

"I think it was a defining point in my life. It taught me any personal safety fears I had were in my control and I have walked tall and purposefully ever since"

Fullpower participant,
13 years after the programme

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Courses Coming Up

Book Now !
call 0800 543 769

March
Southland
Christchurch

May
Wellington
Westcoast

June, July, August, Sept
Auckland

If you would like workshops in your region or are interested in talking with us about a workshop for your organisation please call us on 0800 543 769.

You can follow us on facebook:

<http://www.facebook.com/pages/Kidpower-Teenpower-Fullpower-Trust-NZ/177185055706040>

For more information on our services or about creating your own workshop, email us newzealand@kidpower.org

Have a Safe and Happy Holiday Season

Here are Kidpower New Zealand's **top ten, easy tips** to help make this Christmas and holiday period **happy and enjoyable** for everyone.

1. Keep it simple – things don't have to be complicated to still be a celebration – the images in magazines have taken a whole team of professionals to create. Your celebration can look very different AND leave a long lasting **happy** memory.
2. **Ask ahead** what the people in your family like about Christmas – it could be they prefer a picnic at the beach to a fancy sit down meal, or may be they'd prefer to go somewhere together instead of buying each other expensive presents? Find out what people, food and presents they'd like ahead of time and do what you want to do – not what you feel you have to do.
3. Less is usually more - try not to fit too much into a short period of time – you are better off doing a few things well than scrambling madly round trying to please everyone.
4. Make sure you have a selection of tasty non alcoholic drinks and a safe, legal driver – so many problems are fuelled into violence by alcohol.
5. Make a safety plan before Christmas day if you know your family and friends are prone to get into arguments. Find a safe place for the kids to go should violence erupt, be aware of triggers that set people off and commit to getting away before things turn ugly,
6. If you have invited people who have fought in the past, make sure they know the ground rules about visiting your place – tell them ahead of time that they are very welcome to come along to your party but if they feel they are getting wound up that you expect them to leave before things get out of hand.
7. Have safety plans for trips out. If you are going somewhere new tell everyone as much as you can about that place and what hazards there are – Water? Strangers? Getting lost? Tell them what they should do to help themselves.
8. Children and adults need time out – make sure you plan for some quiet time as well as busy periods.
9. New toys will be very attractive to guests – if you have new, precious presents, hide them away before guests arrive.
10. Christmas is about giving – be generous - give yourself the gift of being clear about boundaries, so that no-one misses out on a good time.



Pohutukawa - NZ Christmas Tree

Kind regards, *Your Kidpower Team*

Crime Prevention Community : <http://www.thecpc.org.nz/groups>

We have recently signed up to the Crime Prevention Community website, an online community committed to bringing together, business, community groups and kiwis to make our communities safer. We would really appreciate it if you could click on the link above, follow the Kidpower logo and 'thank' us!! Once we get enough 'thank you's' we can ask for funding.



MANY THANKS to our new sponsors, donors and volunteers this month especially **Nelson Bays Public Health & Youth Worker Training Scheme** who helped make our recent Instructor training so successful. Our instructors now have new and updated skills and resources that are being used in our workshops—come along to a course for a refresher if you have not been for a while.

Continued thanks to Electrolysis Anne Michelle Mattsen, John Murphy & Associates Ltd, Ministry of Justice, Ministry of Social Development, Adult Community Education, Lottery Grants Board, The Canterbury Community Trust, Cathay Pacific, Community Organisation Grants

Scheme, BA Lewis and Clyde Graham Trusts, The Youth Worker Training Scheme, John Ilott Trust, Community Post, Sargood Bequest, NZ Community Trust, Pub Charity, Lion Foundation, Mainland Foundation, Pelorus Trust, Radio Nelson, The Radio Works, Fifeshire93FM, Fresh 99.4 and 95.4 FM, Manukau City Council, Auckland Council, Papakura District Council, McKee Trust, JR McKenzie Trust, Nelson City Council, Tasman District Council, Network Tasman Trust and Jack & Majorie Ferrier Trust.

Thanks to their generosity and support, thousands of people of all ages, abilities, and walks of life have become safer and more confident through having access to our training.

We would also like to acknowledge the amount of work that Simon Gilmour, Signetix and Paul Devine have donated towards the successful implementation of Healthy Relationship Online resources

Can You help????

The annual Sarau Festival is on January the 29th 2012. Kidpower will be helping by providing family safety tips including what to do if you get separated from your family. We will also be marshalling the bike course to raise funds for Kidpower—let us know if you are able to help—the more people that help the more money we can apply for from the event organisers!! Come along and support this great day out in Upper Moutere. www.saraufestival.co.nz

Any donation, large or small helps us uphold our commitment to not turn anyone away for lack of money

If you would like to support Kidpower financially, here are some examples of what your donation can do:

- \$10 covers the cost of a Kidpower Comic Book
- \$50 covers the cost of a child attending a holiday programme.
- \$200 covers the cost of a Teenpower one-hour Safety with Peers workshop with up to 30 students.
- \$500 contributes towards training a new instructor.

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Sign Up

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