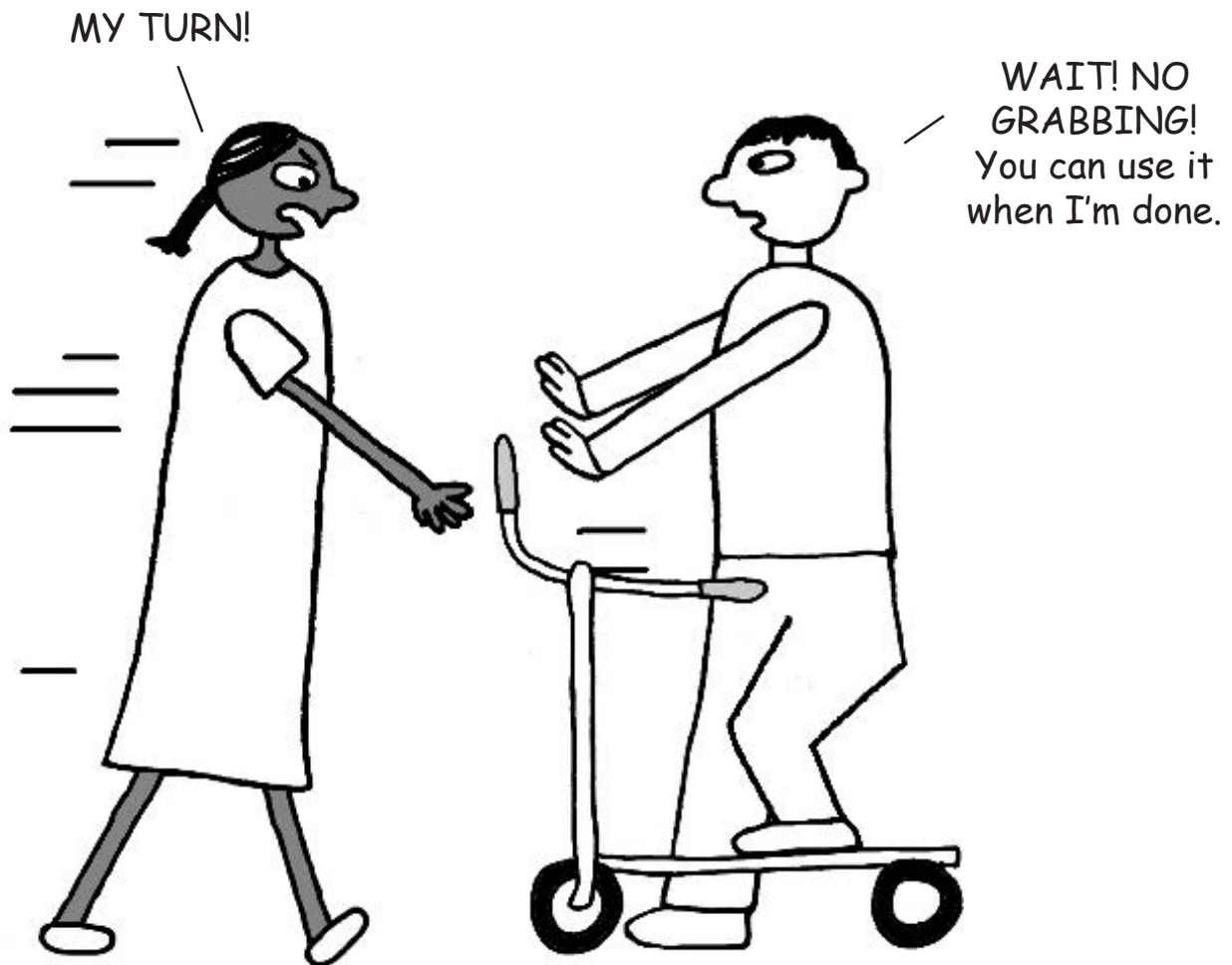


# kidpower<sup>®</sup>

## Coloring Book

### Using STOP! Power



*You can use your STOP Power by having a strong, clear voice and making a fence with your hands while you say "STOP!"*

