

JULY ISSUE '24

OFFICE OF CHILD AND YOUTH SUCCESS

“A City Where Children and Youth Can Thrive”

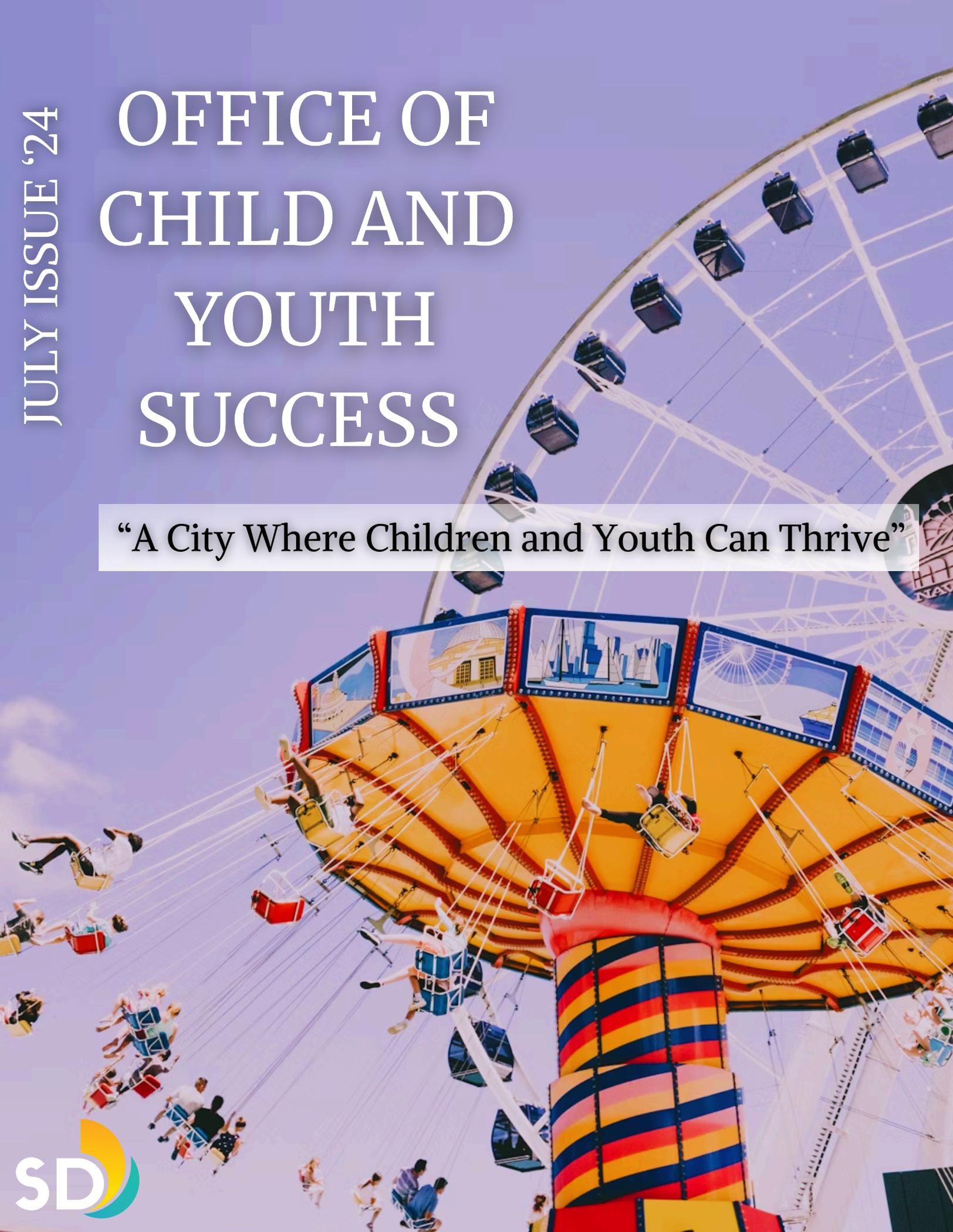




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About Us

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.

