



People Safety Skills For All: Confidence, Assertiveness, Self-protection



Why Is This Important ? Why Kidpower ?

We all face a risk of being the target of violence or abuse, whether physical or emotional. And that risk is higher for children, teens, women and people with disabilities.

To counter the feeling of fear and helplessness that this threat brings, people need to learn practical simple skills allowing them to take charge of their own safety and able to counter these issues.

Kidpower's programs and services can help people of all ages and abilities learn how to protect themselves from most forms of bullying, harassment, assault, abuse and abduction.



Our Programs are...

- *Practical, hands-on, effective, up-beat.*
- *Safe, both emotionally and physically.*
- *Adapted to suit all our participants' ages, needs, limitations and abilities.*



kidpower™ & teenpower™

People Safety & Successful Communication Programs



Parent-Child Workshops
Week-End Family Workshops
Workshops For Teens
Daycare, School and After-school Programs
Workshops For Parents and Caring Adults

Fun, hands-on programs adapted to the ages and lives of participants, like:

- **Ages 5-8:** Learning safety skills without raising fear.
- **Ages 9-12:** Balancing safety and increasing independence in pre-teens.
- **Ages 13-17:** Learning how to make safe choices, manage a variety of risky situations and assert oneself with peers and friends.
- **Parent-Child:** Develop a common family language and shared experiences around safety skills and support further learning of *Everyday Safety Skills* at home, and when available, *Emergency Safety* (self-defense).
- **Parents :** Learning how to use the primordial influence of parents and caring adults to help children learn how to be safe with other people.



“Kidpower provides extremely valuable tools that empower children and significantly reduce their risk of being victimized. In today’s times, every child should have the opportunity to take this wonderful program.”

Naima Boumedine
Daycare Director

“I believe Kidpower has an outstanding track-record for teaching effective safety skills without raising fear in children. I am happy to give a strong endorsement.”

Terry Medina, Police Captain

Trainings For Professionals

Trainings for teachers, educators, social workers and other health, education and social service professionals to help them integrate the Kidpower™ method and *Everyday Safety Skills* in their daily work with children, teens, adults, seniors or people with special needs.



fullpower™ & Adapted Programs For Adults

“For survivors, Fullpower programs offer a way to take back their power on a physical level. For all of us, they offer a way to free ourselves from fear.”

Ellen Bass,
Co-Author of *The Courage to Heal* and *Free Your Mind* and Founding Board President of Kidpower Int'l

Fullpower and Workpower Programs:

Workshops available in a variety of formats and themes, tailored to the needs of each group.

Seniorpower Program: Offers adapted workshops to the changing needs and abilities of seniors.

Specialpower Programs: These tailored workshops are for people living with life challenges such as a handicap, developmental delay, mental health challenge, homelessness, history of abuse, ...

Any of these programs provide tailored workshops for adults, regardless of their age, life history or abilities whether physical, psychological or intellectual. Our goal: to increase the confidence and the capabilities people already have; to help them better advocate for themselves and their loved ones and defend their right to emotional and physical integrity; to learn how to develop safe relationships and successful communication, free of harassment or fear.

Our workshops are open to females and males of all ages, in single or mixed gender groups. All programs include *Everyday Safety Skills* and several also cover *Emergency Safety Skills* (self-defense).

“Your programs are effective and well adapted; they can play an important role in the safety of people with developmental delays. They offer them the opportunity to become better aware of their ability to take charge of their safety and their value as a human being: that’s a precious gift.”

Diane Milliard, Director Institut québécois de la déficience intellectuelle



No matter what our age or ability, we can learn to ...

- Act with awareness, calm and confidence
- Recognize and manage our emotional triggers
- Set appropriate boundaries with people we know
- Adopt strategies that increase safety and confidence when dealing with strangers or when out on our own
- Use our voices and body language to get out of most threatening situations.
- Protect ourselves from hurtful words, insults, name-calling or verbal attack
- Act responsibly while respecting others
- Use conflict resolution skills to de-escalate a confrontation
- Communicate successfully what we want and don't want
- Make safe choices
- Deal effectively with bullying and harassment
- Say 'No' to peer pressure and friends
- Counter threats, emotional coercion and bribes
- Persist in getting the help we need, including in public places or from people in authority
- As a last resort, use simple effective physical self-defense, in an appropriate way

Our Background

Plains Pouvoirs KIDPOWER Montreal is a registered Canadian charity with a social and educational mission. Kidpower started in Montreal in 1996 and is the Quebec Center of Kidpower Teenpower Fullpower International™, which was founded in 1989.

Kidpower has more than 30 centers in 14 countries across 5 continents and has trained over 1.2 million people worldwide. More than 37 000 of those people have been trained in Quebec. Kidpower Montreal provides services in all programs mainly in the Greater Montreal area and on demand in other areas.

Our participants tell us that the skills they learned have been very useful in their daily lives and that they have contributed in dramatically increasing their quality of life. Many report having used their safety skills to successfully protect themselves in real life assaults.

"I am a therapist who took your four-hour workshop with my 16-year-old daughter after a serial rapist started stalking our neighborhood. We left feeling sure that we had the skills to defuse most situations as well as to fight off an attacker if necessary. I never knew my daughter and I had so much strength!"

"I lost my sight suddenly two years ago. Taking your workshop gave me back my belief in my own power. This is the first time since I became blind that I feel really good."

"After participating in your Middle School Program, my son went from being terrified about starting high school to being excited."

"My teenage son said he learned that it can take more courage to not fight than to fight."

Help Us Help Others!

Our goal is for everyone to have the opportunity to benefit from our programs and publications, especially those most in need. Our break-even fees cover the cost of putting on a program or publication. Thanks to community support from people like you, **we never turn anyone away for lack of money.** There are many ways you can help including:

- Tell a friend about Kidpower.
- Give a class as a present.
- Organize a workshop yourself.
- Become a volunteer with us.
- Support us via your workplace giving campaign.
- Make a tax-deductible donation (Charity No: 14155 2083 RR0001)

What Makes Us Different

- An up-beat, experiential learning environment that is both emotionally and physically safe.
- A wide range of *Everyday Safety*, assertiveness and communication strategies for dealing with verbal, psychological and/or physical situations.
- Hands-on individually tailored practices through age and life-situation appropriate exercises, games, stories and role-plays.
- *Emergency Safety Skills* that include full force self-defense practiced safely with a head-to-toe padded instructor.
- A highly trained teaching staff.
- Years of experience in adapting our programs to fit people's specific needs.
- **NO ONE** turned away for lack of money.

"I thought my 6-year-old son would be scared. Instead, he kept saying, "This is so FUN!"

"The second grade teacher said that our daughter suddenly became able to set boundaries with her friends in a very sweet way."

"I know the parents in our daycare will continue the strategies you presented with their children. Who knows? Through this one morning of work, you may have saved a life."

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Free Electronic Newsletter

Receive a French copy of « La Bulle » every 3 months or register to the International weekly Newsletter: safety tips and info on our activities.

OUR COMMITMENT: To provide high quality professional training which is emotionally and physically safe for people of any age, culture, religion, race, gender, political belief, sexual orientation, marital status, physical or mental disability, or income. We welcome people who can join us in upholding this commitment.