25 YEARS OF Kidpower®

ANNUAL REPORT 2014

Amanda Golert with Kidpower Teenpower Fullpower International
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Kidpower Teenpower Fullpower International is a global
nonprofit leader dedicated to providing effective and
empowering child protection, positive communication,
and personal safety skills for all ages and abilities. These
skills help prevent most bullying, violence, and abuse
and prepare people to develop safe relationships that
enrich their lives.

Since 1989, Kidpower has served over 3 million children,
teens, and adults, including those with special needs,
through its workshops and educational resources.

For more information:
Visit www.kidpower.org
Contact safety@kidpower.org
From Janice Flynn, Board President:

I truly feel as if 25 years have gone by in the blink of an eye. When I look at the breadth and depth of the organization we have all created, I am amazed!

With each of us doing as little and as much as we are able to in whatever way possible, we have been able to create, nurture, and bring to fruition the gift of walking and living safely in the world, providing millions of people with the tools to keep themselves and their loved ones safe.

Deep passion for and belief in the Kidpower concepts driven by the commitment, talent, stamina, and basic goodness of all connected with this organization is what we celebrate.

I heartily applaud each of you for every second, minute, hour, day, week, month and year freely given to make this world a safer and better place for all. I am both grateful and proud that I’ve have the good fortune to be doing it all, right alongside you. I can’t imagine a better group of human beings with whom to travel through 25 years!

My deepest congratulations and thanks,

Janice Flynn

From Irene van der Zande, Founder and Executive Director:

This beautiful book, created by Amanda Golert with the help of the countless people who have brought Kidpower to where we are today, fills my head with memories and my heart with joy.

Has it really been 25 years? Long ago, at the end of an early classroom program, the first grade teacher told her students, “If you wish, you may give Timothy and Irene a hug.” Suddenly, we were kneeling down, embraced by a waterfall of smiling children, with their faces open and their little arms clasping each of us.

And now, through the power of community and the miracle of the Internet, Kidpower’s waterfall of love has grown to embrace much of the world. There are not enough words in any language to express the depth of my thankfulness for what we have been able to accomplish together, and my excitement about what lies ahead!

With heartfelt gratitude,

Irene van der Zande
HOW KIDPOWER BEGAN

Young mother Irene van der Zande was inspired to found Kidpower after a frightening incident in 1985. As she was leading a group of young children on a field trip, a man charged towards them and threatened to take one of the children.

Irene put herself between the man and the children, including her own young son and daughter, and shouted. With the help of bystanders, she forced the attacker to leave. The children were unhurt and soon recovered - but Irene was shaken and determined to do something to help people, especially children, build the skills and confidence to take charge of their own safety.

Irene used her experience as a community organizer, author, and child development expert to bring together other experts in martial arts, education, mental health, child safety, and law enforcement to work on the issue. She encouraged parents and teachers to get involved in the creation of effective programs that make a real difference in preventing violence and abuse and in developing positive relationships to enrich people’s lives.

With Founding Board President Ellen Bass, who is also the co-author of *The Courage to Heal* and *Free Your Mind*, Irene established Kidpower as a non-profit organization in 1989. Ellen served as Board President for 16 years, providing leadership and guidance during our formative years.

Program Co-Founder Timothy Dunphy partnered with Irene to create a curriculum that is fun, effective, and empowering. Timothy also holds a 6th degree blackbelt in Taekwondo; is a Reiki Master; and continues to teach workshops and train instructors for Kidpower.

Organizational Co-Founder Ed van der Zande supported Kidpower financially for over fifteen years, worked on a pro-bono basis for many years as our Director of Strategic Planning, Finance, and Grants, and still volunteers considerable time.

The organization evolved into Kidpower Teenpower Fullpower International as we responded to the demand for “People Safety” education to protect people of all ages and abilities from bullying, harassment, sexual abuse, abduction, and other emotional and physical violence - and to empower them with positive communication and relationship skills for taking charge of their well-being.
Kidpower International instructors and representatives have taught in-person workshops in over 40 states, provinces, and countries – across six continents!

Through our Central Office in Santa Cruz, California, we select, train, and certify individuals with a high level of commitment and integrity to become instructors and lead Centers around the world, organizing and teaching workshops under our auspices.

In addition, people in over 100 countries and all 50 US states have used our educational resources to bring greater safety and confidence to children, teens, and adults in their own communities.
Kidpower International and our California Center are both run from our Central Office in Santa Cruz, California, established in 1989 by community organizer, author, and mother Irene van der Zande with support from co-founders Ellen Bass, Timothy Dunphy, and Ed van der Zande. California Program Director Erika Leonard now leads the organizing and teaching of workshops throughout the state.

Kidpower International and Kidpower California started at the same time and still share staff, space, and resources. We now have local offices throughout the greater San Francisco Bay Area, in Los Angeles, and in San Diego. We have grown so much that we cannot acknowledge our staff and board members on this page; they are acknowledged in the Kidpower Tapestry later in this book.

The launch of our organization overlapped with the Loma Prieta earthquake of 1989. Our first public workshop was held on two separate days, and the first was a success. As we looked ahead to the second, along came the Loma Prieta earthquake that killed people and destroyed or damaged a great many structures - including our workshop space at Timothy’s studio.

To postpone or cancel the Kidpower workshop would have been reasonable. To quit altogether - as the majority of philanthropic funds in the coming months and years were to be directed toward earthquake recovery - would have been understandable.

To adapt and persist is what we decided to do. We found a new space and taught children to speak up, set boundaries, run, and yell to be safe. With their parents, we applauded their power and potential. This decision to keep going forward and to keep reaching out set the tone for our organization locally, nationally and internationally.

We adapt to meet the needs of anyone expressing an authentic concern for safety and commitment to work together to address it. In addition to providing all of Kidpower’s regular core services for children, teens, and adults of all ages and abilities, we have arranged workshops for a broad range of people in local communities, such as teens dually diagnosed with severe emotional disturbance and
developmental disabilities; children with mothers in substance abuse recovery; farmworker families; the Coast Guard; teens who have already been incarcerated; adults in the process of losing their vision; retail store and technology company employees; veterans; high school gay/straight alliance groups; and over 1,500 Girl Scouts and their parents gathered on a beach.

From the beginning, we have known that spaces are imperfect, the unexpected should be expected, and that people can have a great time learning safety skills with just a solid floor and walls, access to restrooms, and a joyful teaching team solidly committed to the Kidpower mission, goals, and values.

We have provided training for more than 150,000 people in California and served over 3 million people worldwide through our workshops and educational resources. In honor of one of our 15+ year service partners, the California Orientation Center for the blind, we will share just one of our countless success stories, that of a woman who, at the time of her workshop years ago, was in her early sixties. She was slight and, initially, soft-spoken. By the end of the 4-hour class, she was projecting strong, confident, clear boundaries and hitting the full force instructor really hard, with commitment and enthusiasm.

At closing, our student said, “I didn’t tell you this, but today is my first day at the Center. This morning, I moved in thinking that I would lie on my bed, look at the ceiling, and wait for the tiles to disappear. I’ve been losing my vision for years, and I’ve been dealing with it by going out less and less.” She held herself tall and, with a big smile and an air of confidence, announced, “I’m going to do things differently now!”

As we look back over 25 years of service, we are overjoyed to think of the many students who left our workshops with a commitment to live differently so that fear of violence or abuse would no longer be the thing that stops them from living full lives, to their greatest potential.
Kidpower Chicago, also known as Kidpower Great Lakes, has trained over 20,000 people since its start. The first Chicago class was filled with eager Taekwondo students who had been anticipating their first class with Joe as a civilian instructor. Although in the midst of a brutal winter, Irene and Timothy made the trek from Santa Cruz to Chicago. We had to promise to have a full-length down coat waiting for Irene when she got off the plane. Kidpower was a hit with kids and parents, and our center was off the ground and running.

Over the years, Joe has been an innovative program creator and developer. The concepts of “pattern of attack” and “target denial” within the Kidpower context can be credited to him. Joe also serves the international organization as a Senior Program Leader. Kidpower Chicago has done powerful work with special needs populations, particularly those focusing on adults with developmental delays. Thanks to the work of Suzanne Shy and Joe, the weekly Assertiveness Training course has been part of the National Louis University’s P.A.C.E curriculum for almost 15 years. This type of programming expanded to GODOL Keshet in 2012 and to a program for autistic children at One in a Hundred.

Kidpower Chicago has been blessed with long-term, dedicated instructors. Along with Joe and Anne, still teaching are Cecelia Keleher (22 years), Sterling Goodrich (20 years), Suzanne Shy (15 years) and Tim Peebles (10 years). Other instructors who have either retired or relocated are Richard Marberry, Stuart Brodsky, Beth McGreevy, Susan Callahan and Anne DeGot.

Kidpower Chicago is currently working on Bullying awareness and prevention programs that can be done for large groups in a presentation format while remaining interactive and hands-on. We provide community workshops as well as programs designed for specific organizations and their populations. Kidpower concepts and skills are part of the children’s martial art curriculum at Connelly’s Academy.
More than 40,000 people have practiced safety skills with us since our start, and hundreds of thousands more have benefited from our trainings and educational resources for educators, social service agency staff, law enforcement officials, and parents.

We have developed and implemented national pilot programmes such as: Confident Kids programme with the NZ National Police’s Youth Education Services; the Healthy Relationships interactive CD’s and online programmes for people with intellectual disabilities; and the Teenpower Violence Prevention Relationship Safety Project.

In 2002 the first local instructor training was held. Ezekiel Robson started a satellite office in Auckland in 2005. Lisa Piper, a former Early Childhood Educator, took the satellite office’s activity to a new level, developing and delivering a package of workshops with follow-up resources for young children. In 2010, Fiona Bryan took on the position of Centre Co-Director.

Cornelia and Martin are members of the Senior Programme Leader Council.

We count it as one of our outstanding achievements that the New Zealand Police endorsed Kidpower’s work:

“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. Cornelia and her team undertook training of PEOs [Police Education Officers] so that they could, in turn, train teachers to use the programme. Their training approach was totally interactive and very effective and they bonded quickly with PEOs”

- Letter from Curriculum Officer, New Zealand Police Youth Education Service
Since its inception 20 years ago, Kidpower of Colorado has provided programming to more than 41,000 local children, teens and adults.

In 2010 Kidpower received a US Department of Justice Office Community Oriented Policing Services Child Sexual Predator Grant in partnership with the Colorado Springs Police Department to deliver services to seven school districts and twelve preschools, community centers and social service agencies serving low-income families in the Pikes Peak Region. This grant allowed Kidpower to serve more than 4,000 children, teens and adults.

Jan Isaacs Henry also serves the international organization as a Senior Program Leader.

Kidpower of Colorado is proud to have 12 dedicated instructors, three administrators and a focused and fun board of directors who are fully committed to our mission. See all their names on page 48.