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.



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.

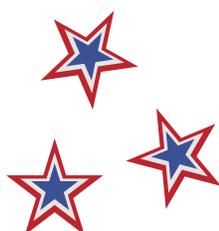
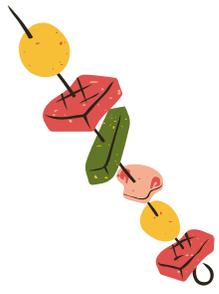


Why do we celebrate?

July 4 marks the anniversary of when Congress, comprised of delegates from the United States' original 13 colonies, signed the Declaration of Independence on July 4, 1776. The document declared the nation's independence from Great Britain.



San Diego 4th of July Celebration Map



FREE SUMMER MEALS

◆◆ Open to Children and Teens (ages 18 & under). Save your family time and money with free summer meals for your kids this summer! ◆◆

YES!

PLEASE!



www.Sandiegounified.org



San Diego Unified
SCHOOL DISTRICT



Save money spent on groceries and help support our schools and community by stopping by a summer meal site with your family.

Meal locations include select San Diego Unified schools, libraries, parks & recreation centers, and other community sites

A full list of locations and service times is [linked here](#).

Menus, Nutrition and Allergen Information

Summer Breakfast [Menu](#)
Summer School Lunch [Menu K-12](#)
Summer Fun Cafe Lunch [Menu](#)

Starting this summer, you can buy more food for your child with [California SUN Bucks](#), also called Summer-EBT. [Click here](#) for more information.

Programa nutricional de verano para niños ([Español](#))

KEEP THE PANTRY FULL



Food banks play a vital role in providing assistance to economically disadvantaged families, the elderly, and children. They provide food, stability, and hope to individuals who are struggling financially. They provide as a safety net for people in need.

CLICK ON THE PICTURES



Schools



Churches



Rec. Centers



Food Banks



Food Assistance



And More

There are several places that offers free groceries in San Diego. Use the [GPS Food Locator Map](#) to find your local food bank, click here!



NATIONAL AUNT'S & UNCLE'S DAY

GIRL POWER



MEN POWER



WHY CELEBRATE?

In recognition of these under-appreciated members of the family, Aunt's and Uncle's Day will be July 26th. Celebrate them to show gratitude for their contribution to the lives of their nieces and nephews celebrate and remind them of all the reasons you enjoy having them in your life!

Aunt's

A second mom, best friend, and mentor all wrapped in one. Aunts serve as a safety net, a comforter, protector and supporter. They're not always around, but they're never too far when you need them.



HOW TO CELEBRATE:

Thank your aunts for the birthday presents, and for being there at life's milestone. Celebrate your aunts with a card or a note in the mail, a phone call, or a text. Make this day an excuse to re-live the memories while creating new ones by doing what she loves.

GIFT IDEAS:



- Shopping Day
- Homemade Card
- Self-Care Essentials
- Take Her To Lunch
- Deliver Flowers To Her House

Uncle's

He's like Dad, only funnier and cooler: He's your uncle. That non-judgmental, patient listeners who offer's guidance and leadership. They serve as supportive, life-long role model



HOW TO CELEBRATE:

Thank your uncles for playing catch, swimming, piggyback rides, and taking you fishing. Celebrate your uncle with a card or note in the mail, a phone call, or a text. Make this day an excuse to re-live the memories while creating new ones by doing what he loves.

GIFT IDEAS:

- Car Show
- Cookout BBQ
- Comedy Show
- Homemade Keychain
- New Video Game




 MAKE IT HAPPEN


WHAT'S AN ENTREPRENEUR?

An entrepreneur is someone who starts their own business or organization and makes their ideas a reality. They solve issues or recognize opportunities in the world around them and take the initiative to make things happen. Being an entrepreneur requires creativity, determination, and the willingness to take risks. Here's how to become one:

Identify Your Passion and Strengths

Consider your hobbies and areas of skill. You can choose the best company idea with the help of your abilities and desire.

