

NOVEMBER 2024

OFFICE OF CHILD AND YOUTH SUCCESS

A City Where Children and Youth Thrive

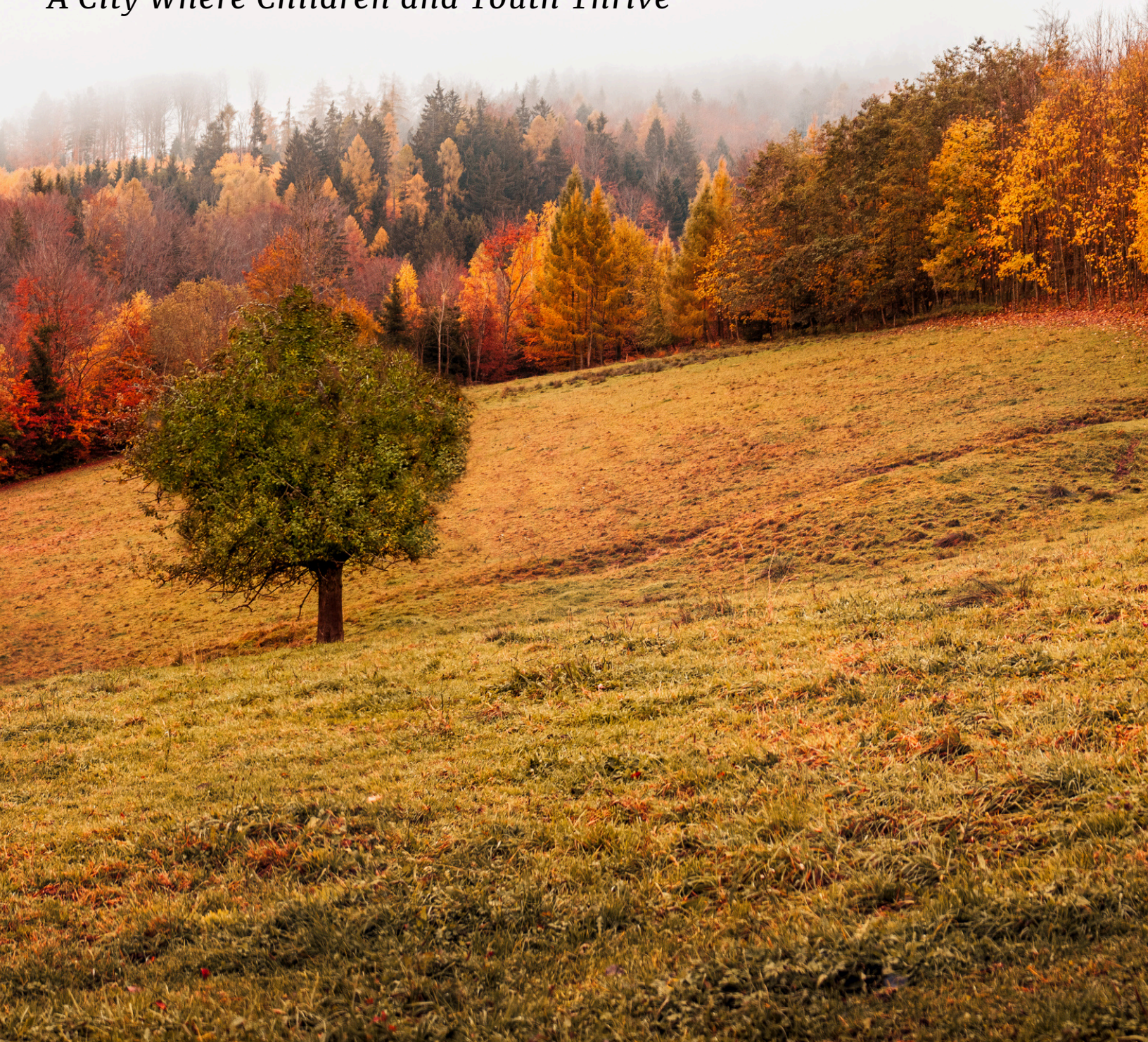




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STAY IN THE LOOP!

SIGN UP TODAY FOR OUR YOUTH INSPIRED NEWSLETTERS TODAY!



OFFICE OF CHILD AND YOUTH SUCCESS

"A City Where Children and Youth Can Thrive!"

SEPTEMBER



October 2024

Office Of Child & Youth Success

A CITY WHERE CHILDREN AND YOUTH THRIVE

FINALLY! A PLACE WHERE I CAN FIND RESOURCES



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.

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.

