



Office of Child
and Youth Success

January Issue

2024

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



<https://www.sandiego.gov/child-youth-success>

A Newsletter for Youth, Created by Youth!




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SD

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.



CORE VALUES



WHAT ARE YOUR CORE VALUES?

Core values are deeply personal root values and beliefs which form the foundation of conduct that an individual acts upon. Once defined, your core values serve as a compass; a useful tool you may use to determine the decisions you will make in life. The more your daily decisions align to your life's vision, the closer you are to constructing the reality you desire.



Discover a career that aligns with **YOUR** core values! Check out Job Search & Career Pathway Resources at your local public library.

“You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist.”

— Friedrich Nietzsche

ALIGNING YOUR CORE VALUES WITH YOUR CAREER

Aligning your values to the values of a potential employer's is important for both you and the employer. Decisions are made, and goals are set and acted upon based upon core values. Within a business organization, core values instill direction and bring upon a sense of achievement followed by accomplishing goals, projects, missions, and fulfilling the objective of the business organization. Core values represent the vision in which a business views the world. It is vital to align your own core values with the values of your potential employer in pursuit of a fulfilling and purposeful career.



[Click Here](#) to learn how to discover your organization's core values.



NEW YEAR, NEW JOB?

DO's for Applying and Interviewing



1. Make sure to include the resume basics: Contact info, professional summary, work experience, education, and skills. Emphasize your education and skills if you recently graduated or highlight your professional experience if you're more established in your field already.
2. Tailor your resume format to the specific job - for more creative design positions, your resume should be more stylistically appealing through colors and design whereas a professional position shouldn't have such distractions.
3. Look over the job description and use action verbs that match what the employer is looking for. Most applications will have to pass a screening system before it reaches a person, so to ensure your application makes the cut use relevant keywords in your resume.
4. Regularly update your resume. If you acquire a new skill, record it immediately to avoid forgetting it or having to remember all that you've done while at your current job when it comes time to apply for a new one.

Don'ts for Applying and Interviewing



1. Copy and paste job descriptions. Instead, focus on your accomplishments there and how you were able to make an impact in your work.
2. Clutter your resume. Cut out irrelevant skills and professional experience to the job that you are applying for. The person who will be reading your resume will want it to be quick, clean and easy to read in order to extract your most important qualifications for the job position.
3. Focus on yourself too much. In your professional summary, focus on how your experience can bring value to the company itself versus simply relating your life story.
4. Include a photo on your resume.



DEALING WITH REJECTION

1. **Know that it's not just you** - lots of people are facing the same struggle
2. **Maybe its just not meant to be** - you may be at the wrong place at the wrong time so keep your hopes up for the future
3. **Consider your approach** - are the core jobs your applying for outside of your qualifications? Can you improve your interviewing skills?
4. **Make adjustments** - go back to your resume, LinkedIn, etc.
5. **Manage your expectations** - in a difficult job market, reward yourself for small victories like getting responses and know that you may not attain your dream position
6. **Keep a running list of your good qualities** - this can help fight the negative feedback loop
7. **Positive mantras help** - talk yourself into a success-oriented mindset
8. **Stay strong and tough** - take care of yourself mentally, emotionally, physically and spiritually throughout the negative feedback

- **Forbes**

Where can I find more resume help?

➤ [San Diego Workforce](#)

➤ Your school's career center

➤ [CareerOneStop](#)

TOPICS I WISH MY SCHOOL COVERED



COOKING

Learning culinary skills during adolescence goes beyond the kitchen—it equips teens with practical life skills, promotes independence, creativity and lays the foundation for a healthy eating practices. [Kitchens for Good](#) offers free education, weekly stipends, and transportation support to participants in their culinary apprenticeship program.

CODING

The [Legler Benbough Teen IDEA Lab](#) is located inside the Valencia Park/Malcolm X Branch Library. IDEA stands for innovation and digital expression activity. They offer advanced technology and training programs for teens ages 12 to 18.

- No Library card needed

CAR MAINTENANCE

Oil changes can be expensive. [Teaching your teen the basics of Auto Maintenance](#) like oil changes and how to change a tire are essential.

Job Corps Automotive and Machine Repair program provides a well-rounded educational experience, combining technical training with support services, while providing housing, health care, and food.

