

kidpower
teenpower
fullpower®
trust nz



**ANNUAL
REPORT**
2015/16

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Note:

Our organisation's full name is Kidpower Teenpower Fullpower Trust, reflecting our commitment to children (up to 12 years), to teenagers (from 13 - 18 years) and to adults and people with special needs.

Throughout this report you will sometimes see it referred to simply as "Kidpower."

We are strongly committed to serving clients of all ages, despite occasionally using this shorter name.

Our Trust is the New Zealand Centre of Kidpower Teenpower Fullpower International. The organisation is a New Zealand Charitable Trust (Reg No. CC20081).

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KIA ORA

Kidpower as an organisation has a stated mission to help people of all ages and abilities to stay safe, act wisely and believe in themselves. We are committed to deliver this message to our community nationwide through an ethical and values driven platform.

We have a strength in our proven products – the power and efficacy of the inclusive courses.

We know this because the feedback from our clients is overwhelmingly positive. In line with earlier years, the numbers for 2015/16 add up to:

- 99% of the learners participating in our programmes indicated that the programme made them feel more confident and able to speak up and take charge;
- 96% reported feeling more in control;
- 95% reported having increased ability to communicate, to learn and to achieve.

Samples of the wonderful feedback

we have received from clients are included throughout the report.

This year, Kidpower Teenpower Fullpower ran a total of 217 personal safety courses (7 more than last year), with over 75 different groups, in both the North and South Island. Those groups included early childhood centres, 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 trained some 4,167 people of all ages and from all walks of life including

- 222 participants through our Parent Child and Early Childcare workshops,
- 2,465 children through Kidpower workshops,
- 139 teens through Teenpower and the Violence Prevention Toolkit,
- 303 adults through Fullpower,

Non Violent Crisis Intervention and Kidpower for Educators of Young Children trainings, and

- more than 1,158 people through our Healthy Relationships resources for young people with intellectual disabilities.

We reached a range of ethnicities: of our adult participants...

- 45% were NZ European,
- 23% were Maori,
- 22% Pasifika, and
- 10% Asian/other ethnic groups.

Of these adults,

- 74% were female and
- 26% male – a 13% increase in male participants.

Our challenge going forward is to reach clientele who we know are difficult to reach - males and Maori, Pasifika and other ethnic groups. We currently have a strategy in place to reach Pasifika peoples – see below.

We have a strength in our community driven programme development – being vigilant and ready to develop courses to address identified needs in our community. We thank the

International organisation for their support and permission which, through ongoing consultation, allows us to continue to adapt the Kidpower curriculum.

Kidpower remains child focused and supportive of the recently instigated International Child Protection Month held in September each year, focusing the international community on the prevalence of child abuse and on strategies to prevent it. Kidpower NZ continues to lead the way in promoting child protection and safety through its Facebook messages. You too can like us at www.facebook.com/Kidpower.org.

We have continued to develop the collaboration with the Nelson Tasman Pasifika Community Trust and adapting our programmes to meet the needs of the different cultures within Nelson. This is an exciting process, and the work being done here paves the way for future collaborations with other ethnic groups in New Zealand.

We have a innovative strength in our product development – creating resources to address identified

needs. Again, we thank the International organisation for their support and permission to do this. Kidpower creates materials that benefit thousands of people beyond those who attend our workshops. We now have a range of resources that have been developed specifically to address the needs of a wide range of people, including those 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.

Accomplishments this year include

- further develop the Kidpower for Schools and Early Childhood Educator programme focusing on Sexual Violence prevention,
- Development of the Fullpower Healthy Relationships resource, to include more stories and pictures in response to requests from user groups and
- Co-develop the Faamalosi Aiga, a Pasifika safety programme with whole-community engagement, bi-lingual, fun activities, songs,

role-plays, visuals and other resources.

Our challenge going forward is to maintain this upward drive, being vigilant to identify issues facing our communities and open to how we might contribute to the development of resources to fill those needs.