"I was on a run when I was grabbed forcefully from behind by a man. He started pulling me towards a group of bushes. I reacted immediately, remembering my Kidpower training on how to make as much noise as possible, use physical force to fight back and try to remain in a public place. He pushed me and pulled a handgun. I struggled with as much force as I could and continued to scream, and he dropped the gun. I sprinted into the street, where cars had started to slow and stop. Several drivers had gotten out and were running towards me. I don’t know the attacker’s intentions and I can’t say what type of danger I was in, but I do know that my Kidpower training was what I used to defend myself, and that I was safe and unharmed after the incident. When protecting myself, I felt like I went on autopilot and was acting based on my instincts that I developed when I took Kidpower when I was only ten years old."

- Kaitlin, 25 years. Former student of a Kidpower Workshop
Established in 1996 by Sex Education Counselor Marylaine Leger and Biologist, Teacher and Martial Artist Marc Meilleur.

Since our start, we have served over 60,000 people between the ages of 3 and 103, mostly in the Greater Montreal Area and, on occasion, in several distant communities around Quebec.

Our first major grant project and partnership was in 1997 when we worked with two well known Quebec agencies who do advocacy and training for people with developmental delays and their families.

Starting in 2002, we were able to acquire enough funding to have paid part-time coordinating staff, which allowed us the necessary time to develop and deepen several major collaborations.

A snowball of growth was set into motion: we received the necessary support to do more service, then reach critical masses of people served, which all helped to widen the breath and scope of our programs and content.

In 2005, we hosted the international Kidpower Reaching Out Conference together with Pervaiz Tufail from Pakistan and delegates attending from developing and emerging countries.

Marylaine and Marc also serve the international organization as Senior Program Leaders.

The section “Tapestry Woven by Many Hands” lists the current Montreal staff, board and advisors.

“Mom, the best class I have ever taken in my WHOLE life, was with Kidpower!”

- From a 7-year old boy picking an after-school activity with his mom.
We offer services for children, teens, and adults, and have collaborated with schools, domestic violence shelters, unions, parishes, professionals dealing with workplace violence, groups serving victims of crime, the lesbian, gay, bisexual and transgender community, people with disabilities, adult incest survivors, and sexually abused children.

Our largest group served has become people with disabilities, and we are especially proud of our long-standing collaboration with Ung Nätverk Grupp - who support teens and young adults with developmental disabilities.

We have translated the Safety Comics for Parents with Younger Children to Swedish calling it Lilla Säkerhetsboken för yngre barn.

Amanda also serves the international organization as a Senior Program Leader, Training and Curriculum Development Consultant, and Illustrator.

During the years we have had many devoted and dedicated instructors and supporters. We would like to thank our founding board members Ing-Britt Melin, Lena Holmström and Ulla Le Vau, and our padded instructors: Håkan Isaksson, Andreas Lundgren, Jörgen Mårdner and Anders Wirén.

“My son was in a situation at school last week where another child teased him and didn’t respect his boundaries. This made him not want to go to school. We talked about it in the morning and after 5 minutes of reviewing some Kidpower skills he had learnt, he was ready to go to school and deal with any possible situations that might happen. Success! His confidence has really grown. I told his teacher and he invited my son to teach her Kidpower!”

- From a mother of a Kidpower student
In January 2004 I took my first Kidpower Instructor Training. I immediately fell in love with Kidpower. I was so impressed about how much I learned in only 5 days, not only about Kidpower, but also about life - that I decided to bring Kidpower to Germany. I had the first Kidpower workshop in May 2004 in a living room with 6 children and 4 parents. So that means we have had Kidpower in Germany for 10 years! In total, we have trained 684 people of all ages.

Since 2006, my friend Monika Zimmermann (who is helping me to organize workshops) and I have been serving over 550 students and parents at a local elementary school. We offer Kidpower on weekends so that children can come but they don’t have to. A lot of children choose to come year after year, and by now they know a lot about Kidpower. One boy even skipped a friend’s birthday party because it was more important for him to come to the Kidpower workshop!

“In a Kidpower workshop, when I started introducing the Kidpower Trash Can, a five-year-old boy started to make the Mini-Trash Can. I was very surprised because I had never seen this boy before, and I thought I was the only person in Germany who was teaching Kidpower. So I asked the boy if he had a Kidpower class before and he said no. I asked him where he had heard about the Kidpower Trash Can, and he said his friend showed it to him in kindergarten. I think this is wonderful because it means children think what we teach is so important they show and teach Kidpower to each other. Teaching Kidpower is like planting seeds because wonderful flowers will grow and spread their seeds into the world. I want Kidpower in every classroom in Germany so children can stay safe and know that they are wonderful just the way they are.”

- Andrea Meier, Center Director and teacher
Our Center is housed in Columbia, Maryland and provides private Everyday Safety Workshops including Caregiver/Child, Parent/Caregiver, CollegePower, and individually tailored workshops to fit the needs of the family, school, or organization.

Our instructors have travelled to bring Kidpower to the corners of the Chesapeake and Potomac Kidpower region - from Hershey, Pennsylvania, to Philadelphia to southern Maryland and Northern Virginia.

Highlights from this center include workshops for day-care center staff; training an entire Mennonite church congregation over the course of two months; an interview on a Washington, D.C. radio station; and being asked to participate in safety education opportunities throughout the region.

We do not have a padded instructor in our center so we promote the full force work of our partner organization DC IMPACT. We are a small center and do what we can (while doing full time jobs) to bring the skills of Kidpower to our area. We look forward to continuing our work for many years to come. Here is just one of our enthusiastic endorsements:

“Ms. Leisey tailored the content of the program for our troop so it was appropriate for the girls’ developmental level as well as for the amount of independence the girls were given at their age. The workshops gave them practice using self-awareness, confidence, direct communication, and thinking skills to help them ‘find safety’. It was never ‘scary’ and the girls always felt comfortable. I would highly recommend the Kidpower program for every level of Girl Scout troops. We cannot give our girls too many tools to remain aware and assertive as they grow into young women.”

- Girl Scout Leader in Severna Park
We have brought Kidpower training to over 2,400 kids and adults through public workshops and collaboration with the local schools by incorporating safety training into their Physical Education classes. We have worked in partnership with the Vancouver Police Department and the PACE organization which offers services to the Sex Trade workers in the area.

Dave serves the international organization as a Senior Program Leader and a member of the Training Team for teaching new instructors. He has the primary responsibility for training new Full Force Instructors.

“Becoming involved in Kidpower has been a truly life changing experience. The people in the organization are exceptional individuals working with sensitivity, dedication, professionalism and passion. The privilege of teaching safety and self-defense skills, especially to kids, is as rewarding as any work I have done in over 30 years as a physician.

At a workshop for adults with brain injuries, there was a woman in a wheel chair who was severely limited in her capability, just able to hold up her hand as a stop sign. At a later time in the workshop, the staff came over to me, and said I had to come see this. They took me over to the woman. She was saying ‘No’ so I said, ‘That is good! She is saying, ‘No!’.

The staff said, ‘You don’t understand. She has never talked before in all the years she has been coming to our day program.’

They did not think she was capable of speech. Kidpower had brought out her voice!

- Dave Harrison, Center Director and Physician
Kidpower Vermont was originally established in the mid-1990s by Laurie and Alexa Euler. They ran the center for about three years and served approximately 1,000 people.

In 2006, Kidpower Vermont had a new start when I attended my first Kidpower training. I received tremendous support from my predecessor and friend Laurie Euler as I took up the role of Center Director for Kidpower Vermont. I am grateful to Laurie for the many hours she spent advising me, helping me, and teaching with me - and also for the great kick pads!

We have served approximately 650 people, three-fourths of them children. We have taught families and school classes, teen groups, Brownie and Girl Scout Scouts. We received our first grant in 2010 and collaborated with parents and self-advocates to offer an adapted curriculum accessible to kids with developmental disabilities. In 2012, we developed a Kidpower training program for the junior counselors of a local summer camp, and we train them each year before camp begins. In the coming years, my dream is for Kidpower Vermont to become a thriving resource for everyone in the state.

I would like all 124,000 children in Vermont to have Kidpower training!

“My daughter, Clara, was 8 years old when I started teaching Kidpower, and now at 16 she assists me in workshops. She recently went on a 3-month exchange to Germany. We live in a small town in Vermont, but because of Kidpower, she said she was not scared to be in the city of Munich. She wrote from Germany: ‘Knowing that I have the Kidpower skills, both physical and otherwise, has made me much more comfortable here.’ As her parent, I feel the same way!”

- Laura Slesar, Center Director and mother.
We are committed to creating a safer world for children and protecting their rights. Kidpower India also provides education scholarships for girl children and children with disability and provides support in terms of academic fee, uniform, books and other needs for schooling.

To date, Kidpower India, has provided around 50 safety trainings; provided scholarships for over 250 girl children and supported education materials for 80 children with disability. We have conducted safety skills workshops at Yendada Residential Government School for the visually challenged, Visakhapatnam. There is a great necessity for training these girls, as they are more vulnerable to being abused. They participated eagerly and showed great interest. After the training, several children explained that the skills they learned were very important to them, and they had fun.

Kidpower India Social Change Model contains 3 core elements:

1. Empowerment training, 2. Inclusion of children in decision-making, and 3. Cooperation between stakeholders.

Currently, Praveen Vempadapu is our Executive Director and Instructor, and Sobha Peri is our Program Coordinator and Instructor-in-Training.

“A 14-year-old girl who is studying 9th grade standard in school, stays with an older sister. Her mother had died and the father had left the family. The Kidpower Team identified her as needing support to continue her education. They paid her school fee, and she has received all the materials she needs to continue school as well as safety training from Kidpower. She is now well on her way to getting a good education and a safer life.”

- Praveen Vempadapu, Executive Director and Instructor
The Kidpower Netherlands foundation was originally established by friends of Irene and Ed van der Zande who still serve on our board. They did not have time to teach workshops, and asked us to take an active role in establishing Kidpower in the Netherlands. We started teaching groups of children and parents in a community center in our neighborhood but found it very difficult to get people together for a one-time workshop and wanted instead to offer an ongoing program. With Irene’s support, we are now an Authorized Provider that uses Kidpower techniques along with various martial arts and conflict resolution concepts in our own program that we teach continually on a weekly basis. We also still occasionally offer stand-alone Kidpower workshops and have translated the *Kidpower Coloring Book* into Dutch.

One of our most memorable stories was from a 12-year-old girl. The whole workshop, she kept saying to her mom that everything we were talking about was, “Too easy. This is for smaller kids. I am too big for this.” In one role play practice, this girl pretended to be standing on the playground in front of her school. Lex pretended to be a stranger. He said, “Your is mom is in the hospital. You have to come right now.” Her mom was shocked to see, that in the role play, her daughter was ready to go with the “stranger” - no questions asked! Of course, we coached this girl to move away and check first with her adult in charge. In one of our after school programs, we were teaching the Kidpower rules about boundaries with touch. Suddenly, one of the boys said, “I wish I’d known this sooner”. We helped him practice and later told his supervisor so that she could make sure that this little boy got help.

