



is coming to CMCA in  
**FEBRUARY!**

Established in 1994, Kidpower of Colorado ([www.kidpowerCS.org](http://www.kidpowerCS.org)), a nonprofit agency, provides comprehensive safety education skills to children and their families. Kidpower's purpose is to teach young people personal safety and confidence-building skills to reduce their risk of being bothered by strangers and people they know. Our evidence-based programs are known for being *positive, practical, safe and age-appropriate*. Kidpower has taught more than 36,000 kids and adults in Colorado.

### What skills do children learn?

- Be aware and confident
- Keep a safe distance from a stranger
- Avoid getting engaged in unwanted conversation
- Use voice and body to get away from a threatening situation
- Get help from busy adults and to persist until they get the help they need
- Deal with emotional coercion and intimidation
- Set boundaries on unwanted touch or bothering behavior with people they know
- Effectively address situations with bullies

### How do we teach these skills?

- We lead age-appropriate role-plays with skill, kindness and humor
- We create opportunities to "learn by doing" while also having fun and laughing
- We focus on positive, practical solutions children can use to stop problems as quickly as possible
- We use upbeat language that is skill-based, not fear based: being "aware" not "wary" and "stranger safety" not "stranger danger"
- We include parents and caregivers every step of the way because they are a child's most important teachers with the power to reinforce the skills every day

*Kidpower is happy to answer any questions about specific program content. Please call Jan at 520-1311.*

WHO: CMCA STUDENTS, **GRADES 1-5** AND THEIR PARENTS  
*Child care **WILL NOT** be provided for younger siblings. Please bring a water bottle and small snack for you and your child.*

WHEN: WEDNESDAYS, FEBRUARY 13 & 20, 2013  
*Participants must attend both sessions*

TIME: 6:00PM – 8:00PM

WHERE: CMCA MULTIPURPOSE ROOM

COST: FREE!

QUESTIONS: Call Robin Nickel at 471-1999 ext 1

Class size is limited to 25 students. Sign up is on a first come, first served basis.  
Please return the form below by **February 8** to the Wahsatch Front Office.

### ★★★★★ REGISTRATION FORM ★★★★★

Child's name: \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_  
Child's name: \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_  
Parent or Guardian: \_\_\_\_\_ Phone \_\_\_\_\_

**I understand that at least one parent/guardian MUST accompany the child(ren) both evenings.**

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_