Constable Frouke Antuma was born in the Netherlands and immigrated to Canada at the age of 12. She has a diploma in Police Foundations and a certificate in Criminal Psychology Behaviour Studies. She has also completed a sign-language course.

Constable Antuma began her career with the Peel Regional Police in 2010. She is currently working as a School Resource Officer managing one high school and five suspension school sites within Brampton, Ontario. She has dedicated her life to helping others both on and off duty. She has taken six separate eight-day trips between 2016-2020 to volunteer her time in a Mexican Orphanage, in Pan de Vida in Queretaro, Mexico raising funds for the expenses and costs of the projects at the orphanage, as well as donations for the children. She uses her vacation hours and finances to be able to attend these missions.

Constable Antuma also volunteers in a Service and Learning Youth Program that travels to the Appalachian Mountains in Kentucky, USA, attending the March Break program on her own time on three occasions since 2017. The majority of the participants in this program are teenagers; she spends time mentoring and being a positive role model for them while working together to improve the state of the homes in low-income areas. She also volunteers as a camp counsellor for the Anchor Camp in Markdale, Ontario which is a camp for people with physical and mental disabilities. On her last trip, she worked with a non-verbal teenage boy who required full-time supervision to make his time at the camp an enjoyable one.

In the summer of 2019, Constable Antuma volunteered at the Campfire Bible Camp from August 17th-23rd, 2019. She was the team leader and camp counsellor for teens aged 15-19. She has been volunteering at the Orangeville Food Bank since 2016, regularly assisting with client intake and providing clients with food while maintaining their dignity. She also helps with food sorting and fundraising for the food bank. She also organizes, fundraises and participates as the team captain for the Coldest Night of the Year walk in Orangeville, raising funds for the homeless and related programs to assist the less fortunate.

Constable Antuma is part of a team of volunteers through the Canadian Reform Church who initiated a program called ‘Art and About.’ For the past four years, Frouke has been part of a committee that organizes and plans art projects for school-aged children in grades 4-8 free of charge.

As a School Resource Officer, Constable Antuma manages the students who are pregnant and new mothers in the Brampton educational system attending weekly meetings with the girls, where she provides mentorship and direction to assist them in school as a teenage mom. She also manages students who have either been expelled or suspended from their high schools. Many of these students have mental health challenges, are facing criminal charges and have gang affiliations. Constable Antuma takes time with the students to build strong and lasting relationships between them and the police.

IAWP President Deborah Friedl, "The IAWP is so pleased to recognize the outstanding work of our colleagues in law enforcement. These stores exemplify that with the right tools, training and opportunity, women excel in policing and keep our communities safer."

The Mission of the IAWP is: To strengthen, unite and raise the capacity of women in policing internationally. The Vision: IAWP envisions a world where police reflect the diversity of the communities they serve and where human rights are protected.

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