

# NEW ZEALAND ANNUAL REPORT

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# 2011/2012

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Kidpower Teenpower Fullpower Trust NZ

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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.

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## KIA ORA / WELCOME

Life is more fun when it's safe.

Despite these tough economic times, financial and social stresses increase the need for the skills that Kidpower teaches. We continue to reach organisations, schools and Early Childhood centres nationally. We have reached over 29,000 people nationally and the International organisation has reached over 2 million people worldwide since its inception in 1987.

We teach skills that empower people so they can protect themselves from most bullying, abuse, and other violence. With these tools, both adults and children are better equipped to manage stress and change, and to cope with life's challenges with determination and hope.

We can look back on a year of resource development focusing on primary prevention and take this opportunity to highlight our successes.

The 'Healthy Relationships' resource has been a great success and we have had much interest and sales to both the national and international market.

On-going programme monitoring and development ensures that all our programmes are cutting edge and delivered to high standards and that all participants leave a workshop feeling



*Back Row: Ezekiel Robson, Auckland Co-ordinator; Jack Wyllie, instructor; Cornelia Baumgartner, NZ Programme Director/Centre Co-Director  
Front Row: Martin Hartman, Senior Instructor/Advisor; Fiona Bryan, NZ Centre Co-Director; Rona Sedman, Senior Instructor.*

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more empowered, confident and with the ability to keep themselves safe.

We are proud of our new Teenpower Violence Prevention Toolkit programme for young people, parents and teachers. The development, trial and evaluation phase has been completed and this wonderful resource is now available. We have had very positive feedback from users.

To help meet the growing demand for our programmes in 2012 we are focusing on recruiting new instructors in locations around New Zealand.

Next year we will reach the 20 year anniversary of Kidpower in New Zealand and we will reflect on and celebrate how far we have come. Our goals remain the same as they were in 1993, to impart the Kidpower, Teenpower and Fullpower skills to all New Zealanders and to be the best violence prevention education providers in New Zealand.

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We are very fortunate to have a Board of Trustees and staff with a strong commitment and responsibility to our vision. This year, we had to say farewell to trustee Derrick Gould, and we thank him for providing us with great management skills and advice.

I would like to thank all students, the wonderful donors, sponsors, staff and volunteers that have helped make our organisation what it is today.

Many thanks,

Josef Hodel,  
Chairperson, Board of Trustees

# teenpower™ Violence Prevention Toolkit

An interactive Programme for 13 to 16 year olds

Kidpower Teenpower Fullpower Trust  
206 George Harvey Road, R.D. 1  
Upper Moutere, New Zealand

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## What is the Teenpower Violence Prevention Toolkit?

This programme provides a practical tool to build personal safety skills that; i.e. resilience to provocation and peer pressure, ability to set boundaries and to stand up for oneself and others etc. It was developed in collaboration with Kidpower Teenpower Fullpower International, who provided consultation and permission to use copyrighted curriculum, and with the help of teachers and 70 students after a survey of over 200 young people and professionals highlighted the need for a low-cost, user friendly, interactive, realistic and engaging resource. Funding from Ministry of Social Development helped further develop, pilot and independently evaluate the programme.

Evidence shows that it builds skills for real life, by:

- providing opportunities for students to practise experiential, evidence and success-based violence prevention strategies and skills (using informative role plays and skill practices).
- ensuring that these skills are directly relevant and appropriate for young people's experiences and communities (using real life stories).
- building courage, team spirit, and confidence (using creative projects).
- providing a valuable, ready-to-use resource for behavioural and interpersonal skills.

As a result, New Zealand teenagers enjoy safe relationships. They

- recognise warning signs
- set appropriate boundaries
- de-escalate confrontations
- help others as active bystanders
- know where and how to get help
- persist to get the help they need

## Links With the Curriculum

The project fits with the English Language, Mathematics, and Social Studies curricula.



