

April Issue '24



Office of
Child & Youth
Success

**“A CITY WHERE
CHILDREN AND YOUTH
CAN THRIVE!”**



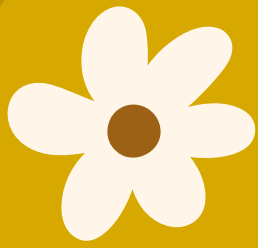
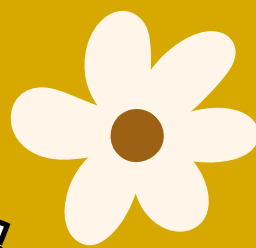


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Office of Child
and Youth Success

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our newsletter

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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.



Essential Learning Skills

WHAT ARE ESSENTIAL LEARNING SKILLS?

Developing educational and professional skills regularly is crucial for academic and career success in any field. Learning essential skills can help you become proficient in your daily academic and career-related tasks. These include time management skills, organization skills, reading skills, writing skills, study skills, note-taking skills, listening skills etc.



WHY ARE THEY IMPORTANT?

They can assist you in acquiring the important information, experience and perspective to operate through different academic or career fields. With regular training in various skills, you can develop the mindset to handle a wide range of challenges effectively.



WHERE CAN I LEARN THEM?

STEP ONE: GET A FREE LIBRARY CARD

STEP TWO: MAKE A FREE LINKEDIN ACCOUNT



ADD IT ON YOUR RESUME

- Microsoft PowerPoint Certification
- Microsoft Word Certification
- Microsoft Excel Certification
- Active Listening Certification

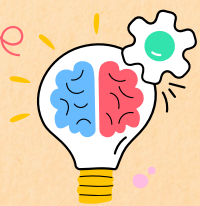




ATTENTION PLEASE!

Company culture is defined by how people feel about their jobs and how they behave at work. Knowing how to balance hard and soft abilities at work can contribute to a successful company culture. Here are some hard and soft skills to consider.

Hard skills are job-related talents and abilities required to execute tasks; Hard talents are frequently relevant to a certain job.



- Bilingual or multilingual
- Management skills
- Marketing
- Editing and proofreading

These hard skills are important because the specialized information or abilities required to accomplish a job will help you advance within a firm and achieve the degree of success you may seek in life.

Soft skills are personal qualities and characteristics that influence how you operate; soft skills are applicable to any type of job, and how you work on your own and with others.



- Dependability
- Problem-solving
- Empathy
- Adaptability

Examples of soft skills can help individuals excel in their jobs and build strong relationships with coworkers.

Outdoor Outreach - Leadership Program

Applications are open for the Summer 2024 Leadership Program!

This program is a paid training experience for young adults (ages 16 – 21) living in or around San Diego. It focuses on workforce development, civic engagement, and outdoor industry skills. Participants who are accepted into the program have the opportunity to earn \$1,500 in stipends.



ENTREPRENEURSHIP STARTUP



Why is entrepreneurship important?

Entrepreneurship is vital for economic growth as it drives transformation, creates new markets, fosters innovation, and accumulates wealth. Entrepreneurs are pivotal in generating ideas, solving problems, and introducing new products.

What's an incubator?

A business incubator is an entity that supports startup companies and individual entrepreneurs in nurturing their ventures by offering a comprehensive array of services, ranging from management training and workspace provision to venture capital funding.



EXAMPLE



DREAMS + DUCATS

They exist to empower individuals and institutions to become catalysts for positive change in the world. By connecting people and communities to fresh, relevant, and accessible learning and enrichment opportunities, they're creating a world where learning is synonymous with innovation, community, culture and purpose-drive action.

City of San Diego has economic development funding programs!

They cover economic development, tourism and small business support.

This grant program allocates Transient Occupancy Tax (TOT) revenue to promote San Diego as a business and tourism destination; and utilizes the Small Business Enhancement Program (SBEP) to supports small business efforts Citywide and in Microdistricts.

[CLICK HERE FOR A LIST OF SAN DIEGO INCUBATORS](#)

[Click here to learn more!!](#)

DETOUR interns are participating in the Employ & Empower Internship program through the Office of Child and Youth Success! Catch them here!

DETOUR FANCY
EXPO & LEADERSHIP ACADEMY
FOCUSED AND NATURALLY CONFIDENT YOUTH



FANCY TEEN GIRLS EXPO

Featuring STEAM
Exhibits & Demos!