kidpower<sup>®</sup>  
kidpower • teenpower • fullpower • international

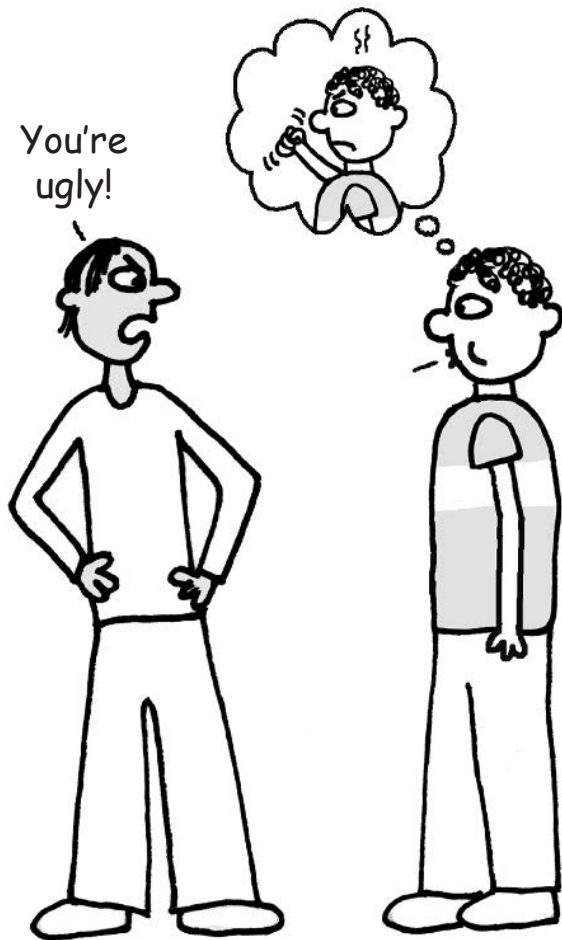
**A publication of Kidpower International**

*"Teaching people of all ages and abilities to stay safe, act wisely, and believe in themselves!"*

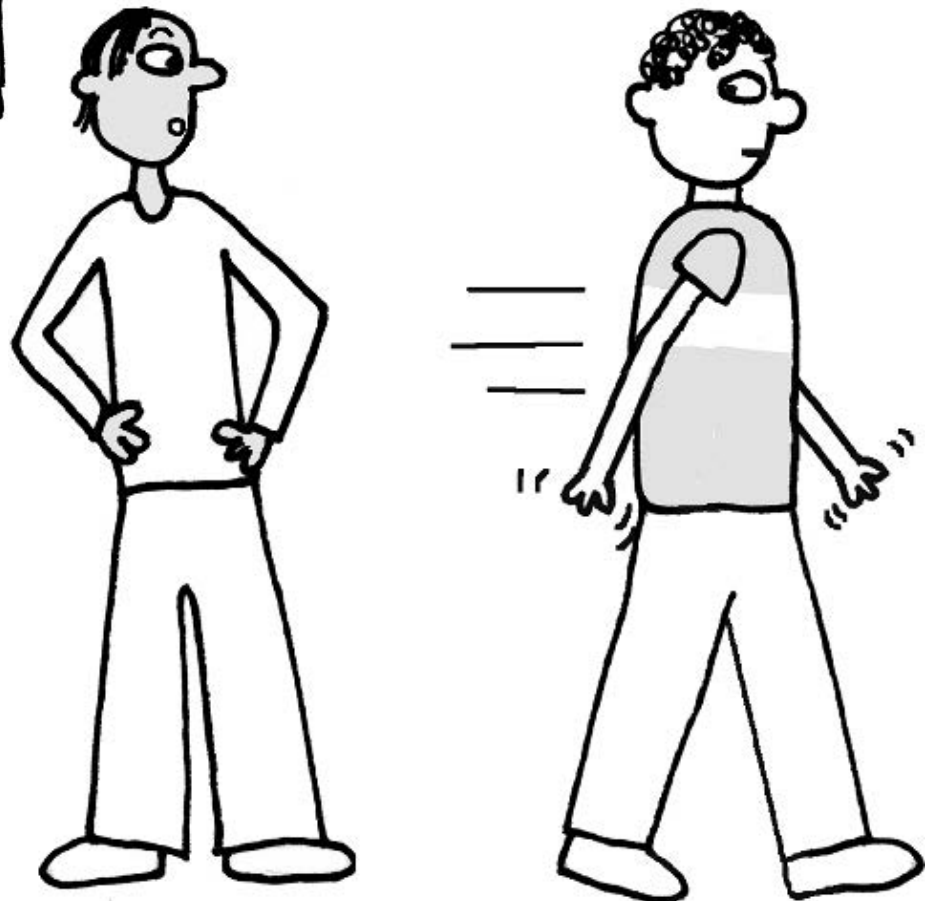
(800) 467-6997 / [safety@kidpower.org](mailto:safety@kidpower.org) / [www.kidpower.org](http://www.kidpower.org)

