



FEBRUARY

2024

**THE OFFICE
OF CHILD &
YOUTH
SUCCESS**

**A CITY WHERE CHILDREN
AND YOUTH CAN THRIVE**



Issue 27

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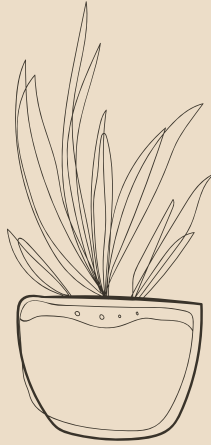
FEBRUARY



Office of Child
and Youth Success



About Us



The Office of Child & Youth Success will serve as a navigation and connection point for residents seeking supportive services and programming for youth ages 24 and below.

Our Mission

The Office of Child and Youth Success is dedicated to prioritizing San Diego's youngest community by providing access to resources, services and high-quality programs to improve social, health, and educational outcomes.

Our Vision

Through trust, transparency, equity, and inclusion, the City of San Diego, Office of Child and Youth Success will coordinate a network of community stakeholders that will provide a shared framework to deliver high-impact solutions to challenging circumstances for young people empowering them to thrive in the community they serve.



[Click here to subscribe to the newsletter!](#)



Valentine's Day Crafts

Valentine's Stickers Card (As easy as it gets)

Step 1) Cut the paper into card-sized pieces

Step 2) Fold the card-sized pieces in half

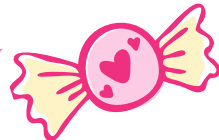
Step 3) Cut each folded card into a heart shape.

Step 4) Let your child choose images and stick them onto the card, covering as much or as little of the surface as they like.



MATERIALS

- Scissors
- Cardstock or construction paper in white, red, pink, or other festive colors
- Packages of Valentine stickers



OTHER CRAFTS

- [TWISTED FRIENDSHIP BRACELETS](#)
- [DIY WOODEN VALENTINES DAY HEART](#)
- [CRAYON HEARTS](#)
- [HEART AIR BALLOON](#)



Random Acts of Kindness

LET'S 'RAK' UP SOME KINDNESS POINTS

When Is RAK Week ?

Random Acts of Kindness Day 2024 falls on February 17th, while Random Acts of Kindness Week 2024 begins with Valentine's Day.

The origins of this movement trace back to over 40 years ago with Anne Herbert's 1982 CoEvolution Quarterly article titled "Practice Random Acts of Kindness and Acts of Senseless Beauty". This article sparked a wave of kindness in Berkeley, California and its surrounding areas.

What is a Random Act of Kindness ?

A selfless action performed by an individual to help or benefit someone else, without any expectation of recognition or reward.

RAK APPLIES TO EVERYONE

Regardless of age and setting, performing RAK can help boost self-confidence, foster social connections with others, and , and lower overall stress. Whether you're grabbing an extra coffee for a coworker, or help someone on a project they are struggling on, random acts of kindness can bring a larger sense of fulfillment to life.

5 SIMPLE RAK IDEAS

1. Holding a door open for others.
2. Allowing a friend to go first in a game.
3. Asking another student if they need help with their homework.
4. Throwing a friend's garbage in the bin for them.
5. Waving to a classmate.



Office of Child and Youth Success



PASSING THE



Hope

Show appreciation for the systems that supported you

The best way to show appreciation for the systems that supported you is to be part of the change. If you have faced hardship in your life, trying volunteering at organizations that work to help others in your shoes.

“
When you learn,
teach. When you get,
give.”

—Maya Angelou

Click on the links below to find volunteering opportunities at organizations that serve issues that impact our youth and their families

- [Pregnancy](#)
- [Foster Youth](#)
- [Domestic/Sexual Violence](#)
- [LGBTQIA+ Support](#)
- [Mental Health](#)
- [Housing Insecurity](#)
- [Substance Abuse](#)



VolunteerMatch

Don't see a cause that you resonate with? Look for more opportunities through VolunteerMatch



ADVOCACY AND ACTIVISM

Young people can participate in activism, advocacy, and civic engagement to help them make better decisions in life and develop confidence by being treated properly. When young adults participate in these types of activities, they increase their impact and network in communities.