Saturday
April 27th
10AM - 2PM
Grade Levels
K-12

This **FREE** event will host over 300 girls as local professional women and community advocates provide empowerment through seminars, panel discussions, and entertainment.

Parents are welcome to attend to enjoy our Community Resource Fair

-  KIPP Adelante Preparatory Academy
426 Euclid Ave, San Diego, CA 92114
-  www.detourempowers.org

Scan Me



Sponsored By



MENTORSHIPS FOR YOUTH

A mentorship is a relationship between two people where the individual with more experience, knowledge, and connections is able to pass along what they have learned to a more junior individual within a certain field. The more senior individual is the mentor, and the more junior individual is the mentee.



Calling All Youth!

Did you know that there are plenty of mentorships and opportunities for you here in San Diego? Mentorships or having a mentor could be important for you to help navigate you through either your academic journey or your job searching. Check out these mentorships!

Mentorships for All



Big Brothers Big Sisters



San Diego Workforce Partnership



Access2Jobs

Specific Mentorships



MANA de San Diego - Empowering Latinas



Blue Heart Foundation - African American Male Youth



Girls Rising, Women Emerging



Boys to Men



ACE Mentor Program - Architecture Construction Engineering



Urban Street Angels - Supporting Homeless Youth

A Future in the ARTS



Hesitant about pursuing a career in the Arts? Don't be! There are a lot of misconceptions about working in the arts sector, and it holds a lot of opportunity for growth as a professional.

Myth

Truth

It's too hard to get a job and there are not many out there.



According to the [Bureau of Labor Statistics](#) there is a projected 4% growth in job opportunities nationwide between 2022-2034

A job in arts and entertainment does not pay well.



As of 2022 the mean annual wage for occupations in the arts, design, entertainment,, sports and media occupations in the San Diego-Carlsbad metropolitan area was over around \$78,000 ([BLS](#))

My art isn't good enough to become an independent worker.



There are plenty of occupations that revolve around art and creativity that don't require you to be a "great" artist. Consider these jobs:

- Art educator/instructor
- Working at an art gallery
- Graphic design/marketing

Consider some of the benefits of working in the creative/fine arts field:

- Art careers often offer flexible schedules
- Visual artist usually charge by the piece, not by hour. This means that you may not even need to work full time once you start mastering your craft and are able to sustain a living off of a piece or two a month
- Art presents itself in many mediums, so there is room to explore the different possibilities

Occupations that don't require a degree:

- Videographer
- Musician
- Choreographer
- Graphic design
- Makeup artist

Occupations that only require an Associate's Degree:

- Creative assistant
- Social media manager
- Industrial designer
- Interior designer
- Land architect

Job boards for entry-level creative jobs:

SAFE SPACES

for **EVERYONE**



Youth need spaces that feels like they can be themselves and do things that make them feel seen or heard. Here are a few places within San Diego where youth are free to explore themselves creatively or educationally.



6787 EL CAJON BLVD SAN DIEGO,
CA 92115

THE MOVEMENT BE CENTER is a vibrant and inspiring place designed to enrich and enlighten youth within the San Diego and supporting communities. Our carefully curated programs are designed to provide safe spaces for creativity, self-expression, and emotional support.



ARTS

200 E 12TH ST NATIONAL CITY,
CA 91950
[619-297-2787](tel:619-297-2787)

ARTS lifts young people in the South County region of San Diego to become confident, compassionate, and courageous community builders through the transformative power of creativity.

Thousands of students in San Diego County schools have no access to visual arts education programs. ArtReach exists to help fill this gap by crafting lasting and meaningful creative experiences for young artists that would not otherwise have the resources. **ArtReach Learning Portal** offers free video art lessons. Free for teachers to bring program to school or for students to learn by themselves.

Here is a [link](#) to a map of ArtReach Murals, Schools, & Community Partners 2023-24.

ArtReach





Pre-Register to Vote

Attention eligible 16 and 17 year olds!

Online pre-registration is available for eligible 16 and 17 year olds at RegisterToVote.ca.gov. California youth who pre-register to vote will have their registration become active once they turn 18 years old.

High Schools throughout San Diego will be participating in the Dr. Shirley N. Weber High School Voter Registration Challenge to bring civic engagement to youth.

