



Here is your May 2026 edition of the Kent Police Department Community Education E-Newsletter! This is our way to keep you informed of crime trends, crime stats, Kent PD events, Kent PD programs, and more. As a reminder, you can expect our e-newsletter sent to your inbox on the last Thursday of each month.

Inside this Edition

1. Kent PD Community Support Unit Programs and Information
2. Kent PD events and Information
3. Stay connected

Kent PD Community Support Unit Programs and Information

Keeping Your Home Summer Safe

With nice weather, comes more yard work and hanging outside. With that comes accidentally left open windows, garages, and doors. Here are a few things to keep in mind this summer to help protect you and your home from being victimized:

- ☀ Secure entry points – double check that all doors are locked (plus double locked if possible). This includes windows on the ground level.
- ☀ Install a security system and/or cameras and monitor them from apps on your tablets and phones if you can.
- ☀ Use lighting that you can program if you are gone for an extended period of time. Change up the light schedule so the same lights aren't always on.
- ☀ Use lighting outside of your home at night. Motion lights are great for the sides and back of the house, while constant lighting is good for the front.
- ☀ When working in the yard, keep garage doors closed.
- ☀ Store valuables in a safe or out of site.
- ☀ If going on vacation, consider getting a house sitter.
- ☀ Inform a trusted neighbor that you will be out of town & have them get your mail/packages.
- ☀ Maintain your yard. Keeping it nice lets someone know that this is your space and that someone is home.
- ☀ Don't post on social media that you are gone.
- ☀ When working in the yard, keep garage doors closed.
- ☀ Keep open eyes and ears out for your neighbors.
- ☀ Always call 911 if you see anything suspicious!

Boater Safety Month – Life Jacket 101

Drowning happens quickly, in as little as 30 seconds, and quietly. It's important to remember that just because the sun is shining and it's warm out, doesn't mean the water is! Wearing a life jacket that fits is one important way to keep anyone safe while near or in the water. Water safety is for everyone! Here is a [coupon link](#) for 20% off a life jacket at Big 5!

When buying a life jacket, check for:

- Coast Guard approved label.
- A snug fit. With the life jacket on, raise arms over head. Look to the left and right; the chest part of the jacket shouldn't hit the chin.
- Head support for younger children. A well-designed life jacket will support the child's head when they are in the water.
- A strap between the legs for younger children will help keep the life jacket on the child.
- Appropriate type of activity and water conditions. Check the label or ask the salesperson for help.
- Comfort, appearance, and bright colors. This is especially important to teens who may be less likely to want to wear a life jacket. Bright colors make it easier to see a person in the water.

Guidelines for wearing a life jackets! Even if you or your child or teen knows how to swim, children, teens, and adults should always wear a life jacket:

- When on a boat, raft, inner tube, paddle board, or kayak.
- When swimming in open water like a lake, river, or ocean.
- When playing in or near the water and on docks (for young children).
- When participating in water activities such as paddle boarding, kayaking, skiing, surfing, wind surfing, or jet-skiing.

How do you use a life jacket?

- Every spring, check that the life jacket fits well and check for wear and tear. Throw it away if you find air leakage, mildew, rot, or rust, or if buckle or straps don't work.
- Practice wearing your life jacket in the water. Make sure your jacket works for you as designed.
- Never substitute toys, such as water wings or plastic rings, for a life jacket.
- Please remember that a life jacket does not take the place of supervision.

Coalition Corner - Creating a Mental Health Toolkit for Teens

In today's fast-paced world, it's essential for teens to have effective strategies to support their mental health. One powerful way to achieve this is by creating a personalized mental health

toolkit. This toolkit serves as a collection of positive activities and resources that teens can turn to when they need a boost or a moment of calm.

