

AUGUST 2023



# OFFICE OF CHILD AND YOUTH SUCCESS

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



Contact Us 

# WELCOME!

## ABOUT

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

## 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.

## 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.



# THINGS I WISH MY PARENTS KNEW



## HOBBIES AND INTERESTS

Kids at this age may develop new hobbies and interests that their parents might not be aware of. They might want their parents to know what they are passionate about and be supportive of their pursuits.



## SOCIAL STRUGGLES

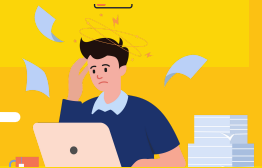
Middle school can be a challenging time socially. Many students wish their parents knew about their friendships, peer pressures, and the emotional ups and downs they experience while navigating social dynamics.

## NEED FOR INDEPENDENCE

Middle school is a time when young individuals start seeking more independence and autonomy. They may want their parents to understand their growing need to make decisions and choices on their own, even if it means making mistakes and learning from them.

## ACADEMIC PRESSURES

Middle school often comes with increasing academic demands. Some students may feel overwhelmed and wish their parents understood the pressure they face to perform well in school.



## A MESSAGE FROM KAYLEE



As I sit back and reflect on my life, I made the realization about my childhood and the years spent in school. When the topic of adversity arises, I find myself becoming speechless as I've been incredibly fortunate, thanks to my parents sparing me from having to face significant challenges. Adversity: a blessing or curse? I'm beginning to perceive it as both. Adversity teaches lessons that are valuable in one's upbringing. I often find myself lacking independence, struggling in conflicted situations, and having difficulty setting boundaries. Having parents who seem to over-parent isn't so ideal; I now find myself with significant signs of attachment anxiety. As much as I love my parents for making me the person I am today, I just wish they hadn't babied me. I have been trying to teach myself things that adversity would have taught me, such as independence, self-love, handling difficult situations, and dealing with my emotions more efficiently. Parenting played a role in the person I am today.

## STRESS AND ANXIETY

Adolescents can experience stress and anxiety related to school, relationships, and other aspects of life.



# BEST PRACTICES TO HAVE A SUCCESSFUL YEAR



Tips to help you have an smooth transition

## • Student guide •

- Picking electives that interest YOU and align with your passions!
- Figure out what study methods work for you.
- Get involved by joining clubs and activities.
- Be productive and use your time wisely.
- Bad grades are not the end of the world.
- Don't be afraid to ask questions.
- Find a mentor who can ease the process.
- Make friends!
- Limit screen time.



Get involved and volunteer today!



Take a look at activities with park and rec!



# Useful Tips for Your Student



## Transitioning Grade Levels

Get to know your child's grade level and what you can do to set them up for long-term success!

- Organization is important
- Create an everyday routine and create an accessible calendar with due dates, activities and obligations
- Assess your child for any skill gaps along with the teacher
- Provide homework support and model good practices
- As they go into higher grade levels, be available for any support but encourage them to work independently and keep track of their own homework and school responsibilities
- Build study habits and emphasize the learning aka set a growth mindset

*Learn more!*



### Early Childhood Education

- **Not required by law, and you must pay for daycare and preschool**
- During this stage, children learn how to socialize and prepare for kindergarten

### Elementary School

- **Begins from TK to grade 5 (ends around age 10)**
- They learn different subjects from one teacher in a single classroom

### Middle School

- **From grade 6 to grade 8 (ages 11 to 13)**
- Start switching classrooms with different teachers per subject
- Some schools have an integrated elementary and middle school

### High School

- **Begins with grade 9 until grade 12**
- Student will have different teachers throughout the day
- Students can choose from various clubs, sports, work-study arrangements, etc.

### Post-High School Education

- **Begins with grade 9 until grade 12**
- Student will have different teachers throughout the day
- Students can choose from various clubs, sports, work-study arrangements, etc.