FARMING AND GROWING

Engage in a diverse range of hands-on farm lessons and field trips, covering topics such as composting, farm insects, and the significance of soil at [Wild Willow Farm & Education Center](#).

There are more than just books at the libraries. Check out a [Seed libraries](#) near you to get free seeds.

Free Course: [Gardening 101: How to grow your own food](#).

SURVIVAL SKILLS

The [Wilderness Basics Course](#), conducted annually by the Sierra Club San Diego Chapter, is a thorough program in hiking and backpacking. Over ten weeks starting in January, students participate in Tuesday night lectures and apply their skills in various practical outings, including a Day Hike, Car Camp, Mountain/Desert Backpack, Land Navigation Backpack, and Snow Backpack for free.

TAXES

Filing taxes for the first time can seem overwhelming. If you earn \$60,000 or less, 211 offers free filing assistance.

All You'll Need:



- Photo ID
- Income documents including any W2s or 1099s
- Bank account information for direct deposit
- School tuition or student loan interest statements
- Dates of health coverage for yourself and any dependents
- Social Security Card or ITIN for yourself and any dependents





After High School, What's Next?

VOCATIONAL or TRADE SCHOOL

Instead of taking four years to get a degree, a vocational school will let you get it done in two or less. Explore vocational or trade schools that provide specific training for careers such as electricians, plumbers, mechanics, cosmetologists, or medical technicians.

CONTINUED LEARNING

Explore online learning platforms that offer courses and certifications in various subjects. This can be a flexible way to acquire new skills.

GAP YEAR

Take a gap year to travel, work, volunteer, or explore personal interests before pursuing further education or entering the workforce. Consider what you enjoy doing and how you can turn those passions into a fulfilling career.

ENTREPRENEURSHIP

If you have a passion or a unique idea, explore entrepreneurship. Consider starting a small business and learn valuable skills through hands-on experience.

HIGHER EDUCATION

College or University: Consider pursuing a degree in a field that interests you. Research different colleges and universities, explore degree programs, and understand admission requirements.

Community College: Community colleges offer a more affordable option for completing general education requirements or earning an associate degree before transferring to a four-year institution.

After high school, there are various paths you can take, and the choice depends on your interests, goals, and circumstances. Let's explore the different options!

WORKFORCE

Entry-Level Jobs: Consider entering the workforce directly. Gain valuable work experience and explore various industries to discover your interests and strengths.

Internships/Apprenticeships: Look for internships or apprenticeship programs that provide hands-on experience and the opportunity to learn on the job.

DUAL ENROLLMENT PROGRAM

Explore programs that allow you to combine work or internships with part-time college enrollment.

FINANCIAL PLANNING

Learn about budgeting, saving, and financial planning. Understanding these concepts early on can set a solid foundation for your financial future.

MILITARY SERVICE

If you have an interest in serving your country, consider joining the military. It can provide discipline, training, and opportunities for personal and professional growth. U.S. military colleges are generally four-year institutions and are a great option to consider.

NETWORKING

Attend networking events, join professional organizations, and connect with mentors in your field of interest. Networking can open doors to opportunities.

A GUIDE TO SAVING FOR YOUR FUTURE

U.S. Savings Bonds

What Is It?

A way for the government to loan money from you. By paying X amount of money now in a savings bond, the government agrees to return that money back to you with interest over time.

There are two types of bonds - EE and Serial I

- EE bonds - have a fixed interest rate for the year of purchase and are guaranteed to double by 20 years but keeps earning interest for 30 years
- Series I - interest changes every 6 months to protect against inflation, matures at 20 years

What are the benefits?

- Only requires a one time payment and bonds start at as little as \$25
- Bonds are backed in full faith by the US government so you will receive your money regardless of the circumstances
- For EE bonds, you do not have to pay taxes on its earnings if used for higher education purposes. (For more information on how to qualify and report this on your taxes click [here](#))

How can I purchase one?

