

SEPTEMBER

CONTACT US 

ISSUE 

OFFICE OF CHILD & YOUTH SUCCESS

A City Where Children & Youth

Can Thrive!



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.



MISSION



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.

VISION



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.



GEARING UP FOR COLLEGE APPS

College App season has begun! Here are some important factors to consider when deciding on which colleges to apply to:

Location - Do you prefer big cities with lots to do or smaller towns away from distractions?

Cost - Do you want to save money by attending a public institution with large class sizes or spend more on smaller, private institutions that will provide you with more one-on-one curriculum?



Programs - Not all colleges offer the same degree programs. Make sure your school has the program of your choice available.

Academic System: How fast do you want to finish your classes? Semester systems split the year into two 16-week sessions whereas trimester systems are split into 8-week, 16-week, then 8-week sessions.

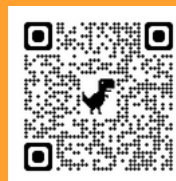
Admission requirements can vary for every school. Be sure to check each school's admissions page for a full list of admission requirements including GPA and testing scores.

DID YOU KNOW?

If you registered for the SAT using a fee waiver, you also qualify for college application fee waivers for the Common App, Universal College App, and Coalition App too!

Remember! It's not just one fee— each application costs money. To be strategic, apply to at least one safety school that you have a high chance of being accepted to, one school that is plausible but not guaranteed, and one that you think is a reach school because you just never know!

Take a quiz to find out which college is right for you, or start your college search here:



Navigating FREE Tutoring



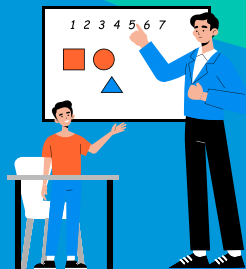
Tutoring can vastly improve a student's academic performance and may help them get ahead of their homework needs. Moreover, tutoring can improve study habits and attitude towards school and learning, which is backed by decades of research. Especially recovering from a pandemic, tutoring can get a student back up to speed in school.

Scan me to learn more!



Always ask your school!

- ✓ They can arrange in-school tutoring for your child or partner with nearby colleges or universities with K-12 homework assistance.



MasteryHour

- ✓ Free, online K-12 math tutoring for all families, students and schools led by volunteer student teachers

Local Public Libraries

- ✓ Get free homework help by coaches and access to various learning resources at your local library. These free events will have the acronym DYH@L.



Learn To Be

- ✓ Free 1-on-1 online tutoring for kids from underserved communities

BrainFuse HelpNow

- ✓ Free on-demand and anywhere virtual tutoring and eLearning tools available for all California K-12 students!



Upchieve

- ✓ Free personalized 1-on-1 online tutoring and college counseling from coaches available 24/7

Homework Hotline

- ✓ Free math and science tutoring service offered through phone by students from a top-ranked STEM school in the nation.



Low-Cost Tutoring Programs

- ✓ Boys & Girls Club of America
- ✓ Kumon Math & Reading Centers
- ✓ YMCA





LEARNING HOW TO BUDGET

For some people, having their first taste of financial freedom when they get a job can be fun. But sometimes it can be hard to control your spending habits. Budgeting is a great way to be financially responsible with your money. It's not about stopping yourself from doing and buying what you love, but about knowing when and where to put your money.

10 Budgeting Tips

1. Observe your spending habits
2. Budget important categories first
3. Revise your categories regularly
4. Record your daily expenses
5. Have a routine - sit down and track your progress
6. Find a partner to hold you accountable
7. Every month will be different - it's okay to be over
8. Try the 50/30/20 rule, envelope method, or whatever method suits you
9. Have a fund for surprise or unexpected expenses
10. Use automated systems for transfers to your savings so you can't forget



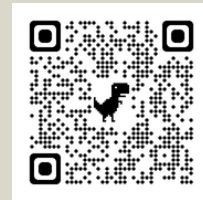
Why should I budget?

Learning how to budget can help you:

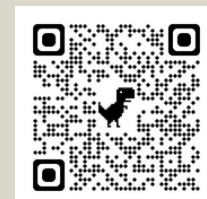
- Build your savings account
- Ease some financial stress
- Become more disciplined
- Create better money habits



Get started with free templates here:



For more guidance on how to handle your finances:



YOUTH VOTE MATTERS

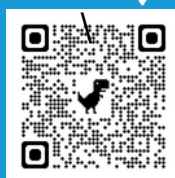


It may seem like one vote doesn't matter in a nation with more than 300 million people. This is the furthest thing from the truth. Your vote is powerful because it is your voice. It is up to the people to speak out clearly and forcefully about their needs and what needs to change to bring about change. By exercising your right to vote, you give voice to your community, make it known what you stand for and what you want to happen after the election and ensure that the results of these elections result in advancement for the causes that are important to you.