1

Visit

registertovote.ca.gov

2

Pre-
registerClick the "Pre-Register
to Vote" button

3

Turn
18Automatically
registered to vote on
your 18th birthday

4

Vote

Cast your ballot on
election day



Using Credible Sources and Addressing Misinformation

The internet has a lot of information, but not all of it is accurate. That's why it's important to check if the sources are trustworthy. Using reliable sources is key to being a credible resource for your schoolwork or projects.

Online information might not always be true! Ask yourself these questions:

Does the information come from a newspaper, magazine, or website you've never heard of?

Is just one newspaper, magazine, or website reporting on the story?

Is the story missing key information?

Can you find the original source of the info?

Is this information peer reviewed?

Misinformation refers to false or inaccurate information, often spread unintentionally through rumors, insults, or pranks.

Disinformation, on the other hand, is more sneaky and harmful. It's when people purposely share fake stories to manipulate others or cause trouble. It's like spreading rumors to create fear or confusion.

Is my source credible?

The source is in-depth, containing more than a few pages, an abstract, a reference list, and documented research or data.

The source is reputable, published in a peer-reviewed scholarly journal or on a reputable, non-biased website.

The authors are experts, known for their work in the field, and have written about similar topics before.

The source is reputable, published in a peer-reviewed scholarly journal or on a reputable, non-biased website.

The purpose of the source is to provide information or report original research or experiments.

International fact-checking sites




climate feedback

The Five Ws

WHO provides the information?

WHAT information are the authors presenting? What makes it reliable?

WHEN was the information published?

WHERE did you find the information? Where could you apply it?

WHY are the authors sharing this information?



National Month Of H.O.P.E



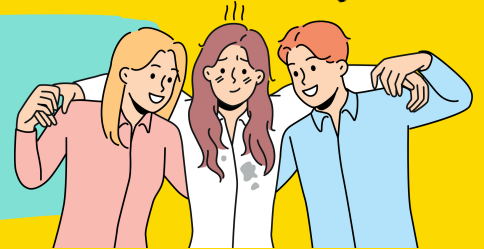
April is the national month of hope. Here are a few things you can do to participate



H. Help Yourself By Helping Others

VOLUNTEER TO FOSTER THE YOUTH

BECOME A BIG BROTHER/SISTER



O. Opportunities For Help

MENTAL HEALTH SERVICES

EXPENSES ASSISTANCE



P. Positivity Is A Superpower

HEROES VOLUNTEER AT THE YMCA

WALK OF HOPE



E. Engage In The Small Things

CLEAN SAN DIEGO

PLANT THE ROSES



National Volunteer Month



WHY SHOULD WE VOLUNTEER



Volunteering offers many benefits. It fosters a sense of belonging and connection among members, encouraging increased social interaction and engagement while creating a welcoming atmosphere.



Additionally, a close-knit community provides a valuable source of information and support.

VOLUNTEER OPPORTUNITIES IN SAN DIEGO



SD REFUGEE TUTORING

Assist refugee children in City Heights with English and math tutoring on Tuesday and Thursday evenings. English-fluent volunteers commit to tutoring once a week for the school year. No formal training needed.



This organization collaborates with local businesses to gather surplus food for 400,000 food-insecure San Diegans. Volunteers help sort and box food, and handle administrative tasks. Group volunteering is welcomed for team-building or family activities.



Home Start combats child abuse and aids San Diego families in need. Volunteers assist with administration, childcare, psychological support, domestic violence advocacy, and offer free tax filing help during tax season.



Mama's Kitchen, a volunteer-driven non-profit, delivers nutritious meals to San Diegans battling cancer, AIDS, or critical illnesses. Volunteers help with meal delivery, kitchen tasks, front desk duties, pantry support, and participate in food drives and events.



For 45+ years, ElderHelp aids seniors in staying independent at home. Volunteers offer home visits, shopping assistance, safety inspections, outings, mail organization, and more. The organization also provides transportation and caregiver education.

STRESS AWARENESS MONTH

14



April is National Stress Awareness Month, aiming to highlight stress's harmful effects. Managing stress is vital for overall well-being, lessening health risks, and improving mental and physical health.

“It’s critical to recognize what stress and anxiety look like, take steps to build resilience, and know where to go for help.”