What to Include in the Toolkit:

1. **Positive Affirmations:** Encourage teens to write down affirmations that resonate with them. These can be simple statements like "I am enough" or "I can handle whatever comes my way." Reading these daily can foster a positive mindset.
2. **Mindfulness Practices:** Introduce activities such as deep breathing exercises, meditation, or yoga. Online apps and videos can guide them through these practices, making it easy to incorporate mindfulness into their routine.
3. **Creative Outlets:** Art, music, and writing can be powerful forms of self-expression. Encourage teens to include supplies for drawing, journals for writing, or playlists of their favorite uplifting songs.
4. **Physical Activities:** Exercise is a natural mood booster. Include a list of fun activities like dancing, biking, or hiking that they can do alone or with friends.
5. **Support Contacts:** Remind teens to list trusted adults or friends they can reach out to when they need to talk. Having a support network is crucial for navigating difficult emotions.
6. **Relaxation Techniques:** Teach them about techniques such as progressive muscle relaxation or guided imagery to help them unwind during stressful times.

By encouraging teens to create their mental health toolkit, we empower them to take charge of their well-being. This personalized resource not only provides immediate support but also equips them with lifelong skills for managing stress and maintaining a positive outlook. Let's help our teens prioritize their mental health and thrive! Here are some local and national mental health resources:

<https://www.nami.org/kids-teens-and-young-adults/>

<https://www.seattlechildrens.org/health-safety/mental-health-resources/>

<https://crisisconnections.org/programs/teen-link/>

<https://kyfs.org/>

<https://valleycities.org/>



Spring 2026 Advanced Community Police Academy

The Spring 2026 ADVANCED Community Police Academy came to an end on May 26th! After eight weeks of learning more in depth topics and information about our police department, 28 community members graduated. Topics included everything from combat first aid to use of force to understanding how detectives investigate cases, to emergency vehicle operation and so much more! We will offer our basic Community Academy again this Fall.

Registration will open in August and sessions will begin the first Tuesday in October. For more information on Community Police Academy, visit this [link](#)!

100 Safe Days of Summer – Traffic Safety

Message

Did you know that the days between Memorial Day and Labor Day have historically been the most dangerous days on our roadways? More people are taking to the roads for events such as graduation, vacations and more people are out walking and biking due to the nice weather. In order to help improve safety on our roadways, Kent PD along with other King County area police departments will be conducting extra traffic enforcement. We all just want to celebrate our graduates, enjoy our barbecues, honor holidays, and spend time with our families and friends safely. Do your part! Drive sober. Drive the speed limit. Drive focused! It takes all of us to make these days 100 Safe Days!



Kent PD Events and Information

There are a lot of upcoming meetings and community events headed to Kent. Get these on your calendar!

National Night Out 2026



The moment you have all been waiting for! National Night Out 2026 registration is open! Please join us on Tuesday, August 4th for National Night Out! It is our biggest and most loved event of the year! Neighbors get together to have some fun talking to new and old neighbors, eating, playing games and meeting visitors from the City of Kent. Coordinators just need to find a neighborhood park, cul de sac, yard, driveway...whatever will work as a gathering spot, coordinate food (potluck, food trucks, desserts) and entertainment/games (all of this is totally optional). The next thing to do is invite all the neighbors.

Before this all happens, coordinators should register with us so we know your event is happening and we will be sure to schedule visitors from police, the Mayor's office and other city departments to stop by and visit your NNO event. Go to www.kentwa.gov/nno and registration will be open until Friday, July 31st.

Kent Police Teen Academy – Last Call for Applications!

We are now accepting applications for our Kent PD Teen Academy June 22-25. This is for 2026-2027 Kent sophomores, juniors, seniors or 2025 graduates that are interested in learning more about a career in law enforcement or just want to know more about the different specialties within the career? Or even just have a fun four days with hands on learning and a chance to get to know Kent PD officers better. Classes each day will run from 9am – 5pm. Topics include K9, detectives, building searches and mock scenes, narcotics, SWAT and more! Applications are due Friday June 6th. Questions? Contact Stacy Judd at sjudd@kentwa.gov or 253-856-5883. Visit

<https://www.kentwa.gov/departments/police-department/community-education> for more information.

Stay Connected

You can find out more information about these programs and events by visiting our website at www.kentwa.gov/police and click on “Community Education” on the left tool bar.

We are also very active on social media so be sure to follow us:

Facebook <https://www.facebook.com/kentpolicedepartment>
Instagram @kentpolicewa
Twitter @kentpd

Community Education Contacts

Valley/West Hill: Sara Hallstead shallstead@kentwa.gov 253-856-5856

East Hill: Stacy Judd sjudd@kentwa.gov 253-856-5883