



Evaluation of KIDPOWER’s Violence and Abuse Prevention Program for Children Ages Three to Five, their Parents, and their Caregivers

KIDPOWER•TEENPOWER•FULLPOWER International (KIDPOWER) provides people of all ages and abilities with practical skills that help them avert danger and protect themselves in violent and abusive situations. Through the skills-building process, KIDPOWER enhances self-confidence, self-esteem, and self-efficacy among participants in its workshops and trainings.

In 2002, KIDPOWER received a grant from the Lucile Packard Foundation for Children’s Health (Lucile Packard Foundation) to evaluate outcomes of its workshops and trainings for children ages three to five years, their parents, and caregivers. The primary purpose of this evaluation is to track these KIDPOWER participants—children, parents, and caregivers alike—for a three- to nine-month period with the goal of understanding whether and to what extent they retain information and put into action the skills they learned in the KIDPOWER workshops. To conduct the evaluation, KIDPOWER engaged the services of LFA (LaFrance Associates, LLC).

The evaluation tests a series of hypotheses regarding the skills and knowledge acquired, utilized, and retained by children, parents, and caregivers attending one or more KIDPOWER training targeting preschool-aged children enrolled in the Head Start program. The study is based on the data collected from 550 children. The majority, 433, participated in the Everyday Safety Training with their Head Start class. The remaining 117 participated with their parents in KIDPOWER’s Parent-Child Workshops; the study included a total of 106 parents and 25 Head Start teachers. This Executive Summary discusses the characteristics of the population served and highlights the key research findings and analysis of the 16 hypotheses and 6 outcome objectives developed by LFA with input and support from KIDPOWER. *For detailed analysis of each of the hypotheses, please see the full report.*

Characteristics of Children Participating in KIDPOWER

➔ ***KIDPOWER is successful in reaching the population of children it seeks to serve.***

Children are the primary focus of KIDPOWER’s trainings. As seen in the table at right, KIDPOWER served children between the ages of three and five years old; an equal amount of males and females; and children from diverse racial and ethnic backgrounds. The population of parents and caregivers surveyed is also diverse. Parent and caregiver demographics of race/ethnicity and primary language generally reflect those of the child population. The table to the right shows children’s data captured immediately after the trainings.

Demographic Characteristics of Children Attending KIDPOWER Trainings

Characteristics	% of Children	
n=461		
Age	Less than 3 years old	0.9%
	3 years old	26.2%
	4 years old	54.7%
	5 years old	17.8%
	Over 5 years old	0.4%
n=522		
Gender	Female	49.6%
	Male	50.4%
n=509		
Race/Ethnicity	Latina/o	74.3%
	Asian American/Pacific Islander	6.9%
	African American/Black	3.7%
	European American/White	2.8%
	Native American	1.4%
	Other	10.8%
n=518		
Primary Language	Spanish	62.2%
	English	23.9%
	Mandarin	2.3%
	Russian	2.3%
	Other	9.3%

Effects on Children

- *On average, all parents and caregivers ‘strongly agree’ or ‘agree’ that their children demonstrated the various skills to help them make safer choices with strangers and with people they know.*

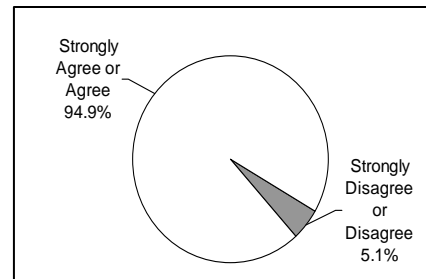
Participants rated statements about children’s demonstrated skills on a four-point scale, with 1 indicating “strongly disagree” and 4 indicating “strongly agree”. Nine in ten respondents (90.5%) report that, after the KIDPOWER training, their children demonstrated the skills to stop someone from touching them when they do not want to be touched. All other skill sets tested scored an average of 3.0 or higher on the 4-point scale. At follow-up, three to nine months after a training, over three-fourths of parents and caregivers (78.2%) report that **children retained information** about making safe choices with strangers and with people they know.