By Irene van der Zande, Kidpower Executive Director/Co-Founder  
Illustrated by Amanda Golert

Using **Hands Down Power** and **Walk Away Power** to prevent a fight



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



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

## The Kidpower Trash Can

*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.*

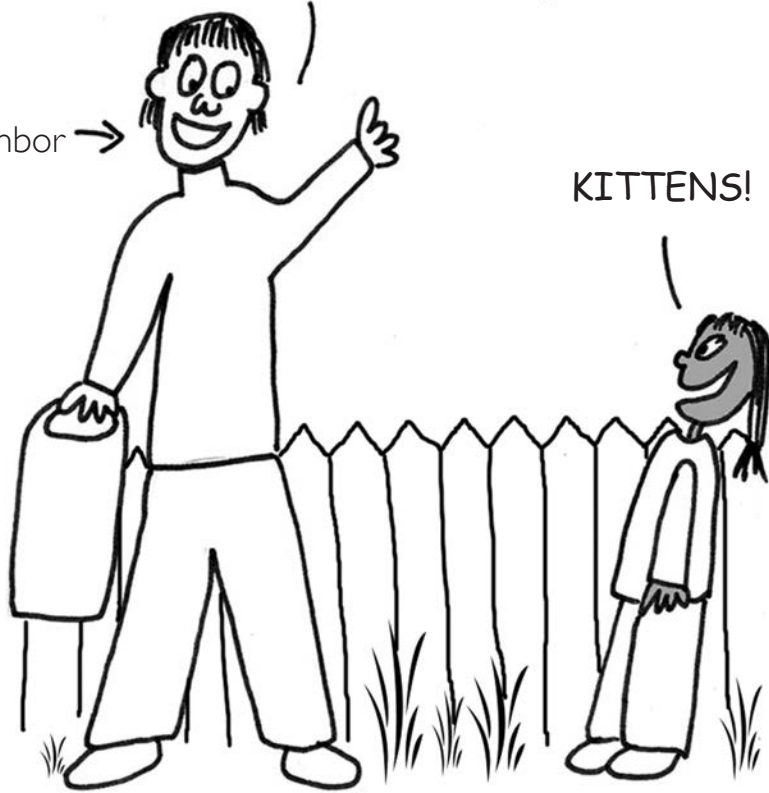
## Checking First to be safe

Hi, Rosa! Come see my kittens!

