

Teaching personal safety in early childhood: Tools for preventing abuse

Dr. Amy Tiemann
Child Safety Expert,
Best-selling Author, and
Producer



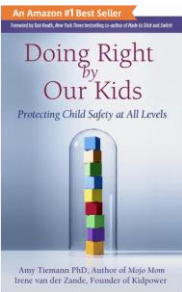
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Kidpower International
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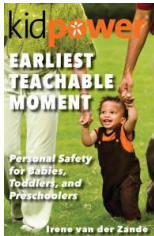
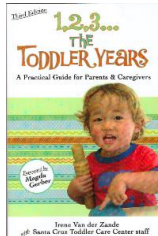


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Irene van der Zande Kidpower International Founder and Executive Director

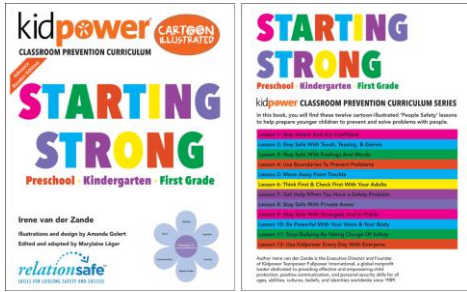


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Starting Strong Lessons Book and Teacher's Guide Available February 15, 2019



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Protecting child safety at all levels



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Adverse Childhood Experiences Study



The ACEs Study is one of the largest scientific research studies of its kind, with over 17,000 mostly middle income Americans participating from 1995 to 1997. The focus was to analyze the relationship between childhood trauma and the risk for physical and mental illness in adulthood.

Over the course of a decade, the results demonstrated a strong, graded relationship between the level of traumatic stress in childhood and poor physical, mental and behavioral outcomes later in life. Participants in the original study continue to be tracked by the researchers.

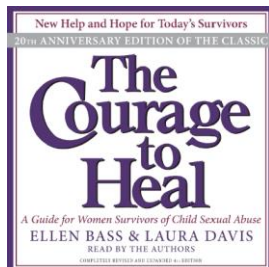
The ACEs Study is an ongoing collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente.

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● ● ● Kidpower's Core Principle – Put Safety First

The safety and well being of a child are more important than ANYONE'S embarrassment, inconvenience, or offense.

Ellen Bass, Founding Board President and Co-Author of *The Courage to Heal*



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● ● ● Put Safety Over Embarrassment

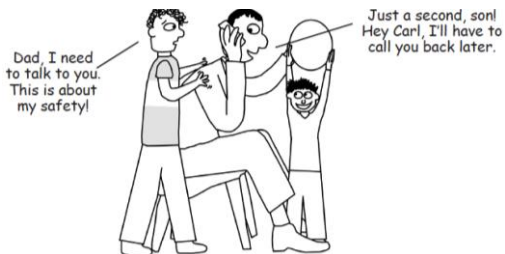


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● ● ● Put Safety Over Inconvenience



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● ● ● Put Safety Over Offense



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● ● ● Use your awareness: Keep your radar on

“I just felt something.”

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● ● ● Take Effective Action:
Adult Leadership to Keep Kids Safe

Protection • Intervention • Advocacy

- Know what you stand for
- Split your attention to avoid tunnel vision
- Intervene to stop unsafe behavior
- Advocate with other adults to create a safe and respectful climate
- Coach use of skills in daily activities
- Get help instead of going it alone



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● ● ● **Avoid the Illusion of Safety**
Don't automatically assume that someone is worthy of trust!

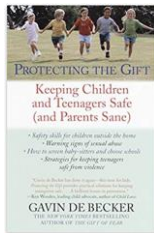
- Sexual predators usually start by cultivating a relationship of trust with parents, schools, or organizations before trying to get a child alone.
- They act generous, charismatic, and fun to be with.
- They often start by “grooming” a child by pushing boundaries in subtle ways before doing anything overtly sexual.
- Pay attention to attention.

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● ● ● **Power of the Situation**



Privacy and Control increases risk

Gavin deBecker, NY Times Bestselling Author,
International Security Expert, and Kidpower Advisor

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● ● ● **Keys to Teaching Safety to Young Children - The Kidpower Method**



- Fun, not fear
- Empower, don't scare
- Be specific and keep it simple
- Be consistent – Full Circle Safety
- Keep it emotionally safe – **Teach Stranger Safety**, NOT Stranger Danger; **Teach Boundaries**, NOT Good Touch/Bad Touch
- Don't just show and tell – PRACTICE!