ORGANIZATIONS

YOUTHWILL

Community based organization located in San Diego, CA, that was founded as the Youth Development Office of San Diego in 2012. Our mission is to create a more equitable future for every individual under the age of 25 through community organizing, grassroots advocacy, and political reform.

ACTIVIST YOUTH OF SAN DIEGO

Activist Youth of San Diego (AYSD) networks youth interested in SOCIAL JUSTICE issues who want to make a difference locally and globally. usually meets every third Monday of the month, from 6-8pm in person at the Joyce Beers Community Center in Hillcrest, and online.

Activist San Diego
Networking for Social Justice



youth will



WORLD DAY OF SOCIAL JUSTICE

Know your rights. You are the greatest advocate for your community & of self.

SOCIAL JUSTICE LEADERS



WHEN? 02/20/24



ELLA BAKER

Ella Baker was an activist & influence of the Civil Right's Freedom Movement. She inspired and guided many emerging leader's such as Martin Luther King Jr.. She dreamt big and advocated peacefully for her community.

"It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences."

Audre Lorde



Stranger Together

DOLORES HUERTA

Dolores Huerta was a leader and Organizer, she founded the Agricultural Worker's Association, advocated for improvements within her community, and worked alongside Cesar E. Chavez



WHAT IS SOCIAL JUSTICE?

Social Justice is a collective perspective that embodies equality within economic, political, and social opportunities for all peoples. This perspective is inclusive to the BIPOC and immigrant community. Social Justice stands for the equal rights, equal treatment, and equal opportunity for the collective as a whole.

JOIN A LOCAL SOCIAL JUSTICE MOVEMENT!

- [San Diego Immigrant Right's Consortium](#)
- [San Diego LGBT Community Center](#)
- [Alliance San Diego](#)
- [Racial Justice Coalition of San Diego](#)

GENDER EQUALITY



“GENDER EQUALITY IS NOT ONLY A FUNDAMENTAL HUMAN RIGHT, BUT A NECESSARY FOUNDATION FOR A PEACEFUL, PROSPEROUS AND SUSTAINABLE WORLD.”

- United Nations

WHAT IS GENDER EQUALITY?

Gender equality refers to the fair and equal treatment of individuals, irrespective of their gender. It entails ensuring that both men and women have identical rights and opportunities across various areas, including education, employment, politics, and social interactions.



Women face gender inequality such as Pay Gap, Career Advancement, Education, Healthcare, Violence, Reproductive Rights, Cultural and Social Norms, Political Representation.

Addressing these issues involves challenging societal norms, advocating for policy changes, and promoting equal opportunities for women in various spheres of life.

HOW DO YOU ADVOCATE YOURSELF AS A WOMAN IN LEADERSHIP ROLES?

KNOW YOUR WORTH

In 2022, women earned around 82% of what men did, according to Pew Research Center. To ask for the salary you deserve, know your worth by educating yourself and discussing salary ranges with friends, colleagues, and mentors.

FIND SOLUTIONS

When you see a problem, offer solutions before approaching your leader. Learn from feedback, ask questions, and respect decisions. This fosters strategic thinking and benefits the company.

BE ASSERTIVE

Honest communication breaks down workplace barriers. When seeking a promotion or raise, practice and seek feedback to feel prepared and confident in your request.

BE RESILIENT

Resilience is the ability to bounce back from challenges. In the workplace, resilient individuals handle stress effectively, experience job satisfaction, build positive relationships, accept feedback well, and resolve conflicts quickly.

SELF-ADVOCACY

Identify your needs, show how they benefit the organization, plan your approach, and if your current company can't meet your needs, consider looking elsewhere.



- Forbes

LEARN MORE ABOUT THE CITY OF SAN DIEGO COMMISSION ON THE STATUS OF WOMEN!



take care of your mind



The Fact of Self-Care

It can be interpreted that self-care includes everything related to efforts to stay physically healthy, including maintaining personal hygiene, fulfilling the nutrients the body needs, and seeking medical care when needed.