Creators

Each of our monthly newsletters is created by the OCYS Interns:

Tianna Fair

Amy Gianetto

Alisha Supanekar

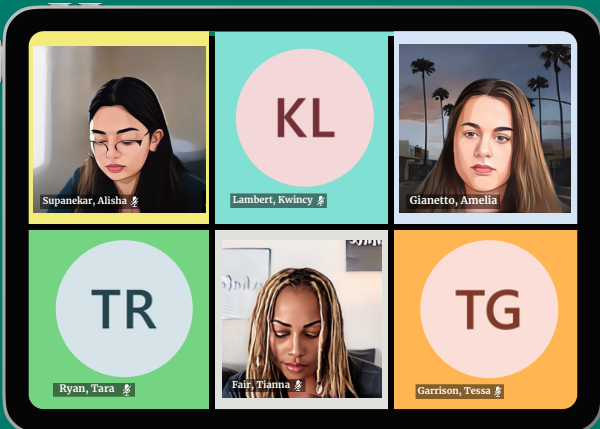
Kwincy Lambert

Tessa Garrison

What You've Missed

ENGAGING ACTIVITIES

HERE'S WHAT THE YOUTH COUNCIL HAD TO SAY ABOUT FOCUS AREA ONE OUTLINED IN THE [CHILD AND YOUTH PLAN](#):



Q1:

What do you consider an engaging activity? What types of activities would you like to see available now, or what would you have liked during high school?

- **Community Building:** Start activities with questions (e.g., favorite movie) to foster connections and expand to larger groups.
- **Engagement Activities:** Highlight experiences from a high school sophomore and a 21-year-old daughter in sports to emphasize feeling part of something larger.
- **Social Connections:** Ensure youth engage in community activities (clubs, sports) that promote social bonds.
- **Physical Engagement:** Encourage participation in activities outside school, like volunteering and awareness-raising in green spaces, instead of passive presentations.

Q3:

We've struggled to engage youth and boost attendance. What would motivate young people to join fun activities?

- **Free Offerings:** They focused on inviting youth to the center, but attendance remained low.
- **Event Example:** They organized an ice cream social with food at the end of events, as well as free movies and game nights, providing fun activities.
- **Partner Programs:** Programs like SHIFT for ages 12-18 aimed to empower youth, helping them recognize that they had a voice.
- **Safe Space:** Focus on creating a safe space for youth to express themselves and engage with one another.

Q5:

What organizations are you aware of that offer engaging activities? What activities do you know of that they provide?

- **Mid City Can:** Meets Fridays to discuss youth issues in City Heights.
- **Chrysalis:** Provides accessible classes for the Barrio Logan community.
- **SHIFT Program:** For ages 12-18, it uses performing arts for self-expression, with sessions Tuesday and Thursday and a Family Friday program.

Q2:

What are the benefits of recreational and literacy programs in community centers and libraries for youth? How can we make these resources more accessible across different neighborhoods?

- **Accessibility:** The youth want to expand programs in marginalized areas and improve access at under-resourced recreation centers.
- **Awareness:** They recognize the need to spread awareness and enhance transportation options.
- **Outreach:** They plan to use social media and flyers to inform the community about programs.
- **School Collaboration:** They aim to work with schools to ensure students are aware of available programs.
- **Community Engagement:** They want to promote programs during back-to-school nights and PTA meetings, targeting parents for involvement.

Q4:

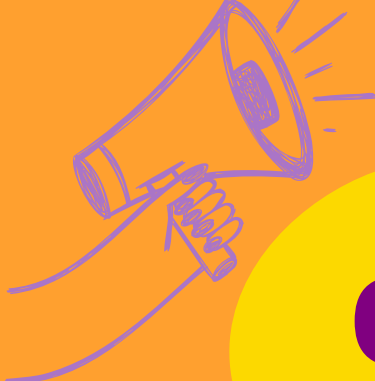
Think of a fun event you've participated in (or heard about). Was it accessible, affordable, and inclusive? What did you like or dislike?

- **Comfort Through Participation:** Youth at the San Diego Native American Health Center felt more comfortable as they engaged in activities.
- **Event Example:** They participated in activities like raffles, bike giveaways, free food, and park events.
- **Youth Change-Makers Summit:** This event empowered youth to engage with their community and envision positive changes, offering free participation.
- **Cost Considerations:** It's important to recognize that event and sports tickets can be expensive, highlighting the need for accessibility.
- **Transportation Access:** Youth emphasized the importance of public transportation for attending events.

Q6:

Based on City policy and priorities, what ideas do you have to support this focus area?

- **Collaboration with City Departments:** The youth aim to work with existing city departments to enhance community programs.
- **Spreading Awareness:** They want to increase awareness of various events happening within the city.