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● ● ● Kidpower's Positive Practice Method



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● ● ● Stay Aware And Act Confident

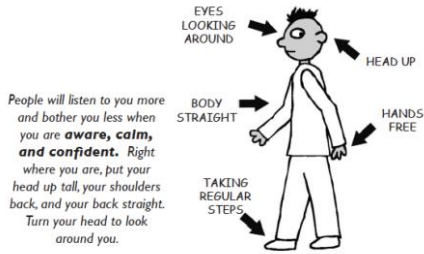


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● ● ● Be and Act Aware, Calm, and Confident



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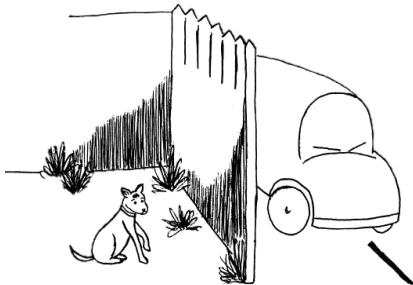
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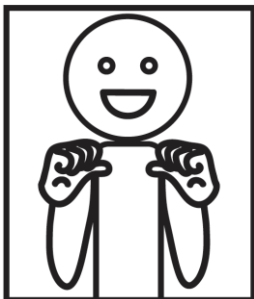
● ● ● What are boundaries?



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Kidpower Boundary Rules -
1. We each belong to ourselves.



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Kidpower Boundary Rules -
2. Some things are not a choice.



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Health and safety are not a choice

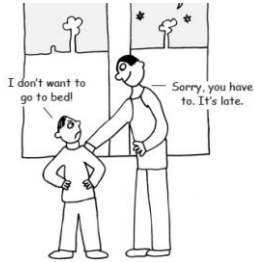


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● ● ● **Going to bed is not a choice**



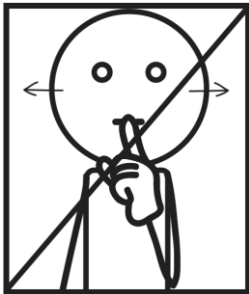
Going to bed is not a choice.

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● ● ● **Kidpower Boundary Rules - 3. Problems should not be secrets.**



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● ● ● **Kidpower Boundary Rules - 4. Keep telling until you get help.**

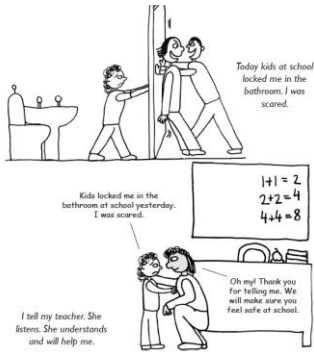


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● ● ● Keep telling to get help

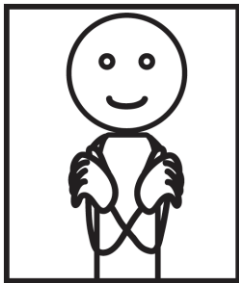


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● ● ● Kidpower Consent Checklist:
1. Touch or play for fun or affection should be SAFE



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● ● ● Kidpower Consent Checklist:
2. Touch or play for fun or affection should be the CHOICE of each person

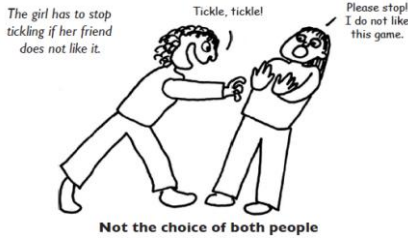


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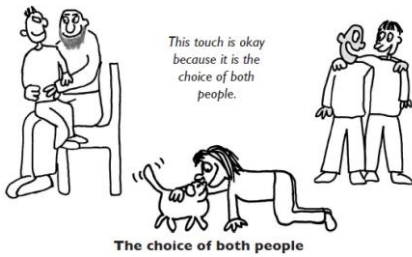
● ● ● If you do not want someone to touch you, tell them with a strong, clear voice



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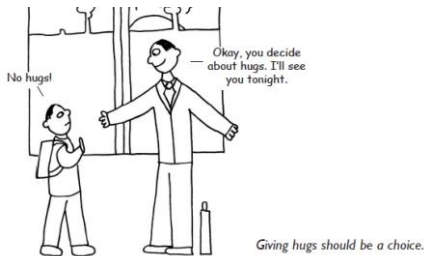
● ● ● Touch or games for play, teasing, or affection should be a choice



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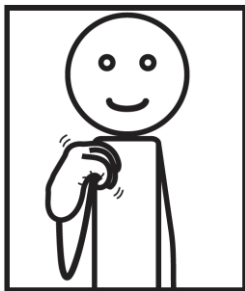
● ● ● Touch to show affection should be a choice



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- ● ● Kidpower Consent Checklist:
3. Touch or play for fun or affection should be **ALLOWED** by the adults in charge



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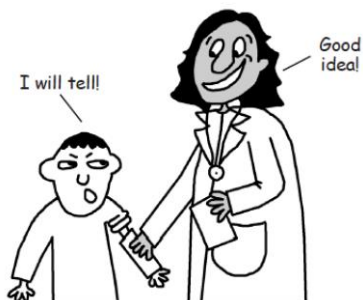
- ● ● Kidpower Consent Checklist:
4. Touch or play for fun or affection should be **NOT A SECRET**, so others can know.