### Class Placement

- Usually in middle school or high school, **there are different levels of difficulty for some subjects**, and these can be assessed at the start of their schooling



# ENHANCE COMMUNICATION BETWEEN PARENTS AND YOUTH



## Here are some suggestions and tips for talking to your teen

**Validate your teen's feelings:** This means acknowledging thoughts and emotions through active listening, asking clarifying questions and avoiding the urge to give advice or provide solutions. A simple practice for validating feelings is restating your teenager's feelings and telling them that you believe their feelings are acceptable. Validating does not mean that you must agree with their feelings or thoughts, but it does mean that you create a home environment where teens feel that their insight is welcomed and value



### Maintain Positive Body Language:

You can use non-verbal body language to demonstrate your genuine interest in your teen. Eye contact, nodding and smiling can help your teen feel more comfortable confiding or sharing their thoughts with parents



**Demonstrate Interest:** Ask your teen open ended questions during rides to school, after sports practices, or during dinner. Some suggestions for questions to engage your teen could be What was your favorite/least favorite part of the day? If you could change anything about your parents, what would it be? What is something you wish I understood about you?

## Talking to your parents



**Proper Time and Place:** Having a game plan for when you will have a meaningful conversation is critical. Choosing spaces where you and your parent or guardian are alone or already together can help ease the conversation without input from outsiders or having someone feel like they are put on the spot. If you are nervous, choosing high-energy times or activities where you do something with your hands may ease the pressure.



### Practical Expectations:

Understanding not everything may go your way. Take the time to hear what the other person is saying and remain calm throughout the conversation.

**Plan Ahead:** It is hard not to get emotional and forget what to say during a meaningful conversation. Write down or think through what you want to say. Parents will respond best to well-thought-out ideas.



# DID YOU KNOW?

# TRUST IS EARNED AND NOT GIVEN

A MESSAGE FOR BOTH PARENTS AND YOUTH

TRUST



## Acknowledge Your Mistakes

Taking time to realize and think about what you might have done wrong shows growth and can be the first step toward regaining trust. This can also be the most challenging part for both parents and youth. This shows a level of maturity, and from there, let your actions commit to the change you're making. Explaining your thought process can help each other better understand your intentions.

## Make Your Intentions Clear

Take time to write down some ideas you want to share before going into the conversation. Be upfront and clear about them.

## Put Yourself in Each Other's Shoes

Though you have acknowledged your mistakes, it may not stop the other person from being on edge and worrying about repeated actions. Allow the other person the time they need to forgive you and understand that it may take time to regain their trust fully.

## Demonstrate Responsibility

To earn back someone's trust and your privileges, you must do what is asked of you. You must listen and act in a manner that reflects the opposite of what caused you to lose trust. Accept that you may have to work for the relationship you are trying to build.



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# Bullying Prevention

# STOP BULLYING



## What is bullying?

**Bullying** or **cyberbullying** is when one person picks on another person repeatedly. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, over the Internet, or through mobile devices like cell phones.



## How to Avoid and Address Bullying

If you suspect you or your child may be getting bullied, you need to take action to ensure your – and your child’s – safety and well-being. This *Healthy Children's* [article](#) provides tips on safety and prevention as well as additional information to help stop bullying. It is important for everyone in the community to come together to build a safe environment for all children.

## Anti-Bullying Resources

Click or scan for more info.

[Stop Bullying.gov](http://StopBullying.gov)



[Center of PBIS](#)



[San Diego County Office of Education](#)



[San Diego Internet Crimes Against Children \(SDICAC\)](#)





# Healthy RELATIONSHIPS



Equality  
Honesty  
Open communication  
Affection  
Safety  
Support



Blame  
Control  
Gaslighting  
Humiliation  
Pressure  
Unpredictability

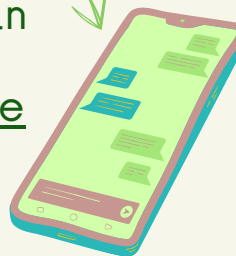
## Set healthy boundaries!

Healthy boundaries are unique to each individual and each couple. They establish what you will and will not accept in your relationship.

## Resources



If you or someone who might be in an abusive relationship, contact:  
National Teen Dating Abuse Helpline  
866-331-9474



Peer advocates are available to talk, text, or chat online 24/7. If you prefer to text, send "loveis" to 22522