We have a strength in the calibre of the people working within our organisation. It is via the medium of our dedicated instructors, that the Kidpower message is transmitted. Our courses succeed through the integrity, communication and teaching skills of our instructors. Behind our instructors are the excellent office personnel who manage the background paperwork: an enormous thank you for the effort you bring to your work.

The Trust places strong emphasis on safety and support of staff and trainees. Kidpower has robust risk management systems in place and we continue to maintain an excellent safety record.

Our challenge going forward is to

Now I know how
to use my
Stay a ware Power.

I wish I could
teach other
People powers

locate and recruit more instructors of equal calibre. We must pace ourselves to build carefully on the building blocks we have in place and not overextend ourselves.

We have a strength in our collaboration and our relationships with other groups within our community, as well as across the nation and overseas to promote the prevention of violence in order to create a safer environment for all. We are active members of TOAH-NNEST (Te Ohaakii a Hine – National Network for Ending Sexual Violence Together).

We maintain regular contacts with the

- Nelson Tasman Pasifika Community Trust,
- People First,
- IDEA Services,
- Police Youth Education Services,
- Family Planning, and
- Adult Community Education network.

We closely collaborate with

- Nelson Tasman Pasifika

Community Trust, developing the Faamalosi Aiga programme,

- SASH (Sexual Abuse Support and Healing) Nelson, delivering ACC's Mates & Dates programme, and
- many other organisations, delivering tailored programmes to their staff or clientele.

I am very proud to be a part of the Kidpower organisation and to share with you this report on the activities of Kidpower NZ for 2016.



Annie Simmons,
Chairperson - Kidpower Board of Trustees for 2016



Thank you for teaching us Kid
power I used my Brain power
on my brother when he was
mean to me I just
walked away from him.
Brain power is my favourite
Kid power of them all.
Thank you for teaching us Kid power.

KIDPOWER WORKS!

What proof is there that Kidpower actually works?

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

The spontaneous feedback and formal evaluations from workshop participants – be they parents, kids, youth, educators, law enforcement, mental health, or child development professionals – has been overwhelmingly positive from the start. Almost everyone who has had direct experience with our services is giving Kidpower a very high rating for relevance, effectiveness, and competence. I.e. like in previous years, 99% of the learners participating said that they feel more confident after the training this last year!

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.

An independent study¹ shows that Kidpower's Every Day Skills Programme "significantly increases children's safety skills knowledge" and that 31% of Kidpower students showed improved long-term safety skills and knowledge compared with a comparison group.

Kidpower has a well-documented paper that has been published in the academic journal Children and Youth Services Review². The research highlights the scope of the issues and how Kidpower follows Best Practice in child protection.

In 2015, thanks to funding from MoJ and ACC, another independent study³ quantitatively evaluated the

Healthy Relationships programme in New Zealand.

Results indicate that there were significant improvements in scoring rates and that “these improvements were maintained at the post-post test phase (six months after the programme had been completed)”. The report states “The Healthy Relationships programme is one of the few violence and abuse prevention programmes readily available to people with learning disabilities and one of very few with quantitative reviews. It is a practical programme that can assist people to keep safe and can sit

alongside general consciousness raising programmes aimed at self-advocates, service providers and the public generally. The programme is effective with people who are endeavouring to live more independently and who move about within their social circles and the community generally without support.”

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

- 1: Brenick, A., Shattuck, J., Donlan, A., Duh, S., & Zurbruggen, E. (2013) *Promoting Safety Skills in Children; A Quasi-experimental Evaluation of the Kidpower Everyday Safety Skills Programme*
- 2: Brenick, A., Shattuck, J., Donlan, A., Duh, S., & Zurbruggen, E. (2014). *Empowering Children with Safety-Skills: An evaluation of The Kidpower Everyday Safety-Skills Program. Children and Youth Services Review, Volume 44, 152–162*
- 3: Wilson, C. PhD (2015), *A Review of the Healthy Relationships Programme: Does it Work for People with Learning Disabilities?*

Thank for
Tecine us KidPower
and my fait Power is
Voice Power and my
uthe fait Power is
brain Power