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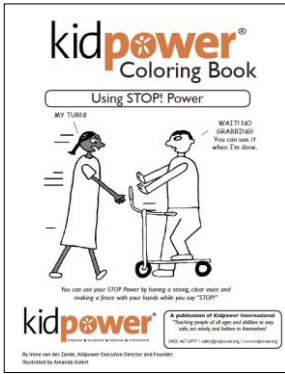
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- ● ● Any kind of touch should not be secret.



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● ● ● Hands Down Power



*Next time a kid is mean, I breathe and remember to use my **Hands Down Power**. I can feel like hitting but stop myself.*

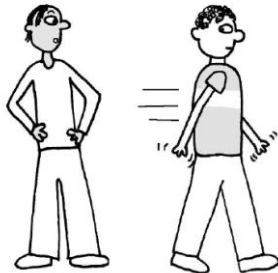
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● ● ● Walk Away Power

*I can use my **Walk Away Power** to stay safe. I do not have to stay next to someone who is acting mean.*



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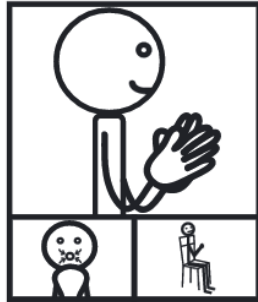
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● ● ● Calm Down Power

Calm Down Power

Press your palms together, straighten your back, breathe deeply and slowly, and feel your feet to signal calming down to be safe.

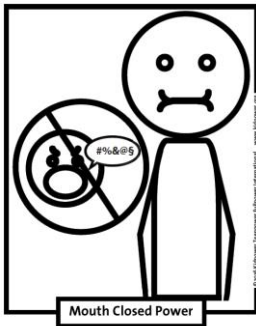


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● ● ● Mouth Closed Power



Mouth Closed Power

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● ● ● Hands and Feet Down Power



Hands and Feet Down Power

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The Kidpower Trashcan

You can imagine catching hurting words instead of taking them into your heart.

GO AWAY, STUPID!

I am SMART!

Put your hand on your hip. Imagine the hole it makes is your Kidpower Trash Can. Catch the hurting words, push them through your Trash Can, and say something good to yourself.

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Trash Can Power

Trash Can Power
 Put a hand on your hip and pretend the hole it makes is your personal trash can. Use your other hand to catch hurting words and throw them away.



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● ● ● Taking in compliments

Compliments are nice words. They do not belong in the trash can. We can take compliments into our hearts and say, "Thank you!"



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● ● ● Heart Power



Heart Power

Reach forward and then press your hands into your chest to signal scooping kind words into your heart, protecting your heart, and using your heart to be kind to others.

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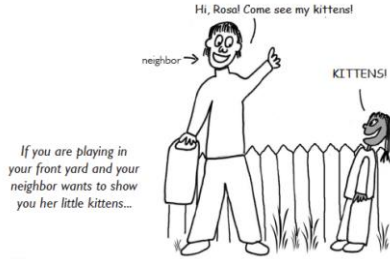
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● ● ● **Checking First**

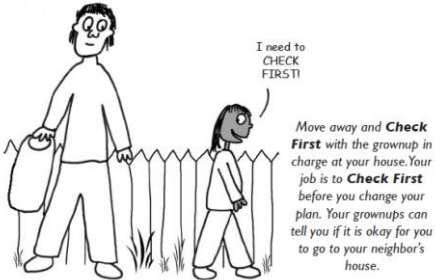


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● ● ● **Move Away and Check First Before You Change Your Plan**

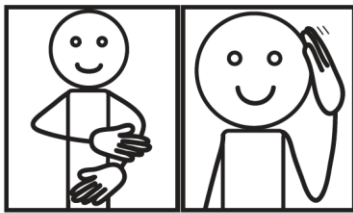


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● ● ● **Check First and Think First Power**



Check First Power
Clasp your forearm with your other hand to signal checking first with the adults who care about you before you change your plan.