<i>Each of my children that attended the training now demonstrates ...</i>	Strongly Disagree or Disagree	Strongly Agree or Agree	Mean (4-Pt. Scale)
...the skills to stop someone from touching them when they don't want to be touched. (n=435)	9.5%	90.5%	3.10
...the skills to get help from adults (e.g. by speaking confidently and clearly, making eye contact, and/or yelling). (n=435)	11.0%	89.0%	3.07
...the skills to use their voice to set a firm and clear boundary (e.g. by saying “No,” “Stop,” or “Stop that game”). (n=435)	12.9%	87.1%	3.06
...the skills to be and act aware and confident. (n=436)	13.5%	86.5%	3.04
...the skills to stay safe around other children who are calling them names or bullying. (n=426)	14.5%	85.5%	3.02
...a better understanding of who a stranger is. (n=406)	16.2%	83.8%	3.01
...a greater awareness and understanding of choices they can make when they feel uncomfortable with strangers or with people they know. (n=414)	15.9%	84.1%	2.99

- *Parents and caregivers report that children are safer as a result of the KIDPOWER trainings.*

At follow-up, three to nine months after a training, ninety-five percent of parents and caregivers responded that their children are safer as a result of participation in the KIDPOWER training. “Safer” was interpreted by parents and caregivers to mean that their children were better able to prevent or protect themselves from harm through increased awareness and boundary setting skills.

Parent and Caregivers Report Children are Safer (n=78)

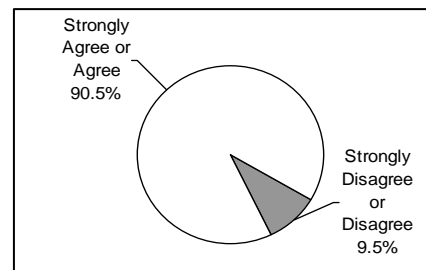


Effects on Caregivers

- *After participation in the KIDPOWER trainings, caregivers retain information that impacts how they approach safety issues with children.*

Nearly all (90.5%) of the caregivers surveyed three to nine months after attending the Everyday Safety Skills Training agree or strongly agree that the training helped them deal with personal safety issues with children. Developing the skills to provide supportive and appropriate care to young children will help caregivers foster healthy development and resilient attributes in the children with whom they work. Looking at prevention efforts from a community-wide approach, caregivers play a central role in teaching and reinforcing personal safety skills with young children.

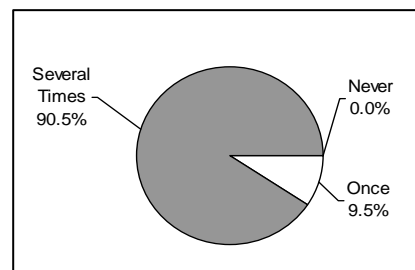
Caregivers Report KIDPOWER Helped to Deal with Personal Safety Issues with Children (n=21)



➤ **Caregivers continue to use skills and ideas learned in the KIDPOWER trainings to address situations of potential conflict, bullying, violence and/or abuse among children.**

As with using personal safety skills, 90.5% of caregivers report at follow-up, three to nine months after a training, that they use skills learned at the training to prevent or minimize acts of violence, bullying, conflict and/or abuse among children several times. As shown in the graph at right, two of the twenty-one respondents report using the skills and ideas learned at the Everyday Safety Skills Training only once to intervene in situations of potential violence or conflict amongst children in the classroom. These respondents, however, are in the minority, with most caregivers saying they use what they have learned in the KIDPOWER training with the children.

Caregivers' Level of Use of Skills and Ideas Learned in Trainings (n=21)

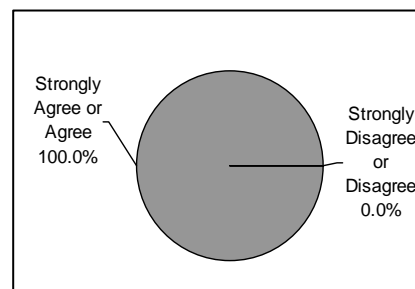


Effects on Parents

➤ **All parents surveyed (100%) three to nine months after attending the Joint Parent/Child Safety Training ‘agree’ or ‘strongly agree’ that the training helped them deal with personal safety issues with children.**

This finding is consistent with findings for caregivers three to nine months after a training: the greater parts of both groups say the trainings provided them with knowledge on how to handle issues of safety with young children.