Kidpower has played a very large role in our capacity for teaching children about safety. For Lex, it was a totally different world than the martial arts and security work field where he came from. Suddenly, he had to do a role play with puppets! We are very grateful to Kidpower for the tremendous value these skills have added to our children’s programs.
We have taught over 1,000 children, parents and teachers in public and private workshops. We have been making progress in our outreach program to let as many organizations as possible know about Kidpower, one of which is Friendship Circle, an organization serving special needs populations and their teen buddies.

In addition to establishing Kidpower North Carolina, Amy is currently collaborating with Irene van der Zande on an independent research project and book, Doing Right by Our Kids: Protecting Child Safety at All Levels.

Maryjane started working with Kidpower of Colorado in 2002 and has helped to teach many thousands of parents, children, and people of all ages with disabilities there. After she and her husband, Jared Hayes, who is also a very experienced Kidpower instructor, relocated to North Carolina, Maryjane became co-director with Amy. Together, their dedication, exceptional teaching skills, and leadership are greatly expanding the growth of our center and our capacity to provide services.

“I was on the playground during a school social event when an 8-year-old girl and boy were playing nearby. Their game had got too rough, and the girl was running away and telling him to stop, but he kept pursuing her aggressively. As the kids ran by me, the boy reached out to hit or grab the girl, and I caught his arm and said calmly and firmly, ‘She said no.’ This totally defused the situation and the kids went on their way without any more trouble. Think of how much better our world would be if everybody learned and lived out the power of ‘she said no’ all the time. We can work toward this, thanks to Kidpower.”

- Amy Tiemann, Center Co-Director and Instructor
So far, we have taught Kidpower safety skills to about 150 kindergarten teachers, 120 children with disabilities, and 100 kindergarten kids along with their teachers. We’ve led trainings for parents and other teachers as well. Working with kids with special needs requires lots of patience, knowledge, experience, and love. To me, the most important thing is showing others your caring about kids and helping their adults see that from deep inside, we are all caring about the safety of our children.

In 2005, I was a member of an international youth network and received an e-mail from Pervaiz Tufail (who was also member of that network) sharing information about the Kidpower Reaching Out International conference in Montreal in Canada. Wow! What a chance for such a young person from Vietnam! I could not sleep that night preparing for the application. Thankfully, I got scholarship approval from Marylaine Legér, the conference’s host. That Canada conference was one of the most amazing experiences I have had.

“The first lesson I learned from Kidpower is that you will do a much better job of teaching safety to others if you feel safe inside yourself. When I got upset with my roommate during the Reaching Out Conference in Montreal, I felt that I needed to be polite and not say anything at first. Irene noticed that there was something wrong with me and asked. I remember her telling me, “Your feelings are important, and you need to speak up about what makes you uncomfortable so that you feel safe.” After that, I spoke to my roommate. We made a plan that worked for both of us, and we had a great time at the conference. Since then, Kidpower has helped me many times in my life. Even though I have a full-time job and a family now, I feel happy in sharing what I’ve learned with others and plan to keep on working towards establishing Kidpower Vietnam.”

- Thuy Phung, Center Director Kidpower Vietnam
Between 2009 to 2011, the center was situated in southern Brazil. We started there by translating materials into Portuguese and adapting Kidpower workshops to our culture, as well as raising awareness on bullying prevention through Kidpower principles. Our highlights were three live debates on television and open lectures for over 500 school teachers.

In 2013, the center moved to Rio de Janeiro. Juliana works as an educational psychologist in a private school and currently has 312 students age 10-14 that are constantly learning all sorts of Kidpower ways of building better relationships.

We have been invited by the government to write a special booklet on bullying prevention featuring Kidpower that will be published and distributed for free to every school in the Rio de Janeiro state (11,175 schools) by the end of 2014. With that, Kidpower information will potentially reach 3,374,812 students. The booklet will also be available online and will be part of Kidpower International publications.

“The history of Kidpower Brazil is part of my own. It is where I got the strength to graduate, get married, get divorced, speak in public, move out, reach for new goals and keep on believing we can all be part of this great community who cares for making a better and safer world for everyone.

I have also had the pleasure of having a friend, Mariana, become a part of Kidpower and the support of my mother, who is since the beginning deeply involved on my dream of bringing Kidpower to Brazil.”

- Juliana Schweidzon Machado, Center Director and Instructor
In 2010, Zeina Hobeich established “Together For a Safe Childhood” as a non-profit association in Lebanon in 2010 for the purposes of initiating, promoting, and assisting any action related to children’s safety, from the prevention, detection and treatment of violence and sexual abuse to the spread of effective safety measures. This NGO’s four main programs are Kidpower, Sexual Education, Accident Prevention, and Safety Through the Arts.

Zeina has been teaching Kidpower principles and skills to other child psychologists in the Middle East, as well to children, parents, and educators in refugee camps, schools, and orphanages in Lebanon – and integrated this knowledge into the Safety Through the Arts program. Even people who are living in these very difficult and dangerous situations have found the Kidpower skills to be fun and extremely useful. Kidpower helps children to understand their right to safety and protection and that, if they do not feel safe, then they can do something about it.

Through Zeina’s leadership, Kidpower has impacted thousands of people in the region. Zeina has translated the Kidpower Teaching Kits into Arabic and is advising an educator in Saudi Arabia who is launching a national movement to stop child abuse about how to use the Kidpower program in her work.

“I learned that children should be able to tell, to inform us, and not to be afraid. No matter who the adult is, my child should not be afraid of this person but should be able to tell someone who is not acting safely, ‘No!’”
- Comment from a parent
Our first Parent Child Everyday Safety Skills workshop took place in 2009, with 7 kids and their moms at a friend’s house. Almost five years later, that same friend called us to say “Kidpower saved my life!” A man had assaulted her in her garage, and she used the presence of mind, physical power, and yelling she had practiced three years earlier in our first Fullpower Full-Force Workshop to protect herself and stop him from shooting her.

One of our biggest achievements was in the 2010-2011 school year, when we had a contract with four local schools to teach Kidpower. We taught 1,500 people: kids, teachers, and parents. In November 2012, we were invited to teach a class in Seattle Washington, to a Spanish-speaking community about personal safety and bullying. By February 2014, 5 years after starting our center, Kidpower Mexico has taught approximately 5,000 people.

Our current staff includes: Rafael Reyes, certified full-force instructor, Ana Paula Santibañez, program coordinator and assistant instructor and Zaida Torres, center director and lead instructor.

“One wonderful 10-year-old boy was an honors student, very charismatic, participated in school plays, and sports. But he suddenly started changing, failing exams, and not being invited to parties. After his mother found her son crying himself to sleep at night, he told her that one group of kids had been shunning him and making him feel bad because he was a ‘nerd’ and a ‘know-it-all’. After the workshop, we received an e-mail from this mother thanking us for how Kidpower had helped her son. She wrote, ‘My son is back!’”

- Zaida Torres, Center Director

Established in 2009 by Communication Specialist Zaida Torres.
I discovered Kidpower in 2011 while looking for a way to teach my daughter who was 3 at the time how to be safe as she became more independent. I decided to teach the skills to her and some friends because I thought it would be more fun. It was! The skills were so easy and so successful that I decided to bring Kidpower to Austin to share with my community.

I attended training in 2012 and established Kidpower Austin the same year. I have trained approximately 400 people including preschoolers, elementary students, teens, and adults.

For me one of the most notable things has been that in almost every workshop I have been approached by an adult who shared with me the wish that they had been taught to say no when they were younger.

After my first teen girls workshop, I felt very moved when the teacher contacted me saying that one of her most challenging students requested more workshops.

My experience as a teacher and my work with kids in leadership gave me a head start in teaching the curriculum.

Kidpower is a perfect fit, allowing me to focus on real issues that children and teens face every day in a way that impacts their own abilities to keep themselves safe and develop healthy relationships.

Eventually, I hope to develop ongoing relationships with local elementary schools to work in classrooms, and offer regular adult child workshops to their community. I also want to expand my work with preteen and teen girls groups focusing on healthy relationships. I would also like to have a college intern assist in workshops. And of course, it would be wonderful to have another instructor or two!
DC AND BEYOND

Thanks to Carol Middleton, co-founder of the National Women’s Martial Arts Federation and director of the DC Self Defense Karate Association and DC IMPACT.

Carol Middleton, long-time Kidpower Advisor and Instructor, first brought Kidpower to the Washington D.C. area in 1990, and one of her students, Kim Leisey, started our Chesapeake and Potomac Center in Baltimore, Maryland. Carol has incorporated Kidpower lessons in her Karate school, taught Kidpower workshops in Kenya and in her community, and shared our articles with her members, providing Kidpower skills and knowledge to over 500 children and their adults. In addition, during Special Training, she introduced our program to over 80 self-defense instructors at a national conference.

“Kidpower is a huge resource for kids and others worldwide. Many years of research and careful thought have gone into the basic skills and how to teach them. No other source even comes close in terms of comprehensive information and teacher training, and the resources are shared freely.

Irene van der Zande has done many walks on the beach with authorities from all over the world as part of her effort to get every grain of information she can. We’ve all been called to share our views and expertise. The end-result is that she has built an organization that is out there for everyone’s benefit, and never settles for ‘the job is done.’

Kidpower’s real-world role-plays and clear information are making a difference in many lives. One mother in our school told a story of how her young children got ahead of their au pair and jumped onto a train just as the doors closed. When he realized she wasn’t with them, her five-year old son asked an adult for help, who used the emergency intercom to contact the Metro police, who met them at the next stop. Her daughter remembered the au pair’s phone number and they were reunited. Thanks to the skills these children had learned, everyone was fine.”

- Carol Middleton, self-defense specialist since 1971
STARTING UP CENTERS & AUTHORIZED PROVIDERS

United Kingdom Center
Established in 2011 by Consultant Child and Adolescent Psychiatrist Lynn Brown and Personal Trainer/ Martial Arts Instructor Colin Stewart:

Kidpower UK have been following a ‘from the ground up’ approach to teaching Kidpower, primarily teaching small classes at Nurseries in and around Aberdeen. By teaching the nursery staff positive coaching methods and then teaching 3 to 5 year olds the safety skills with their support, we have trained over 50 children and their staff. Lynn also uses Kidpower skills every day in her work with troubled youth.

Argentina Center
Established in 2012 by Self Defense Instructor, Martial Arts practitioner; Professional Linguist; mother and aunt María Gisella Gámez:

I have led workshops for children in my city, in Buenos Aires and in Cuba. In La Habana I have formed a group including psychologists, artists, teachers and martial artists, who are working with children and adults, in schools, hospitals and cultural centers. I volunteer with translating Kidpower materials into Spanish. Meeting Irene and Kidpower has been one of the milestone experiences in my life, both professionally and personally.

France Center
Established in 2012 by Computer Expert TuTrinh Dufreney:

I started Kidpower in the French community in Portugal. The success of the few classes held in Lisbon enabled me to develop some Kidpower teaching skills. Teaching these skills was so rewarding that I decided to continue in France. Kidpower France has been made possible with the help of many old and new friends living all around France. A newsletter, website and Facebook page have been created to start building a French Kidpower community. Family personalized sessions are conducted at special weekend dates.
STARTING UP CENTERS & AUTHORIZED PROVIDERS

Romania Center
Established in 2013 by Counselor at The Ministry of National Education Olguta Iordache:

I have presented Kidpower personal safety skills to 89 children between 3 and 7 years old from 2 kindergartens and one school. Prior to my center officially being established I held personal safety skills workshops using Kidpower methods to 71 children. I participated in a “Women’s Initiatives Fair” held in Bucharest where I had an expositional stand and talked to people about Kidpower Romania. My vision for Kidpower Romania is that everyone will learn about safety skills and that “people safety” will become as well-known as “road safety”.