- National Institutes of Health



How does stress affect you?



ON YOUR BODY

- Getting sick easier due to a weaker immune system
- Sleep problems
- Upset stomach
- Fatigue
- Chest pain
- Muscle tension
- Headache

ON YOUR MOOD

- Sadness and depression
- Anxiety
- Grumpiness/anger
- Restlessness
- Lack of motivation or focus
- Memory problems
- Feeling overwhelmed

ON YOUR BEHAVIOR

- Overeating or undereating
- Angry outbursts
- Drug or alcohol misuse
- Tobacco use
- Avoiding friends and staying at home
- Exercising less often

Managing Stress

- Get regular physical activity.
- Practice relaxation techniques. Try deep breathing, meditation, yoga, tai chi or a massage.
- Spend time with family and friends.
- Set aside time for hobbies.
- Get enough sleep.
- Eat a healthy, balanced diet.
- Stay away from tobacco and alcohol use, and use of illegal substances.

[Click here
for
San Diego
Resources](#)



EARTH DAY



»»» WHAT IS EARTH DAY?

Earth Day is an annual event that recognizes the successes of the environmental movement and raises awareness about the importance of protecting the Earth's natural resources for future generations. The first-ever Earth Day was observed on April 22, 1970. . By its twentieth anniversary, over 200 million people in 141 countries had participated.

»»» SUSTAINABILITY

Sustainability refers to the ability to sustain or improve the quality of life for current and future generations without jeopardizing future generations' ability to meet their own needs. The area also considers social issues such as equity and long-term economic development.

CAREERS IN SUSTAINABILITY

Here are the best occupations to pursue if you care about the environment.:

1. [Environmental scientist](#)
2. [Urban planner](#)
3. [Energy manager](#)
4. [Sustainability engineer](#)
5. [Landscape architect](#)

Ways to go green



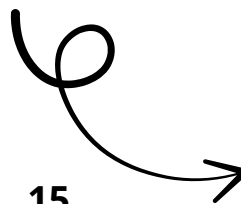
Setting Up A School Recycling Program



Create a compost bin

»»» EVENTS THIS MONTH

To celebrate Earth Day many events are happening in San Diego, check out the links below.



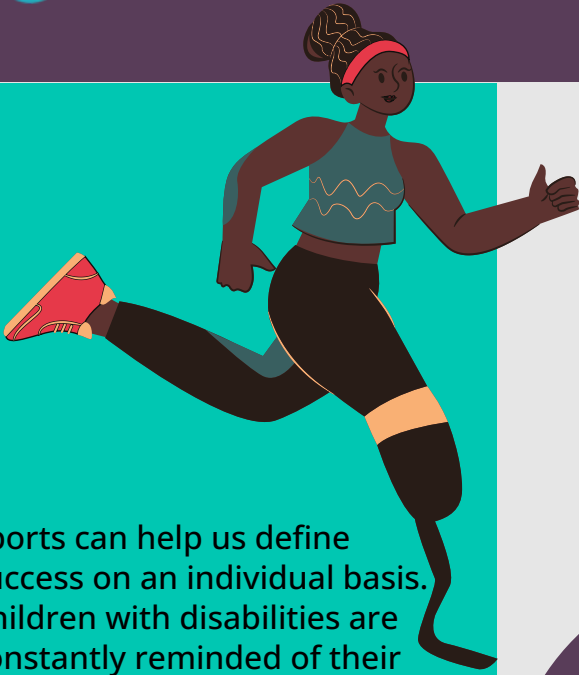
YOUR NEIGHBORHOOD
Creek to Bay Cleanup
OUR ENVIRONMENT

Trek San Diego Kearny Mesa Earth Day Ride



Trash Truck Storytime: Point Loma/Hervey Library

EMPOWERING PHYSICAL ACTIVITY



Sports can help us define success on an individual basis. Children with disabilities are constantly reminded of their weaknesses. Participating in sports can help boost confidence from deep within.

Children with these challenges are more constrained in their engagement than their classmates, a disparity that widens as they grow into adults; yet, participating can develop skills in connection building and teamwork. Here are a few locations that offer these resources.



S4EA

SPORTS for Exceptional Athletes is a San Diego based sports program serving athletes with developmental disabilities ages 5 through adult. offers over 20 sports in 4 sports seasons. Sports practices & tournaments in basketball, bocce, bowling, cycling, flag football, floor hockey, soccer, softball, swimming, tennis, track, volleyball & more.