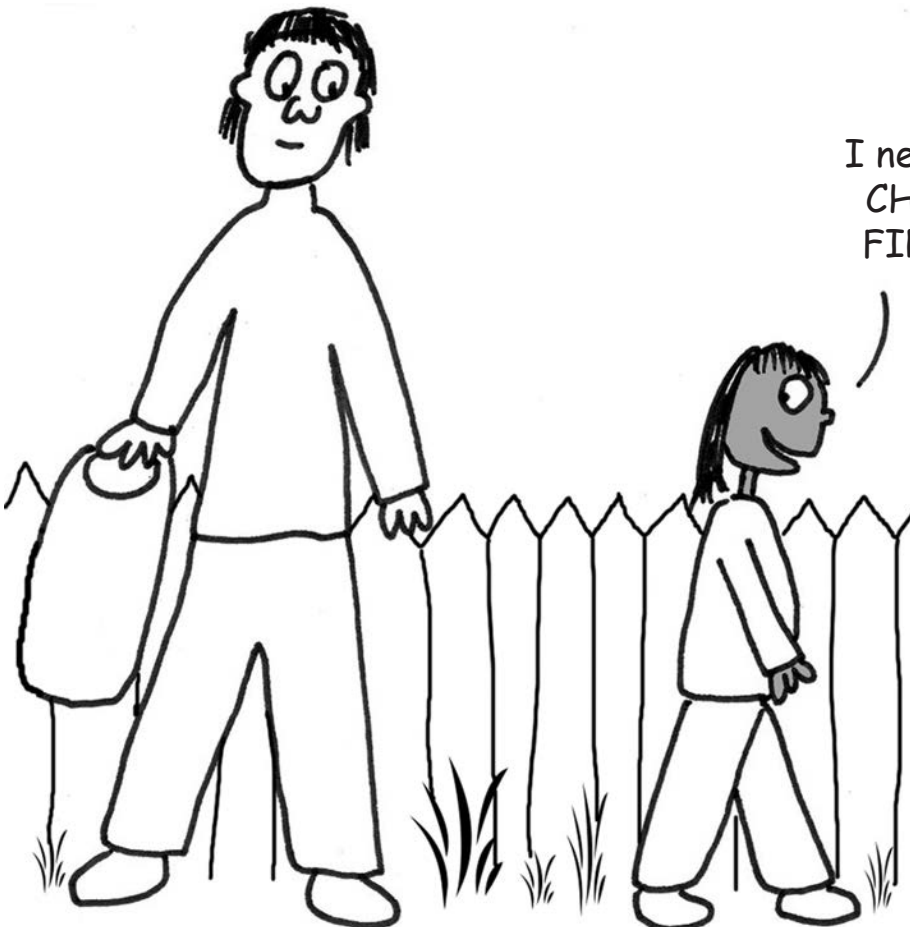
neighbor →

KITTENS!

*If you are playing in your front yard and your neighbor wants to show you her little kittens...*