**05
NOV**

YOUTH EMPOWERMENT

SPEAK UP SAN DIEGO SPECIAL YOUTH COUNCIL

Join our Speak Up San Diego Special Youth Council session to discuss and prioritize youth empowerment. We'll explore important topics for today's youth and how the community can support these initiatives. These sessions aim to amplify youth voices, foster meaningful conversations, and inspire actionable solutions. Whether you're a young person or an adult wanting to help, your participation is crucial. Let's work together to empower our youth and make a positive impact!

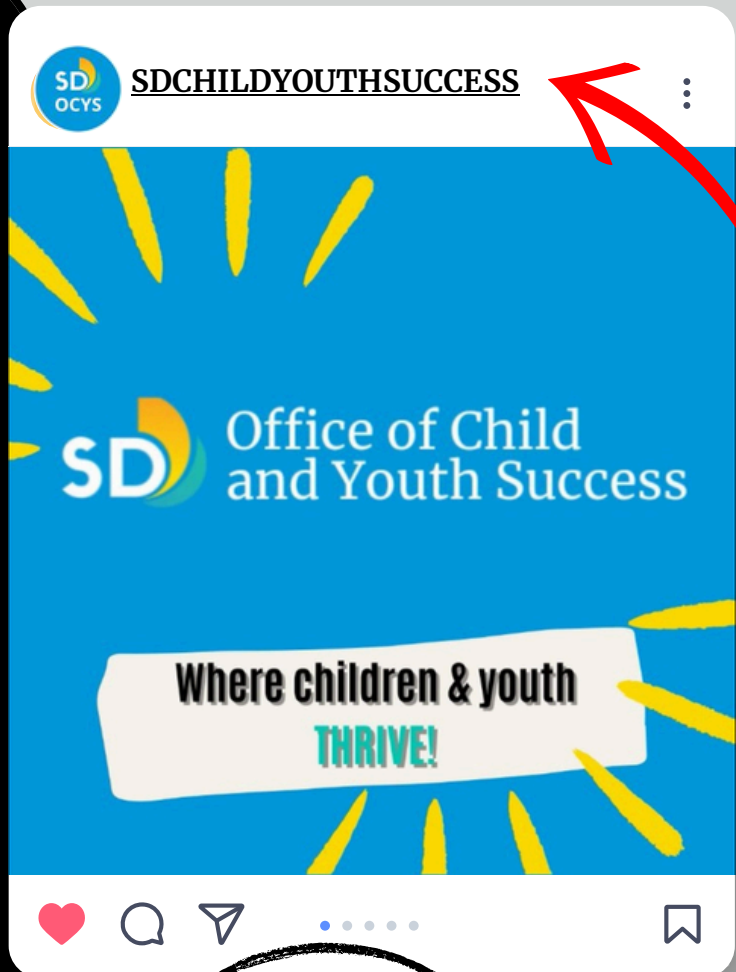
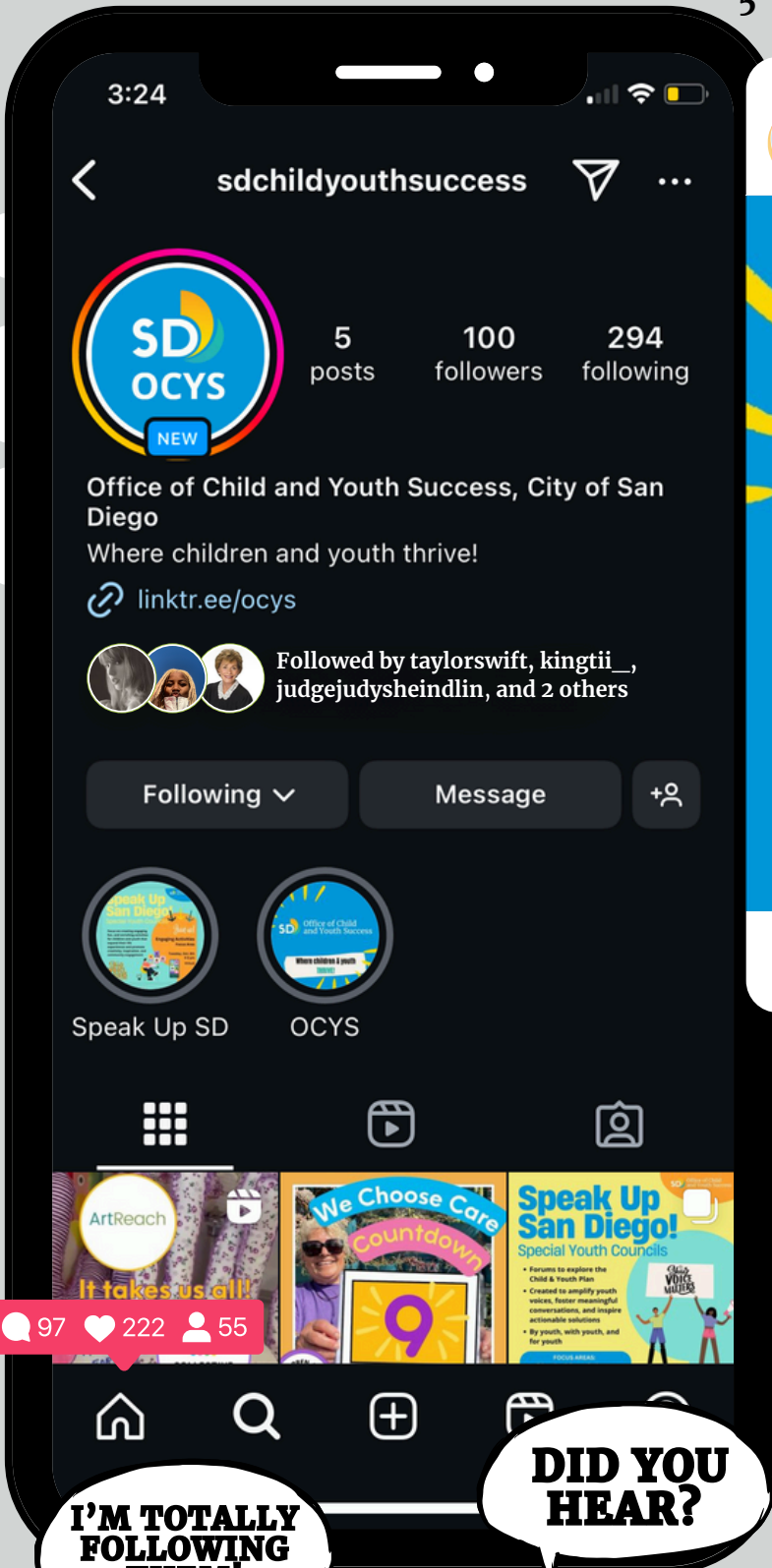


