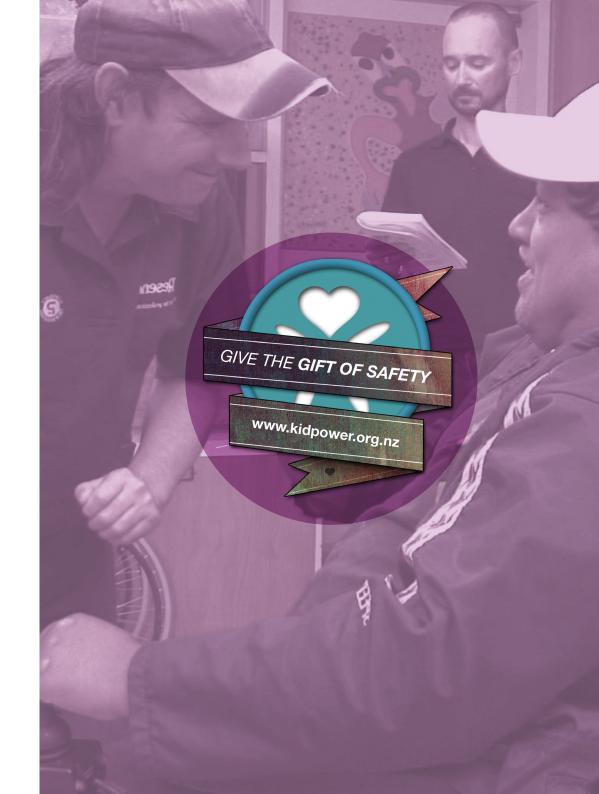
We thank Nettie Stow for her dedication to raising funds and increasing our profile through media and wish her all the best for her new endeavours.

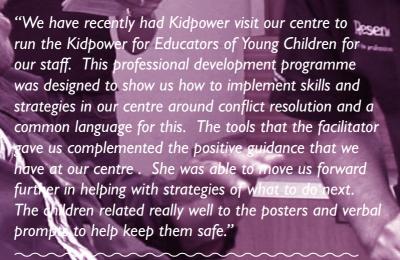
To Irene van der Zande, the Founder of Kidpower Teenpower Fullpower International for allowing us to use the wealth of copy righted materials and for the countless hours she and her husband Ed van der Zande donate. Their pioneering work and their advice with organisational development and community education are the foundation of Kidpower.

And finally to all our other supporters who volunteered 1416 hours for the Trust this year.

Our vision is to work together to create cultures of caring, respect, and safety for everyone, everywhere. Our sincere thanks to those supporters who help us achieve this.

KIA KAHA





Centre Monager
Country Kids Early Childhood Education and Care
Nelson

kid**pøwer** teen**pøwer** full**pøwer**

The printing of this report was proudly supported by Speedy Print Ltd