Create Ideas

Take a look around you and consider any issues you face or areas that could use improvement. Come up with solutions that could address such issues or meet needs.

Plan and Conduct Research

After you have an idea, conduct market research to learn about your competition and possible clients. Create a business plan that outlines your objectives, target market, and strategy for achieving success.

Begin Small

It's not necessary to know everything right away. Start by testing a scaled-down version of your concept. This lets you pick up new skills and adjust as you go.

Meet Deaune

I am Deaune Boyd, I am the founder of Elysian Vision Photography. My portrait photography company was a risk born from my intense passion for capturing life's most precious moments. San Diego Native, who has overcome many challenges. Growing up in Southeast San Diego wasn't easy; reflecting on my journey as an entrepreneur, three qualities stand out as the cornerstones of my success: resilience, optimism, and courage. In the world of entrepreneurship, there's often a temptation to focus solely on honing our strengths, doubling down on what we're already good at. However, I've come to believe that true growth lies in embracing a more well-rounded approach, investing time and effort into areas where we may not be as proficient.





Unfortunately there are many different inequities experienced by youth. Disparities in wages, health, access to higher education, and more persist among youth in San Diego.

OVERCOMING BARRIERS TO SUCCESS

Immigrant Youth/Youth of Immigrant Parents

San Diego County has one of the largest immigrant populations of all US counties. According to San Diego Foundation, nearly 91,000 immigrants in San Diego live in poverty, and this has a negative impact on life outcomes of immigrant youth and youth of immigrant parents.



*Open enrollment for Students Without Limits is year round! Enroll at their Instagram: @swolremote

Foster Care Youth

Youth in the foster care system can experience trauma from being displaced from family and schools and from multiple placements with different families. Being in the foster care system can cause them to fall behind in school, and foster care youth are less likely to finish high school than their peers. Exiting the foster care system can also be a struggle. Many leave with no support or plan for the future, and they are vulnerable to experiencing homelessness when they leave.

Students Without Limits

Students Without Limits is a nonprofit organization that provides legal, mental health, and continuing education help to underserved minority or immigrant teens. They partner with schools across San Diego to provide these services.

↓ ↓ ↓
Their **Immigrant Youth Program** provides after-school workshops to educate youth on immigration policy, connect them to resources, and help with college and scholarships. They have "little family meetings" that provide support and guidance from caring adults.

Resources for Foster Care Youth

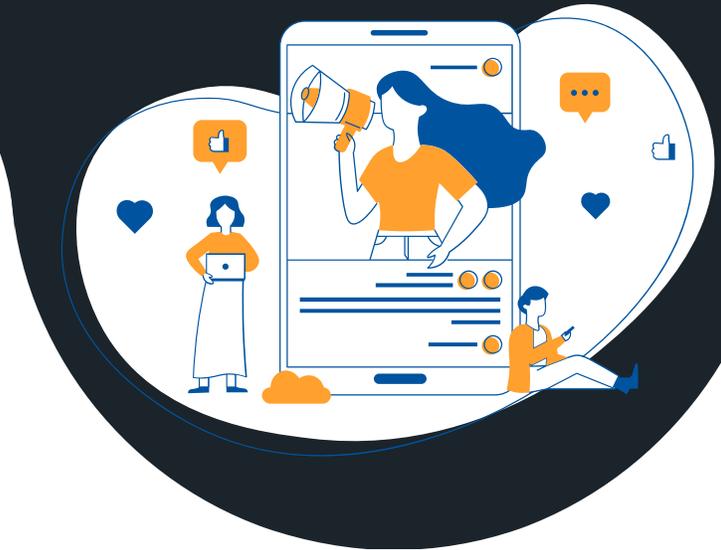
→ **San Diego Youth Services** has an Independent Living Skills Program that helps youth exiting foster care with finding stable housing, enrolling in college or vocational programs, employment, and other things necessary to become an independent adult.

↓ ↓ ↓
Foster Youth Coordinating Services Programs (FYCSPs) support foster youth in a number of ways. They include Tutoring and Tutor Success, College Connection, and School Success Program, just to name a few.