REGISTER HERE

Youth, Ages 12-26 in The
City of San Diego
November 5th, 2024, 4pm- 5pm
Microsoft Teams

**ACCESS THE CHILD AND
YOUTH PLAN BEFORE THE
MEETING**





I'M TOTALLY FOLLOWING THEM!

DID YOU HEAR?

#FOLLOW

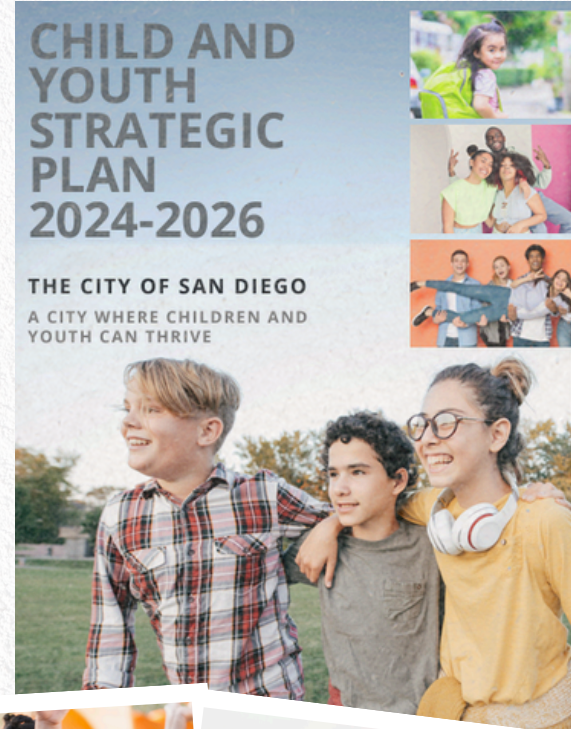
HAVE YOU FOLLOWED US YET?



OCYS Connections

OCYS Connections provides a regular update about the City of San Diego’s Office of Child and Youth Success for City and community partners.

[Sign Up Here!](#)



Topics from the October issue:



Update: CYP

The CYP, developed with stakeholder input, including youth, was unanimously adopted by City Council in July 2024. OCYS now focuses on implementing strategies toward its five focus areas.



OCYS Team Spotlight

Alisha has been a management intern with OCYS since January 2024, and in Councilmember Campillo’s office before that!



We Choose Care

Where OCYS joined the Children First Collective and other partners, families, early care and education providers, local officials, advocates, and community members.