Voting is one way to express your aspirations for the country, and voting is the first step in becoming an involved citizen. Numerous issues, including healthcare, climate change, and the economy, are on the ballot each year. Voting for a president involves more than just the individual candidate. Understanding the candidates' positions on various subjects might help you develop thoughts and convictions that align with your needs and experiences.

This will also give you insight into how these issues directly impact your life, including your profession, education, and other areas. Voting is the first step in accountability. Only your decision to remain silent will reduce the likelihood of your voice being heard. Another factor supporting the significance of voting is the freedom to vote. For many Americans, the right to vote has not always been given throughout our nation's history. People from previous generations had to fight for years to increase voting rights. The struggle to guarantee that every citizen can freely exercise their right to vote and participate in determining our nation's future is still ongoing today. Voting is a means to pay tribute to those who battled for our right to participate in democratic processes so use your voice at the polls.

Vote Center Locations



Contact Us



THINGS TO REMEMBER WHILE VOTING

Who can register to vote?

- A United States citizen and a resident of California
- 18 years old or older on Election Day
- Not currently in a state or federal prison for the conviction of a felony
- Not currently found mentally incompetent to vote by a court

Now you can Pre-Register to vote:

For qualified 16 and 17-year-olds, pre-registration is now possible online at registertovote.ca.gov. When a young person in California turns 18 years old, their voter registration becomes active.

The pre-registration process does not alter the 18-year-old voting age. Instead, it enables Californians who meet the eligibility requirements and are 16 or 17 to complete the online voter registration form, giving them enough time and opportunity to prepare for the election.



Reminders

- Types of Elections:** Understand the different types of elections, such as local, state/provincial, and national elections. Each level of government may have its own election cycles and processes.
- Voting Methods:** Learn about the different voting methods used in your jurisdiction. This could include in-person voting at polling stations, early voting, mail-in voting, and electronic voting.
- Voter ID Requirements:** Some places require voters to present identification before casting their vote. Know what forms of identification are accepted and whether you need to bring any specific documents to the polling station.
- Voting Locations:** Find out where your designated polling station is located. Make sure you know the hours of operation and any special instructions for voting.
- Research Candidates and Issues:** Before voting, research the candidates running for various offices and familiarize yourself with the issues being addressed in the election. Make informed decisions based on your values and priorities.
- Election Dates and Deadlines:** Mark the election date on your calendar and be aware of any important deadlines, such as voter registration deadlines, absentee ballot request deadlines, and early voting dates.
- Stay Informed:** Keep up with changes to voting laws, regulations, and procedures in your area. Staying informed will help you navigate the voting process more effectively.



MORE INFO



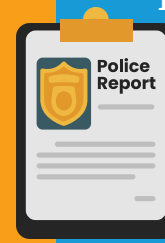


Become familiar with the layout of campus. Locate the emergency phones (blue lights) and program University Policy (number) into your contacts



Residential Life

Attend orientation and sessions and on campus safety to include drug and alcohol abuse



Walking

Learn evacuation plans for residence halls and campus buildings

1. Be aware of your surroundings
2. Limit use of distracting devices
3. Don't walk alone at night
4. Stick to well-lit, high traffic areas
5. Let someone know where you're going and when to expect you back
6. Share your location

Broken locks should be reported immediately to dorm staff or landlord

Residence Halls

Make locking your door and windows a habit even when you're not home!

Don't leave your door propped open

Don't hold the door open for strangers entering the residence hall.



Safety Gadgets

Pepper spray, Personal alarm, Panic button app



Contact Us

Crime Survivors on Campus

CONTACT
Phone: 844-853-HOPE
Fax: 775-245-4798
Email: info@crimesurvivors.org

YOU ARE NOT ALONE

Opportunities & Resources

FOR GRADUATES



Choosing a Career Path

You may decide to apply your degree directly in a position that requires your specific expertise, or you may choose to lean toward a specific passion in a certain field, industry, or role that complements your educational background.

Consider your academic career:
What have you accomplished? What are your personal aspirations? What skills and unique attributes do you possess?



Click to view Indeed's guide to job searching for students and new graduates:

MORE INFO 



Brianna's Story

I found the Office of Child & Youth Success internship opportunity through Access, an organization that partnered with my school to help students prepare to enter the workforce.

Through Access I am connected to a Career Navigator who has been a part of my academic journey and has helped connect with me resources and opportunities, such as job fairs, internships, jobs, trainings, etc. I was able to make it to a job fair in which I stumbled upon the opportunity to work for OCYS to promote the welfare of children and youth and support them through their education and success.