MARKETING YOUR BUSINESS

HAS ANYONE EVER WANTED TO BE AN ENTREPRENEUR OR KNOW ANYONE WHO STARTED ON A BUSINESS?

IF YOU HAVE A BUSINESS IDEA, FOLLOW THESE STEPS TO MARKET YOUR BUSINESS!



Picking The Platform

Identify which social media platforms your target audience uses most frequently.

Content Strategy & Creations

Content strategy involves strategically creating, managing, and distributing content to achieve business and marketing goals. Content creation is essential for attracting potential customers and is a cornerstone of content marketing, which aims to engage your target audience through ongoing content development and distribution across channels.



Analyzing

Consider creating separate spreadsheets for each social media platform you analyze. These will serve as central hubs for your data, allowing you to compare metrics over time. Most platforms offer built-in analytics tools like Facebook Insights, which provide detailed metrics such as page actions, views, and previews.

Making Your Profile

Develop thorough and engaging profiles on each selected platform. Incorporate your logo, brand colors, and a concise yet descriptive biography. Don't forget to include a link to your website for further information.



Advertising and Marketing

Social media advertising uses platforms like LinkedIn, YouTube, Facebook, Twitter, TikTok, and Instagram to deliver paid ads to both current and potential customers, expanding your brand's reach beyond traditional advertising methods.



Consistency & Authenticity

By consistently providing value, engaging with your audience, and adapting your strategy based on insights, you can effectively leverage social media to market your business and achieve your goals.



ALL THINGS CAREER FAIR



Career Fair?

A career fair is an event that gives students and employers a chance to meet one another, establish professional relationships, and discuss potential job and/or internship opportunities.



Job Fair

Job fairs are the “meat markets” of the entry-level job market, with employers sizing up candidates quickly, based on appearances and first impressions.



Purpose

Career fair gives students and employers a chance to meet one another, establish professional relationships, and discuss potential job and/or internship opportunities.



Reasons To Attend

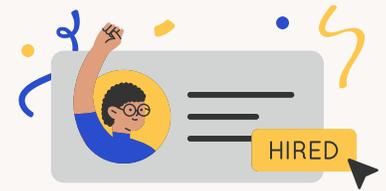
- Practice your networking skills
- See new job positions available
- A chance for resume workshops
- Gather important contacts
- See potential career ideas



Preparation

- Multiple copies of resumes
- Have a elevator pitch ready.
- Make a list of questions
- Plan a follow-up strategy
- Prepare appropriate attire

[Click here for career fair checklists](#)



Advantages

You are able to shake hands with an actual person and create a connection with employers. This gives you a chance to capitalize on the moment.



Disadvantges

Even if you network and shake hands with every employer, you may become just another face in a very large crowd. Realistically, there may be hundreds of other job seekers that are trying to make an impression on those same employers.



Ge The Most Out Of It

Get the most out of each experience by exchanging business cards, sharing your resume, and connecting with the employers you met on LinkedIn.

[Click here for more on LinkedIn](#)



This Months Fairs

Chula Vista Entry Level Virtual Fair

Monday, July 1 ~ 11am - 3pm

San Diego Entry-Level Virtual Fair

Monday, July 8 ~ 11am - 3pm

San Diego Virtual Career Expo

Friday, July 5 ~ 11am - 2pm

Apprenticeship Programs



A structured training program that blends classroom education and on-the-job training is called an **apprenticeship program**. Apprenticeships normally run for a predetermined amount of time, during which time the apprentice acquires practical experience and specialized knowledge in a particular trade or career. Labor unions, trade groups, and employers frequently fund these initiatives.



Opportunities

[LEARN MORE](#)


Electrical Apprentice

- Full-time \$28.00 - \$38.00 an hour
- 8-hour shift Monday to Friday
- Location San Diego, CA Driver's License Required

Apprentice Jeweler

- Full-time \$18.00 - \$19.00 an hour
- Driver's License Required
- Location Westfield Plaza Bonita mall (Signet Jewelers)

Stagehand - Film / Concerts / Wedding & Private Events

- Part-time \$18.00 - \$23.00 an hour
- Ability to lift at least 50 lbs on your own, ability to pass a drug screening
- Seeking active people who like to make things happen

Coder, Apprentice- CPC or CCS

- Full-time \$18.50 an hour
- High school diploma required
- 823 Gateway Center Way, San Diego, CA 92102



Disability Pride Month



National Disabilities Independence Day is July 26th!