## Resources

- 60-Page Teacher Manual
- Double-sided illustrated Teenpower Skill Cards with skill practices on reverse



16 Illustrated Skill Cards  
56 page Manual



## Overview of Activities

- **SHORT Programme Version** (approximately 1 hour total)
  - Use interactive Teenpower Skill Card for 5-10 minutes at a time over 2-6 weeks in teaching periods, picking and choosing the cards that are most relevant at the time and doing one or two practices.
- **FULL Programme Version** (approximately 4-6 hours total)
  - Activity 1 Understand how we learn about sexuality and gender. (1-2 hours)
  - Activity 2 Do interactive Teenpower Skill Card practices. (5-10 minute at a time, spread out over 2-4 weeks)
  - Activity 3 Apply the Skills to Change Real Life Stories. (1 hour)



## Proven Results

The independent evaluation of this new programme by SAMS (Standards and Monitoring Services) provides evidence that the Teenpower Violence Prevention Toolkit is effective in producing positive outcomes for young people. Some of the main findings were that all teachers:

- saw value in the Teenpower Project.
- wanted to retain all or part of the content for their classrooms.
- were impressed with the 'Skill Cards' used to assist with each topic area.
- believed the students benefited from the project.
- believed that the students are now better able to keep themselves safe.

Compared with the control groups, more college students indicated following the Teenpower Project that they would

- walk away from situations that seem potentially dangerous.
- practice breathing and calming techniques to stay calm in potentially dangerous situations.
- not take insults personally.
- seek help if they come across a situation where people are fighting or hurting each other.

# THE NEED FOR OUR PROGRAMMES

Heartbreaking news stories in 2011 make the need for Kidpower clearer than ever

This year, the news has been filled with stories of misery, trauma, and tragedy caused by bullying, violence and abuse, including Nicole Jean Baker, Emily Longley, Christie Marceau and Cheyanne.

But there are many kinds of personal danger we don't often hear about. And these devastating problems—bullying, intimidation, interpersonal confrontations—are more common than we often realise.

These stories are part of a much larger, troubling picture as the following statistics demonstrate.

- An estimated 200 million children and youth around the world are being bullied by their peers. <sup>1</sup>
- NZ Police are called to around 200 family violence situations a day - one every 7 minutes. <sup>2</sup>
- 1 in 4 New Zealand girls are likely to be sexually abused before the age of 15. <sup>3</sup>

Reducing violence in interpersonal relationships, families, schools and communities is one of the 13 population health objectives in the New Zealand Health Strategy published by the Ministry of Health in 2000. <sup>4</sup>

We cannot change the past and prevent the suffering that these stories and studies represent. But we can work together to change the future by taking positive, preventative action.

These issues are similar for seniors; those with disabilities; the lesbian/gay/bisexual/transgender (LGBT) community; and other people of all ages. In fact, it's clear that all of us need to know how to protect ourselves and those we care about, now and throughout our lives. We need 'People Safety' skills to help us stay emotionally and physically safe any time, anywhere.

## References

1. 2007 Kandersteg Declaration Against Bullying in Children and Youth.
2. Are You OK - Reporting Domestic Family Violence 2010
3. 2007 Auckland University Study.
4. Newsletter from the Office of the Children's Commissioner, Dec 2010

## OUR APPROACH: FUN, NOT FEAR

Kidpower Teenpower Fullpower NZ Trust is part of Kidpower Teenpower Fullpower International, which we shorten to Kidpower. Worldwide, this is the Kidpower approach.

Kidpower Teenpower Fullpower Trust mission in NZ 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.”

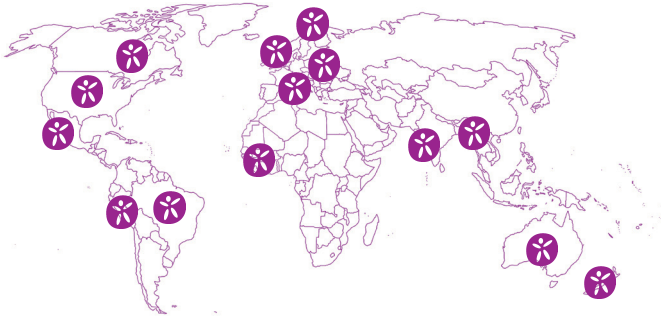
The ‘People Safety’ skills Kidpower teaches prepare individuals to stay emotionally and physically safe.

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.





*Kidpower International Centres:*  
Australia\*, Argentina\*, Brazil, Canada, Germany, India, Lebanon, Mexico, Netherlands, New Zealand, Sweden, Switzerland, United Kingdom\*, United States, and Vietnam.