Youth Changemakers Summit

OCYS sponsored the event, presented about our work, and shared resources and engagement opportunities with the youth and youth allies in attendance.



Child Care Programs

OCYS launched year 2 of the Municipal Child Care Benefit Pilot Program, which provides support to City employees for the cost of childcare.



October Youth Newsletter

OCYS interns create a monthly youth newsletter, full of current topics, resources, events, and more!



NLC Early Learning Nation

OCYS joined San Diego partners (YMCA CRS, Educational Enrichment Systems, and more) at the National League of Cities Early Learning Nation CA Cohort Summit in Sacramento in Sept.



And So Much More . . .

What’s Happening Within OCYS and What Upcoming Events Are Hosted By OCYS

NATIVE AMERICAN HERITAGE MONTH

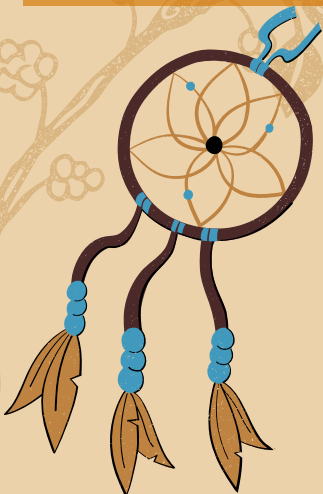
Why Celebrate?

Native American Heritage Month is celebrated nationally during November and recognizes the contributions and influence of Native American history, culture and advancement. It is a time to celebrate the traditions, languages and stories of Native American, Alaska Native, Native Hawaiian, and affiliated Island communities and ensure their rich histories and contributions continue to thrive with each passing generation. This November and every month, we celebrate the culture and heritage of these remarkable Americans who deeply enrich the quality and character of our Nation. We celebrate Indian Country with its remarkable diversity of American Indian and Alaska Native cultures and peoples while remembering and honoring our veterans who have sacrificed so much to defend our Nation.



History

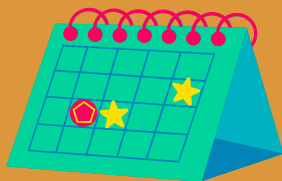
National American Indian Heritage Month traces its origins to 1986 when Congress passed a law establishing "American Indian Week" from November 23-30. President Reagan issued a proclamation recognizing American Indians as the original inhabitants of the U.S. and highlighting their contributions to American society. In 1990, Congress expanded the observance, designating November as National American Indian Heritage Month. November was chosen as it marks the end of the traditional harvest season, a time of thanksgiving and celebration for many American Indian cultures.



Resources



San Diego American Indian Health Center



Events Calendar



UC San Diego Intertribal Resource Center Database



NATIONAL INSPIRATIONAL ROLE MODELS MONTH

What is it about?

This is a month to celebrate the people in our lives who we look up to and inspire us. They set a positive example of what we want to follow. Role models are important for everyone, but they are especially important for teenagers as they are developing their identity. A role model can be personal, professional, or both.



How to Celebrate

Think about who your role model is. Who do you look up to, who inspires you, who do you aspire to be like? If this is someone you know personally, whether you are very close with them or you are just on friendly terms, you can:

1. [Tell them why they're your role model and how they've changed, impacted, or helped your life.](#)
2. [Thank them for being the amazing person they are and for how they've helped you!](#)

This can seem uncomfortable or intimidating, but everyone loves to feel appreciated and will be grateful for your kind words! Read more [here](#).

Many people cite their parents as being their number one role models. But there are many mentorship opportunities that can be just as valuable, as mentors can become lifelong relationships.

Resources/Opportunities

[Mentoring Coalition of San Diego County:](#)
[Program List](#)

[Boys to Men Mentoring Network](#)

[Big Brothers Big Sisters](#)

[JIT Foster Youth Program](#)

[Say San Diego mentoring programs](#) for justice-involved youth

[Girls Rising](#) (2 mentorship programs)

[Become a mentee or mentor](#) (for girls 8-17)

[Women Emerging](#) (for women ages 18-24)





VETERANS DAY

NOVEMBER 11TH

The observance of November 11th each year is to commemorate and honor all United States military Veterans for their service and sacrifice. This holiday was established originally as Armistice Day, at the end of World War I. After World War II, the U.S Congress changed the holiday's name to what we know it as now, Veterans Day.

[LEARN MORE](#)



STUDENT VOLUNTEER PROGRAM

The Student Volunteer Program at VA medical centers offers youth the opportunity to gain valuable medical experience and training, which can help with college and job applications. Student volunteers are actively involved with the treatment team, serving as liaisons with their communities while caring for Veterans.