WAYS TO CELEBRATE

Learn something new! Listen to a podcast to learn more about the ADA or simply learn from others about their experience having a disability. Learn more about Disability Pride Month [here](#).



Get involved! Find events in your area that celebrate people with disabilities. Finding community groups dedicated to disability inclusion is a good place to start.



Speak up. Your voice has power, and if you are a person with a disability, telling your story can educate others on the importance of disability inclusion.



National Disabilities Independence Day is part of Disability Pride Month. Both celebrate the passage of the Americans with Disabilities Act (ADA) in 1990. It makes it illegal to discriminate against somebody because of a disability. It removes barriers for people with disabilities to things like getting jobs and using public transportation. It also requires that public accommodations like wheelchair access is available, among other benefits.

SUPPORTED EMPLOYMENT RESOURCES

The Arc of San Diego provides supported employment for people with disabilities, including help with interview skills, job searching, resume building, and more. [Learn more](#) about their services and view the list of employers who they partner with.



[Options for All](#) also offers supported employment to people with developmental and/or intellectual disabilities.



Both offer paid internships and a student services program that gives youth with disabilities ages 16-21 up to 100 hours of paid work experience.



GOODWILL

Goodwill offers many services to people with disabilities, including career centers to assist with employment, help with doing your taxes, and providing jobs for adults with disabilities. [Here](#) is a more extensive list of services Goodwill offers.



Learn more about Goodwill's Supported Employment program in San Diego!



WORLD DAY FOR International Justice

JULY 17TH, 2024

HISTORY

International Justice Day commemorates the historic adoption of the Rome Statute on 17 July 1998 and marks the importance of continuing the fight against impunity and bringing justice for the victims of war crimes, crimes against humanity, and genocide. (Das, 2023).

PURPOSE

To enforce the law and defend the interests of the United States according to the law, to ensure public safety against threats foreign and domestic, to provide federal leadership in preventing and controlling crime, to seek just punishment for those guilty of unlawful behavior, and to ensure fair and impartial administration of justice for all Americans. (Das, 2023).



WHAT IS THE CRIMINAL JUSTICE SYSTEM?

The Criminal Justice System is the system that prescribes the fate of the criminal. It is also the system that provides recompense to the victim under the rule of law. Criminal justice seeks to deter future crimes by creating penalties for criminal conduct and rehabilitate criminals through incarceration. (Bureau of Justice Statistics, 2021).

CRIMINAL JUSTICE IMPORTANCE

The criminal justice system's goal is to maintain order in society by punishing those who break the law and protecting the welfare of the citizens. This system ensures that suspects are appropriately investigated, prosecuted, and defended to guarantee a fair trial. (Bureau of Justice Statistics, 2021)

[Click here](#) to learn more about the Criminal Justice System.

TIPS

Share Resources

Through open sharing, communities have a richer and more engaging opportunity to excel. Sign up for email newsletters and be sure to keep up with OCYS Monthly Newsletters!

Learn The Story Of International Justice

By learning this history, you can understand the many reasons why victims of these crimes are denied justice! This allows you to see problems and discrepancies.

Be Inspired & Make A Difference

Inspiration gives both the means and the motivation to rise above, be thoughtful, and create solutions which in turn will make a difference in the lives of victims.

HOW TO OBSERVE?

Remember The Victims

Show your solidarity by acknowledging their fight and doing what you can to support them in their cause.

Support The Cause

Research non-governmental organizations working for justice-related causes like preventing violence against women, protecting human rights, etc., and consider donating or volunteering your talents.