Pakistan Early Childhood Care and Development Center Providers
Started in 2014 by Plan Pakistan Trainer Sabrina Aziz and Program Manager at The Rupani Foundation and Montessori Teacher Neelofer Ali who writes:

Kidpower is a wonderful place for learning, with great and caring people to work with. They do not just talk and give ideas but they really do things practically. Kidpower provides a key to open different windows of your mind to keep people safe and healthy. I found the Kidpower Family unbelievably caring, friendly and very sensitive about every individual’s need.

Guatemala Center
Started in 2014 by Psychologist Eva Mansilla:

After going to the Kidpower Institute in July 2013, I was determined to bring Kidpower to Guatemala City and went with a friend, Roxanna Marroquin, to the full training program. We are establishing an NGO, meeting with interested people, and continuing to practice the curriculum.
INTERNATIONAL CHILD PROTECTION MONTH

Kidpower launched the first International Child Protection Month in September 2014 to honor, inspire, and support adult leadership in protecting children and teens from harm and empowering them with skills to take charge of their own well-being. Our plan is to make this an ongoing global initiative that will continue to grow over the years.

To extend our reach, we recruited as partners the National Center for Missing and Exploited Children, MyGym International, Positive Coaching Alliance, Little Pickle Press, Hands and Voices, Council for Exceptional Children, Together for a Safe Childhood, DC Self-Defense Karate Association; Dharma; and the Lawrence Family Foundation.

As a result, International Child Protection Month provided over 300,000 people worldwide with free online tools to increase their awareness, action, and skills in keeping kids safe. Imagine the impact if all adults make the Put Safety First Commitment for themselves and discuss the Child Protection Promise with each of the children and teens in their lives.

Kidpower Put Safety First Commitment™

“I WILL put the safety and well-being of young people ahead of anyone’s embarrassment, inconvenience, or offense!”

InternationalChildProtectionMonth.org

kidpower.org
25 YEAR CELEBRATION AND CONFERENCE

To celebrate our 25-year anniversary, we held a special conference bringing together over 75 leaders in our organization from all over the world. Together, we shared best practices and strengthened our capacity to keep our quality high as we grow.

The conference was possible because our board members helped to cover the cost of being at the lovely Asilomar Conference Center near Monterey and because everyone there volunteered their time and contributed their own funds to cover their travel and expenses.

In addition to our California board members and staff, we had center directors, board members, instructors, and advocates traveling to the conference from Colorado, Illinois, Maryland, New Jersey, New York, North Carolina, Oregon, Texas, and Vermont; Australia; Montreal and Vancouver in Canada; Germany; France; India; New Zealand; Singapore; and Sweden.
The Kidpower Skills for Child Protection Advocates Training Institute provides professionals, volunteers, parents, and other caring adults to learn to use Kidpower’s prevention, advocacy, intervention, and personal safety strategies and skills to take charge of the safety and well-being of the children and teens in their personal and professional lives. 26 people participated in 2014 from New Zealand, Australia, Canada, Denmark, Germany, India, Singapore, Sweden, and the US.

“I first learned about Kidpower when I worked as a Child Protection programme manager in a Palestinian refugee camp in Lebanon some years ago. I had the opportunity to invite a Kidpower trainer to work with the social workers who were part of the programme. After observing the workshop, I was convinced that this was the missing link in the programme and that I needed to learn more about Kidpower. While observing the Kidpower workshop, I couldn’t help but think: ‘How I wish someone had taught me this when I was a kid!’ Many of the social workers felt the same way. On a professional level, I realized that this is what had been missing in our programme. Instead of talking about child protection systems and the impact of child abuse, here was a trainer showing the social workers what to DO about it. They practised how to intervene and make a real difference in their daily work with children. It was so empowering. I am hoping to introduce Kidpower skills from the Institute in the Child Resilience trainings we do for Red Cross/Red Crescent volunteers all over the world, so they can pass on their skills to children living in conflict/disaster affected communities.”

- Zara Sezberg, Red Cross Trainer

“The Kidpower Institute gave our participating staff members valuable guidance and insights we are integrating in our ongoing process of making PCA trainings as effective, engaging, and relevant as possible. We have also appreciated the opportunity to incorporate ideas from Kidpower’s exceptional safety curriculum into our program.”

- Ruben Nieves, Director of Training, Positive Coaching Alliance (PCA)
Instructor Trainings
Our certified instructor training programs require a long-term commitment both on the part of the individual and of our organization. We carefully select candidates and work with them over a period of many years to prepare them to organize and teach workshops under our organizational auspices through a Kidpower center or authorized provider. Our six-day Comprehensive Program Trainings are held annually in California and are a required part of this process.

One Million Safer Kids Campaign
On July 1, 2011, we launched our One Million Safer Kids with the goal of reaching providing one million children with safety knowledge and skills by June 30, 2016. One million starts with ONE. By teaching one child one skill, sharing one article with one parent, arranging one workshop for one scout troop, or giving one donation to bring skills to a child in need, one adult makes a lifetime of difference to the young people made safer as a result. And what will we do when we reach our goal? Why go on to make the NEXT million kids safer, of course!

Bridges To People Safety
Our Bridges to People Safety initiatives include a number of projects to “bridge” the gaps between what we currently offer and adaptations that have been requested by different groups with specific concerns. Our goal is to give families, teachers, and other professionals tools to make the teaching and support of emotional and physical safety skills an ongoing part of the daily lives of adults, teens, and children with developmental delays, autism, physical disabilities, or other difficult life challenges.

Reaching Out To The Two Thirds World
Our Reaching Out Project shares our ‘People Safety’ strategies, skills, and educational resources with professionals from countries that have great economic challenges serving youth and adults in dangerous life situations. In 2005, under the leadership of Marylaine Leger, our Montreal Center hosted an international Reaching Out conference to bring together 13 delegates from NGOs in Bangladesh, India, Malawi, Nigeria, Pakistan, Peru, the Philippines, and Vietnam to meet with our instructors from our centers so we could learn and share together how to adapt our program for the youth they serve.
Since then, we have continued to further this initiative by supporting the continued training of the participants from India, Pakistan, Peru, and Vietnam and by taking every opportunity to bring our work to different parts of the world. For example, in 2011, Kidpower of Colorado Senior Instructor Ashleigh Curry volunteered to provide three days of training to resident staff, children and parents though Villages of Hope in Zimbabwe.

**Healthy Relationships**

Through the leadership of Cornelia Baumgartner, our New Zealand Center was awarded government funding to develop and field-test a Healthy Relationships Programme for teens and adults with intellectual disabilities. In collaboration with Irene van der Zande, Cornelia and her team developed a set of interactive CDs, workbooks, and lesson plans on how to conduct role plays based on the ‘People Safety’ curriculum, stories, and drawings from the Fullpower Teaching Books. Educators across New Zealand have been very successful in using this powerful tool in preparing their students to have more fun and fewer problems with people.

**Hands and Voices**

Hands and Voices is the largest advocacy organization in the United States for families with children who are deaf or hard of hearing. We have been providing consultation to their O.U.R. Children child abuse prevention project and developing materials for their Wiki site to share with their members. Recently, Harold Johnson, PhD, who is on the board of both Hands and Voices and Kidpower, filmed a series of interviews discussing *Kidpower’s 7 Strategies for Keeping Your Child Safe*.

**MyGym International**

We have recently established a partnership with My Gym Enterprises, a parent-trusted, kid-friendly company with over 30 years of experience in helping children to grow strong bodies and healthy minds. By adapting and sharing parts of our curriculum, we will provide safety information that will reach the teachers and parents of millions of children worldwide through over 320 MyGym facilities in 30 US states and 34 other countries.
Positive Coaching Alliance

Kidpower has been working with Positive Coaching Alliance (PCA) since 2011 to develop resources specifically to address the problems of sexual abuse in youth sports by developing recommended policies and procedures, and producing videos that can be used to help educate coaches, parents and youth sports leaders on HOW to keep young people safe from sexual abuse.

According to PCA Founder and CEO Jim Thompson, “We are grateful to Kidpower for offering its extensive expertise in child protection to help PCA take a proactive educational approach in the wake of high profile allegations of child abuse in youth sports. PCA and the people we serve have benefitted greatly from Kidpower’s extensive experience and carefully-developed resources. We look forward to continuing our teamwork with Kidpower in using the organization’s excellent resources to help protect kids in youth sports from abuse, bullying, and other violence.”

PCA partners National Soccer Coaches Association of America (NSCAA), US Lacrosse, and USA Water Polo, are all rolling out the Kidpower-PCA resources to their constituents via their websites, showing the videos at meetings, and promoting their use in direct communications.

International People Safety Signals

The Kidpower Safety Signals were originally developed to help teachers, family members, and other caregivers teach ‘People Safety’ skills and concepts to people with developmental disabilities who have limited speech or no speech at all. Since their creation, the Safety Signals have proven useful to many people who want an easy way to remember key ‘People Safety’ concepts - including people with developmental disabilities, young children, college students, and corporate managers. Kidpower Safety Signals are useful for everyone, everywhere!
KIDPOWER GOES TO CAMP!

Jingle Jamboree Music
Through his Jingle Jamboree Music Studio, Director Jeffrey Luna-Sparks has featured “Proud” Kidpower Musicals as a summer camp session with the help of his husband John, who is a certified senior instructor. We were inspired to see children be so effective in demonstrating Kidpower skills to stop bullying to their audience of family members and friends and then lead everyone in practices.

Go Girls!
Glitter & Razz Co-Founder Allison Kenny, who is also a certified Kidpower Instructor, and Co-Founder Lynn Johnson, incorporate Kidpower into their empowering Go Girls! Camps where girls ages 6 to 11 create and perform their own plays. Last year, it was very moving to see the Go Girls! being clear and powerful in setting boundaries by saying, “I said STOP!” to large corporations that wanted to sell them harmful products. Allison included Kidpower in her excellent book for preteen girls called, Starring Celia.
It’s hard to imagine, but in Kidpower’s early years, most people did not have their own computers and hardly anyone even knew what the Internet was. When the TV Show Good Morning, America interviewed Irene in 1991, Irene told viewers that they could send her a self-addressed stamped envelope, and she would send them some information about how to keep their children safe.

The Kidpower Post Office Box was flooded with hundreds of requests from people from all over the US with stories and even newspaper clippings saying things like, “We moved to this small town to get away from crime, and a man tried to abduct a child at our one stoplight last week .... We just found out that our friendly neighbor has been molesting children for years. .... My daughter is miserable in school because other girls are picking on her. ... Please HELP!”