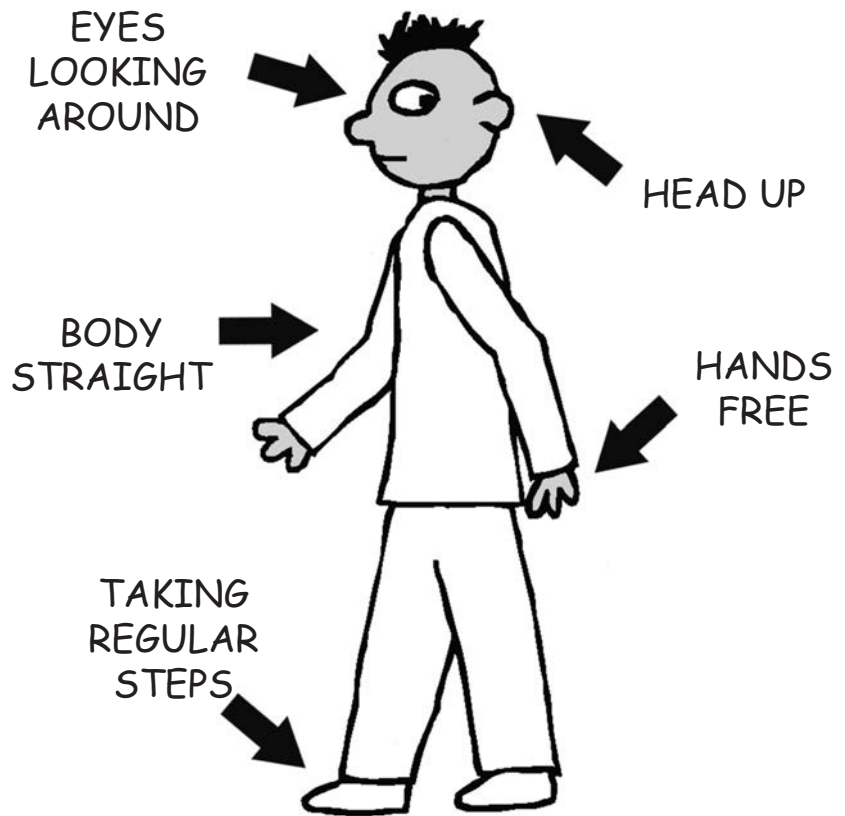
I need to  
**CHECK  
FIRST!**



*Move away and **Check First** with the grownup in charge at your house. Your job is to **Check First** before you change your plan. Your grownups can tell you if it is okay for you to go to your neighbor's house.*

## Being Aware, Calm, and Confident

People will listen to you more and bother you less when you are **aware, calm, and confident**. Right where you are, put your head up tall, your shoulders back, and your back straight. Turn your head to look around you.



## If someone is acting scary, yell “NO!”

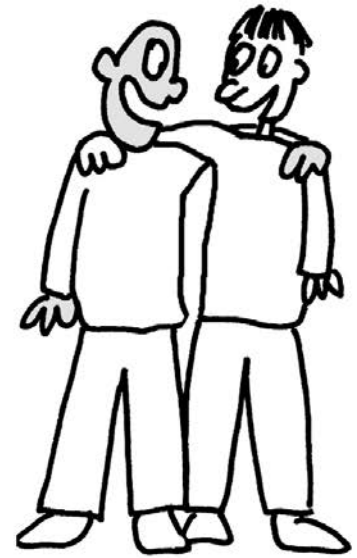
Your voice can keep you safe. If someone scares you, yell “NO!” and run to get help.



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



*This touch is okay because it is the choice of both people.*



### **The choice of both people**

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

*The girl has to stop tickling if her friend does not like it.*

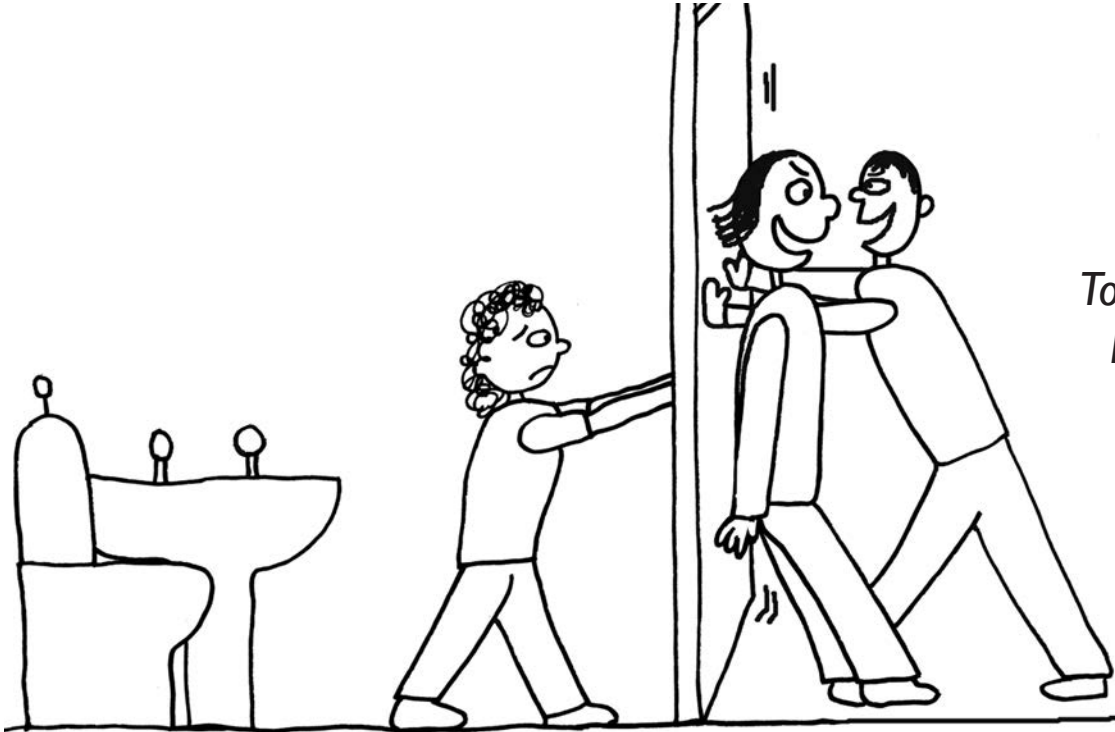
Tickle, tickle!