- EE bonds are bought and managed electronically through a TreasuryDirect Account. You can purchase one for any value \$25 or above
- Series I bonds can be bought electronically through TreasuryDirect or in paper. To purchase a paper bond, you must wait until the next tax period and select the option to purchase a bond with your tax return. You can purchase an electronic bond for any value \$25 and above or a paper one for \$50, \$100, \$200, \$500, or \$1,000

Gerber Life Insurance College Funds

How it Works...Simplified

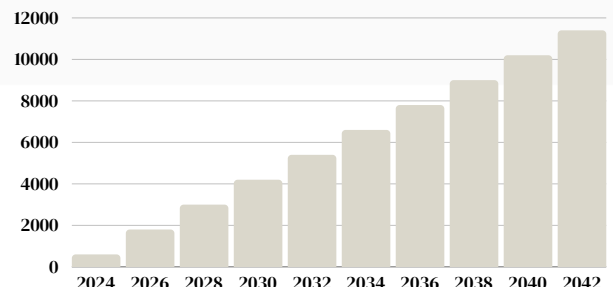
1. Choose your fixed payment amount and policy length (10-20 years)
2. Pay your premium to guarantee \$10,000 - 150,000 by the time your policy reaches maturity

What are the benefits?

- Policy and payments are not tied to the stock market - you will always have a secure way to grow your savings
- Flexible use of money after pay out - use it for college or other pathways your child chooses
- Serves as adult life-insurance - if something happens to you before maturity, the full benefit amount will go to your beneficiary
- Available to any adult whether your an aunt or uncle or family friend of a child



Putting aside \$50 dollars a month towards savings can yield more than \$11k at the end of 18 years with no interest. Now imagine those savings with growth!



ScholarShare

What Is It?

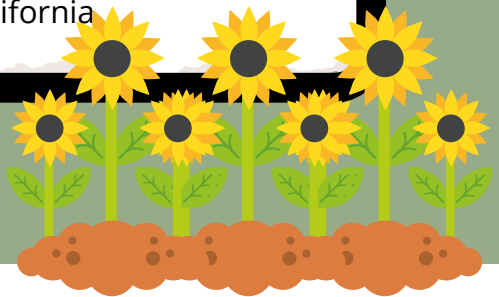
ScholarShare is a 529 saving plan which is a state sponsored tax-advantage savings account designed to help families plan for the cost of education.

Who is eligible for an account?

Anyone with a valid SSN or taxpayer account number. This can be a family member, a friend or even you! There is no age limit to opening an account.

What are the benefits?

- Tax-deferred growth - Any earnings can grow 100% tax-deferred
- Tax-free qualified withdrawals when used for qualified higher education purposes
- Low fees and expenses
- Smart and easy investment options
- Favorable financial aid treatment
- Use for a wide range of education expenses and programs both in and outside of California



CalKIDS

What Is It... Simplified?

Another state-sponsored savings plan that helps families get a head start on saving for their child's future education and career pathway.

What are the benefits?

- Enrollment is automatic with each participant receiving a deposit in a CalKIDS college savings account to help pay for future higher education and career training expenses.
- If parents or caregivers want to contribute they can easily open individual accounts through ScholarShare 529.
- Link a ScholarShare 529 account to your CalKIDS account to see all your college savings in one place.
- CalKIDS savings can be used for qualified higher education expenses like tuition, books, computer equipment, supplies, and more at thousands of eligible schools across the country and even some abroad.

Coverdell Education Savings Accounts (ESA)

What Is It?

A trust or custodial account that allows you to save and grow your money for educational purposes.

What are the benefits?

- Grows tax-free until withdrawn up to 30 years
- You can finance the account through virtually any method (stocks, bonds, mutual funds etc.) rather than set investment options
- Can be used for K-12 and higher education fees beyond tuition and fees
- Can be transferred to other family members

To set up a Coverdell ESA contact your financial provider or click here to open an account with our partners at [Cal Coast Credit Union](#)

How are you **ORGANIZED** This YEAR?



AVOIDING BURNOUT

Like adults, teenagers can also experience burnout. The pressures of school, high school drama, college application preparations, and the thought of transitioning into adulthood can all contribute to overwhelming feelings of exhaustion. Educating yourself on the different kinds can be key to breaking the cycle.



Mental Burnout

When individuals experience prolonged or intense stress, it can lead to a state of mental exhaustion and burnout. External pressures such as demanding workloads, academic expectations, or personal responsibilities can make individuals feel as if they lack control.

