

TABLE OF CONTENTS

THE HOW'S OF KIDPOWER

Kidpower's Underlying Principle	2
Mission, Goals, and Values	3
Ten Best Practices for Teaching Team Members	4
What is People Safety?	5
Teenpower/Fullpower Teaching Tools Summary	6
Teenpower/Fullpower Teaching Tools	9
Teen Management	26
Teaching People Safety Skills to Individuals with Disabilities	32
The Three A's of Communication	39
Learned Helplessness	43
Teaching and Intimacy	44
Bias, Prejudice, Stereotypes, and Assumptions	46
Communicating the Three C's	50
Lessons We Have Learned	52

THE "WHAT'S" OF KIDPOWER

Using the Curriculum Instructions	56
---	----

Starting Classes

Starting Classes	66
Starting Teen Classes	68
• Instructor and Program Introduction	68
• Logistics	71
• Ground Rules	71
• Student Introductions	74
Starting Adult Classes	76
• Instructor and Program Introduction	76
• Logistics	78
• Ground Rules	78
• Student Introductions	79

Everyday Safety Skills

Pattern of Attack and Safety Strategies	82
Awareness, Calm, and Confidence	85
• Close Down/Open Up	85
• Safe and Unsafe Attitudes	86
• Showing Awareness, Calm, and Confidence	87
• Awareness Story and Game	90
• Feeling One Way and Acting Another	91
Moving Out of Reach	93
What is My Safety Plan?	99
Walking by a Potential Problem	101
Verbal "Hold Your Ground" Practice	107

• Ready Position and Giving an Order	109
• Passive, Aggressive, Assertive	110
Introduction to Boundaries	115
Boundaries on Touch	117
Communicating About Boundaries	136
• I Feel... When You... Would You Please...	136
• Adjusting Physical/Emotional Distance	139
Advocacy	142
• Bus Seat Demo and Practice	142
• Advocacy to Stop Injustice/Prejudice	144
• Balance of Power	146
Getting Help with Problems or in Emergencies	148
• Overcoming the Bystander Effect	149
• Getting Ready to Make a Report	150
• Getting Help	150
• Telling	152
Safety with Words and Feelings	161
• Trash Can Presentation	162
• What we Say to Ourselves	163
• Compliments	164
• That's Not True	166
• Emotional Raincoat	168
• Protecting Yourself from Hurtful Words	168
• Semi-Permeable Membrane	169
• Bug-Screen	169
• Mouth Closed Power	170
• Being Responsible with Words	170
More Boundary Exercises	173
Peer Pressure Reversal Tactics	176
Boundary-Setting Examples for Teenagers	180
Boundary-Setting Examples for Adults	197
Introduction to Triggers and Verbal Attacks	203
• What Are Triggers?	203
• Feel How You Feel and Control How You Act ...	204
• Inner Thermostat	205
• I Don't Like You	205
• Walking Away from Triggers	206
• Getting Centered	206
• Verbal Attack	206
• Semi-Permeable Membrane	208
• Taking the Power Out of Triggers	209
Verbal Attack Scenario and Drill Technique	211
Verbal Attack Categories and Examples	221
Verbal Attack Scenarios and Drills	224
Verbal Self-Defense	231
• Giving Orders Partner Practice	232
• Lying and Asking Questions Partner Practice	233
• De-escalation Partner or Individual Practice	233

Physical Self-Defense

Safety Requirements	236
Teaching Physical Self-Defense Skills	237
Teaching Full Force Self-Defense Skills	239
• Coaching Instructor Skills	239
• Padded Instructor Skills	242
• The Difference Between Demonstrations, Drills, and Fights	247
How to Use a Kick-Pad	261
Teen and Adult Warm-ups	264
Preparing Students to Learn Physical Self-Defense Techniques	266
• Introduction to Emergency-Only Fighting Skills ..	267
• The Promise Individual Handshake	267
• Yelling NO Group Practice	268
Physical Front Techniques with a Padded Instructor	273
• Introduction to the Padded Equipment	274
• Front Fight Demo	275
• Ready Position and Verbally Holding Your Ground	275
• Eye-Strike	275
• Heel-Palm	277
• Knee-Strike	277
• Snap-Kick	278
• I Need Help	279
• Front Drill	279
Physical Front Techniques with a Kick-Pad	281
• Physical Front Techniques Demo	282
• Ready Position and Verbally Holding Your Ground	282
• Eye-Strike	282
• Heel-Palm	284
• Knee-Strike	285
• Snap-Kick	287
• I Need Help	287
• Front Drill	288
Physical Back Techniques with a Padded Instructor	289
• Back Fight Demo	290
• No-Stance	290
• Hammerfist/Slap to Groin	290
• Low-Elbow to Midsection	291
• High-Elbow to Head	292
• Back Drill	292
• Back Fight	293
Physical Back Techniques with a Kick-Pad	294
• Back Fight Demo	295
• No-Stance	295
• Hammerfist/Slap to Groin	296
• Low-Elbow to Midsection	297

• High-Elbow to Head	298
• Back Drill	299
• Back Fight	299
“What If” Scenarios	300
Other Physical Skills	308

Dealing with Bullying Behavior

Taking Charge with Bullying	315
• What is Bullying?	315
• Target Denial	316
• Walking Past Trouble	318
• Cower/Power	319
• Arm Grab Escape	321
• Bullying Physical Techniques	322

Ending Classes

Teen and Adult Class Ending	328
-----------------------------------	-----

Personal Safety Articles and Handouts

Teenpower and Fullpower Articles	332
Teenpower Personal Safety Concepts and Practices	335
Fullpower Personal Safety Concepts and Practices	339
Personal Safety Issues for Seniors	342
What is Seniorpower?	344
An Introduction to Setting Boundaries With People You Know	346
Personal Safety Stories from People with Mental Health Challenges (or “Chopped Broccoli”)	351
Special Personal Safety Issues for People with Mental Health Challenges	353
Alma’s Story – Wheelchair Power!	354
Personal Safety Topics for Discussion and Writing	357
Ideas from <i>The Gift of Fear</i> by Gavin De Becker	359
Self-Protection Tips for Teens and Adults	360
Being an Advocate for Teens	362

Appendix

Kidpower Teenpower Fullpower International Questions and Answers	366
About the Author	368