Please stop!  
I do not like  
this game.



### **Not the choice of both people**

When someone does something that makes you feel bad, keep telling to get help. If you have a problem, keep telling adults you trust, even if you have to tell a hundred people, until you get the help you need.



*Today kids at school locked me in the bathroom. I was scared.*

Kids locked me in the bathroom at school yesterday. I was scared.

$1+1=2$   
 $2+2=4$   
 $4+4=8$



Oh my! Thank you for telling me. We will make sure you feel safe at school.

*I tell my teacher. She listens. She understands and will help me.*

## Where is Safety?

My teacher is Safety!



*Safety is where there is an adult who can help you. At school, my teacher or the principal is Safety.*

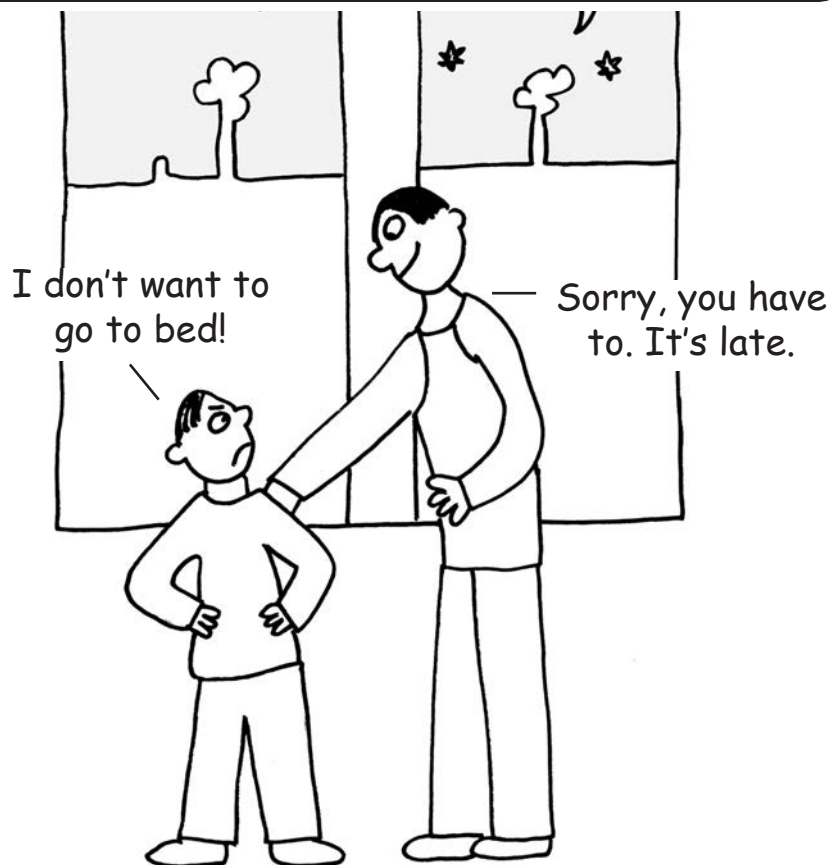
Make a Safety Plan for how to get help if you get lost in a store.

*If you get separated from your adult, stand tall like the trunk of a tree, and yell your adult's name in a loud, clear voice. If you still can't find them, go to the checkout counter and interrupt the cashier. Tell them that you are lost and need their help.*





Some things that you have to do are not a choice.