KEY SIGNS

- Mental exhaustion
- Inability to focus
- Constant dissatisfaction with work
- Frequent headaches



Social Burnout

When trying to get organized you may have to collaborate and communicate with a team. Incorporating breaks and personal time and communicating personal needs is important.

KEY SIGNS

- Sensory overload
- Feeling detached during interactions with others
- Avoidance of social events

Emotional Burnout

Emotional burnout happens when you feel emotionally drained for a long time due to too much stress, overwhelming demands, or unresolved emotional issues.

KEY SIGNS

- Feeling like a failure
- Apathy and loss of motivation
- Constant self-doubt
- Feeling generally "stuck" in life

Physical Burnout

KEY SIGNS

- Physical exhaustion regardless of sleep
- Frequent fatigue
- Increased susceptibility to disease and sickness

Time to Move Your Body

How Much?

1H

At least one hour of good cardio combined with mobility work.

What Types?

Choose workouts that raise your heart rate. Lunges and weightlifting are great ways to get started with cardio.

Exercising promotes both mental and physical health, yet it is all too easy in today's culture to remain inactive. Remote work and study are instances of ease of living; attempt to incorporate fitness into your daily routine.

MOVE AT HOME



Obstacle Course

Challenge youth in problem solving skills by making an at home obstacle course. Make "lasers" by attaching streamers or tape to either side of hallway walls. If somebody touches the laser, they must restart.



Volleyball

Balloon volleyball can be a fun and simple game to play for all ages and can be played anywhere.

Find an open area to play the game so the players have room to move around.

MINDFUL CONSUMPTION

MINDFULNESS MATTERS

>>> MINDFULNESS

Mindfulness is a cognitive skill emphasized on being in a state of consciousness and awareness. It is of great importance to be mindful of all that we consume. It is vital to feed the Mind, Body, and Spirit with matter and substance that promotes one's overall wellness, good health, and growth.

>>> MEAL PREPARATION

Fast food is easily accessible and convenient within low-income communities but that does not make it a healthy or suitable choice when it comes to wellness. A diet with high volume in nutrients is much more nourishing as it promotes good brain health and gut health, which is vital for the developing brain and body. *Meal preparation* is a great alternative for healthy, convenient, and easily accessible meals within the vicinity of your own home! [Click Here](#) for meal prep guidance and recipes.

>>> ADVOCACY

It is your right to advocate for yourself and your community. You may do so by taking any problem, idea, or concern you may have over your community to the Youth Commission. [Click Here](#) to take the lead and advocate for the collective wellness within your community. Your voice matters!

DID YOU KNOW?

- The growth of the fast food industry has increased food consumption & calorie intake.
- Over the span of the last 20 years, the percentage of calories attributed to fast food consumption in the U.S. has risen from 3% to 12%.
- In the span of the last 30 years, U.S. spending on fast food has increased from \$6 Billion to \$110 Billion.
- The relationship between fast food and BIPOC is stronger in low-income communities.

Locate Local & Budget Friendly Grocery Stores



[Grocery Outlet](#)



[Aldi](#)



Office of Child and Youth Success



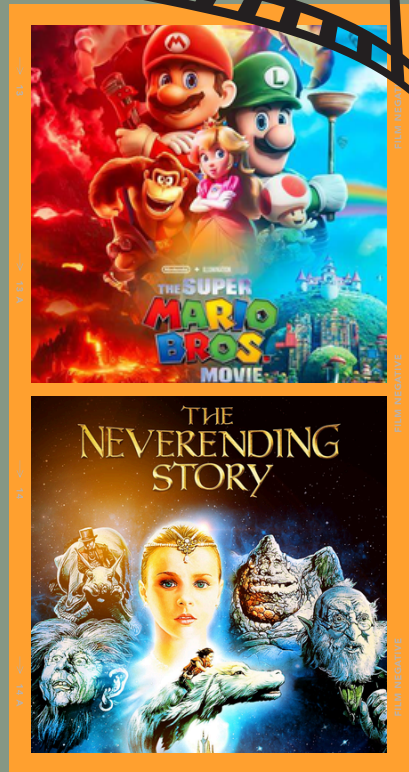
SAVE THE DATE

Free movie viewing is available at numerous San Diego libraries. Check your local library for dates and times by scanning the QR



Jan. 19th at Mission Hills/Hillcrest 3:30pm-5:30pm

Jan. 23rd at College-Rolando 5:30pm-7:30pm



Free Popcorn Provided



Best Books & Movies



Movies

These must-see classic films are sure to please the whole family, featuring everything from musicals and prince and princess tales to animated animals, heroic adventures, and feel-good classics.



