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Behind the Badge

E-News from the Law Enforcement Foundation

Dear LEF Supporter,

Welcome to the Law Enforcement Foundation's e-newsletter - where we share details of the exclusive programs made possible through your support, introduce an easy new way to support LEF using your Kroger Plus card and share tips for enjoying a safe Spring Break.

'keepin' it REAL" Training for D.A.R.E. Officers

With the goal of creating safer communities, the LEF focuses on educating the children of the community through trained Drug Abuse Resistance Education officers (D.A.R.E.). The Law Enforcement Foundation (LEF) is the only Ohio entity certified to train D.A.R.E. Officers. Once these officers have completed a minimum of 80 hours training in the D.A.R.E. curriculum, they must complete other specified and updated trainings.

One of these is the D.A.R.E. Middle School Curriculum, "keepin' it REAL" (kiR). The "kiR" curriculum is organized as a 10-week, 10 lesson program. Each lesson requires a class period of 40 to 45 minutes and is designed to promote interaction between students and officers. Fun activities are included to engage students and allow them to exercise "REAL" resistance strategies. The program's key learning tool is a series of videos based on the real stories of high school students. The videos demonstrate how students have used "REAL" strategies to resist drugs in real life situations. The objective of the "kiR" curriculum is to reduce substance abuse by educating students and allowing them to practice risk assessment, decision-making and valuable communication and life skills.

In 2009, the Law Enforcement Foundation trained nearly 120 D.A.R.E. officers in the Middle School Curriculum. By the end of March 2010, 48 additional officers will have completed the training. LEF anticipates that at least 20 more officers will complete the training by year's end. As a result, 99 percent of D.A.R.E. officers that teach middle school students in Ohio will have completed "keepin' it REAL.

Detailed information about "kiR" can be found on the SAMHSA National Registry of Evidence-based Programs and Practices (NREPP) [Web site](#).

The Need for D.A.R.E.

Kids need more than a public service announcement to stay drug-free. The long-term vision of the Law Enforcement Foundation is to have a positive impact on students, resulting in youth who are free from drugs, alcohol and violence. The goal of D.A.R.E. is to positively affect students' knowledge, attitudes and behaviors, which will ultimately increase the number of young people who do not use or abuse alcohol, tobacco, marijuana, and inhalants.

Drug and alcohol use and abuse are still highly prevalent among teens, and the age of experimentation is getting younger. Alcohol-related accidents are the leading cause of death among people 15 to 24 years of age. Research shows that by age eighteen, when most kids graduate from high school, 90 percent of them have experimented with alcohol.

A University of Michigan study (January 2007) found that the number of teens who use prescription narcotics, tranquilizers and sedatives not prescribed to them is on the rise. D.A.R.E. lessons explain the dangers of trying and mixing drugs that were not prescribed to you.

As a result of your generous donations, the Law Enforcement Foundation provides the D.A.R.E. Officer training at no charge to Ohio's police departments. In addition to drug and alcohol prevention education, the D.A.R.E. Officers in your local schools teach students about Internet safety, bullying, gangs and peer pressure as well as positive decision-making skills, personal responsibility, and conflict resolution skills. In Ohio, 355 police officers are certified to teach D.A.R.E. in 68 of Ohio's 88 counties.

D.A.R.E. Officer Training (DOT) is one of the programs that is exclusive to the Law Enforcement Foundation. If you are interested in sponsoring the DOT program or a DOT student, please contact Donna Braxton at donna.braxton@oacp.org or 614-761-4630.

Attention all Kroger Plus Card Holders

Earning money for LEF is now easier than ever before! Starting April 1, simply register your Kroger Plus Card online as a Law Enforcement Foundation (LEF) supporter. Simply shop, use your registered Kroger Plus Card and LEF will receive a check each quarter. Funds are raised with each transaction you make!

Follow these easy steps to use the Kroger Community Rewards program:

1. Register online at krogercommunityrewards.com. Be sure to have your Kroger Plus card handy.
2. If, like most participants, you are a new online customer, you must click on SIGN UP TODAY in the "New Customer" box.

3. Sign up for a Kroger Rewards Account by entering your ZIP code, clicking on favorite store, entering your e-mail address, creating a password and agreeing to the terms and conditions
4. You will then get a message to check your e-mail inbox to activate your account.
5. Go to your e-mail inbox and click on the link within the body of the email.
6. Click on My Account and use your e-mail address and password to proceed to the next step.
7. Click on Edit Kroger Community Rewards information (2nd box down on right hand side) and input your Kroger Plus card number.
8. Update or confirm your information.
9. Enter the Law Enforcement Foundation's name or Non-Profit Organization number (83508), select our name from list and click on confirm.
10. To verify you are enrolled correctly, you will see the Law Enforcement Foundation's name on the right side of your information page.
11. REMEMBER, purchases will not count for the Law Enforcement Foundation until after you register your card.
12. For each purchase to count toward donations, you must swipe your registered Kroger Plus card or use the phone number that is related to your registered Kroger Plus card when shopping.
13. If you usually use your phone number at the register, call 877-576-7587 to get your Kroger Plus card number.

Safety Tip of the Month

As the final days of winter wind down, many of us head somewhere warmer for Spring Break. While most vacations are enjoyable and uneventful, you could be exposed to risks ranging from sunburn to robbery. Here are some tips to keep you and your family safe and healthy on vacation:

1. Choose your destination wisely by researching your destination. If traveling abroad, visit the Department of State's Web site , which provides entry requirements, currency regulations, unusual health conditions, and the crime and security situation for every country in the world.
2. If staying in a hotel, reserve a room that is above the ground floor and beneath the sixth floor. The first level is the easiest for thieves to break into, and fire ladders often don't reach beyond the sixth floor. Keep doors locked at all times and place valuables in a safe, if provided.
3. Make sure everyone is wearing sunscreen, even on overcast days, as the sun's rays still come through the clouds. Apply sunscreen of sun protection factor (SPF) 15 or greater, preferably waterproof, at least 30 minutes before going out so that the skin can absorb it. Reapply sunscreen at regular intervals according to the bottle's directions and after swimming or sweating.
4. Carry only the bare minimum of valuables. Bring only one or two major credit cards and/or traveler's checks. Do not carry cash. Don't pack anything you would hate to

lose, such as your social security card or valuable jewelry.

5. Make sure all of your home's doors and windows are locked. Place outdoor and indoor lighting on timers to give your home an occupied look. Also, let a neighbor, friend, or family member know of your absence and ask them to keep an eye on your house by collecting your mail and newspaper.

Safer communities through education and leadership in law enforcement education.

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