Self-care for Yourself

the meaning of self-care itself can be called self-indulgence, or an effort to take the time to do various things that will help a person live well. Here's an example



I matter

Self-Empowerment & Confidence

Developing self-esteem as you get older can be a difficult but rewarding process. Youth with high self-esteem are confident and capable. They learn to cherish themselves and take pride in who they are. Here is a link to a guide of [15 Self-Esteem Worksheets and Activities](#).



TRY COOKING



TRY JOURNALING

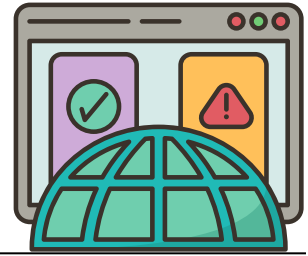


LISTEN TO A PODCAST

SELF-CARE IS FOR EVERYONE



STAYING SAFE ON THE INTERNET



SAFER INTERNET DAY

TUESDAY, 06TH FEBRUARY, 2024.



TIPS FOR YOUR PRIVACY & PROTECTION

- To protect your Personal Accounts create strong passwords.
- Turn on two-factor authentication
- Download the latest security updates
- Be aware of phishing attempts to access your confidential information and passwords
- Opt out of Ad personalization
- Use encrypted apps for messaging
- Be aware of your surroundings when accessing your private information

HELPING YOUR CHILD STAY SAFE ONLINE

1. Talk to your child about online predators. Starting conversations with your child about online dangers and online sexual abuse is a great way to establish safety. Help them understand that sharing their personal information online can give predators access to establishing their trust. Talk to them about unhealthy online risks, which can include sending photos, videos, or engaging in sexual conversations. Make sure they know that when someone online asks to keep secrets or pressures them into sexual conversations, these conversations should be ended immediately and reported.
2. Keep lines of communication open. Let your child know that they can come to you with questions or concerns about behaviors or problems that they have online. Get online with your kids and let them show you what they like to do. Ask questions about their online interests including websites, social media friends, and other activities to encourage open dialogue.
3. Profiles of minors should be set to private. Setting your child's profile private on social media and gaming platforms can mitigate online dangers. Monitoring your child's friend requests includes making sure your child only accepts connection requests from people that they know in real life.
4. Pay attention to your child's online interactions. Regularly monitor your child's technology devices. Monitor their conversations and pay attention to items that your child may have accepted including gift cards, money, or digital tokens on gaming platforms.
5. Implement parental controls. Set parental controls on applications installed on your child's phone. You can restrict which apps and websites your child can use and set your child's profile to private.

For more resources on prevention and what to do if you are a victim of a cyberattack, visit the City of San Diego's Cybersecurity Resources page



Parents! For a fun, interactive game that your child can play to practice online safety, play [Interland](#) here!



Office of Child
and Youth Success

PREPPING FOR

TAX SEASON

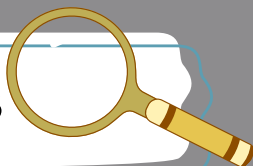
First time filing taxes? Here are some helpful tips and tricks plus additional resources to help your filing experience go easier.

CHECKLIST

- **Income documents –** paystubs, bank statements, unemployment benefit checks etc.
- **W2 and other IRS forms**
- **Large expense records (if you have them)**
- **Documents from side jobs/hustles**



KEY TERMS



Earned income – includes salaries, wages, tips, professional fees, and taxable scholarship and fellowship grants

Unearned income – includes income such as interest, dividends, and capital gains

Gross income – the total of your unearned and earned income

Tax deduction – An amount (often a personal or business expense) that reduces income subject to tax

Tax credit – A dollar-for-dollar reduction in the tax. Can be deducted directly from taxes owed

Withholding (“Pay-as-you-earn”) – Money, for example, that employers withhold from employees paychecks. This money is deposited for the government

For an official glossary of other terms, visit the [IRS Understanding Taxes website](#)

Do I have to file taxes if I am a minor?

You only have to file taxes if you made at least \$13,850 in gross income. However you should still file a return if you’ve had wages withheld because you will most likely receive a refund.

How will I know if I have to pay or if I will receive a refund?

