

KIDPOWER Daycare Project in Vieux-Longueuil Borough (« Pouvoir aux tout-petits! Project)

Translated by Marylaine Léger, Kidpower Montreal

In 2006, a qualitative scientific evaluation done by Sylvaine Raymond, an independent university researcher* was done in Quebec with children of 4 and 5 years of age attending daycare in the Vieux-Longueuil borough, along with their parents and caregivers. The evaluation was funded thanks to a grant from the National Crime Prevention Strategy from Public Safety Canada in collaboration with the Ministère de la Sécurité publique du Québec.

The evaluation comprised of two parts. The first measuring the level and consistency of the implementation of the program within daycares. The second part measured the effects of the program on children through observations by parents and educators.

Pre and post evaluations were done 1 week prior to workshop, 1 month post workshop and again 3 months post workshop, both with control and experimental groups. Written questionnaires were given to educators and phone interviews were conducted with parents, for both the control and experimental groups. A series of questions regarding probable skill use and behavioural reactions from children were asked to parents and educators.

The evaluation clearly demonstrated KIDPOWER's ability to successfully and consistently implement a program throughout 14 different groups with 130 children spread out in 7 daycares with great satisfaction from all parties involved.

The effects portion of the evaluation was conducted with 100 children from 10 groups from 5 daycares (50 in the control group and 50 in the experimental group, the control group chosen with a similar profile to the experimental group) and 32 parent interviews were retained out of the 100 (14 in the control group and 18 in the experimental group) as well as 10 educators (5 in each group).

The effects evaluation, although done with a small number, demonstrates that KIDPOWER skills produce a globally positive effect on children, beyond their natural learning over time, as well as a positive modification of children's behaviour, particularly in their ability to set boundaries, better handle conflictive situations and adopt safer behaviours.

The evaluation showed no perverse effects to the program and highly recommends to continue its deployment as well as a long term study of the program's effect on children.

* Sylvaine Raymond did this on her own and not through a university project. I am not sure that we can name the university in our literature. But for your info it was UQAM (University du Québec à Montréal = to UCSF)

Is There Any Proof That KIDPOWER is Effective? (maj : septembre 2008)

For years, we have had very positive evaluations and feedback from our participants, including many success stories of people using their personal safety skills both to improve their daily lives and to stop dangerous situations.

In 2004, the effectiveness of our services for young children was documented through an outside professional evaluation of our KIDPOWER program conducted by LaFrance Associates with funding from the Lucile Packard Foundation for Children's Health. Almost 95% of the parents and caregivers of over 550 Head Start children from multi-cultural low-income families observed that their children were safer because of their KIDPOWER training. Parents and caregivers reported that most of these 3 to 5-year-old children remembered most of the skills four to nine months after the training. Over 90% reported that they personally felt better prepared to explain safety skills to their children.

In 2005, a similar study was conducted by an independent professional evaluator with 840 8 to 12-year-old students and their teachers in New Zealand. Both teachers and children reported after three months that the students used the skills to reduce conflict, that learning the skills increased their confidence and reduced their anxiety, and that they found that the program was “fun.” In 2002, a research project for a PhD study on the effects of self-protection training of early adolescent girls trained by KIDPOWER and another organization found that KIDPOWER has all of the elements that the girls defined as being important for their training to help them both feel and be safer.

Thanks to a grant from the Ruddle Memorial Youth Foundation, the evaluation firm of Shattuck and Associates will over the next 16 months be:

- Conducting a review of our current and former evaluations and organizing this information in a way that helps to document our effectiveness;
- Preparing a five-year evaluation plan that builds on the work already done and is realistic within our current resources;
- Designing and implementing a formative evaluation study for the organization as a whole; and
- Designing and implementing a local outcome evaluation study.

Our objective is to align KIDPOWER with evidence-based programs in the prevention program community and in the positive child/youth development community as a tool to expand our program to more settings and to become a stronger candidate for foundation and government funding.