

# SUPER HERO KIDS FOUNDATION



*We are a Minnesota-based 501c3 nonpartisan nonprofit.*

Our MISSION is to empower every child with tools to prevent sexual and physical assaults and abuse.

We provide grants and resources to schools for personal safety & assault prevention education.

## WE EXIST BECAUSE OF A HEALTH CRISIS

### 1 IN 5 KIDS



will experience assault or abuse prior to age 18

90% by people they know

## OUR SOLUTION

Age appropriate classes created to EMPOWER kids and parents to talk about rules and uncomfortable situations. Resources are provided to schools and families to create a safer generation of healthier kids.

Prevention *before* trauma.



"A safety program like this teaches so many important values, like keeping safe boundaries, how to use their voice when a situation is unsafe and encouraging them to be strong individuals."

- Maggie Dawson, Principal

## Creating Safer Kids



At Home



In School



In Sports & Activities



Online

"These programs are well-thought-out and deal with a serious, but sensitive, issue in a gentle, non-graphic and age appropriate way that leaves the students with the skills to react or prevent sexual abuse and assault. It addresses a major issue and it works!"

- Dr. Stephen Lutz, Pediatrician

## OUR IMPACT



2016-17



2017-18



2018-19



2020-22

**EMPOWERING A SAFER GENERATION, TOGETHER!**



# Our Vision

For every child to be safe from assaults and abuse.

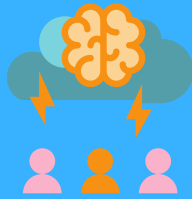
**\*TOTAL ESTIMATED COST OF U.S. CHILDHOOD  
SEXUAL ABUSE TO OUR SOCIETY: \$9.3 BILLION**

\*The Department of Health and Human Services & the Centers for Disease Control & Prevention report on preventing child sexual abuse to Congress. Statistics underestimate the true impact of the problem since child sexual abuse is under reported.

## Prevention is a Priority

**We support programs to decrease known \*consequences of assaults and abuse:**

Fear  
PTSD  
Shame  
Anxiety  
Depression



Self Harm  
Suicide  
Toxic Stress  
Eating Disorders  
Sleep Disorders



Substance Abuse  
Academic Difficulties  
Relationship Issues  
Teen Pregnancy  
Human Trafficking

\*As cited in Adverse Childhood Experiences Studies (ACES) and Rape Abuse and Incest National Network (RAINN)

## Empowering Prevention Messages



Personal Safety Plan  
Healthy Boundaries  
Get Away & Tell  
Trusted Adults  
Risk Avoidance  
No Secrets  
Online Safety  
Peer Pressures  
Public Awareness  
Alcohol & Drug Dangers



**Partner with us to decrease sexual assaults and abuse.**



Connect us to schools that are intentional about safety programs and trauma prevention.



Host a fundraiser to support programs in schools.



Connect us to corporations or foundations that care about keeping kids safer.



Come visit our programs and see us in action.



**Make a donation:  
SuperHero-Kids.org**

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