Irene realized the two pages of safety tips she had planned to send were not enough for this outpouring of need. She sat next to a friend with a typewriter and dictated what became our first book, The Kidpower Guide for Parents and Teachers. We sent this to everyone who had written, even though it was too big to fit into all those stamped envelopes.

Now our affordable RelationSafe™ books, comic books, teaching kits, and manuals prepare readers to bring ‘People Safety’ knowledge and skills into their daily lives. Currently, all of the income from our books helps to fund our publication costs, our free on-line Library, and the creation of new resources.
THE CARTOON POWER STORY

By Irene van der Zande

Note: Our cartoons and drawings have profoundly increased the accessibility of Kidpower’s skills, explanations, and stories worldwide, providing entertaining and useful tools for people who want to learn and teach our program. Irene tells the story of how this important part of our curriculum came into being.

I have always loved cartoons and comics and, because Kidpower is fun, wanted to have them in our program. Many people made drawings that I appreciated in our early years, but I wanted MORE – more drawings, more heart, more humor, and more clarity.

I kept searching for someone who could take the ideas in my head and turn them into simple drawings that people everywhere could enjoy and understand. Finally, one day in 2000, I was having coffee at a table outside with Amanda Golert, who had been traveling to Santa Cruz from Stockholm twice a year to help lead our instructor training programs.

Suddenly, I asked, “Amanda, can you draw?”

“What do you want me to draw?” Amanda wondered.

“A little boy being bullied at school and asking for help from his busy mom,” I said. Amanda smiled, took a pen and, on the back of a piece of scrap paper, drew our first cartoon story to the left. I think it is no accident that the too-busy mom had wild curly hair, since Amanda was looking at me from across the table.

Charmed, I explained that I wanted some drawings to help teachers use Kidpower in their classrooms. Amanda said that she loved to draw. It seemed meant to be.

Of course, neither of us dreamed at the time that we would end up in a long-term international collaboration resulting in over 15 cartoon-illustrated books so far, our Kidpower Safety Signs, and many adaptations. Amanda’s joyful drawings have educated countless people about how to take charge of their safety and how to teach their children and others important to them to do the same.
Here are a few favorite drawings, some not yet published or used, hand-picked - out of the thousands of illustrations we now have - by illustrator Amanda Golert:
THE INTERNET POWER STORY
By Beth McGreevy, Technology and Strategy Consultant and Long-Time Instructor and Supporter

In 1994, I was in graduate journalism school and, realizing the Internet was the next publishing platform, I decided to learn html code. Instead of a personal site, I asked Irene if I could create a website for Kidpower. Irene asked me, ‘What is a website?’

I got the jpeg files of our kids-around-the-world logo, photos and flyers about Kidpower and built our first website, hosted on my student linux account. Then I printed it out on my dot-matrix printer and brought it to the Kidpower Conference that summer to show Irene. First I explained what e-mail was... and then websites... and that’s how Kidpower first got onto the Internet!

Soon after grad school, I was able to purchase and migrate the site to using the kidpower.org domain, which we still use as our primary Internet presence. I also started our International listserve so that we could keep in touch easily and donated that service for 17 years until we moved it to Google Apps.

Since those early years, our websites have grown and changed by leaps and bounds - with many people helping out over the years - and the Internet is far and away one of the primary ways people around the world learn about Kidpower - with a free online library of more than 150 articles, podcasts, videos and webinars. In 2011, we launched the OneMillionSaferKids.org website, and in summer 2014 we launched our newest site: ChildProtectionMonth.org.

Our websites get more than 65,000 unique visitors each month and our weekly eNewsletter goes out to tens of thousands of people around the world.

Getting Kidpower onto the Internet was born of my passion for helping people learn to be safe and spurred my professional career as a business communications and technology strategy consultant. Kidpower’s Internet and media presence is my longest running independent consulting project - and my favorite. I’m grateful that my dual passions of making technology work for people, and helping people be safe with each other have come together so seamlessly, and I’m excited about our potential to do even more with this platform.
Introduction

Kidpower Teenpower Fullpower International is a tapestry of many different threads woven by many different hands. Our organization has grown from the ideas, questions, teaching, feedback, and stories of countless people since I first started learning about personal safety and self-defense in 1985.

I want to express my appreciation to each of our Kidpower instructors, parents, students, workshop organizers, program leaders, board members, advisors, volunteers, donors, workshop sponsors, funders, workshop hosts, readers, supporters, and office staff. Thank you for the thought, care, time, and generosity that you have given to bring Kidpower Teenpower Fullpower International to where we are today. I feel honored to have you as colleagues and as friends.

My husband, Ed, used to say that he felt as if he had ended up with a surprise set of in-laws when I first got involved with this work. I want to give a special thank you to the families of all of the people who have given of themselves in order to bring our services to their communities and to help our organization to improve and to grow. Thank you for sharing your loved ones with Kidpower as well as your resources and your own time in building bridges for our organization.

Program Development

The following people played key roles in the early development of Kidpower International.

Timothy Dunphy is the program co-founder of Kidpower and a senior instructor. He is a sixth-degree Black Belt and international championship winner in Tae Kwon Do. In the formative years of Kidpower, Timothy was my partner every step of the way in running pilot workshops and evaluating what did and did not work. Timothy’s heart, head, and spirit have been essential to our success in creating a curriculum that is fun, effective, and empowering. Timothy continues to help Kidpower by being there whenever he is needed. He is the founder of a unique system of energy work called Chi-Aura Integration.

Kidpower’s founding board president Ellen Bass is the co-author of The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse and of Free Your Mind: The Book for Gay, Lesbian, and Bisexual Youth - and Their Allies, as well as of award-winning poetry books. Through our countless walks and talks for over 25 years, Ellen defined our underlying principle and has helped make it a reality. She has been a force for making sure that we are truly “walking our talk.” Ellen has supported Kidpower in each of our phases, has inspired me as a writer, and has encouraged me to keep going as a friend.
Along with Timothy and me, Sheryl Doran, Jerilyn Munyon, and Susan Wilde, Psy.D., were on the pilot Kidpower team and helped our program get off to an excellent start. Sheryl was the founder of the Bay Area Model Mugging (BAMM) Impact organization, a third degree Black Belt in Aikido, and one of the co-founders of Model Mugging. Jerilyn is a 4th degree Black Belt in Aikido. She taught with Timothy and me during Kidpower’s early years and provided business and personal consultation that was critical in our organization’s development. Susan is now a psychologist for the Center for Culture and Diversity in Oakland and has continued to share her mental health expertise with Kidpower over the years.

Our Chicago/Great Lakes Center director, Joe Connelly, is one of the pillars of Kidpower. Joe is also a seventh degree Black Belt in Tae Kwon Do, 5th Dan Kumdo, and 4th Dan Hapkido, 1st Dan Judo and Grandmaster of Connelly’s Academy. He helped to lead our early instructor training programs and showed us how to take what we were doing with children and apply those lessons to teaching teens and adults, adding many creative practices and concepts to our work. Joe’s dry humor and wise insights have often brightened my day and helped me to regain my sense of perspective.

Joe has been supported since he started running his center by senior instructors Anne Mason and Sterling Goodrich, who have also helped nurture our international work.

I want to acknowledge the origin of the full-force self-defense we teach. I received my first training in the system of full-force self-defense with the head-to-toe padded instructor through the Model Mugging program started by Matt Thomas.

For over twenty-five years, Mark Morris, one of the co-founders of Model Mugging, has been a source to me personally of training, collaboration, and camaraderie. Mark was instrumental in improving the protective armor that makes full force self-defense possible and in evolving the effectiveness of the roles of both the padded instructor and the coaching instructor. He also co-led instructor training programs with me for the IMPACT Women’s Basics course for five years. Mark has done a great deal to help me understand the core of what it means to defend oneself and to manage conflict. He continues to build our padded equipment through his Nutcase Armor business, supported by his wife, Karin Stanger, who first brought Kidpower to Europe in the early 1990’s.

One of the people Mark introduced me to in 1989 was Marsha Kearns, who had taught a self-defense program called Kidpower in Texas with him for a few years in the mid-1980’s. When we were getting started, Marsha gave me permission to use the Kidpower name and all of her materials. She then trained with our organization as an instructor and led our Austin Kidpower Center for several years in the 1990’s, including presenting our program at the Texas Governor’s Conference on Child Abuse Prevention. In recent years, Eve Margolis started a new Kidpower Austin Center and is now taking leadership in getting our services going there again.

Sherryl Kraizer, Ph.D., is the author of The Safe Child Book and the founding director of the Safe Child Program. Sherryl provided consultation
to Kidpower in our early years as well as giving permission to incorporate language, ideas, and research findings from her program into ours.

**Evolution and Growth**

The following program leaders have also made major contributions in the spread of our services and the continued improvement of the quality of our programs. Introduced in the approximate order in that they started their work with Kidpower.

**Steve and Lea Sassone** were the first people Timothy and I trained as instructors in the early 1990’s. Steve now serves as our North Bay Program Coordinator and, with Lea’s support, continues to bring services to his community with joy and with love.

I want to honor the memory of my friend **Annette Washington**, who was one of my first teachers in this work. Annette collaborated with me during our early years with the IMPACT Foundation, which then became our Southern California Kidpower office. Annette always provided an oasis of peace, love, and power in a busy crowded world. Annette’s passion for teaching personal safety was so great that she would inspire others to become committed as well. This happened so often that I called the result “The Annette Phenomena.”

Since Kidpower began, **Janice Flynn** has been a wonderful teacher, longtime supporter, and a dynamic representative for our organization. Janice was on the original board of the IMPACT Foundation, which we started at the same time as Kidpower, and she served for many years as our Southern California Program Coordinator and Instructor. She has served on the Kidpower Board since the Impact Foundation merged with our organization in 1993, filling every officer position as needed. As Board President from 2006 to 2014, Janice has provided leadership and stability for our organization, bringing Kidpower to far greater visibility and strength while staying true to our values as we grow. Janice is someone who does whatever needs to be done quietly and effectively. I deeply appreciate her for taking care of our dear friend and colleague Annette Washington during her illness, as well as for all of her years of practical help, friendship, and guidance.

Our Kidpower of Colorado Center Director, **Jan Isaacs Henry**, has created a model for excellence with her center, which has a strong track record of professionalism and sustainability. She has also brought a number of new program ideas, research, and resources into the Kidpower program. Jan is a former psychotherapist whose mental health expertise with Kidpower strengthens the quality of the emotional safety of our work. I cherish the many mornings we have shared a long-distance conversation over a cup of tea or coffee by telephone or Skype, giving mutual mentoring to each other. Jan’s work with children with disabilities led to our partnership with Hands and Voices and to enhancing our work with Autism Speaks.

Along with her daughter and son-in-law, **Meredith Henry and Chris Knoepke**, who are also exceptional instructors, Jan didn’t let me give up when our research project was floundering and provided...
consultation that led to our making a plan that was ultimately successful. Jan has been supported every step of the way by her husband, John Henry, who is on the Kidpower of Colorado Board and who is a public relations expert who coached us on how to build relationships with the media and manage our public image.

