
Is the *Kidpower Safety for Kids with Their Adults* Workshop the Right Fit for My Family?

Adults say they appreciate reading this before making the decision to take a *Kidpower Safety Workshop for Kids with Their Adults*. This is to help you decide if this is the right fit for your family – and to help you feel prepared to get the most out of the class if you decide to enroll. Kidpower Program Coordinator Ellen Frankel will be happy to answer any questions! You can contact Ellen at ellen@kidpower.org or on her cell at (510)682-6928.

Kidpower Focuses on Solutions, Not on Problems. Just like a good swim teacher focuses on having fun practicing swimming skills – not on talking about drowning! – Kidpower focuses on having fun practicing safety skills – not on talking about danger. The *Kidpower Safety Workshop for Kids with Their Adults* is designed to help kids learn skills to be safe with people in ways that are upbeat, active, effective – and fun, not scary.

Adults are Family Safety Leaders. This is not a class ‘for kids’ – it’s a class for families! Adults are the Safety Leaders for their own family every day. So, they are the most important learners in a *Kidpower Safety Workshop for Kids with Their Adults*. The best way to support the safety of kids is to support their adults in feeling skilled and confident as Safety Leaders. So, you are very important students!

Q: “Will my child be able to tell me everything she learned after the class?”

Often – not always. Kids are different. Some seem quiet in the class and then talk about all the skills in detail when they leave. Some kids want to talk about other things. It’s also normal for people of any age to dislike being quizzed about their learning.

Q: Will I be able to assess what my family learned?

Yes - eventually. First, you can assess your own skills. Did you learn ways to practice safety skills with kids in a way that’s positive, not scary? Did you learn to adapt for different ages and life situations? Also, watch your kids and listen to what they say. Many adults say that kids who said they learned nothing, said they were bored, watched shyly, or complained during class actually started using many of the skills!

Kids are Family Safety Team Members. We believe that keeping kids safe is a grown-up job. It’s also a grown-up job to support kids in learning skills for taking charge of their own safety in age-appropriate ways. At the same time, kids are important members in your Family Safety Team. By Checking First, Speaking Up, and following Stranger Safety Rules even very young kids can take positive, powerful action to be safe.

The Family Safety Team Learns Together. Kids and adults learn *together* in upbeat activities practicing powerful solutions to problems familiar to kids. For example, even very young kids know about problems like sand-throwing and pushing in line. Examples are adapted to be age-appropriate and relevant. We support families in building skills and confidence together without using fear as a motivator. As long as adults are calm and open to having fun, most families with kids already feeling fearful tell us their kids feel less scared and more confident after the class.

We Appreciate Differences – and Plan for Them! Kids are all different, and we value them all. At the same time, we recognize that not all kids learn best in this kind of group situation. The *Kidpower Safety Workshop for Kids with Their Adults* is most likely to be a good fit for families with kids who are comfortable learning in a group with other kids, sitting 5-10 minutes at a time, taking turns with other kids, listening to a story like they might at a library story hour, and following instructions from a teacher. If your child is not currently comfortable doing these things, the class might feel frustrating for your family – and that won't strengthen your teamwork or your safety! Our website (www.kidpower.org) is full of free articles and low-cost resources you can use to build skills in ways that work for you, and we will be happy to answer any questions you have.

Q: Will my kids be bored? Will some parts be 'over their head' or 'too young'?

Maybe – people are all different! We work to make the class active and engaging, and most kids say Kidpower is a lot of fun. Many say that they like seeing different examples for older and younger kids. Each example is a learning opportunity, and none of our examples use fear as a motivator or introduce scary outcomes.

Q: Will every example be relevant for my 6-year-old and my 11-year-old?

Maybe. Every example will be relevant for the adults, who are responsible for leading the growth of these skills on a daily basis. Examples are designed to be appropriate for all ages to see and designed to show a variety of ways skills can be adapted and used. Having kids of different ages can help support everyone's learning.

A Variety of Ages, Learning Together

Most Kidpower classes include kids of different ages. Most find this helpful, because they see a variety of People Safety situations and solutions. Some kids find those parts boring; many find them interesting and fun. Younger kids often like watching older kids show skills to be safe just like they like watching big kids do other things they don't yet do, like jumping off a high dive or playing in a music recital. Older kids benefit from seeing examples for younger kids. It helps them understand how skills are adaptable – and older kids will need to keep be adapting the skills as they grow, too!

Q: Will the Kidpower workshop introduce details about child abduction or sexual abuse?

NO. People Safety skills have many applications. The same skills for being safe with people are the same skills for strengthening communication and building healthy relationships. Kidpower uses examples already familiar to most families. Many adults mistakenly believe that they should not take a Kidpower class unless they are ready to tell children about awful things that sometimes happen. This would be like choosing not to teach children how to use seatbelt or look both ways before crossing the street until you want to discuss car accident injuries, or like choosing not to practice swimming skills unless you are ready to discuss the details of drowning. Adults already help children practice Car Safety, Fire Safety, and Water Safety every day, in a way that is matter-of-fact and often even fun, without talking about upsetting possibilities. Kidpower supports families in building People Safety skills on an everyday basis in the very same way.

**More questions? Contact
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