ROTC PROGRAMS

ROTC (Reserve Officers' Training Corps) programs are college-based, officer commissioning programs for training commissioned officers in the U.S. Armed Forces. ROTC programs instill leadership skills, discipline, and a strong sense of responsibility in youth, preparing them for future challenges. They also foster a sense of community and teamwork, helping participants develop lifelong friendships and connections. Many of the university's in San Diego offer varying branches of ROTC programs.



FLEET WEEK SAN DIEGO

Fleet Week San Diego is an annual event that celebrates the U.S. military and its service members, featuring ship tours, live demonstrations, and various community activities.



SDSU

San Diego State University

UC San Diego



University of San Diego®



PROFESSIONAL DEVELOPMENT

Effective Strategies



What is Professional Development?

According to an article published by the Harvard Business School, "Professional development goals are short- and long-term benchmarks that encourage career growth, increase productivity, and support your personal and professional interests,".

Why is professional development important?

Sharpening and strengthening your professional development will cultivate the opportunity for career advancement and success. Having a wide range of skills and experience will allow you to stand out from a crowd of applicants.

Furthering your professional development will cause you to learn new schools and hone in on old ones.



Free Online Courses for Skill Development!

LinkedIn Learning

Grow with Google

Microsoft



Apprenticeships!

Apprenticeships provide hands-on, practical training that allows individuals to gain industry-specific skills under the guidance and supervision of experienced professionals.



The City of SAN DIEGO

SAN DIEGO Community College District

ACE MENTOR PROGRAM ARCHITECTURE • CONSTRUCTION • ENGINEERING SAN DIEGO

APPRENTICESHIPUSA

HOW DO YOU LEARN?

Learning styles are the ways individuals absorb and retain information. Recognizing these differences in education helps tailor communication, enhancing engagement and comprehension.



Take A Free Learning Style Quiz:

Visual * aural * read/write * kinesthetic
VARK
helping you learn better

**EDUCATION
PLANNER** .org



16 Personalities



LEARNING STYLE QUIZ



Learning Styles:

Visual

Individuals who prefer to absorb and process information through visual aids (i.e., maps, graphs, diagrams, etc.)



[Learn More Here!](#)

Use Your Learning Style Effectively

Highlighting key concepts, terms, and categories with different colors can help create visual associations, making it easier to recall information later.

Best suited events include Workshops, Hands-On Learning Sessions, Art Exhibitions, and Science Fairs or Technology Expos etc.

Auditory

Individuals who learn better when they take in information in auditory form when it is heard or spoken.



[Learn More Here!](#)

When studying or reviewing notes, read the material aloud. Hearing yourself say the words can help with comprehension and retention.

Best suited events include Debate Clubs or Public Speaking Events, Lectures and Seminars, Podcasts and Live Discussions, and Networking Events etc.

Reading/Writing

Individuals consume information best when it's in words, whether that's by writing it down or reading it.



[Learn More Here!](#)

After reading a textbook or article, rewrite the key concepts in your own words. This practice deepens comprehension and helps you retain the material.

Best suited events include Workshops on Notetaking and Study Skills, Workshops with Handouts, Creative Writing Events, and Book Clubs or Reading Groups etc.

Kinesthetic

Individuals who prefer to learn by doing. They enjoy a hands-on experience.



[Learn More Here!](#)

Repeatedly practicing a skill or task can help solidify your understanding. This could be through physical exercises, drills, or real-life applications.

Best suited events include Workshops and Labs, Interactive Exhibits or Demonstrations, Theater or Performance Workshops, and Physical Activities or Sports Clinics etc.

YOUTH LEADERSHIP TEAM

Town Halls

Goals

1. Amplify diverse and marginalized youth voices
2. Build understanding of youth issues and priorities
3. Provide opportunities for young people to share experiences and network
4. Bridge intergenerational gaps between youth, community stakeholders, and members of local government
5. Establish a call to action

Food Insecurity: Youth in Action Town Hall

SUNDAY, OCTOBER 27TH, 2024
11:00 AM - 12:30 PM



Join to learn about food insecurity and challenges in San Diego, share your lived experience related to the access to nutritious food, and encourage the shaping of community-driven solutions for food equity.

Each Attendee will have an opportunity to win a gift card!



The Live Well San Diego Youth Sector Team is hiring! Interested in working with a dedicated team who advise, educate, and organize around youth needs in San Diego County? Youth and young adults ages 16-24 are encouraged to apply. [Visit our website](#) for more information! [Applications are due](#) November 11, 2024 at 11:59PM. For questions, contact us at LiveWellYouth@sdcounty.ca.gov

Join the Youth Sector!