Senior Program Leader Jean Glowacki has provided thoughtful insights, creative adaptations, and support for long-range planning as a member of both our Organizational Assessment Task Force and our Long Range Strategic Plan Committee. Jean used to run our Big Thompson Center and is now establishing a partnership between Kidpower and 4-H of Colorado.

Our New Zealand Center founder and co-director, Cornelia Baumgartner, has received a great deal of recognition in her country for the impact of her center’s services on people’s lives. She led the collaboration with the National New Zealand Police that created the Confident Kids program, bringing Kidpower skills to public school children throughout New Zealand. Cornelia is also a fourth degree Black Belt in Aikido. Cornelia continues to bring her creativity and vision to further evolve our materials for teens and young adults with developmental delays through the Healthy Relationships project and to day care programs through the Early Childhood project. Cornelia has helped me to grow in using technology to improve long-distance communications. We have a strong personal bond that grows deeper as the years go by, despite the miles that usually separate us.

Cornelia is supported by her partner in life and in teaching, Martin Hartman, who is a senior padded instructor and trainer as well as a 5th Dan in Aikido. In recent years, Fiona Bryan has joined her in leading the Center as a Co-Director.

Our Montreal Pleins Pouvoirs (which means “full of power” in French) Kidpower Center director, Marylaine Léger, helped our instructor training program grow during its very challenging early phases, brought our Puppetpower, Senior Power, and day care programs to a new level, and translated our program into French. Marylaine and her Pleins Pouvoirs staff hosted our Reaching Out Conference in Montreal in 2005, bringing our work to professionals from charitable organizations working with youth in danger in Africa, Asia, and South America. Marylaine is a talented and loving leader with a strong, active center. Marylaine has been a terrific cheerleader for my writing and is continuing to help build our instructor training program.

Marylaine’s partner in life and in teaching, Marc Meilleur, has supported Marylaine in all these accomplishments. Marc is a very experienced padded instructor and helps our organization to further develop our system for keeping people safe in doing full force work.

At the time she joined our organization in 1995, Erika Leonard was the kind of middle school teacher who inspired her students and had parents fighting to get their children into her class. She started her work with us by doing outreach to parents and...
teachers in her community and is now our Kidpower California Program Director, training and mentoring many people and creating countless relationships that help grow our services and funding. In her teaching, Erika keeps bringing fresh perspectives, new practices, teaching stories, and examples that improve the value and clarity of our services and the depth of our program. In everything she does with Kidpower and in life with those of us who have the good fortune to know her well, Erika gives fully of her enthusiasm, energy, creativity, commitment, talent, and love.

Board member and center director for our Chesapeake and Potomac Center, Kim Leisey, PhD, is the Associate Vice President for Student Affairs at the University of Maryland Baltimore County campus and leader of their team for managing potential “behaviors of concern.” Kim is a dynamic teacher and extremely effective representative for our organization in the Washington, D.C. area, bringing many important resources to our organization. She will serve as our Board Secretary starting August 1, 2014.

With her colleague Nancy Young, Kim co-developed our Collegepower program that has been used in a number of college orientation programs. Kim also included Kidpower in her dissertation about the meaning of self-protection for teen girls and is an advisor with our Research Project.

Much of our increased effectiveness in training other people to teach is due to Amanda Golert, who is both our center director for Sweden and our Training and Curriculum Development Consultant. Amanda has taught women’s self-defense since 1994 and is also the director of Allakan, which teaches workplace violence prevention. With humor, compassion, and competence, Amanda has provided leadership, structure, and stability both to our system of training and to our organization as a whole. In addition, Amanda’s cartoon drawings in our Safety Comics and Teaching Kits have made our program understandable in a way that transcends boundaries of language and culture. Amanda currently provides support to the development of our new centers, which is an important part of our infrastructure. Amanda also provides creative design and editing for many of our books.

With a profound understanding of Kidpower, Senior Program Leader Chantal Keeney greatly improved the content of our curriculum, the management and structure of our instructor training programs, and the effectiveness of our resources for teachers. Chantal also served for many years as a Program Coordinator for our Central Office, bringing order to the functioning of our systems.

**Technical Consultants and Professional Advisors**

The following people have given generously of their special technical expertise in various fields in ways that have improved the effectiveness of our services or have played a key role in the growth of our organization. They are introduced approximately in order of the time they became involved.
Carol Middleton is a co-founder of the National Women’s Martial Arts Federation as well as director of the D.C. Self-Defense Karate Association, D.C. IMPACT, and Krav Maga D.C. She is now a seventh degree Black Belt in Tae Kwon Do. Carol has given Kidpower technical consultation since the beginning as well as opened doors for our organization in the Washington, D.C. area and in the martial arts world.

Beth McGreevy is a Business IT Strategy Consultant who got our organization the kidpower.org domain name, created our first Web site, and served as our first webmaster. She created and maintains our internal international e-mail group of instructors, staff, and board members. Beth is also a longtime instructor who taught our first workshop in Israel. Beth now serves as our San Francisco Coordinator and Media and Technology Strategy Consultant, greatly improving our website and technical capacity.

Board member Peter Lewis, PhD, was the head of school at Gateway School in Santa Cruz, California, and is now in the same role at The Winston School in Short Hills, New Jersey. Under Peter’s leadership, the teachers and staff at Gateway School opened all their classrooms so that I could conduct the pilot programs that led to the foundation of our school programs. Mary D. Geyer, a first grade teacher at that time, came up with the idea of using your body to make a trash can for throwing away hurting words.

Gateway continues to have our workshops in their classrooms every year. As an educator, Peter’s leadership has opened new doors and broken new ground, including sponsoring our first East Coast conference. As our new Board treasurer, Peter is committed to keeping our organization financially strong.

Peter Alsop, PhD. is a nationally known singer-songwriter, educator, and humorist. He has been an advisor to Kidpower for many years on how to reach a much wider audience with our work. His songs about child abuse prevention are known around the world. Peter also created the Kidpower Wake Up! video, which won an Indie Award.

Lillian Roybal Rose, an internationally known expert in cross-cultural communication, has provided support and consultation to Kidpower for many years. Her seminars help people to overcome prejudices, heal wounds, and build bridges of understanding between people of very diverse backgrounds.

Michael Linehan is the founder and managing director of Marketing Alchemy, which provides profoundly effective Internet-based strategic planning and marketing services. As our webmaster for many years, Michael generously donated his time and expertise to enable Kidpower to have a high level of presence on the Internet, greatly increasing our visibility to the world.

Board Vice President Claire Laughlin is a communications consultant and trainer. When she was still in college, Claire came to me and said, “What you are doing is important, and I will do whatever it takes to help
you.” As a staff person, she brought order to our Central Office. Over the years, Claire has led many important projects for our Board, such as our Long Range Strategic Planning Committee. Recently, Claire made it possible for me to participate in the Leadership Challenge program that she was leading, giving me important insights into my own growth as a leader and how we can grow Kidpower’s leadership into the future.

For the past 3 years, Claire has worked with her colleague, friend, and Kidpower Board member Jennifer Turner-Davis, PCC OTR/L, principal and lead coach of Turner-Davis Coaching to co-lead our Board retreats. In 2014, Claire and Jen co-lead the Leadership Day of our International Conference.

Claire is a classic example of someone whose relatives become a “Kidpower family” who contribute their expertise, donations, and connections. Claire’s mother, Karen Calcagno of the Advantage Coaching & Family Business Center is a Kidpower advisor and donor who has provided business consultation that has been useful for staff planning and management of the central office. Claire’s sister, Kristen Calcatera of Big Sky Creative, provided countless hours of graphic design to help turn the first edition of The Kidpower Book for Caring Adults from a bunch of written text into a real book. Claire’s uncle and aunt, Dr and Mrs James Calcagno have organized numerous classes and been supporters over the years.

Board member Arnie Kamrin is a businessman who has helped Kidpower find the right people to work with in corporations, obtained free Web exposure for Kidpower through Google, and saved Kidpower thousands of dollars in printing costs with Kinko’s. Arnie has also opened his home to Kidpower many times for trainings, gatherings, and meetings. He is a former instructor and longtime donor. Arnie’s daughter and son, Jackie and Rich, are also supporters who have helped Kidpower in different ways since they were children.

Board member Sandra Menefee is an expert on organizational development who provides training and consultation to large corporations and county governments. She is a former instructor and center director for Kidpower as well as a longtime donor. For many years, Sandra has given me management coaching that has greatly improved my skills as a leader and has served as a wise and effective mediator when we have needed one. She facilitated and hosted our first two board retreats and led the first joint meeting of our Board and Senior Program Leaders. Sandra is currently leading our Ready Power Committee for emergency preparedness and sustainability and still meets with me by phone every two weeks as a mentor and a friend.

Former Board President and current Board member Nancy Driscoll guided Kidpower through our first major individual fundraising campaigns, led workshops at our conferences, and empowered me to ask people for money and support. She has helped us become more businesslike from the time of her involvement, starting with getting me to put the Kidpower name into the phone book. Through the years, Nancy has continued to provide training and support to help Kidpower to become a strong, successful organization.
Senior instructor and training team member **John Luna-Sparks**, LCSW, has presented Kidpower at conferences for professionals working with people with special needs and has contributed his expertise to our Bridges to People Safety Project for Individuals With Limited Speech as well as to our work with children who have faced sexual abuse. John used to work at the Center for Child Protection at Children’s Hospital & Research Center Oakland and is now training to become an acupuncturist along with having a private practice. John brings creativity and joy to Kidpower and has been a great support to our international work.

Our new Board President effective August 1, 2014, **April Yee** started by working in our office when she was a student and is now a Senior Associate at an investment firm. April is a former instructor and a long-time donor who advocates for funding for Kidpower. She has served for many years as our Board Treasurer and Secretary. April tackles whatever she undertakes with great good cheer and competence and has furthered the work of our Board in many ways, including of the ReadyPower Committee.

Board member **Abby Bleistein**, MD, shares her medical expertise on how to have Kidpower integrated into the work of health professionals and on technical questions. As a Board member, she has been helping with planning and organizational development. Abby also made it possible for Kidpower to receive a major multi-year donation for our capacity-building projects.

Vancouver Center director and training team member **David Harrison**, M.D., is a physician who has a passionate commitment to teaching effective self-defense. Dave has brought important organization and refinements to our services through the combination of his medical expertise with his self-defense background. He has taken major leadership in improving our system of training padded instructors, including learning from Mark Morris how to build and improve the protective head-to-toe padded suit and writing a manual for padded instructors. He is also helping to further develop our training for trainers program. Currently, Dave is leading an exploration of how we might further improve our protective equipment to keep our padded instructors safe.