You will most likely receive a refund if you are filing single with standard deductions. For an more accurate measure [try this online tax refund calculator](#) to estimate your results.

Where do I file my taxes?

While there are plenty of paid services, you can file your taxes completely free using [IRS Free File Service](#)

How long will it take to get my money if I receive a refund?

If processed accurately, an electronic file should take about 3 weeks and a paper file can take up to a month before it deposits into your bank account or for you to receive a check

Visit the [IRS How to File: Step-by-Step page](#) for more information



Free Tax Assistance:

▶ [Volunteer Income Tax Assistance \(VITA\)](#)

▶ [SD Public Library](#)

MONEY MATTERS



JOB FAIR

These free job fairs can give you a clearer idea of where you want to start your career.

18th Annual Hire SD Recruitment & Networking Event
February 9th at San Diego State University Parma Payne
Goodwill Alumni Center, 5250 55th St., San Diego, CA 92182

Best Hire Career Fair

1pm-4pm

February 28th at DoubleTree by Hilton Hotel San Diego-
Mission Valley 7450 Hazard Center Drive, San Diego, CA

11am-2pm

UNDERSTANDING FINANCIAL LITERACY



Many teenagers do not know how to manage their money. Here are some resources that advice on financial management, budgeting, investing, and comprehending economic principles for young folks beginning the job.

Many young individuals in 2023, entered adulthood without the basic financial knowledge and abilities required to make sound financial decisions.

Consider this: Young Americans owe more than \$1 trillion in debt, with 70% of millennials living paycheck to paycheck.

RESOURCES



Money Fit My Life Choices Student Edition

A game of financial choice and consequences geared at middle and high school students, as well as college students.

FutureSmart

Collection of interactive resources to help students become more financially knowledgeable and confident, includes worksheets, flashcards, and articles.

SmartAssest

SmartAsset is a personal finance website that provides a number of tools for managing your money. Can help you calculate your taxes, determine how much you may borrow, and more.

CashCourse

Financial literacy self-help resources for at home use. Includes life values quizzes and financial decision aids and worksheets.



“
**FINANCIAL FREEDOM FOR
THE NEXT GENERATION IS
THE GOAL.**
”

AFRICAN AMERICANS AND THE ARTS

READ ABOUT THE ORIGINS OF BLACK HISTORY MONTH



SD Office of Child and Youth Success

The 2024 Black History Month theme, "African Americans and the Arts," celebrates the profound impact of African, Caribbean, and Black American experiences on visual and performing arts, literature, music, fashion, folklore, language, film, culinary arts, and more. In honor of Black History Month 2024, our office spotlights the 'art of resistance,' acknowledging artists who have used their crafts to uplift their community, confront authority with truth, and inspire the nation.

VISUAL ARTS

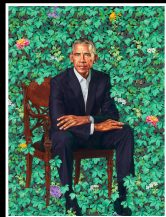


Edmonia Lewis (1844 - 1907)
BIPOC Sculptor
Image: *The Death of Cleopatra* (1876)

Henry O. Tanner (1859 - 1937)
American Painter
Image: *The Banjo Lesson* (1893)



Kara Walker (born 1969)
Image: *Darkytown Rebellion* (2001)



Kehinde Wiley (born 1977)
Image: *Barack Obama* (2017)



Click on the images to learn more about the art and artist!

MUSIC



Nina Simone (1933 - 2003)

Nina Simone, born Eunice Kathleen Waymon, was an American singer, songwriter, and civil rights activist. She was deeply involved in the Civil Rights Movement. Songs like "Mississippi Goddam" and "To Be Young, Gifted and Black" became anthems for the movement, addressing racial injustice and inequality. She blended various genres, including jazz, blues, classical, and folk, creating a unique and influential sound. Her music was a powerful tool for advocating social change, and she used her platform to raise awareness about racial issues.

Kendrick Lamar is an American rapper, songwriter, and record producer. Lamar is celebrated for his intricate lyrics, storytelling, and thought-provoking narratives that address social issues, systemic racism, and the African American experience. His albums, particularly "good kid, m.A.A.d city," "To Pimp a Butterfly," and "DAMN.," are critically acclaimed for their social commentary and exploration of cultural identity.