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AUGUST 2024

# School Registration



Office of Child and Youth Success

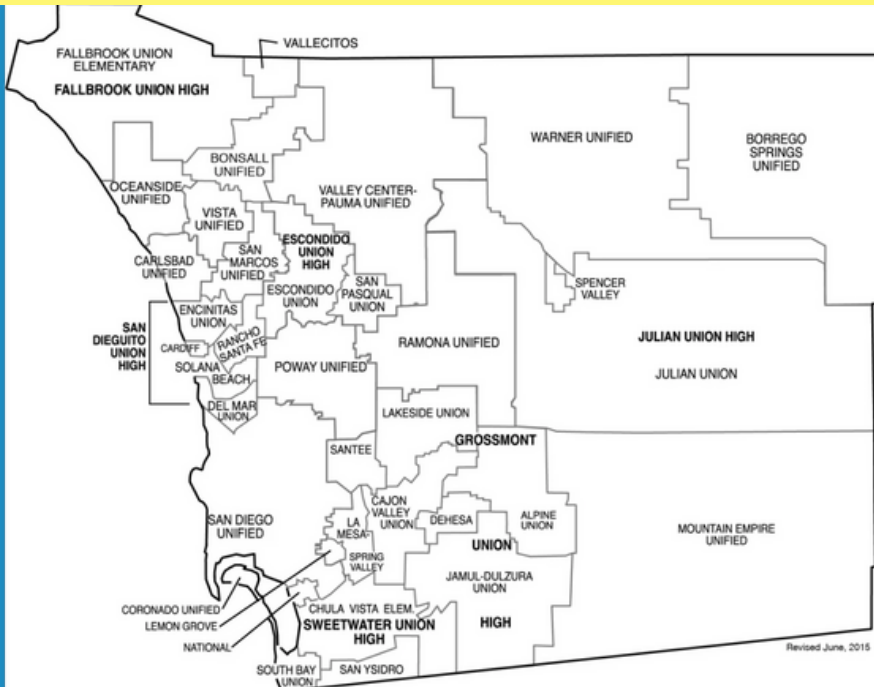


## Youth & Parents' Guide to Public Schools

Visit our [website](#) to find our parents' guide to San Diego schools. Under the Resources tab, click on 'Education and Career Pathways' to view this comprehensive [guide](#).

To **find your school**, use this helpful [tool](#) from our OCYS website.

## Explore school districts in San Diego



Find a School



- To get more information on other schools, go to the school district website to learn more about their **registration requirements**
- For **interdistrict transfers**, take note of enrollment deadlines and required documentation to include in applications. These are reviewed case by case and not guaranteed to be approved.





# WELCOME BACK TO SCHOOL



## REMINDERS

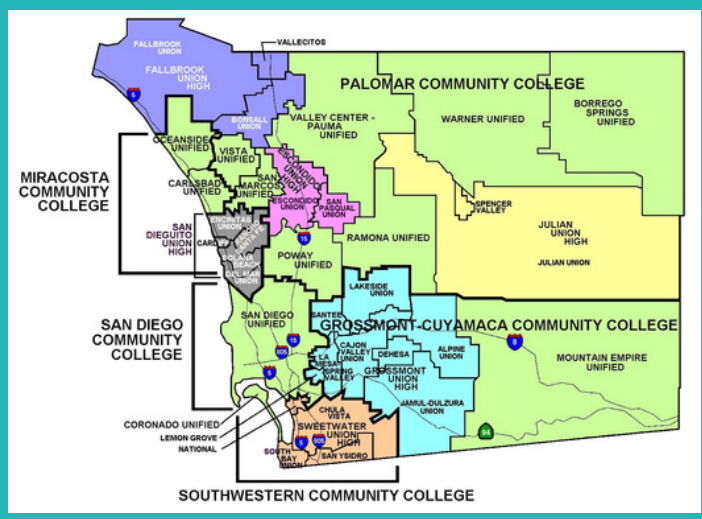
Make sure you're prepared for the upcoming 2023-2024 school year in San Diego. Here is a list of the first day of school for each school district in San Diego County. Click on the name of the school district to learn more.