Long-time advisor **Victor Cheng**, CEO management expert and author of *The Recession-Proof Business and Extreme Revenue Growth*, contributes pro bono marketing and strategic planning consultation to Kidpower through his company www.victorcheng.com. Thanks to Victor’s expertise, we are doing a far more effective job of increasing our impact and visibility, leading to the development of important initiatives such as One Million Safer Kids and International Child Protection Month. Victor is also a major supporter who has created a unique way of fundraising. Through his free six-hour caseinterview.com workshops, thousands of MBAs have found excellent career opportunities. In the introduction, Victor gives compelling testimonial to Kidpower and requests that they make a donation. Successful job hunters from all over the world have collectively donated tens of thousands of dollars to Kidpower that have made it possible for us to greatly increase our online presence and services.
Advocate Pervaiz Tufail is a management psychologist from Pakistan who trains professionals working with youth in dangerous situations. Pervaiz co-led our Reaching Out conference for professionals from developing countries and is currently using our program through his work in health care in Pakistan.

Advisor Deborah A. Malkin is a California Attorney who donates estate planning services to people who want to make a contribution to Kidpower and who has helped us with contracts. She and her family also generously host guests from other countries who are coming to our instructor training program in her home.

Graphic Designer Ian Price of Price-Watkins and Associates donated our beautiful Kidpower “seed person” logo, which has served our organization well. He also has designed and done the layout for our Bullying book and of The Kidpower Book for Caring Adults.

Senior Program Leader Amy Tiemann, PhD, is the co-director of our North Carolina Center, author of MojoMom, creator of the Courageous Parents, Confident Kids book in which we are proud to have a chapter. Currently, Amy and I are collaborating on an independent research project, featuring the website www. DoingRightByOurKids.com and forthcoming book, Doing Right by Our Kids: Protecting Child Safety At All Levels.

Board member Robert Meltzer has been a MyGym teacher since 1989 and owner of MyGym of Beverly Hills since 1996. He has been a dedicated Kidpower supporter for 18 years, helping in Los Angeles by teaching and hosting workshops. He is representing Kidpower with foundations and has developed a partnership for Kidpower with MyGym International, which will greatly extend our reach.

Julie Shattuck, Principle and Founder of Shattuck Applied Research & Evaluation made it possible for Kidpower to build a powerful case documenting that we provide an evidence-based program. She designed and implemented a study with a comparison group that had very positive results. She then created a team of people to get an article about our study published in a professional journal.

Alaina Brenick, Ph.D., assistant professor of Human Development and Family Studies, took the lead on this project, doing additional research, analysis, and writing and then submitting and re-writing. Alaina presented a poster at the Society for Research in Child Development’s Biennel meeting and her article has just been accepted by the Children and Youth Services Review journal.

Board member Eileen diFranco is a public relations expert who has been advising Kidpower on how to increase our on-line presence, as well as being a generous donor. She initiated, fundraised for, and organized our One Million Safer Kids film, which is opening many doors for Kidpower and provides ongoing support to me in event planning, including our 25 Year Celebration Conference and International Child Protection Month.
Board member, Harold Johnson, PhD, Emeritus Professor of Education, has been a tremendous advocate in increasing Kidpower’s visibility and credibility with professionals and organizations helping children with disabilities. He has developed a partnership between Kidpower and Hands and Voices, the largest advocacy organization for families with children who are hard of hearing or deaf and is a master networker who is opening doors with many other professionals and organizations for Kidpower.

**Law Enforcement Advisors**

The members of our Law Enforcement Advisory Committee review our program and give feedback to ensure that what we teach is consistent with crime prevention knowledge and practices.

Police officer Ian Kirkpatrick, a founding board member of our New Zealand Trust, helped create a collaboration between Kidpower and the National New Zealand Police Youth Education Services that led to the Confident Kids program, bringing Kidpower skills to public schools throughout New Zealand.

Karl Herndon is a former deputy sheriff and detective with El Paso County Sheriff’s Office and has taught law enforcement officers. As a longtime paddled instructor, Karl has improved our way of teaching by sharing his technical expertise and has been of tremendous support to Kidpower of Colorado.

Watsonville Police Chief Manny Solano is a longtime supporter who has given Kidpower credibility with other law enforcement officials, sponsored workshops, served as an ex-officio board member, and provided consultation on criminal justice issues.

Former Community Relations Specialist Jim Howes built a relationship for our organization with the Santa Cruz Police Department, which has co-sponsored many workshops with Kidpower. Jim also provides advice and collaboration on community safety programs.

Although he is not a law enforcement officer, Gavin de Becker is both an expert in the prediction of violence and the best-selling author of *The Gift of Fear* and *Protecting the Gift*. Over the last fifteen years, Gavin has provided important consultation and resources to Kidpower concerning questions of violence prevention.

**Teaching, Program, and Organizational Support**

Whether they are old-timers or new to our organization, our instructors, center directors, program support staff, board members, and advisors in different parts of the world are at the heart of our programs. In every community, we also owe a great deal to our thousands of service partners and workshop hosts for making it possible to bring our services to their schools, service organizations, businesses, communities, and families. To the Board members and supporters of our centers from around the world, I want to thank you for your generosity and commitment to supporting your program leaders in bringing Kidpower services to your communities.

Below are the names of people currently working with our four largest centers. Other people are included on the pages of their own Centers earlier in this book.

**International Central Office and California Center Staff**

The Central Office for both Kidpower International and the California Center is in Santa Cruz. Staff below teach and/or organize services in the
Greater San Francisco and Monterey Bay areas unless otherwise noted.


I want to give extra thanks to staff members Antonie del Bonta and Ellen Frankel for welcoming traveling people to their home and for going above and beyond in their work with Kidpower. And to Natalia Gibrea and Hiruko Wellness Center for providing a home for our South Bay office for so many years. And to Montessori School of Santa Cruz County and Gateway School for many years of hosting our instructor training programs.

Kidpower International Board Members and Honorary Trustees

I want to express appreciation to our Board of Directors for their years of encouragement, generosity, commitment, and friendship. Our current Board members are working with great commitment and determination to move Kidpower forward so that we will be able to realize our potential as an organization.
Honorary Board trustee and founding donor Robert Stephens is the owner of the Elkhorn Native Plant Nursery, current President of the Land Trust of Santa Cruz County, former chair of Audubon California, and a strong advocate for environmental leadership. Robert has been a major annual donor to Kidpower since 1990. Robert’s credibility has opened doors for Kidpower with foundations, newspapers, and other community resources. His kindness, honesty, encouragement, and generosity have helped Kidpower get going and keep moving in the right direction.

Honorary Board Trustee Karen Ho is an accountant who served as our Board Treasurer for many years. Karen greatly improved how we keep our books in the central office so that the quality of our financial integrity is as high as our program integrity. She has sponsored Kidpower classes for all of her family and has been a very generous monthly and annual donor to Kidpower longer than anyone else. Her continual faith in our work has inspired me to keep going, especially during hard times.

Ellen Bass is our founding Board president and an ex-officio Board member. Nell Cliff, Gayle Ortiz, and Elena Baskin were founding donors to Kidpower, providing seed money and help with opening doors so that our organization could get off the ground.

Kidpower Colorado Staff, Board, and Advisors

Kidpower New Zealand Staff, Board, and Advisors
Cornelia Baumgartner - Local Co-Founder, NZ Centre Co-Director, NZ Programme Director and
New Zealand Staff


Kidpower Montreal Staff, Board, and Advisors


Senior Program Leader Council

Long-term sustainability for our organization requires that the quality of our services does not depend on any one or two specific individuals. Our Senior Program Leader Council members are senior instructors who have organized workshops and who have made a significant contribution to our international organization.

Their role is to advise our organization on quality issues, center development, program changes, instructor training, and training for trainers.

Current members include Cornelia Baumgartner, Joe Connelly, Jean Glowacki, Amanda Golert, Dave Harrison, MD, Martin Hartman, Jan Isaacs-Henry, Chantal Keeney, Marylaine Léger, Erika Leonard, Anne Mason, Marc Meilleur, John Luna-Sparks, and Amy Tiemann, PhD.
And, Most of All, Thank You to My Family

Kidpower would simply not exist without the love, generosity, and help of the members of my family.

Ed van der Zande has been my husband and life partner for over 40 years. Ed’s unwavering, constant support, expertise, and commitment have enabled Kidpower to grow up in our home and in our lives. He supported our organization and family for over ten years as Kidpower was getting started, when our organization had very little income and many expenses. He then donated many years of time and expertise as our Director of Strategic Planning, Finance, and Grants and continues to provide a great deal of volunteer help as well as donated space in our home.

Our children, Chantal Keeney and Arend van der Zande, have shared their family with Kidpower since we began. They are the reasons why we first started doing this work - and our joyous granddaughters Svea and Ida Keeney inspire us to keep doing it! Also, as Chantal at age eight explained, “Me and my little brother taught her everything she knows.”

As an adult, Chantal has brought extensive leadership, creativity, expertise, and energy to our organization. Arend provides cheerful encouragement when I need it and permission to share potentially embarrassing stories. For years, Arend also gave me computer crisis management at 4 a.m. when I was desperate.

My father, Raim Regelson, has given me a foundation of confidence, teaching me from the time I was small to “walk in as if you own the place.” My mother, Lily Regelson, has given me a foundation of insight, teaching me to tune in to others and to look before I leap. Thank you to both of my parents for teaching me to do good in the world, put important things into writing, and be true to myself.

My sister, Elaine Regelson, shares her management wisdom and helps me to figure out many a human puzzle so that we are the best we can be. Elaine was our first major donor, served on our Board during a transitional time, and gives her sisterly support.

My brother, Ken Regelson, shared his computer expertise for over 10 years, built our first bridge to the blind community, set up our first center in Colorado, which led to all of our other services there, and gives his brotherly support. My sister-in-law, Judy Wong, served on the Board of Directors and led our Organization Assessment Task Force, which has provided the foundation for our Long Range Strategic Plan.
RECOGNITION AND AWARDS

**California and International**


Guidestar Exchange Gold Participation for Transparency, Impact, and Effectiveness Information

Service Above Self Award from the San Andreas Regional Center in 2013 for our work serving people of all ages with developmental disabilities.

Mayor’s Proclamation by the City of Santa Cruz declaring September 29, 2007 “Kidpower Day.” The award served as a public spotlight on our work, highlighting that Kidpower is “making our community and world a safer place.”

**Colorado**

The Nonprofit Asset Builder Award from Colorado Springs Assets for Youth in 2006 for being a community-based nonprofit promoting positive youth development.

Kidpower of Colorado’s Director, Jan Isaacs Henry, received the 2008 Lohman Award for “Excellence on Behalf of Children” from the El Paso County Bar Association and a 2013 Woman of Influence award from the Colorado Springs Business Journal.

Recognition from The Colorado Trust in 2009 for “Advancing the Health and Well-Being of the People in Colorado” following three years of bullying prevention services to students with developmental disabilities in four School Districts.

Kidpower of Colorado is often contacted by local media when a tragedy has occurred, and Jan’s compassionate response provides reassuring and important information to parents about how to keep their kids emotionally safe as well as to protect them from violence.