Think First Power
Pat your head gently to signal thinking first about what to do when the unexpected happens or someone is acting unsafely.

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● ● ● Yell "NO!"

Your voice can keep you safe. If someone scares you, yell "NO!" and run to get help.



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Where is Safety?

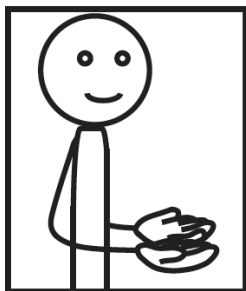


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Get Help Power



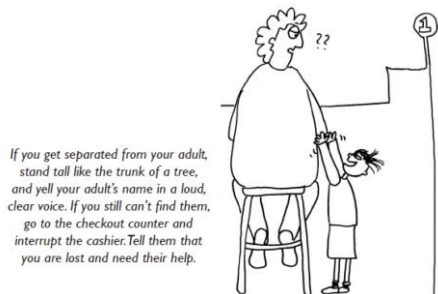
**Get Help Power
(Find safety)**
Put your hands out in front of you with your palms facing up to signal going to Safety and reaching out to someone in order to Get Help.

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Make a Safety Plan

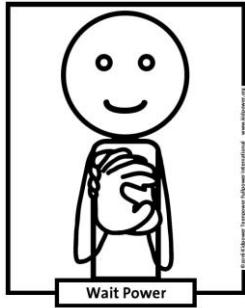


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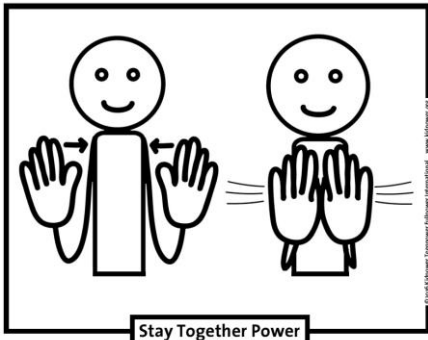
● ● ● Wait Power



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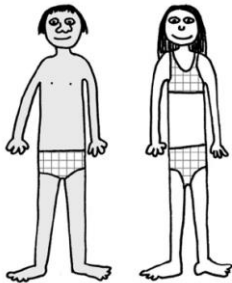
● ● ● Stay Together Power



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● ● ● Safety rules about private areas



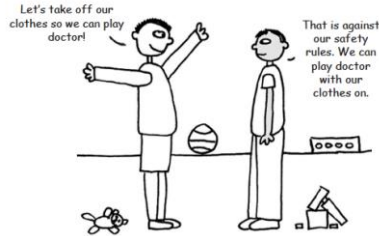
Private areas are the parts of your body that are covered by a bathing suit.

For play or teasing, other people should not touch your private areas. They should not ask you to touch their private areas either.

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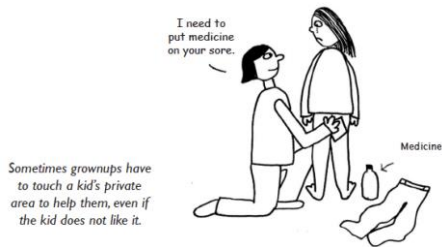
● ● ● Safety rules about private areas



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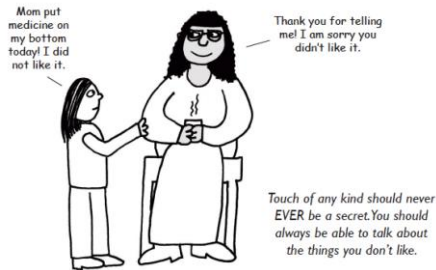
● ● ● Touch for health and safety is not a choice



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● ● ● Touch should NEVER have to be a secret



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● ● ● The Kidpower Protection Promise



“YOU are VERY important to me. If you have a Safety Problem, I want to know – even if I seem too busy, even if someone we care about will be upset, even if it is embarrassing, even if you promised not to tell, and even if you made a mistake.

Please tell me, and I will do everything in my power to

help you.

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● ● ● Key Kidpower Skills to Stop Abuse

Kids need to learn and be able to safely practice how to:

- Recognize safe and unsafe behavior.
- Set boundaries in a powerful and respectful way to stop inappropriate or unsafe behavior.
- Leave a potentially dangerous situation.
- Protect themselves from hurtful words and behaviors.
- Resist emotional coercion and social pressure.
- Be persistent in getting attention of busy, distracted adults in order to get help.
- Defend themselves from an assault.

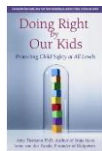
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- Our books and cartoon-illustrated **curriculum**
- Long-distance **consulting**
- In-person **workshops**

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