<https://www.common sense media.org/lists/50-movies-all-kids-should-watch-before-theyre-12>

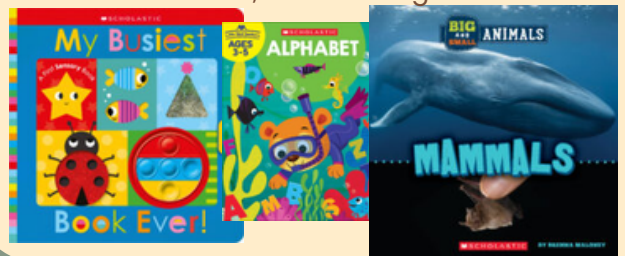
Books Age 6-9

Graphic novels and early chapter books.



Books Age 2-5

Interactive board books, rhyming read-aloud, and reading skills.



Books Age 10-13

Preteen favor world of research, easy books focus on teen issues.





SERVE YOUR COMMUNITY AND HAVE FUN



Still need community service hours to graduate? Or just looking to give back? Find ways to volunteer in your community that aligns with your own interests and passions.



- Volunteer at a library - help your local library run the programs and services they provide the community by volunteering to read to children for story time or be an arts and crafts instructor
- Mentor elementary students - Find a tutoring program to help other students with their homework. See if your high school has clubs that partner with nearby elementary schools. If not, start one!
- Start a bake sale or lemonade stand to donate to a cause
- Find a soup kitchen to help serve the homeless or shelve goods at your local food pantry
- Sign up to be a mentor to younger students. Programs like BigBrothersBigSisters help connect you to younger students who are looking for role models. All you have to do is spend time with them and have fun!
- Volunteer with Habitat for Humanity to help build homes for your community
- Donate your time to a local museum - gain work experience
- Coach a youth sports team at your local YMCA

Click on each icon to learn more about volunteer or service opportunities.



Stay Connected



SD Office of Child and Youth Success

There are plenty of ways for youth to stay involved in San Diego



ELDERLY COMPANION

be helpful

Intergenerational Programs provide learning opportunities, care and social support for children and older people in the same setting, at the same time.

Kids Korps- youth volunteers' organization that engages youth, ages 5- 18, in community service Program
Contact Brian Turk (858) 259-3602
bturk@kidskorps.org

VOLUNTEER OPPORTUNITIES

In San Diego, there are plenty of volunteer opportunities to consider. Volunteering is an excellent method to discover your passion while also giving back to the community when you're trying to find it.

Father Joe's Village

The minimum age to volunteer is 10 years old. An adult must accompany any minor under the age of 15. Volunteering is a great way to teach children about service.
<https://my.neighbor.org/take-action/volunteer/>

San Diego Children's Discovery Museum

Volunteers must be 15 years of age or older. Discover our world through science, art, and world cultures through the direct efforts of our volunteers.
<https://www.sdcdm.org/volunteer>

Feeding America

Youth opportunities in the Distribution Center, reclamation, food sorting and labeling, etc. Volunteers must be at least 6 years or older. Children ages 6-16 require supervision by a parent or guardian.
<https://feedingsandiego.org/get-involved/volunteer/individuals-families/>

San Diego Humane Society

Abundant youth opportunities for all ages to volunteer at events or download packets of enrichment activities to log and earn hours for school.
<https://www.sdhumane.org/support-us/volunteer/youth-service.html>

OCEAN CLEAN-UP

The beaches of San Diego play a significant role in our culture. Taking part in beach or neighborhood cleanups is a fantastic way to make a difference for the environment.