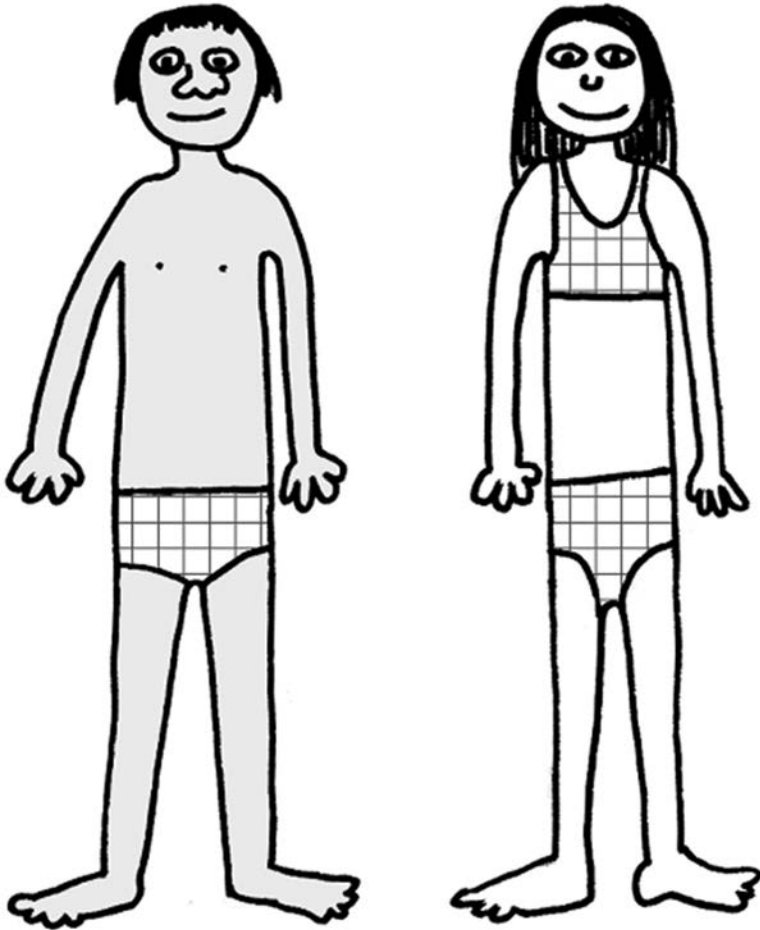
*Going to bed is not a choice.*

Touch to show affection is a choice.



*Giving hugs should be a choice.*

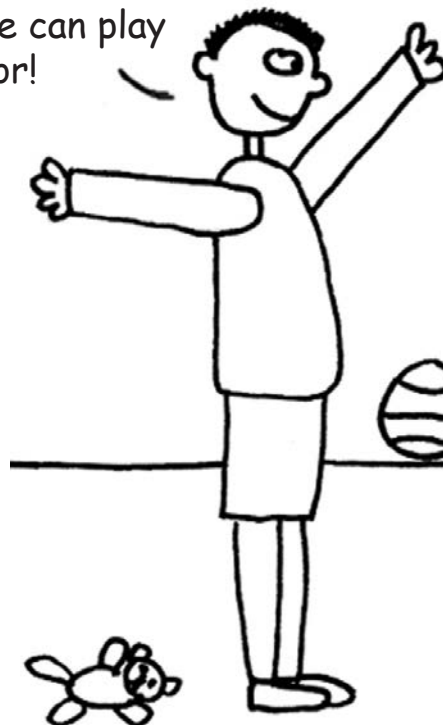
## Safety rules about touching private areas



*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.*

Let's take off our clothes so we can play doctor!

