

Dear Parents/Whanau/Caregivers,

Your child(ren) have either completed or are in the process of completing a Kidpower Anti-Bullying Workshop.

Kidpower offers programmes that teach people of all ages the skills and strategies needed to keep themselves emotionally and physically safe with others. We call this People Safety.

A strong foundation of People Safety Skills and knowledge can prevent and stop most bullying, abuse, and other violence.

Tips for parents when practising People Safety Skills

We cannot always be with our children but we can make sure they have the awareness, verbal and physical skills to cope with potential harmful situations. The tools described below that the children have learnt can easily be implemented into home life as well as school life.

Practising together is the best way to increase skills and reduce fear. **Stay calm** and matter of fact if you talk about and practice safety skill. Practice acting with **confidence and awareness**, and note the differences you can actually see and feel as your bodies assume a confident and aware posture.

Invent role plays that practise the safety rules for when kids are on their own and become aware of someone they don't know or who makes them uncomfortable: Act **AWARE**, move **OUT OF REACH**, and **GET HELP**.

What has been covered with your children:

They have three powers with them everywhere they go, even when they are on their own, to keep themselves safe:

- **Brain Power** to think about how they should respond to others in a safe way
- **Body Power** to move or walk away from unwanted physical or verbal behaviours and
- **Voice Power** to talk or speak up and let people know when they do not like what is happening.

Awareness, Calm and Confidence (ACC) - people are less likely to bother you and more likely to leave you alone if you demonstrate these skills; being aware also helps your children identify potentially unsafe situations or behaviours

Fence Power – You may hear them talking to their siblings, cousins, other children of a similar age “Please Stop” – “I said Stop” while raising their hands.



Move or Walk Away Power – Children are encouraged to move or walk away from situations that may be unsafe or to choose this as an option when someone is bullying them with their words.

Get Help power – When you have moved away from unwanted behaviours (bullying) it is then important to tell an adult you trust at school – this could be a teacher or other staff member. If this person can't or doesn't help then we encourage them to keep telling until they get the help they need.

Rubbish Bin Power – Words can be very harmful and can stay with you for a lifetime; we encourage children to dispose of harmful or mean words in the rubbish bin and replace good words into their hearts.



Your children will learn during these workshops that it is incredibly powerful to take control of their brain, body and voice as well as to take responsibility for their words and actions.

If you have any further questions or concerns about what your children are learning, please feel free to contact me. I hope your children have gained some valuable skills to help themselves and others keep safe whilst at the same time having fun.

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What to Do If A Child Reports Possible Abuse, Bullying, Harassment, or Anything Else That Bothers Them: 7 Steps From Kidpower

Written by Irene van der Zande, Kidpower Founder and Executive Director

We often get asked by caring adults, "What do I do if a child comes to me for help?" These seven steps will help you be effective at helping children if they come to you with a problem.

- 1 Listen with compassion. Take a big breath and act very calm. If you seem to be upset, the child will be less likely to tell you what the problem is and might even deny there is a problem. Even if a problem seems small to you, avoid the temptation to discount the child's concern or to lecture.
- 2 Provide reassurance. Say in a calm, matter-of-fact, warm voice, "Thank you for telling me. Everyone deserves to be safe, and I will figure out what to do to get help." Reassure the child that telling you was the right thing to do — that he or she made a positive choice.
- 3 Ask a few general questions to figure out the nature of the problem. For example you might ask the names of individuals involved or "What happened?" or "How did this happen to you?" Do not interview the child as this must be done by a trained interviewer.
- 4 Be honest and don't keep problems a secret. If the child asks you to keep a secret, explain that you can't keep this kind of problem a secret. However, you can say that you will help in any way you can and respect their privacy as much as possible.
- 5 Put things in writing. Write down right away exactly what the child told you as specifically as you can with the dates and any documenting information you might have.
- 6 Protect the child from retaliation. Children often don't speak up about problems because they are afraid of someone harming them or their families if they do. Think about who might be upset because the child has told you, including friends or other family members, and make a plan to keep everyone safe.
- 7 Make sure that other responsible adults know what happened. If a child is worried about a problem that is an issue you can and should address, do so but also let other responsible adults know, such as the child's parents, your supervisor, and other adults working with the child. For any suspected abuse, violent acts involving threats or physical aggression, sexual harassment, or bullying that cannot be quickly resolved, report what happened to your organisational authorities immediately. Follow-up to make sure action is taken and that the child is protected from retaliation. If the child may be in immediate danger, call 1-1-1 and keep the child with you. Report to authorities within your organisation according to your protocols, keep following-up to make sure that the child is getting help.