Kendrick Lamar (born 1987)

LITERATURE



James Baldwin (1924-1987)

James Baldwin was an American novelist, essayist, and social critic. Baldwin was a prominent figure in the Civil Rights Movement, using his writings to address issues of racial injustice, inequality, and the complexities of the Black American experience. His works, such as "Go Tell It on the Mountain," "The Fire Next Time," and "If Beale Street Could Talk," explored themes of race, religion, and sexual identity, contributing to a broader understanding of intersectionality.

Zora Neale Hurston was a pioneering author, anthropologist, and folklorist whose work captured the essence of African American culture and folklore. Her novel "Their Eyes Were Watching God" is hailed as a masterpiece of American literature, portraying the journey of a Black woman's quest for independence and self-realization. Hurston's dedication to preserving African American vernacular and folklore has had a profound impact on the representation of Black culture in literature and the arts.



Zora Neale Hurston (1891-1960)



HOW TO CELEBRATE BLACK HISTORY MONTH

FAMILY ACTIVITIES

BLACK HISTORY BOOKS FOR KIDS

BLACK-OWNED SAN DIEGO BUSINESSES

BHM AT SDPL

BLACK COMMUNITY RESOURCE GUIDE

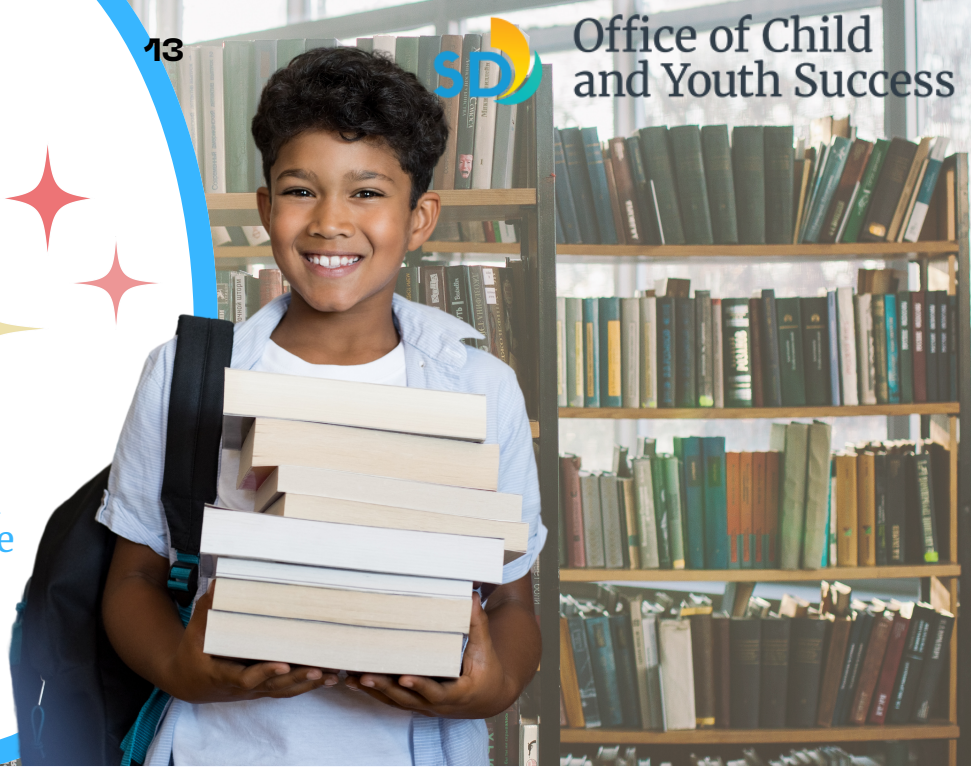
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Y

National Library Lovers' Month

is a month-long celebration of school, public, and private libraries.

Support your local library!

© Gomez, K. (2024). *What Can Libraries Do For You*. Logan Heights Library, SDPL.



Why do we love libraries?

"There is no problem that a library card can't solve."

