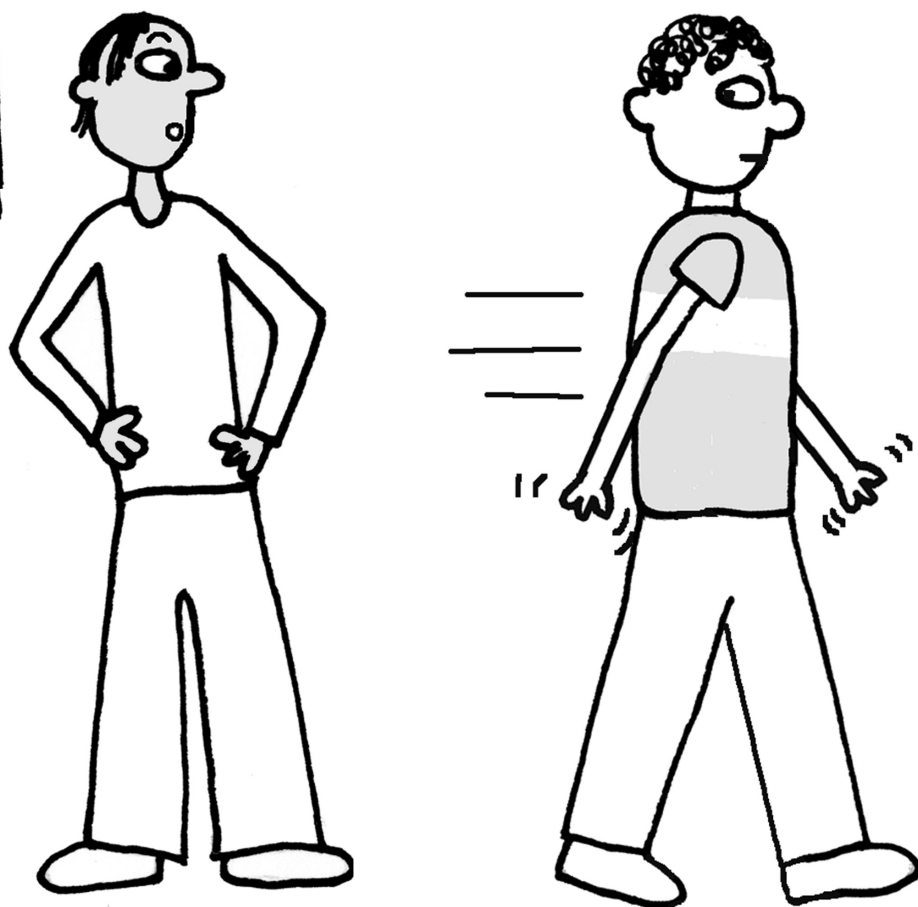


Using **Hands Down Power** and
Walk Away Power to prevent a fight



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

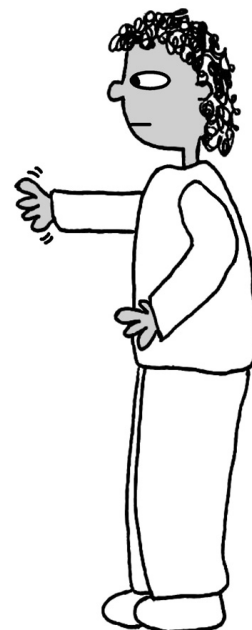
I can use my **Walk Away
Power** to stay safe. I do not
have to stay next to someone
who is acting mean.



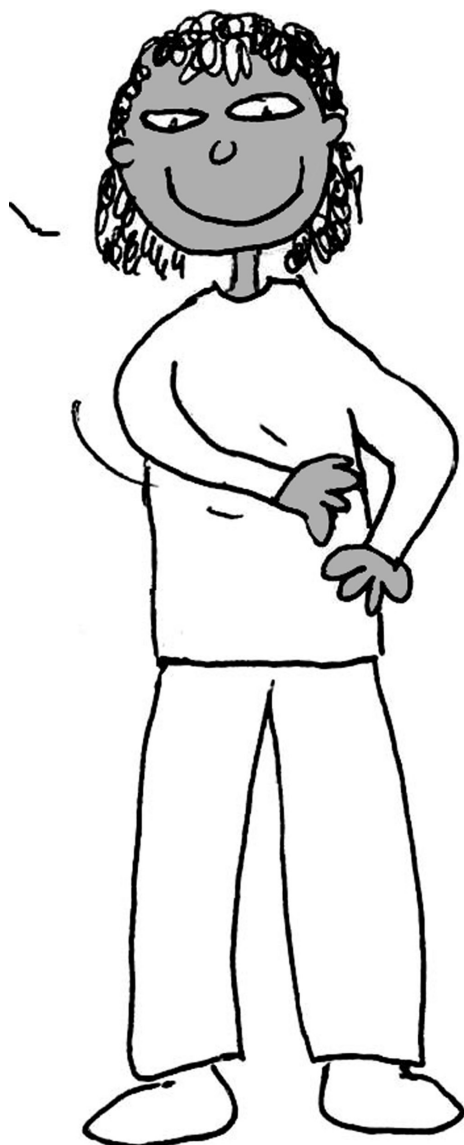
The Kidpower Trash Can

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

GO AWAY,
STUPID!