Attend an Event

Not only are you able to learn about issues within your community but you are also able to use your voices in local government decision-making. See page below to learn about Speak-Up San Diego Special Youth Councils



Office of Child and Youth Success



SPEAK UP SAN DIEGO
SPECIAL YOUTH COUNCIL

Engaging Activities

WHO: Youth, Ages 12-26 in The City of San Diego

WHAT: Discussion goal is how to create engaging activities for youth and children that expand their life experiences and promote fun and enriching activities that inspire community-based activities which foster creativity and inspiration.

AGENDA:

DISCUSSING
STRENGTHENING
FAMILIES PROTECTIVE
FRAMEWORK

LEARN MORE



WHEN: JULY 23RD 2024

TIME: 4-5PM

USE THIS LINK TO JOIN

JOIN US ON
MICROSOFT TEAMS!

SAN DIEGO PRIDE

JULY 13-21 2024



She Fest

When: Saturday, July 13, 2024 from 12 PM – 6 PM

She Fest offers programming for LGBTQ+ women and non-binary individuals, connects LGBTQ+ small businesses to new audiences, hosts social events for community bonding, and celebrates its volunteer committee members.

[LEARN MORE](#)

Light Up the Cathedral

When: Wednesday, July 17, 2024 @ 7 PM

Come together with Dean Penny Bridges and other faith leaders for an in-person celebration of our faith and resilience. Following the service, the Cathedral will be illuminated in rainbow colors.

[LEARN MORE](#)



Spirit of Stonewall Rally

When: Friday, July 19, 2024 @ 6 PM – 7 PM

Begin San Diego Pride weekend with inspirational speeches, the recognition of LGBTQ leaders, and the raising of the Pride flag.

[LEARN MORE](#)



The Parade

When: Saturday, July 20, 2024 @ 10 AM

San Diego's Pride Parade is the region's largest single-day civic event and one of the largest in the United States, with over 300,000 supporters cheering for the LGBTQ community.

[LEARN MORE](#)



The Festival

When: Saturday, July 20, 2024 @ 11 AM – 10 PM |
Sunday, July 21, 2024 @ 11 AM – 9 PM

Join us in Balboa Park to celebrate diversity and inclusion with community resources, booths, and live entertainment across four stages.

[LEARN MORE](#)



PLASTIC FREE JULY

NON-BIODEGRADABLE THINGS

What's Plastic?



BIODEGRADABLE THINGS

Plastic Alternatives



LEARN MORE



WHAT?

The idea of Plastic Free July is to avoid single-use items where possible, by simply avoiding or by choosing durable reusable alternatives.

WHY PLASTIC IS HARMFUL?

Unlike other materials, plastic does not biodegrade. It can take up to 1,000 years to break down, so when it is discarded, it builds up in the environment until it reaches a crisis point. This impacts wildlife, climate change, and the amount of pollution.

IDEAS & SOLUTIONS

You can start out small, or really challenge yourself! Want some tips to find out how you can reduce plastic waste? Get inspired using this [link here](#).

BE PLASTIC FREE

A great way to continue to grow the positive impact of Plastic Free July is by sharing the challenge with others. [Click here](#) for assets and promotional tools that you can take to school, work, and share in your community!

GET INVOLVED

Whether you're a beginner looking for a few single-use plastics to avoid, or someone well on their way to a plastic free life, you can get involved! [Click here](#) to learn more.

JULY 24TH 2024

INTERNATIONAL SELF-CARE DAY



FUN FACT

This symbolic day was chosen because self-care can be practiced "24 hours a day/7 days a week"

-W.H.O.

The Fact of Self Care

Self-care encompasses individuals taking responsibility for their health by utilizing existing knowledge, occasionally with professional guidance.

It provides advantages such as making informed healthcare decisions, promoting personal well-being, and enhancing efficiency for governments and healthcare systems worldwide.

How Do I Practice Self Care

Caring for yourself isn't just a passing fad or something to experiment with sporadically. To truly benefit, it's essential to integrate self-care into your daily routine.