LEARN MORE >>

STRESS AWARENESS DAY

COMMON SIGNS:

Crying spells or bursts of anger

Feeling guilty, helpless, or hopeless

Losing interest in daily activities

Increasing physical distress symptoms
(i.e., headaches or stomach pains)

Avoiding family and friends

Difficulty eating

Fatigue

This day encourages us to become more aware of stress, its causes, and its effects. It's an opportunity to open a dialogue about mental health and to seek solutions for reducing stress both individually and collectively.

Learning how to cope with stress can help us feel less overwhelmed and support our mental and physical well-being.

Stress affects both the mind and the body. A little bit of stress is good and can help us perform daily activities. Too much stress can cause physical and mental health problems.

REMEMBER:

Take A Break

Slow Down

Stay Active

HOW TO SUPPORT:

Reassure them

Support them to seek help

Help them relax

Help with causes of stress

Help identify their triggers

**CLICK HERE FOR
MORE INFORMATION
AND TIPS WHEN IT
COMES TO STRESS!**

BLUE ENVELOPE PROGRAM



PURPOSE

The purpose of the program is to promote inclusivity and enhanced communication and accommodation between law enforcement, emergency services, and community services personnel and community members with a condition or disability where additional accommodations or awareness could be helpful.



Scan the QR code to learn more and to find participating locations to pick up free Blue Envelope Program material.



COMMUNITY PARTNERS



AND MORE



CONTACT A REPRESENTATIVE

BlueEnvelopeProgram@sdsheriff.gov

sdsheriff.gov/blueenvelope

SAN DIEGO COUNTY

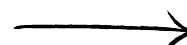
BLUE ENVELOPE PROGRAM



Please note:

- The Blue envelopes are **located at the front desk** of each of the SDPD divisions.
- **Not every location has the pins, stickers, lanyards, etc.** as visual displays of being part of the program, but there are some at the Central Division police station (check with other locations first).

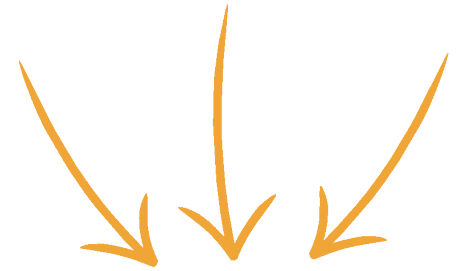
Continued



BLUE ENVELOPE PROGRAM (CONT.)



Check [here](#) for participating locations, contact info, and frequently asked questions



BLUE ENVELOPE OUTREACH MATERIAL

The following items are available for free at participating locations:

- **Blue Envelope**
- **Wallet Information Card**
- **Lanyards**
- **Seat Belt Covers**
- **Button Pin**
- **Ribbons**
- **Key Chains**
- **Bracelets**
- **Stickers**

ABOUT THE BLUE ENVELOPE PROGRAM

San Diego County is proud to offer the Blue Envelope Program. The program is designed to promote inclusivity and serve as an enhanced communication awareness tool between law enforcement officers and community members diagnosed with a condition or disability such as Autism Spectrum Disorder, dementia, anxiety, or other conditions that might require additional accommodations or awareness during a law enforcement interaction.

The program was designed in collaboration between the San Diego County Sheriff's Department, the San Diego County Board of Supervisors, community partner organizations, and the San Diego County Police Chiefs' and Sheriff's Association.



HOW IT WORKS

The Blue Envelope Program works by allowing an individual to readily display the Blue Envelope logo or present a Blue Envelope upon contact with law enforcement or other community service personnel.

The Blue Envelope branded products can contain the individual's identification, contact information or pertinent vehicle operating documents such as the vehicle registration and proof of insurance.



The Blue Envelope Program does not have a registry component, therefore, all components of the program are voluntary and self-implemented.

To pick-up your free Blue Envelope Program material, visit a participating law enforcement agency, community partner organization, or County of San Diego facility.

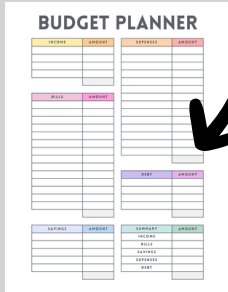
To learn more watch the Blue Envelope Program video:



Tips

Set aside a portion of your income into a savings account every paycheck. This can start small and grow as you deem necessary.

Keep track of your savings! Know exactly how much you have saved and set goals for yourself.

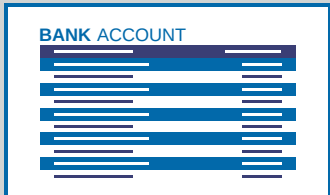


Let's Talk Savings

Tips for saving so you can be successful!