The Surfrider Foundation San Diego

All of the beach cleanups are open to the general public and do not require any registration or orientation. They typically run on **Saturdays from 9am-11am**. Just arrive at the blue Surfrider tent to sign our volunteer waiver and grab supplies. If you are under 18 years of age, please bring a parent/guardian or bring a signed waiver with you. At the event they are able to sign off on any hour's sheets you provide them for school, clubs, etc. <https://sandiego.surfrider.org/>

I Love a Clean San Diego

Cleanup events that are open to the public throughout the county year-round. Cleanups are typically **Saturday Mornings**. They require a waiver signed by a parent or guardian if you are under 18.
<https://cleansd.org/volunteer/>

Special Event: Join I Love A Clean San Diego and The City of San Diego for a litter cleanup! We will divert litter from our watersheds and keep it from traveling to the Pacific Ocean. Jan 18, 2024 @ 9am-10am. Hollywood Canyon Park

Celebrating Dr. Martin Luther King Jr.

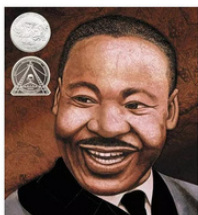
- January 15, 2024 -

HIS LEGACY

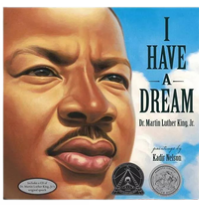
Dr. Martin Luther King Jr. was a visionary leader, civil rights activist, and Baptist minister who played a pivotal role in the American civil rights movement during the 1950s and 1960s. Dr. Martin Luther King Jr.'s legacy is of immense importance as he advocated for the principles of equality, justice, and nonviolence. His iconic "I Have a Dream" speech, delivered during the March on Washington in 1963, remains a symbol of hope and a call for a nation free from racial discrimination.

EDUCATIONAL CONTENT FOR YOUTH

Martin Luther King Jr. Day provides an excellent opportunity to educate children about the significance of civil rights and equality. Engage children with these age-appropriate resources:



"Martin's Big Words"
by Doreen Rappaport



"I Have a Dream"
by Martin Luther King Jr. (Adapted by Kadir Nelson)



Our Friend, Martin (1999)
(animated film for children)



Selma (2014)
(for older children, addressing civil rights events)

EVENTS HONORING MLK

In addition to celebrating King's legacy, this holiday has also become a **National Day of Service**—encouraging Americans to volunteer and do good in their communities. Here are all the ways to celebrate MLK's life and how your family can give back to your community, right here in San Diego.

42nd Annual Dr. Martin Luther King Jr. Parade

Sunday, Jan 14, 2024 2-5pm

Location: Waterfront Park (1600 Pacific Hwy)

The 35th Annual Multicultural Martin Luther King JR Day Celebration

Monday, Jan 15, 2024 12-6pm

Location: Worldbeat Cultural Center (2100 Park Blvd)

San Diego MLK 5K Walk / Fun Run

Sunday, Jan 14, 2024 9:30-11am

Location: Embarcadero Downtown San Diego

Cost: \$35-\$40

MLK Day of Service

Hands On San Diego hosts countywide community service events

Looking for a way to volunteer with your kids?
Visit [AmeriCorps](#) to learn more about how you can create your own event and encourage kids in your community to volunteer and be of service.

NEW!



Human Rights Awareness THE SERIES



We are thrilled to introduce a powerful addition to our monthly newsletter – the Human Rights Awareness series! The Office of Child and Youth Success believes in fostering awareness and understanding of human rights issues that impact our community and beyond. This new series is dedicated to shedding light on crucial topics, sharing inspiring stories, and sparking meaningful conversations about the rights and dignity of every individual.



In each edition of the Human Rights Awareness series, we will delve into different aspects of human rights, exploring both the challenges and triumphs that shape our collective journey towards a more just and equitable world. This series aims to inform, engage, and empower you to be catalysts for positive change.

What are human rights?



Human rights are fundamental rights and freedoms that every individual is entitled to, simply by virtue of being human. They are universal, inherent, and inalienable, meaning they cannot be taken away or surrendered.

What is the Universal Declaration of Human Rights?

The expression *human rights* is relatively new, having come into everyday parlance only since World War II when the United Nations adopted the Universal Declaration of Human Rights (UDHR) in 1948. The UDHR was the first legal document to set out the fundamental human rights to be universally protected. **To view UDHR's 30 articles:**



Why are human rights important?

The promotion and protection of human rights are essential for fostering justice, peace, and equality in societies around the world.

How can individuals work to promote human rights?