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

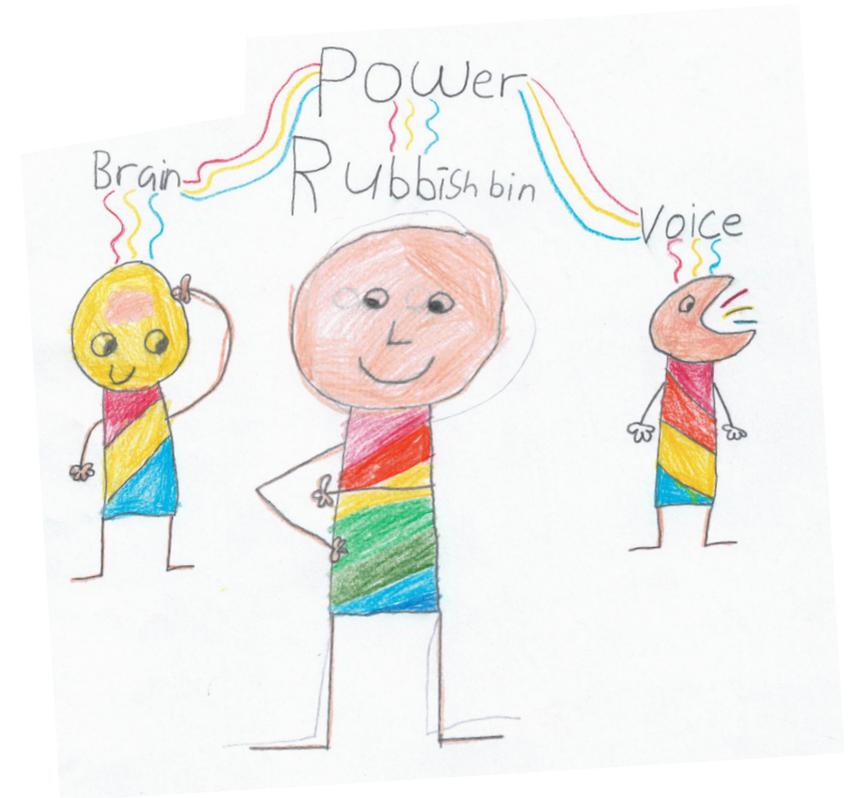
The teenage years bring new challenges for young people. This is the time when young people are forming a sense of their own sexuality, so they may need to address issues that range from setting boundaries with romantic partners to confronting anti-gay harassment. And because of their increasing independence,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

focuses on providing upbeat and practical guidance in how 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 of vision, hearing, or mobility; prejudice based on race, religion, economic status, sexual orientation, or other factors - like personal struggles with domestic violence, homelessness, substance abuse, or childhood sexual abuse.

Adults (from the general public) 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 fun as well.

Parents, Caregivers and Educators

All gain skills to build consistent, common language, and common

strategies to conflict resolution and boundary setting for the children in their care.

Participants in our Non Violent Crisis Intervention workshops

They learn skills that emphasise early intervention and non-physical methods for preventing or managing disruptive behaviour.

THE POWER OF COLLABORATION

Each collaboration takes an enormous amount of commitment, time, and persistence to tackle new challenges surfacing due to different cultures and backgrounds, Intellectual Property rights, and different approaches. However, the benefits outweigh the hard work manyfold. New horizons open. New understanding, further reach, wonderful new tools, know-how and wider recognition are just a few outcomes in addition to the privilege to work alongside inspiring and dedicated people from all walks of life.

NZ Police Youth Education Services

In 2003/2004 we collaboratively developed the resource called Confident Kids based on Kidpower curriculum, which was arranged in segments and lesson plans aligned to support the Keeping Ourselves Safe programme lessons. Through this successful and ongoing partnerships, we continue to gain recognition by funders, including Ministries, schools and other

providers and organisations.

Te Ohaakii a Hine - National Network Ending Sexual Violence Together (TOAH-NNEST)

Thanks to building good relationships and supporting this network since around 2000, we were able to showcase our expertise and programmes for young children and people with disabilities.