—Eleanor Brown



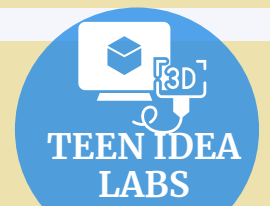
There is more to a library than just the books. Libraries have expanded to provide free services for people in our communities. Having a library card is the first step to accessing all of these services.

E-Library is the first place to go to see the wide variety of programs, products, and opportunities your public library card affords you.



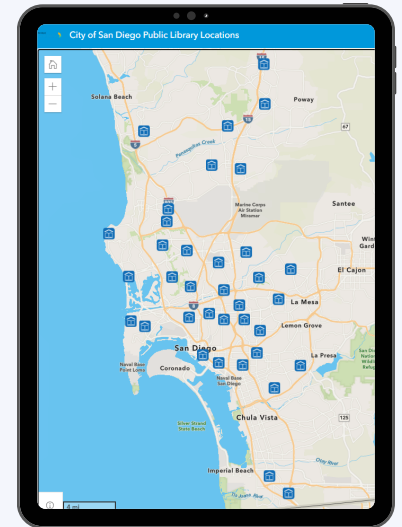
Find various ways to create or support your small business and improve your career prospects. BrainFuse and Peterson's Test and Career Prep offer live assistance, while Gale Courses provides specialized six-week Spanish courses tailored for medical professionals or law enforcement personnel.

The library provides lifelong learning resources, including homework help, tutoring, literacy services, and online educational platforms.



The Teen IDEA Lab is a creative space where teens are encouraged to explore STEAM activities, problem-solve, and pursue their own projects. Adults can also utilize the space with an online appointment.

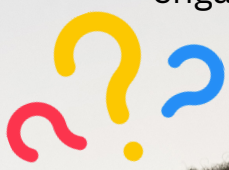
[Locate Your Local Library](#)



DID YOU KNOW?

1. The **most overdue** library book in the world was the one that was returned after **122 years**.
2. The Library of Congress in the U.S. is the **largest in the world**, with over 168 million items.
3. The **most stolen book** in the world is the "Guinness Book of World Records."

With Presidents day and an election approaching there is a great opportunity to foster civic engagement through facts about past presidents and current candidates.



START

Who was the first President of the United States

> George Washington



Presidents Day was originally established to celebrate the birthday of which President?

> George Washington



Which President is memorialized on Mount Rushmore?

> George Washington, Thomas Jefferson, Theodore Roosevelt, & Abraham Lincoln.

Do You Know?

ABRAHAM LINCOLN	Who was the tallest President in U.S. history?
GROVER CLEVELAND	Who was the only President to serve two non-consecutive terms?
GEORGE WASHINGTON	Which President is featured on the one-dollar bill
FURNITURE, APPLIANCES, & CLOTHING	Presidents Day is often associated with great sales. What types of items are commonly discounted during Presidents Day sales?
ABRAHAM LINCOLN	Which President delivered the Gettysburg Address?
GEORGE WASHINGTON	Which President is known as the "Father of His Country"?





Office of Child and Youth Success

San Diego Museum Month



[CLICK HERE TO LEARN MORE](#)

San Diego's Half Price Museum Month is here!
This month long event offers half off admissions to 60 local museums & cultural institutions.



[EXPLORE](#)



[MUSEUMS](#)



[PASSES](#)

Discover San Diego today!

Upcoming

Events



Here are some activities happening around San Diego that will keep you and your family active and engaged in their community!

Love Your Wetlands Day 2024

February 3, 9am – 3pm

**Kendall–Frost Mission Bay
Marsh Reserve**

BLACK COM!X DAY 2024

February 3 and 4, 10am – 6pm

WorldBeat Cultural Center

2024 SD Lunar New Year Festival

February 9th: 5pm–10pm
10th: 11am–10pm
11th: 11am–8pm

**Officer Jeremy Henwood
Memorial Park**

Love and Advocacy Trivia Night with The Center (21+)

February 12, 6pm – 8pm

Gossip Grill

Chinese New Year Fair

February 24 and 25,
10am – 5pm

**Corner of 3rd Avenue and J Street
in Downtown SD**

**For more fun and free events in
San Diego, check out the San
Diego Public Library's page!**