- Educate yourself and others
- Advocate for change
- Support human rights organizations
- Practice inclusivity
- Participate in civic activities
- Use social media to raise awareness about human rights issues
- Support responsible businesses that prioritize human rights in their operations and supply chains
- Stay informed about policies

"The power to change the world is within the hands of today's youth. Each voice raised against injustice, every act of kindness, and the courage to stand up for human rights holds the potential to transform communities and create a better future for all."

– Malala Yousafzai, Pakistani education activist and the youngest-ever Nobel Peace Prize Winner



Being a human rights activist is not something that only experts can do. Anyone can advocate for the rights of those around them – including you! There are so many ways to promote human rights in your own community. All that is required is a desire for justice, compassion, and empathy for those around you, and the willingness to work for a cause!

Examples of tangible societal changes due to the establishment of human rights include:



- Women's Rights
- Civil Rights Movements
- Environmental Activism
- LGBTQIA+ Rights



How can YOU be an activist for human rights and catalyst for change in your community?

Click on these resources to learn more.

- [United Nations Human Rights Office](#)
- [Amnesty International](#)
- [American Civil Liberties Union \(ACLU\)](#)
- [Youth Advocates Program - CA Coalition for Youth](#)

EYES OPEN: NAVIGATING THE WORLD OF HUMAN TRAFFICKING

NATIONAL HUMAN
TRAFFICKING HOTLINE

888-373-7888 (available 24/7)
For immediate danger, call 911

Awareness Month

January is recognized as Human Trafficking Awareness Month, dedicated to raising awareness about the prevalence, consequences, and efforts to combat human trafficking. It serves as an opportunity to educate communities, advocate for the rights of victims, and foster collective action against this violation of human rights. It is important for children, youth, and families to be aware of the key aspects of human trafficking to protect themselves and their communities.

Watch out for

- Large vans with tinted windows parked next to your car.
- Anything placed on your door handle



Safety Tools

- Bracelet car window breaker
- Portable door lock
- Door stop alarm
- Drink cover scrunchie
- Portable car jump starter/air compressor for tires



STEPS YOU CAN TAKE TO START PROTECTING YOURSELF



- Be aware of your surroundings and be present where you are.
- Avoid decorating your car in a way that reveals your gender.
- If someone in an elevator makes you uncomfortable, press their floor first and let them exit before you.
- Keep the TV on when leaving the room on vacation.
- Always have your keys ready when walking to your car.
- When entering a parking garage, check if the car next to you is empty before getting out.

Tips for Parents

- Place air tags in kids' pockets before allowing to play outside.
- Be aware of your teen's online activities, including social media interactions.
- Know your child's social circle.



SAN DIEGO

WHAT MAKES THIS CITY UNIQUE?

San Diego is one of the most varied cities in the country, allowing for the flourishing of different cultures. Many activities can be sought out to enjoy as the weather seems to always be nice. Here's a rundown of what makes San Diego a great place to go sightseeing.

THE BEACHES

Surfers flock to Black's Beach. Those looking to enjoy the neighboring nightlife will enjoy Pacific Beach's vibrant environment. There's something for everyone at Mission Beach, Jan 3rd, join fellow San Diegans for standup paddleboard yoga. If you have a canine companion, check out Ocean Beach, where there is a Dog Beach.

THE FOOD

The city's abundance of fresh produce and relaxed vibes are enjoyed by several eateries. Station Tavern (2204 Fern St, San Diego, CA 92104) is spacious, kid and pet-friendly environment, favorite of families.

THE AMUSEMENT

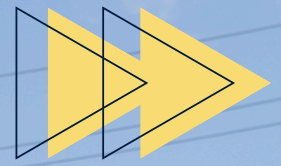
Thriving culture, especially in the Gaslamp Quarter, Pacific Beach, and Hillcrest. Seaport Village offers many shops and eateries. Check out a real haunted house in Old Town, the Whaley House.



SAN DIEGO HISTORY MUSEUM

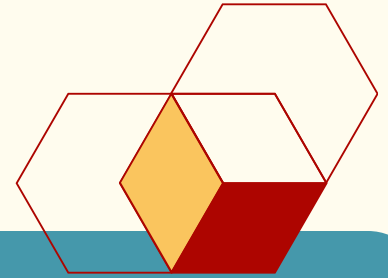
Join us for a 30-minute Emmy Award-winning documentary that highlights the past, present and future of Balboa Park, one of San Diego's most recognized and beloved public landmarks. Screening daily at 10:15am, 11am, 12pm, 1pm, 2pm, 3pm and 4pm.