Funding from the Ministry of Justice for the Healthy Relationships programme development was initially offered through this network in 2008. In 2011, ACC invited us to the advisory group for the ACC Mates & Dates programme.

Sexual Abuse Support & Healing (SASH)

Having combined meetings to enable our facilitators to learn from each other, developing joint professional development sessions, and sharing of other resources that strengthen the programme.



Nelson Tasman Pasifika Community Trust (NTPCT)

In 2014, Sonny Alesana recognised the potential of the Kidpower whānau programme for the local Pasifika community. This started off the long-term, collaborative Faamalosi Aiga project which is

currently involving the Samoan and Tongan communities and will be used as engagement model for further Island communities. The Kidpower Trust also holds Department of Internal Affairs funding for the NTPCT Community Development Scheme.

Thank you for teaching us to be Aware, calm and confident. Thank you for tell us to get along with each other and being Kind. Thank you for teaching us fence power, I always use it when people are hitting me.

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 2 to 6.

Economic

A summary of our audited accounts is shown on page 20-21, and the complete audited accounts are available from the Trust upon

request. This year we recorded a Net Surplus of \$6,564, largely a result of donations. We consider that our overall financial position is sound.

A summary of donations and income received from grants and contracts appears on page 26. The Trust is a charitable organisation and pays no income tax.

Investment policies:

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:

Total distance travelled by air in 2015-16 was 11,460 km.

Motor vehicle travel: 4,920 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 4.58 tonnes carbon dioxide equivalent (calculated from carbonZero online Travel & Tourism Calculator). Down from 16.8 tonnes for the year previous. We had no instructors travel to the US this year for training. There were less national trips and longer stays with increased number of courses.

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.

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

Thank you for teaching me brain power because it makes me think about my learning.

I use fence power the other day because someone was annoying me

FINANCIAL STATEMENT

Income & Expenditure Statement 1 April 2015 to 31 March 2016

| INCOME | | EXPENDITURE | |
|---------------------------|-------------------|--------------------------|-------------------|
| Course Fees | \$ 8,304 | Course Costs | \$ 16,315 |
| Grants Allocated | \$ 105,423 | Programme Development | \$ 61,857 |
| Donations Received | \$ 31,197 | Staff Costs | \$ 75,622 |
| Contracts Allocated | \$ 30,402 | Office Running Costs | \$ 19,693 |
| Book Sales | \$ 1,924 | Other Support Costs | \$ 6,951 |
| Pasifika Prog Development | \$ 7,200 | Depreciation | \$ 600 |
| Interest Received | \$ 2,850 | | |
| Sundry Income | \$ 302 | | |
| TOTAL INCOME | \$ 187,602 | TOTAL EXPENDITURE | \$ 181,038 |
| | | Net Income (surplus) | \$ 6,564 |

Statement of Assets, Liabilities and Equity As at 31 March 2016

| ASSETS | | FUNDS AVAILABLE | |
|---------------------|-------------------|---------------------------------------|-------------------|
| Fixed Assets | \$ 196 | Opening Balance | \$ 1,720 |
| Current Assets | \$ 142,372 | Net Income (deficit) | \$ 6,564 |
| | | FUNDS AVAILABLE | \$ 8,284 |
| | | LIABILITIES | |
| | | Current Liabilities | \$ 16,391 |
| | | Monies Received in Advance | \$ 117,893 |
| | | TOTAL LIABILITIES | \$ 134,284 |
| TOTAL ASSETS | \$ 142,568 | TOTAL LIABILITIES & EQUITY | \$ 142,568 |

INTERNATIONAL ACKNOWLEDGEMENT

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

Congratulations to our Kidpower
NZ Trust for another successful
year in bringing greater safety and
confidence to many thousands of
people of all ages, abilities, and
walks of life!

These successes are thanks to the
talent, integrity, and commitment of
your remarkable team of teaching,
program, and management staff
and to the dedication and generosity
of your board members, funders,
service partners, and volunteers.