How To Find Work:

- Visit your school's career website and utilize campus resources (i.e. Handshake).
- Network as much and as often as you can.
- Participate in career fairs.
- Explore company websites.
- Be active on LinkedIn and other job boards. Maintain a strong digital presence.
- Use your current connections. Is there someone you know who is already working in a field you are interested in or want to pursue?

If you're still facing difficulties after graduation finding a job, consider these resources and opportunities for recent graduates:

Student and Recent Grad Programs

The U.S. Department of Labor provides internship and employment opportunities for youth ages 16-24

San Diego Workforce

Offers job search assistance, 1-on-1 coaching, career development resources

Apprenticeship

GUIDE FOR YOUTH

Facts about Apprenticeships

- Apprenticeship is a type of job training that involves following and studying a master of the trade on the job instead of in school. Carpenters, masons, doctors, and many other professionals often learn their trade through apprenticeship.
- In the past decade, college enrollment has declined by about 15%, while the number of apprentices has increased by more than 50%
- Apprentices build new skills through hands-on experience and classroom instruction, and may even earn credit toward a college degree..

Benefits of a Young Apprentice

- Earn while you learn.
- Get ahead in your career.
- Gain a nationally recognized qualification.
- Relevant experience.
- Build contacts.
- Guidance and support.
- Job offers.
- Take your qualification further

Different Areas To Explore



Agriculture: The agriculture industry is a diverse sector that requires skilled labor. If you like working with plants or animals, you may pursue an apprenticeship to train for an agricultural career.

Arts and media: An apprenticeship in this industry can grant you the skills and expertise required to work in the media and publishing sector. If you're creative and interested in fashion or the arts, you can complete an apprenticeship in this industry.

Business and administration: Most apprenticeship roles in this sector are typical office roles with fixed work hours. You may require excellent organizational and communication skills to help you navigate the demands of these positions.

Construction: The construction industry involves the design, building, and maintaining of roads, buildings, airports and other construction projects.

Education and healthcare: Education and health are areas that will continue to grow as the population grows. We will always need teaching professionals and health professionals in a wide range of positions.

Hair and beauty: Apprenticeships in the field of hair and beauty are what you might consider traditional subjects for apprenticeships.

HOW TO SAY NO

Setting Boundaries

BEST PRACTICES

- You Define your limits (what supports you versus what detracts from your well-being) Openly communicate your boundaries to people in your life.
- Don't be afraid to say "no" to things that don't serve you.
- Unhealthy boundaries involve a disregard for your own and others' values, wants, needs, and limits.
- Communicate your boundaries or expectations clearly, calmly, and consistently.

PRACTICES SAYING,

"I'm not comfortable with this." "I'd rather not...." "Please do not...." "I can't do that for you." "This doesn't work for me." "I've decided not to..." "This is not acceptable."

"I'm drawing the line at..." "I don't want to do that."

PERSONAL TESTIMONIAL



"During my first job at a fast food restaurant, as a 15 year old it was hard to set boundaries with strangers. Because of my age and limited work experience, I ended up being taken advantage of in my job. Being young, people viewed me as naive. Looking back, this experience has taught me a valuable lesson about the significance of self-advocacy and maintaining a healthy work-life balance. I now reflect learning from them to ensure I create a more positive and productive work atmosphere for myself, I only wished someone would have taught be how to say no and stand my grounds before being taken advantage."

DRIVERS ED

Parents Guide To Supporting Your Teen

If your teen is experiencing anxiety around driving or seems hesitant, here are some things to keep in mind.

- Understand that your child's driver's education begins years before they ever get behind the wheel. What kind of example are you setting? You have to model the driving behavior you would like to see one day in your child.
- There is nothing to gain by pushing a teen who simply isn't ready and advises parents to have patience.
- Provide plenty of parent-supervised driving practice. Teens exit the learner's permit period of driving with significant skill deficits.
- Encourage two-way communication. Monitoring is important, but it's not always enough to keep teens safe. Start early, way before your teen is in the driver's seat, to establish mutual trust.

Interested in low cost insurance?

<https://www.insurance.ca.gov/01-consumers/105-type/95-guides/01-auto/lca/>

Educational materials:

<https://www.dmv.ca.gov/portal/driver-education-and-safety/educational-materials/>

Find a Driving school near you!

<https://www.dmv.ca.gov/portal/olsis/>

Schedule an appointment today!

[Appointments - Service selection](#)



DRIVER EDUCATION
STUDENT DRIVER

DRIVER EDUCATION
STUDENT DRIVER

Events Around San Diego

September 29-30



September 30 · 10- 1pm



September 8 · 5- 8pm



September 10-17



September 7 · 2:30pm

MONTHLY FOOD DISTRIBUTION

1st Thursday every month
2:30 - UNTIL SUPPLIES LAST
OUR LADY OF GUADALUPE
744 BEARDSLEY STREET

September 14 · 4 - 6pm



September 17