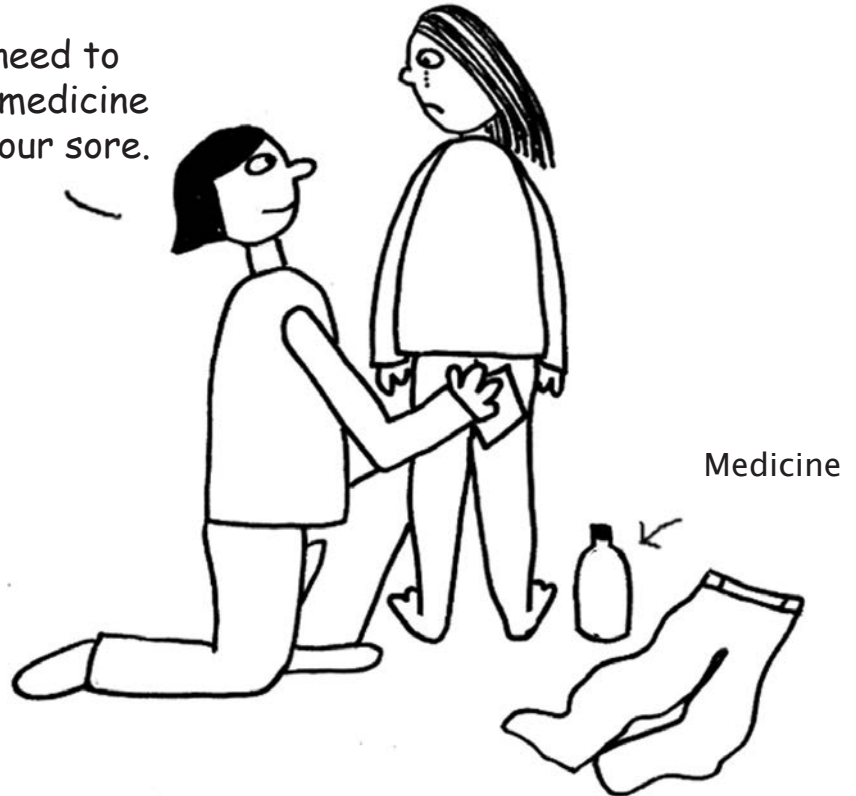


That is against our safety rules. We can play doctor with our clothes on.



Touch for health and safety is not a choice.

I need to  
put medicine  
on your sore.



*Sometimes grownups have to touch a kid's private area to help them, even if the kid does not like it.*

Touch should never, *EVER* have to be a secret.

Mom put  
medicine on  
my bottom  
today! I did  
not like it.



Thank you for telling  
me! I am sorry you  
didn't like it.

*Touch of any kind should never EVER be a secret. You should always be able to talk about the things you don't like.*

# 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!"*





## **Kidpower Services and Resources**

[Kidpower Teenpower Fullpower International](#)<sup>®</sup> known as Kidpower<sup>®</sup>, is an international nonprofit leader in teaching violence prevention and personal safety skills to children, teens, and adults, including those with special needs. Kidpower is highly recommended by experts worldwide for taking a positive, skills-based approach to preventing bullying, child abuse, abduction, and other violence.

Instead of using fear to teach children and teens about danger, the Kidpower Method<sup>™</sup> makes it fun to learn to be safe. These skills and habits prepare people of all ages and abilities to develop healthy relationships, increase their confidence, and take charge of their emotional and physical safety.

Since its founding in 1989, Kidpower has served more than two million people of all ages and abilities of many different cultures around the world. We provide educational resources, consultation, and in-person workshops through over 20 centers and offices around the world.

Check out our website at [www.kidpower.org](http://www.kidpower.org) for:

- An extensive free on-line [Library](#) of over 100 articles, videos, and podcasts, including our free [e-newsletter](#).
- Affordable publications including the [Kidpower Safety Comics for Younger and Older Children](#), [Bullying: What Adults Need to Know and Do to Keep Kids Safe](#), and [The Kidpower Book for Caring Adults: Personal Safety, Self-Protection, Confidence, and Advocacy for Young People](#).
- Information about our services.

By using and sharing information about [Kidpower](#) and our partner, [Doing Right by Our Kids](#)<sup>™</sup>, you can be part of our [One Million Safer Kids](#) campaign. Add to the count by telling us how you are using Kidpower to protect kids from bullying, violence, and abuse at [safety@kidpower.org](mailto:safety@kidpower.org).