Think of the impact you have on the
lives of every person who has been
served by your Trust! Together, we
have made a lasting difference to:

- each little boy who protects himself from mean words and stays in charge of his body and

words instead of fighting;

- each school student who is an upstander instead of a bystander by speaking up about putdowns and prejudice;
- each child who knows how to recognize and stop unsafe touch and how to get help;
- each teen girl who recognizes what relationship violence looks like and is able to leave and get to safety;
- each young person who de-escalates an assault even when someone is being unfair and disrespectful;
- each person with disabilities who feels empowered instead of helpless;
- each helping professional who knows how to recognize and set boundaries on unsafe behavior;



- each caring adult who feels better prepared to protect and promote the safety of young people.

I feel honoured to be joining hands with each of you from across the world to further our vision of creating cultures of caring, respect, and safety for everyone, everywhere!

With heartfelt appreciation for your commitment to safety and empowerment,

Irene
Irene

Thank you for giving us
Some ideas so we can be
Safe when we go home.
Thank you for teaching us brain
Power. You taught us the
powers to be safe. My Favo
urite Power is Rubbish Bin
Power because it makes
me feel better about
myself.

HOW YOU CAN HELP

Would you like to be part of our exciting plans for 2016/17 and beyond?

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

\$6 covers the cost of one student in a classroom Kidpower session.

\$15 covers the cost of a Kidpower Comic Book, used by parents and caregivers to teach our skills in the home.

\$560 covers the cost of Professional Development, Kidpower and Parent/Whānau Education for an entire 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

This coming year we aim to

- Directly teach at least 2,000 children, teens, and adults.
- With ongoing collaboration extend our whānau and Pasifika programmes and reach more parents, families and whānau of young children with education around "People Safety", raising their literacy, and providing ideas and tools to empower them as individuals.
- Continue to develop and implement programmes to integrate Kidpower skills and practices into agencies and schools to help them address bullying, child abuse, domestic, relationship violence, and other violence.

THANK YOU

\$10,000 and above

- Department of Internal Affairs
- Lottery Community - National
- Ministry of Justice
- Tertiary Education Commission

\$5,000 - \$9,999

- ACE Aotearoa
- Foundation North
- Frozen Funds Charitable Trust
- Rata Foundation
- Working Together More

\$1,000 - \$4,999

- Community Organisations Grants - Nelson
- Community Organisation Grants - Waitakere
- Infinity Foundation
- John Illott Charitable Trust
- Kiwianis
- Lion Foundation
- Pub Charity
- Rehabilitation Welfare Trust
- Sir John Logan Campbell Residuary Estate

\$0 - \$999

- Mainland Foundation
- Nelson City Council
- Network Tasman Trust
- Pelorus Trust
- Tasman District Council

Workshop space for public classes:

- Aikido Nelson
- Accident Compensation Community Rooms Nelson
- Motueka Pipe Band Rooms

Special Thanks

To many individual donors who wish to remain anonymous.

To our 2015/16 Board of Trustees; Bruce Gilkison, Annie Simmons, Simon Jones, Christine Piper, Josef Hodel and Marion Satherley. 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: Cornelia Baumgartner, Rona Sedman, Kate Canton, Jack Wyllie, Lisa Piper, Frith Daniels and Claudia Manderson.

To Cornelia Baumgartner and Martin Hartman for pro bono programme development and for donating office and garden space.

To Frith Daniels for utilising her own home in order for us to save on rental costs.

To Simon Hartman for his continuous graphic design work on our website, development of marketing material and programme resources, plus his leadership in the project 'Disabled Teaching Mainstream College Students about Healthy Relationships'.

To Dominic Scott, for donating time and maintaining our computer system. Dominic had big shoes to fill - Ged passed away late last year and we miss him dearly.

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

Fiona Bryan – National Executive Director, Cornelia Baumgartner – National Programme Director, Frith Daniels - Auckland Area Manager and Programme Coordinator, Karen Borlase - Fundraising Administrator.

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.

And finally to all our other supporters who volunteered 1,530 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 all supporters who help us achieve this.

Thank you for encouraging
me to stand up to other
people using brain Power,
voice Power and force
Power, now when people
be mean to me I know
what to do

thank you so much
you- deserve some
cuddles

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