ENTERTAINMENT & CULTURE IN SAN DIEGO

The City of San Diego is home to some of the top museums in the nation, such as the Museum of Contemporary Art San Diego, Timken Museum, Mingei International, and San Diego Museum of Art. These facilities offer a variety of activities for young people. Being a diverse and culturally inspired city, young people have access to a wide range of experiences, including fairs, theatrical productions, and rallies. Here are a few activities to consider this month.



youth - bright - free

FAIR

Wednesday Night Trivia Wed Jan 10, 2024, at 06:00 pm to 09:00pm at Quartyard 1301 Market Street, San Diego, United States

MARKET

Farmers Market is convening every Thursday in University and Normal Heights

CONCERTS

San Diego Youth Symphony (The Thursday Club 1224 Santa Barbara St San Diego, CA 92107 United States, Jan 27th @ 11:00am)

THEATER

San Diego Junior Theatre (January 12–21, 2024)

Casa del Prado Theatre Tomas and the Library Lady-In this inspiring true story, Tomás, a Mexican-American boy and the son of migrant farm workers, meets a caring librarian who introduces him to the wonderful world of books.

Connect in San Diego

19



Office of Child and Youth Success



LIVE WELL SAN DIEGO YOUTH SECTOR



JANUARY

YOUTH-LED TOWN HALLS 2024

JAN 7 **HOMELESSNESS & HOUSING CRISIS**
 (Virtual) 2:00 - 4:00PM via ZOOM

YOUTH FOR MENTAL HEALTH: INFORMING, SHARING, DISCUSSING **JAN 13**
 (Hybrid) 2:30-4:30PM | Mira Mesa Library+ZOOM
 8405 New Salem St., San Diego, CA 92126

Join the Youth Leadership Team in conversations on topics relevant to youth in San Diego County!

- Attend in person or on Zoom
- Hear from panelists and subject matter experts
- Connect with local youth through their lived experiences

Open to Youth in San Diego County

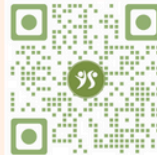
A limited number of gift cards available for attendees!!*

No cost to attend!



RSVP AT:

[BIT.LY/YLTTH2024](https://bit.ly/YLTTH2024)



*Current County of San Diego employees and their immediate relatives are ineligible for the incentives

Advocate in San Diego

Attend a City Council Meeting



Explore in San Diego

REGISTER NOW!

ABUNDANCE OF YOUTH PRESENTS [in proud collaboration with UCSD NSBE]

the 2024 Winter Annual Exhibition

Hosted at UCSD | San Diego, CA
 January 27th, 2024 [Exhibition] 3:30pm - 8:30pm
 January 28th, 2024 [After show] 12pm - 4pm

Join us to celebrate AOY's 2nd Annual Creative Exhibition

Join this exciting in-person event, The Abundance of Youth Annual Exhibition! Get ready to be amazed by the incredible talent and creativity of young artists. The exhibition will be held at the UCSD Visual Arts Studio. This event is a celebration of youthful energy and artistic expression. Don't miss out on this opportunity to witness the next generation of artists.

Upcoming EVENTS



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

<p><u>Residents Free Old Town Trolley Tours</u></p>	<p>Old Town, San Diego</p>	<p>1/3 - 1/14 from 9 a.m. to 3 p.m.</p>
<p><u>Residents Free At the SD Air & Space Museum</u></p>	<p>SD Air & Space Museum</p>	<p>1/9 @ 10 a.m.</p>
<p><u>Trail Tykes: A Program for Little Explorers</u></p>	<p>Mission Trails Regional Park</p>	<p>1/14, 1/15, 1/28 & 1/29 @ 10 a.m.</p>
<p><u>North University Teen Advisory Meeting.</u></p>	<p>North University Community Branch Library</p>	<p>1/22 @ 6 p.m.</p>
<p><u>42nd Annual Dr. Martin Luther King Jr. Parade</u></p>	<p>Embarcadero</p>	<p>1/24 @ 10 a.m.</p>