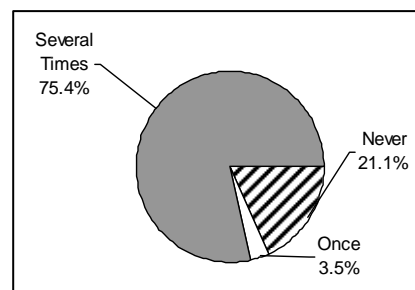
Parents Report KIDPOWER Helped to Deal with Personal Safety Issues with Children (n=57)



➤ **Three to nine months following the training, three-fourths of parents said they used the skills and ideas they learned at the training ‘several times.’**

About one-fifth (21.1%) of the parents said they “never” used the skills or ideas and a much smaller percent (3.5%) said they had used them once. The high percentage of parents who say they are using the safety skills with their children in the months following the training is promising, since research has found that children are more likely to learn and retain skills if they practice them. Research suggests that children of all ages can successfully make use of prevention skills if they are taught concrete concepts in a clear, developmentally appropriate way and are given adequate time for learning and follow-up. Implied in these findings is the necessity to having ongoing practice and use of the information and skills taught in prevention programs in order for children to retain what they have learned. For additional information, please see the full report.

Parents' Level of Use of Skills and Ideas Learned in Trainings (n=57)



Outcome Objectives

The objectives for children are based on those included by KIDPOWER in the grant agreement with the Lucile Packard Foundation with one modification: Instead of addressing only a 3-month follow-up only time period, the objectives focus on a three-to-nine-month follow-up period. This longer time frame allowed for logistics in terms of reaching people and was in keeping with the intent of the grant to see whether children would retain these skills over time. The longer time period also offers greater confidence in the findings related to the retention skills and information.

➤ **Participants retained the KIDPOWER information, lessons, and skills for the entire follow-up period with no statistically significant reduction in retention between the shortest follow-up period (three months) and the longest (nine months).** Please see table below.

Outcome Objective	Finding	Objective Met?
1. At the end of Everyday Safety Sills Trainings and Joint Parent/Child Safety Trainings, 92% of participating children will demonstrate an observable increase in their understanding and application of self-esteem and self-protection skills.	86.6%	
2. At the end of a three-month follow-up period, 90% of children participating in Everyday Safety Sills Trainings and Joint Parent/Child Safety Trainings will demonstrate an observable increase in their understanding and application of self-esteem and self-protection skills.	82.6%	
3. At the end of Everyday Safety Skills Trainings, 75% of participating caregivers will have increased knowledge and skills related to approaching violence and abuse issues with children from a youth development and empowerment perspective.	96.0%	✓
4. At the end of a three-month follow-up period, 50% of caregivers participating in Everyday Safety Skills Trainings will have retained knowledge and skills related to approaching violence and abuse issues with children from a youth development and empowerment perspective.	90.5%	✓
5. At the end of Joint Parent/Child Safety Trainings, 75% of participating parents will have increased knowledge and skills related to approaching violence and abuse issues with their children from a youth development and empowerment perspective	93.4%	✓
6. At the end of a three-month follow-up period, 50% of parents participating in Joint Parent/Child Safety Trainings will have retained knowledge and skills related to approaching violence and abuse issues with their children from a youth development and empowerment perspective.	100.0%	✓

These evaluation findings show that KIDPOWER exceeded four of the six objectives stated above. Objective 1 was exceeded for the five-year-olds but somewhat lower for the three- and four-year-olds as is to be expected of their developmental capabilities. However, even the findings for the two objectives that were not fully met are also very positive and give further evidence of KIDPOWER’s efficacy in training young children, parents, and caregivers safety and violence protection skills.

Conclusion

- **All hypothesis testing results are positive, and all but two outcome objectives were met or exceeded.** Considering that the objectives were set extremely high and that the Head Start classrooms provided a challenging setting for conducting workshops, these results speak well for the effectiveness of the KIDPOWER approach.
- **KIDPOWER trainings effectively increase safety awareness and provide skills both children and adults participants can use in their everyday lives.** Given that a primary objective of KIDPOWER trainings is to increase the overall safety of preschool-aged children, it is highly significant that nearly all parents and caregivers report that children learn, retain, and continue to demonstrate safety awareness skills during the three to nine month follow-up period.
- **Beyond just targeting children, KIDPOWER’s methodology provides parents and caregivers with knowledge and tools to help them better intervene in situations and deal with personal safety issues.** The positive findings in this report indicate that KIDPOWER is playing a significant role in educating adults about the role they play in kids’ lives and supporting their ability to keep children safe. The practice of providing parents with information and skills coupled with providing children with developmentally appropriate concepts and exercises best ensures that KIDPOWER’s impact lasts far beyond the classroom – hopefully for a lifetime.