## UPCOMING EVENTS



- [San Diego Unified School District](#) - Monday, August 21, 2023
- [Cajon Valley Union School District](#) - Wednesday, August 16, 2023
- [Carlsbad Unified School District](#) - Wednesday, August 23, 2023
- [Chula Vista Elementary School District](#) - Wednesday, July 19, 2023
- [Del Mar Union School District](#) - Monday, August 14, 2023
- [Encinitas Union School District](#) - Tuesday, August 15, 2023
- [Escondido Union School District](#) - Tuesday, August 15, 2023
- [Escondido Union High School District](#) - Tuesday, August 15, 2023
- [Grossmont Union High School District](#) - Tuesday, August 15, 2023
- [Lakeside Union School District](#) - Monday, August 21, 2023
- [La Mesa-Spring Valley School District](#) - Thursday, August 10, 2023
- [Lemon Grove School District](#) - Wednesday, August 16, 2023
- [National School District](#) - Monday, July 24, 2023
- [Oceanside Unified School District](#) - Tuesday, August 15, 2023
- [Poway Unified School District](#) - Wednesday, August 16, 2023
- [San Dieguito Union High School District](#) - Tuesday, August 15, 2023
- [San Marcos Unified School District](#) - Tuesday, August 15, 2023
- [Santee School District](#) - Wednesday, August 23, 2023
- [San Ysidro School District](#) - Monday, July 24, 2023
- [Solana Beach School District](#) - Monday, August 14, 2023
- [Sweetwater Union High School District](#) - Wednesday, July 19, 2023
- [Vista Unified School District](#) - Wednesday, August 16, 2023

## MAP OF COUNTY SCHOOL DISTRICTS



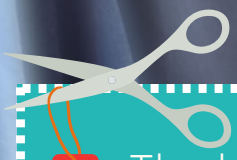
~County of San Diego~

Note: Light Green indicates a Unified School District. Each of the other colors represents a different High School District.



# THRIFTING

## BACK TO SCHOOL ON A BUDGET



The history of the word "thrift" comes from 1300s Middle English "fact or condition of thriving" and "prosperity, savings." The theme of its origin comes from using resources carefully to prosper, not from desperation. The idea of thrifting was modernized in the 1800s and early 1900s with the formation of the Goodwill and Salvation Army organizations. When the Industrial Revolution wave came, secondhand consumption was stigmatized by the influx of clothing production and created prejudice against immigrant communities. At its core, thrift shopping fights against feeding into the fast fashion industry; it encourages cultural values and sustainability, consumer consciousness, and affordability.

Thrifting is not only a more sustainable option but also a creative way to bring life into previously loved clothing, bringing that love back. We save our environment by reducing the amount of waste going into landfills. You may find unique and exotic pieces to add to your wardrobe when thrifting. There are also online markets like Poshmark, EBay, and Depop.



It is important to remember that thrifting takes time and patience but will be rewarding. It is also essential to keep in mind to try on items you may not usually consider because a piece could look different on your body than it does on a hanger. Feel free to mix and match pieces and experiment with different styles. Thrifting can be a great way to step out of your comfort zone and try something new.





# EVENTS



**August 3- 26**

Parks After Dark  
Thursday, Friday and Saturday  
nights from 5 to 8 p.m



Mayors Annual back to school event  
11am-3 p.m.  
Memorial Community Park (606 S 30th  
St. San Diego, CA 92113)

**August 12th**

*Californica*

**August 12th**

26th Annual Lemon Festival  
11AM-6PM Third Avenue  
Third Avenue (G to F Steets) &  
Memorial Park, CA

Hillcrest CityFest Street Fair  
12PM-11PM  
(5th Ave and University Ave  
San Diego, CA 92103)

**August 13**



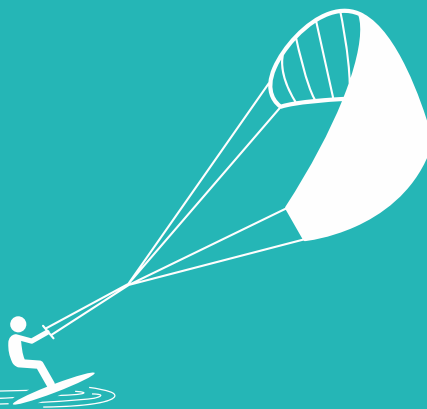
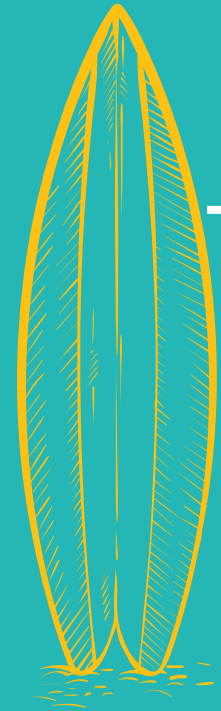
Arts District Summer Music Series,  
4:00pm to 7:00pm  
NTC North Promenade  
2875 Dewey Rd, San Diego, CA

**August 13**

Are you planning a special  
event in San Diego and need  
planning help?

[MORE INFO](#)

Free clothes,  
furniture and  
back to school  
supplies in San  
Diego



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