Yaou don't require large, uninterrupted chunks of "me-time" in your schedule to nurture self-care. Don't allow busyness to prevent you from prioritizing yourself! Explore these examples of self-care practices to discover what resonates best with you!



TAKE A MENTAL HEALTH DAY



TRY COOKING



PLAY A SPORT



TREAT YOURSELF



WATER YOUR PLANTS/PLAY WITH YOUR PET

☀️ SUMMER SAFETY TIPS ☀️



HOW TO BEAT THE HEAT

Different ways that you could beat the heat could be going to one of the designated cool zones in San Diego, making sure you stay hydrated with lots of water, wearing sunscreen, or maybe even go to your local pool!

Stay safe with a Free
Basic CPR Class



Find your local pool!



BUG SAFETY

As much as you might love summer, the bugs also love to be out! Mosquito bites are usually harmless, but some of them carry diseases such as the Zika virus and Lyme disease. To avoid bug bites, wear an insect repellent.



San Diego Cool Zones

Too hot in the house? Find a cool zone near you!



WATER SAFETY

Water safety is extremely important during the summer, especially if you plan on going to a pool or the beach! If you plan on going into the beach, make sure to check ahead to look at the water conditions and currents. If you plan on going to a pool, check with your local pool if they offer swimming programs!



Make sure to keep your pet safe too! Keep your pet hydrated, make them some ice treats, or consider a cooling pad to keep your pet cool during the heat. If you want to learn more, [click here!](#)



National Intern Day

July 25, 2024

National Intern Day, created by WayUp, celebrates future leaders by recognizing and acknowledging interns' efforts.

Launched in 2017, it highlights the challenges and inequalities faced by entry-level candidates. The day also emphasizes the essential role of internships in gaining valuable experience and making a lasting impact in the workforce.

How to create a resume
step-by-step:

indeed

Internship opportunities



COUNTY OF
SAN DIEGO



Save the Children.

*Some of the applications are closed, but monitor the career page for upcoming opportunities

INTERN SPOTLIGHT

Meet the OCYS Intern Team!



Mirei Kubota

Mirei's favorite part about working with OCYS is experiencing various roles to drive initiatives that benefit San Diego's youth.



Amy Gianetto

Amy's favorite part about working with OCYS is how supportive and collaborative the environment is.



Kwincy Lambert

Kwincy's favorite part about working with OCYS is the opportunities to make a true impact for his community while being an advocate for youth.



Tianna Fair

Tianna's favorite part about working with OCYS is the small yet impactful change the office contributes to making the youth's lives a little bit easier.



Alisha Supanekar

Alisha's favorite part of working with OCYS is participating in the behind-the-scenes efforts to build a new department that will positively impact youth in San Diego.



Marlissa Hernandez

Marlissa's favorite part about working with OCYS is working for the youth while making sure everyone has a voice and has accessibility to resources, they may need.



Av'ry Brooks

Av'ry's favorite part of working with OCYS is learning about the City of San Diego and networking with other groups to learn about accessible services

UPCOMING EVENTS



July 6th

SUMMER CULTURE FEST SAN DIEGO

Saturday, July 6th @ 12pm-8pm

A FREE event that will take place at Waterfront Park, San Diego. Multicultural diverse food and artisan vendors with a kids Area.



July 14th

LITTLE MERMAIN INSPIRIED MARKET

Sunday, July 14th @ 10am

Come shop small at Illusion Hall! This is a free event and tickets are not needed



July 15th

SPC HIGHER ED. SUBCOMMITTEE

Monday, July 15th @ 11am-12pm

The SPC holds monthly Higher Education Subcommittee meetings on the third Monday of the month. Use your voice!



July 15th

COMMUNITY CLIMATE CONVERSATIONS

Monday, July 15th @ 11am-12pm

Together the Southern San Diego community celebrates climate efforts and sparks conversations for advancing climate priorities.



July 23rd

WOMAN CLERGY BREAKFAST

Tuesday, July 23rd @ 7:30am-9am

Join other women pastors and leaders in your region at this summer's PalCon for a time of conversation, encouragement, and networking.



[Find More Events Here . . .](#)