\* new this year.

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## WHO WE SERVE

Kidpower Teenpower Fullpower services give children, teens, and adults ‘People Safety’ skills they can use to protect themselves and their loved ones throughout their lives.

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.

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.



*“I really appreciated the bi-cultural aspect of Kidpower, the use of Te Reo and tikanga. The physical nature of this programme ensured engagement from our boys”*

Deputy Principal, Westport North School

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.

**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; 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.

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.

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*“I attended a Fullpower workshop as part of Personal Development Training when I worked at NMIT about 13 years ago.*

*I still remember how empowered I felt by the training we were given. I think it was a defining point in my life. It taught me any personal safety fears I had were in my control and I have walked tall and purposefully ever since”*

Fullpower Participant

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## 2011/2012 HIGHLIGHTS

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

We reached 153 participants through our Parent Child workshops, 298 children through Kidpower workshops, 401 teens through Teenpower. 601 adults participated in Fullpower, Non Violent Crisis Intervention and Kidpower for Educators of Young Children trainings. We also reached more than 530 people through our Healthy Relationships resources for young people with intellectual disabilities and a further 585 through the Teenpower Violence Prevention and Sexual Violence Prevention projects.

A total of 262 courses were conducted, training 2,193 people of all ages and all walks of life. We reached more teens than ever before in a one year period.

Of our adult participants; 59% were NZ European, 20% were of Maori ethnicity, 7 % Pasifika and 14% Asian or other ethnic groups. Of these adults, 78 % were female and 22% male.

98.7% 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; 99.5% reported feeling more in control and 98.9% reported having increased ability to communicate, to learn, to take charge and to achieve.

We developed, piloted and externally evaluated the new Teenpower Violence Prevention Toolkit supported by Ministry of Social Development. This is a resource kit for teachers, parents and youth leaders designed to give skills and strategies to keep safe.

### Workshops

In addition to serving individuals and families through our public workshops, Kidpower Teenpower Fullpower worked with over 55 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 homelessness or poverty.

### New 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 ongoing consultation.

Accomplishments include:

- *Healthy Relationships - On Line* this is the new online version of the very popular hard copy resource. The aim of this programme is to help prevent the sexual abuse of teens and young adults with intellectual and learning disabilities.
- *Teenpower Violence Prevention Toolkit* for teachers, parents, caregivers and youth leaders. This programme was developed with the help of teachers and 70 students after a survey of over 200

people highlighted the need for a low-cost, user friendly, interactive, realistic and engaging resource that addresses personal safety risks for young people, such as peer pressure, bystander syndrome etc. Evidence shows that it builds skills for real life, by:

- providing opportunities for students to practise experiential, evidence and success-based violence prevention strategies and skills (using informative role plays and skill practices).
- ensuring that these skills are directly relevant and appropriate for young people's experiences and communities (using real life stories).
- building courage, team spirit, and ownership (using creative projects).
- providing a valuable, ready-to-use resource for teachers to fulfill NZ Curriculum requirements and to turn behavioural and interpersonal challenges into learning opportunities.



Students with early Teenpower Violence Prevention Toolkit posters

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

- We secured funding from Ministry of Justice for the Teenpower Sexual Violence Prevention Project. This is a collaboration project with youth and alternative education providers. The aim is to develop resources that successfully and deal with sexual violence.

### Collaborations and Partnerships

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

- Cornelia being selected to the Advisory Group of Te Ohaaki a Hine – National Network for Ending Sexual Violence Together (TOAH-NNEST) sexual violence primary prevention activities, and attending the Hui,
- Ezekiel presenting at the NZ Disability Studies Conference in Dunedin,

- Ezekiel and Cornelia taking part in the national Disability Coalition Against Violence (DCAV) meetings,
- As a member of the jigsaw network, attending the jigsaw conference in Wellington, and the Auckland partners meeting,
- Attending the national AGM of People First (a disability advocacy organisation) in Nelson.

### Safety

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 was only one reported incident (an accidental student collision resulting in bruising) during 2011/12.