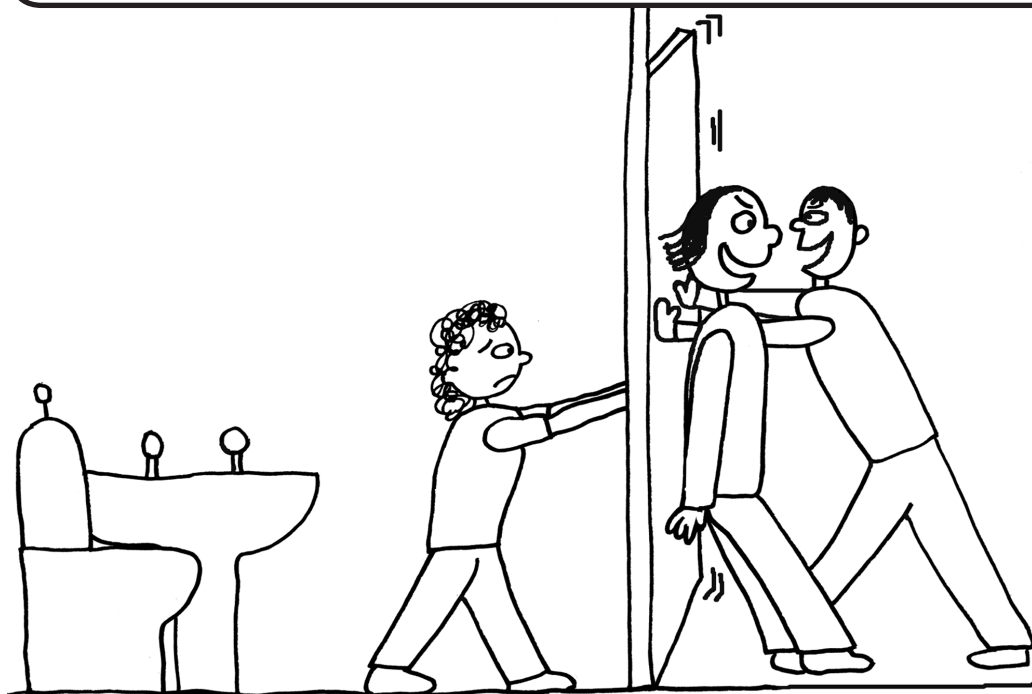


I am
SMART!



*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.*

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.

$$\begin{array}{l} 1+1=2 \\ 2+2=4 \\ 4+4=8 \end{array}$$

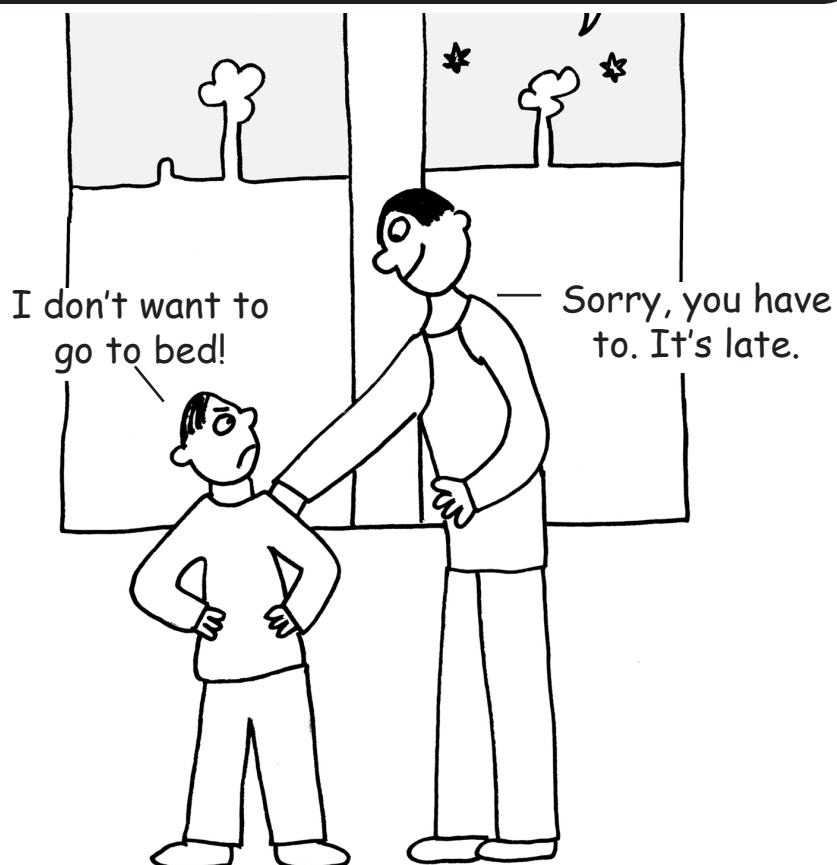
I tell my teacher. She listens. She understands and will help me.



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

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.

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

The images in this coloring book come from our Kidpower Safety Comics. To learn more, please visit www.kidpower.org/store/safety-comics/.

Kidpower Teenpower Fullpower International® known as Kidpower®, 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™ 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 three 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 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™](#), 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.