SPECIAL OLYMPICS

The mission of Special Olympics Southern California is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts.

THE ARC OF SAN DIEGO

The Arc provides services for people with disabilities at more than 20 locations throughout the county. They are an advocate for diversity of opportunities, enhancing individual life choices as a member of the community. To see if you qualify for assistance from San Diego Regional Center, please call (858) 576-2938.





SUMMER AT MINGEI

ENROLLMENT OPENS APRIL 8TH

Explore a world of folk art, craft, and design from across the world with Summer at Mingei. Discover the power of art through engaging activities

This opportunity is open to students enrolled in San Diego Unified School District entering third, fourth, and fifth grade in Fall 2024



Summer at Mingei 1

July 15 - July 19

Grades: 2 - 4

Days: M - F

Times: 8am - 5pm

Cost: Free

Summer at Mingei 2

July 22 - July 26

Grades: 2 - 4

Days: M - F

Times: 8am - 5pm

Cost: Free

Summer at Mingei 3

July 29 - Aug 9

Grades: 2 - 4

Days: M - F

Times: 8am - 5pm

Cost: Free

WEEK OF THE YOUNG CHILD

NAEYC'S 2024 ANNUAL EVENT



APRIL 6-12, 2024.

Share your
Week Of
The Young
Child on
socials
using
#WOYC24



A FUN-FILLED WEEK CELEBRATING

The Week of the Young Child (WOYC) is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC) to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

WOYC Activity Resources



WOYC THEMES!

Kick Off Saturday

Music Monday

Tasty Tuesday

Work Together Wednesday

Artsy Thursday

Family Friday



*Spread the
word about
the
importance
of high-
quality
learning!*

Where's My Village

The child care industry has long been in crisis, and COVID-19 only made things worse. Now affordable, quality care is even more challenging to find, and staff are not paid enough to stay in the field. In the KPBS series, parents and providers struggling are highlighted.

25 Things For California Advocates

In 2021, Parent Voices created a learning journey to help people understand family fees, their racist roots, and that we have the power to change them



Office of Child
and Youth Success

AUTISM ACCEPTANCE MONTH



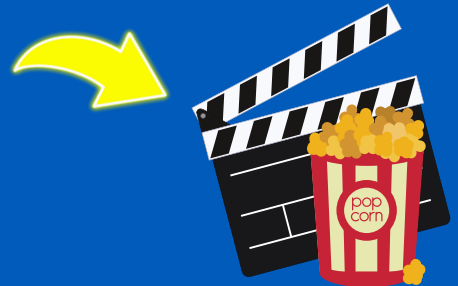
April is Autism Acceptance Month, formerly known as Autism Awareness Month. During this month, we recognize and celebrate the diverse experiences within the Autism community. It's a time to emphasize the critical need for acceptance, inclusion, and support for individuals with Autism across their lifespan.

SENSORY FRIENDLY FUN IN SAN DIEGO!

Sensory Friendly Mornings at Museums



AMC Sensory Friendly Films



#CelebrateDifferences

The #CelebrateDifferences campaign encourages us to appreciate the implacable, inimitable, and irreplaceable qualities of each person within the Autism community.



World Autism Awareness Day is an annual, internationally recognized day encouraging Member States of the United Nations to take measures to raise awareness about autistic individuals throughout the world.



For more resources and events, check out this website



Upcoming Events

April

Check out these events for engaging or helpful resources around San Diego for little to no cost!

**5-7
APR**

Anime and Game Art Expo

DoubleTree by Hilton San Diego-Mission Valley

7450 Hazard Center Drive San Diego, CA 92108

626 Night Market: San Diego

Mission Valley Mall

1640 Camino Del Rio North San Diego, CA 92108

**5-7
APR**

**13
APR**

All-Inclusive Day of Play: Starry Night Cinema & Resource Fair

The Salvation Army Kroc Center

6753 University Avenue San Diego, CA 92115



**14
APR**

Rolando Street Fair

Rolando Boulevard - San Diego, California



**26
APR**

Día de los Niños Fiesta with KPBS Kids

Otay Mesa-Nestor Branch Library

3003 Coronado Avenue San Diego, CA 92154