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To the KIDPOWER TEENPOWER FULLPOWER Trust  
206 George Harvey Rd  
R.D. 1 Upper Moutere 7173

To whom it may concern,

I've had the chance to participate in a Kidpower course with my two boys (aged ten and twelve years) and found the course truly invaluable for several reasons, ie:

I'm now 42. I sincerely wished I had that 30-35 years ago when I was ten, twelve years old. I was sexually abused and it screwed up my life and the life of my twin brother who committed suicide. I've been in therapy for the last seven years and it's bloody hard work. I wish we had had the chance to learn how to say no, when to say it and how to back it up with the basic, simple yet effective actions my boys learned in KIDPOWER.

I am glad my boys could go to Kidpower. It gives me peace of mind that they have effective skills and positive awareness and strategies to prevent abuse and violence. They are empowered, feel capable and can enjoy growing up.

The hands-on way of the training is superb and instils confidence. It hard-wires the basic, simple and easy to use words, strategies and skills into brain and body. The physical experience instils the confidence that one can do it.

The supportive environment ensures that participants who have been traumatised can practise in a supportive and safe environment. It is positive and gentle yet powerful and can change people's life around!

This training is really an invaluable insurance, an insurance that everyone should take out, an insurance you need because you can not set a monetary value on your wellbeing, your health, your peace of mind. I invested a one-off premium and a few hours and it may save us thousands of dollars and uncounted hours of worries, heartbreak and maybe even despair. This is invaluable because we cannot put a price on the effects assault, sexual abuse and violence have on our lives.

Not only children and women, also strong men and especially young men can benefit from TEENPOWER or FULLPOWER too. The training provides the technical skill to either avoid conflict where ever possible and – if avoidance is not possible – how to use just enough strength to break away and get help.

I'd also like to thank the Community Organisation Grants Scheme for subsidising our fee. Due to health problems, I would not have been able to pay the break even costs of the programme. Funding is crucial – as it was for me and my boys – to ensure no child misses out because of lack of money.

With my sincere wish that this training becomes available for all children in New Zealand.

Malcolm

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# 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 11 to 13.

## ECONOMIC

A summary of our audited accounts is shown on p 18, and the complete audited accounts are available from the Trust upon request. We were pleased to record a small surplus for the year, more than offsetting a small deficit brought forward from the previous year. A summary of donations and income received from grants and contracts appears on p25. The Trust is a charitable organisation and pays no income tax.

Other details:

- Amounts paid to employees and NZ contractors: \$111,349
- Other payments to NZ businesses: \$64,242
- GST paid: \$12,637

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:

We consider that travel is our most significant impact.

- Total distance travelled by air in 2011-12 was 29,700 km, including one return trip to Los Angeles; this trip provided training for Cornelia, so enabling us to provide training here in future, and therefore reducing the need for new instructors to travel to the USA to achieve certification.
- Motor vehicle travel: 20,000 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 12.7 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.





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 2011/2012

### INCOME & EXPENDITURE STATEMENT 1 April 2011 to 31 March 2012

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#### INCOME

Course Fees	\$	21,566
Grants Allocated	\$	119,586
Sponsorship Allocated	\$	400
Donations Allocated	\$	18,614
Small Donations	\$	12,734
Contracts Allocated	\$	46,924
Book Sales	\$	3,215
Interest Received	\$	3,283

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#### EXPENDITURE

Course Costs	\$	24,869
Development/Staff Training	\$	1,763
Programme Development	\$	55,129
Staff Costs	\$	87,694
Office Running Costs	\$	33,635
Other Support Costs	\$	12,070

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TOTAL INCOME                    \$    226,322

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TOTAL EXPENDITURE            \$    215,160

Net income                    \$       11,162

STATEMENT OF ASSETS, LIABILITIES AND EQUITY  
As at 31 March 2012

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**ASSETS**

Fixed Assets	\$	887
Current Assets	\$	115,799

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**FUNDS AVAILABLE**

Opening Balance	\$	- 1,307
Net Income	\$	11,162

FUNDS AVAILABLE \$ 9,855

**LIABILITIES**

Current Liabilities	\$	15,435
Monies Received in Advance	\$	91,396

TOTAL LIABILITIES \$ 106,831

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TOTAL LIABILITIES & EQUITY \$ 116,686

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TOTAL ASSETS \$ 116,686

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

# 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 for another year 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.*