**New Zealand**

Adult Community Education Conference Aotearoa 2014 Programme of the Year Award: Healthy Relationships Programme Staff and Helpers. Adult Community Education Aotearoa 2014 Educator of the Year Award: Summer Blackwell (co-facilitator with learning disability). Youth Volunteer 2012: Simon Hartman. Adult Learner’s Week 2006 Exceptional Adult Educator Award: Maree Hass. Adult Learner’s Week 2006 Innovative Provider Award. Adult Learner’s Week 2006: Outstanding Adult Learner Award: Rona Sedman. Nomination for NEXT Magazine’s Woman of the Year Award in Education: Cornelia Baumgartner

**Montreal**

Barreau du Québec (Quebec Bar Association) at their Women’s Leadership Event, 2007 “In recognition of Marylaine Léger for her exceptional commitment within Kidpower Montreal as its cofounder and for her generous social contribution. She touched the lives of thousands of people, helping them to believe in themselves.”

Gala Reconnaissance (Recognition Gala) : A Tribute to the Fieldwork in Early Childhood of Montérégie hosted by Regroupement des Centre de la Petite Enfance de la Montérégie (RCPEM), 2011, Gold Prize in the category Partnership for the “Pouvoir aux tout-petits Project”
A well-documented article, *Empowering children with safety-skills: An evaluation of the Kidpower Everyday Safety-Skills Program*, was published in the September 2014 issue of the academic journal *Children and Youth Services Review*. Authors are: Assistant Professor Alaina Brenick, Phd, of the University of Connecticut, Julie Shattuck of Shattuck Applied Research and Evaluation, Alice Donlanc, Shinchieh Duhd, Professor Eileen L. Zurbriggen, Phd, of the University of California at Santa Cruz.

The article includes a thorough literature review demonstrating how the Kidpower program “uses best practices in victimization risk-reduction and prevention” and an independent analysis of the findings of the “The Effects of the Kidpower Everyday Safety Skills on Third Grade Children” demonstrating the effectiveness of the Kidpower program in teaching safety skills to children.

The research team evaluated this study of the impact of Kidpower’s two-hour classroom program on 128 third-grade students with their teachers, who also conducted review lessons and assigned 10 weeks of follow-up homework from Kidpower’s curriculum to provide repeated exposure over time and to involve parents.

The study included pre- and post-tests with students, a comparison group of 128 students, and teacher evaluations. After completion of the study, Kidpower returned to conduct workshops for students and teachers in the comparison group so that they would not be deprived of the benefits of learning Kidpower skills.

According to the Abstract, “Findings indicate that students who participated had increases in safety knowledge (maintained over 3 months) greater than the comparison group. Additional assessments indicate that the program was implemented with high fidelity and both teachers and students found the program successful. Children’s understanding of the competency areas boundary-setting, stranger safety, help-seeking, and maintaining calmness and confidence improved.”

One of the challenges in conducting this study was identifying an existing research instrument that met Kidpower’s criteria for emotional safety for the children and that was also relevant to the issues Kidpower addresses. The article describes the process used to develop and field-test the content and delivery of a new research instrument with multiple-choice questions that eight-year-olds can answer on their own. The process and questionnaires developed are now a resource for others wishing to assess children’s safety knowledge while protecting participants’ emotional safety.

Additional studies about the effectiveness of the Kidpower program are on the Research page on the website at:

http://www.kidpower.org/about-us/research/
25 YEARS OF SAFETY, FRIENDSHIP AND FUN!
We want to honor the memory of people who have been important to members of our Kidpower International community. Their values live on in the lives of the countless people we are able to serve.

Adam, Seth and their father Joel, tragically lost their lives in a plane crash. Adam and Seth were Kidpower graduates. Nancy Saltzman, their mother, has served as a Kidpower of Colorado board member and president and continues on Kidpower of Colorado’s Advisory Board. The Adam and Seth Herzog Kidpower Fund has been established in their memory.

**Dawson Leonard: 1938-2001**
Dawson was immensely proud of his daughter Erika Leonard’s contributions to this work. He expressed his pride at seeing the Leonard name connected with this work every time Erika wrote an article or taught a class. “What you are doing will save lives,” he said, “and I am so proud our family name is part of something so valuable.”

**Annette Washington: 1952-2003**
Annette Washington was an awesome self-defense instructor who empowered thousands of women, children, and men. She inspired others to join our organization and played a major role in shaping our values and our approach.

**Jason Lhotka: 1970-2007**
Jason Lhotka was “Dada” to his 3-year-old son, a husband and a Sergeant with the Mesa County Sheriff’s Department in Colorado. His life was focused on keeping people safe. Kidpower scholarships in Jason’s memory will help continue that focus.

**Evelyn Bertrandias: 1916-2009**
Evelyn Bertrandias hospitably opened her home to many of our instructors, gave generously of her time and money, and always believed that Kidpower would survive and thrive, even in the toughest of times.

**Madeleine Baumgartner 1918-2008 and Franz Baumgartner 1916-2011**
Madeleine and Franz Baumgartner were strong believers in the right of every individual to live happy lives free of fear and loved how Kidpower gives people the opportunity to experience their own power. They made it possible for the New Zealand Center to start up and grow when very few had yet heard of the organization.
MEMORIALS

Ann Bohner 1942-2010
Ann set an example for her daughter Amy Tiemann to be honest, caring, and courageous. Ann was a feminist and early activist to stop sexual assault, as a member of WOAR, Women Organized Against Rape, in Philadelphia. She always supported Amy’s writing, activism, and teaching through Kidpower North Carolina.

Brian Leonard 1943-2010
As a gay man living closeted in most places throughout his life, fear, anxiety, threats, and prejudice colored all his days. The Kidpower community was the first place Brian experienced being truly himself and feeling safe at the same time. Brian’s love and caring are woven into the Kidpower tapestry forever.

Max Ljungqvist 1954-2010
Max proudly and strongly believed in our mission. Thanks to Max unwavering support of Amanda Golert, Kidpower Sweden has been able to teach - and will keep on teaching - children, teens and adults to be safe.

Darcell Palmer 1952-2013
Darcell Palmer, a 10-year Kidpower of Colorado board member and elementary school principal, was passionately committed to Kidpower’s mission. She was an outstanding role model to many young people.

Barbro Levelius 1946-2013
Barbro, a friend of Amanda Golert, was an avid supporter of Kidpower. In her work as a Social Services Municipal Director she fiercely and compassionately stood up for people who were vulnerable and in need of help. Her fighting-spirit will always be an inspiration!

Siobhán Zych 1972 - 2014
Siobhán was a childhood friend of Marylaine Leger, a proud Kidpower supporter and lived by many of our Tools. Living with ALS, she shared widely about her journey. Siobhán inspired thousands with her decision to live life with courage, love, joy and determination.

May their memories inspire others as much as they inspire us.
FINANCIAL INFORMATION

Kidpower exists because of the generosity of many different individuals, companies, and foundations—and, thanks to their help, Kidpower’s reach continues to grow.

As a community-based nonprofit, we rely on donations, foundations and corporate grants, and income from our workshops and publications to provide services and educational materials that bring vital skills for safety and success to people of all ages and abilities around the world.

Increasing our individual support is essential in increasing Kidpower’s sustainability for the long run, so that we can continue to provide effective child protection, positive communication, and personal safety skills to protect people of all ages and abilities from bullying, violence, and abuse by empowering them with awareness, action, and skills.
Collectively, Kidpower’s international headquarters and our 25 local centers and offices around the world earned more than $1.18 million in financial income in the 2013-2014 Fiscal Year.

In addition, our operating picture is not complete without acknowledging the enormous amount of in-kind support - nearly half a million dollars (US) worth of donated professional services, space and materials - that have enabled us to reach so many people with such a small financial budget.

**Nonprofit / NGO information**

In the US, our California and Colorado Centers have their own 501(c)(3) charitable tax exemption status. California also has a group exemption status to cover our other US centers under our nonprofit umbrella. Our Centers in Canada, the Netherlands, New Zealand, Romania, and Sweden are also registered as charitable nonprofits. Our other Centers operate as nonprofits and are working towards obtaining their NGO charitable status.

Our headquarters is audited each year by an independent certified public accountant and complete a 990 for our IRS tax exemption status. Our audit and 990 are available for the July 1, 2012 - June 30, 2013 fiscal year, and will be available for the 13-14 fiscal year by the end of January, 2015. Our budget for the July 1, 2014 - June 30, 2015 fiscal year is also available on request.
THANK YOU TO OUR DONORS*
FOR KIDPOWER INTERNATIONAL AND CALIFORNIA

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Nancy & Tom Driscoll

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To Google AdWords for the donated AdWords that make Kidpower more visible on the Internet.
To Salesforce for the donated Contact Management System that makes us more effective in keeping track of clients and supporters.
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Thank you to Beth McGreevy for providing extensive pro bono technical strategy, marketing, and website consulting and for creating and hosting our international listserve.

I was first introduced to Kidpower in 2002 when I was looking for a summer job as a student. I didn’t know at that time that this organization would become such an important part of my life for so many years. From the start, I valued Kidpower's culture, mission, and values and appreciated having a supportive boss who would tell me to go home and rest if I was sick -- before that, being sick was just supposed to be a small annoyance while you got your work done.

In my various roles during my time with Kidpower, I’ve seen first-hand the impact that our work can do. I took my first Fullpower class in 2002. Since then, I’ve felt confident that I can keep myself safe during the times that I’ve traveled alone both domestically and internationally. I’ve also learned a great deal about safety with personal interactions and how to set boundaries with people in my daily life.

Most of all, Kidpower has never ceased to amaze me with its lessons in resilience, patience, openness, willingness to grow, integrity, compassion, having those “difficult conversations,” and saying or doing the right thing even when it may be the harder thing to do. I believe that Kidpower teaches not only safety skills, but also essential skills to navigate life in a way that creates healthy and happy people, relationships, and communities.

How different would the world look if Kidpower values were shared and embraced by hundreds of millions of people everywhere? For the future of Kidpower, I envision the Kidpower name and brand becoming a staple household name for excellence, and our services becoming incorporated into schools, organizations, and learning institutions throughout the world.

When more children have the opportunity to grow up with a Kidpowery mentality, we will have many more people in the world who believe in themselves, respect and value themselves and others, and know they are worthwhile. When more adults understand, embrace, and use the Kidpower values and skills, they and their loved ones will have happier, safer lives.

The first 25 years have been possible due to the passion, dedication, hard work, and love of everyone involved with Kidpower. I look forward to continuing our very important work together and creating lasting friendships within our growing organization.

To the next 25 years and beyond!
“When I was still in Colorado, we were teaching a transition class to a group of developmentally
disabled young adults. Most of the class had a prior history of abuse, and one women in particular
talked about how she had been ‘tricked’ by a man several times into letting him abuse her. We did
several role plays and taught her some boundary skills. At the end of the class, she came up to me
and said, ‘Thank you for teaching me these skills. Now, I won’t get ‘tricked’ anymore.’”

- Maryjane Hayes,
North Carolina Center Co-Director and Senior Instructor

“Over the years, we have traveled the world for conferences, instructor trainings and classes. We
have met some of the most brilliant, dedicated people who challenge and inspire us to innovate
and implement programming, staying true to the principle that “everyone has the right to be safe
and to feel safe.”

- Joe Connelly,
Joe Connelly, Great Lakes/Chicago Center Director, Senior Program Leader, and Martial Artist
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