*Cornelia is an active part of our international Senior Programme Leader Council, which advises me on policy changes, instructor training, and program issues. She is a fountain of creativity and vision in seeing how we can adapt our curriculum to increase the accessibility of our work and to develop new educational resources. Through Cornelia's leadership, I have been proud to collaborate on important projects such as the Healthy Relationships Programme, the Teenpower Violence Prevention project, and many others.*

*These exciting resources further our plan to serve locally – and share globally!*

*And I know that Cornelia's work is only possible because of the generosity and commitment of all of our New Zealand board members, advisors, staff, and students!*

*With heartfelt thanks to all of you,*



## LOOKING FORWARD

### Workshops

- To reach at least 2,000 children, teens, and adults this year, through our 'People Safety' workshops.
- Continue to target and reach learners with low or no qualifications by teaching Fullpower, Healthy Relationships and Parent Child workshops.
- With funding secured from Ministry of Justice, complete the pilot, development and evaluation of the Teenpower Sexual Violence Prevention programme.
- Train 8 new instructors in September 2012 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.



*“An excellent programme, especially in todays society.  
It is important for children to have the skills and confidence to  
keep safe”*

Parent Child Participant - Auckland

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## HOW YOU CAN HELP US

Kidpower achieved significant progress in 2011/12, and we're excited about our plans for 2012 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 one-hour 'Safety with Peers' workshop with up to 30 students.
- \$500 contributes towards training a new instructor.

We invite you to visit our website, [www.kidpower.org.nz](http://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.

# KIDPOWER THANKS OUR SUPPORTERS

The many individual donors that wish to remain anonymous

## **\$10,000 and above**

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

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

Canterbury Community Trust • Community Organisation Grants - Manukau • Community Organisation Grants - Papakura • Sir John Logan Campbell Residuary Estate • JR McKenzie Trust • Lottery Discretionary

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

Community Organisations Grants - Nelson  
Community Organisation Grants - Auckland •  
InternetNZ • John Ilott Charitable Trust •  
Community Organisation Grants - Waitakere •  
Auckland City Council • McKee Trust • Jack & Marjorie Ferrier Trust

## **\$500-\$999**

Tasman District Council • RG & EF MacDonald Trust • Nelson Network Tasman Trust • Nelson Bays PHO

## **Workshop space for public classes:**

**Nelson Aikido** • Nick Smith • Motueka Community House • Accident Compensation Community Rooms Nelson • St. Stephen's Anglican Church •

Salisbury School for the use of their meeting room for our Board meetings.

## Special Thanks

To our 2011/12 Board of Trustees; Josef Hodel, Annie Simmons, Simon Jones, Derrick Gould, Christine Piper and Bruce Gillkison .  
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, & Kirk Tucker. We also thank Darney Takao and Greg Gallop who after many workshops have taken on new challenges. We welcome Neil Sutherland 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 helping with the design of the Healthy Relationships on-line resources, Teenpower Violence Prevention Toolkit resources and the website support.

To Paul Devine, Mediaworks and Sören Ridderbusch for donating time in setting up the On Line Healthy Relationships system.

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

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 - Grants & Administration  
Rona Sedman - Community Educator  
Ezekiel Robson - Auckland Programme Manager

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.

The design and some of the language from this report were based on the Annual Report of the international organisation, which was supported by a service grant from the Taproot Foundation.

And finally to all our other supporters who volunteered 1298 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

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### INCOME SOURCES Financial Year 2011/12



\$ 134,244 Grants



\$ 49,025 In Kind  
Sponsorship & Donations



\$ 36,277 Government  
Contracts



\$28,042 Individuals

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*Note:*  
These amounts differ from the amounts shown as revenue in the annual financial statements, summarised on page 18-19. The above are amounts actually received in the 2011/12 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.

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*“I was very impressed with Kidpower who led a session for my afterschool programme a few weeks back. The children ranged in ages from 5 to 10 and thus this was quite a wide age span to be dealing with such a subject matter. Having said this they managed this effortlessly, listened to and engaged with the kids well and they got them actively practicing what was being taught. I was delighted to see children leaving with a life-skills that I believe will be firmly embedded and stand them in good stead should the need arise. I would not hesitate to recommend Kidpower to others and hope to work with them again in the future.”*

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**Children’s Outreach Worker  
All Saints Church, Nelson**

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Kidpower Teenpower Fullpower Trust NZ

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