Savings Accounts

A savings account is usually held with a credit union or bank of your choosing that is created for the sole purpose of holding and saving your money. Oftentimes a savings account will pay a yield of interest overtime, some savings accounts have a higher yield pay than others.



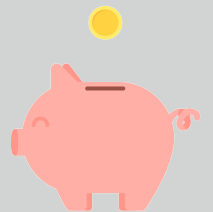
These accounts allow for convenient money savings, as well as access to your savings if needed in an emergency situation.



Why Save?

Saving is a key ingredient to creating and maintaining a healthy financial future. Practicing money saving habits can allow you to hold more peace of mind and broaden your opportunities for success.

The sooner you begin to value savings the sooner your assets will begin to grow. Start today by investing in your financial future and taking control of your finances.



POST HIGH SCHOOL PLANS

4 Year Institution

- University of California (UC) college system
- The California State University (CSU)
- Private college education
 - Learn more about the [Common Application](#)

Community College

- California Community Colleges
 - Every year roughly 80,000 students transfer to the UCs or CSUs
- [Is community college right for me?](#)



Trade School

A trade school is a postsecondary institution where students learn technical skills for success in specific occupations.

- [Is trade school right for me?](#)
- Dental hygienist, electrician, plumber, HVAC mechanic



Apprenticeships

An apprenticeship is an employer-led program combining paid work with classroom training, leading to a nationally-recognized credential.

- [Apprenticeships Fact Sheet](#)
- [Youth apprenticeship](#)
- [Apprenticeship vs Trade school?](#)

Essay and Test Prep Low Cost Resources

- Specific universities will host workshops
- Make sure to reach out to your counselor to see what resources your school has
- [How to write a college application essay](#)
- [Collegeboard test prep](#)
- [Khan Academy test prep](#)

Financial Aid

Financial aid is any money being given to a student pursuing a higher education after high school

- [FAFSA](#)
- [Scholarships and Opportunities](#)
- [2024 Annual Statewide Financial Aid Workshops](#)



Resources



Youth volunteer opportunities



Library homework help



Mental health support

WOMEN'S ENTREPRENEURSHIP DAY

NOVEMBER 19TH

Women's Entrepreneurship day was started by the non-profit Women's Entrepreneurship Day Organization (WEDO). The day is all about highlighting the importance of women entrepreneurs in bringing about positive change. It aims to celebrate, honor, support, and empower women and girls globally. It is about a vision of "a world where all women and girls can contribute to and reap the rewards of global economic growth fully, meaningfully, and equally." Read more [here](#).



WOMAN ENTREPRENEUR SPOTLIGHT: MAYA MADSEN

Founder & CEO at Maya's Cookies



According to **this article**, "An entrepreneur is someone who develops an enterprise around an innovation. They manage the business and assume the risk for its success."

OPPORTUNITIES AND PROGRAMS

You Saved Me Foundation - ACES program (meant for low income youth)

Junior Achievement of San Diego County

CLASS OPPORTUNITIES:

WIT (offers college-credit classes for middle and high schoolers)

The Entrepreneurship Academy (a school program for middle and high schoolers)

FOR TEENAGE GIRLS/YOUNG WOMEN:

DETOUR Fancy

Mana de San Diego - Hermanitas Women Emerging

I started Maya's Cookies because I couldn't find a gourmet vegan cookie on the market so I had to create it myself! I was also facing double tuition bills as 2 of my sons were attending college at the same time and needed to bring in extra money for the family to support them. My side hustle out of my home kitchen has since grown to become America's #1 Black owned gourmet vegan cookie company in America! My community has been instrumental in supporting Maya's Cookies and I am proud to be able to give back in meaningful ways as my business grows.

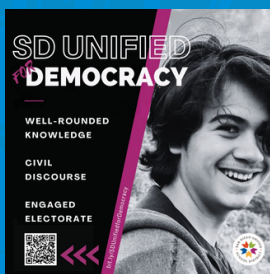
GENERAL ELECTION DAY

Nov 5TH

Ballot box locations



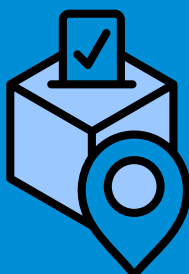
San Diego Unified Democracy Now



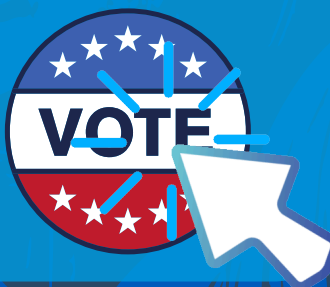
2024 Voter Guide



Find my polling place



Pre-register or register to vote



High school poll worker form



Media Literacy information



Fact checking websites



Upcoming Events

November

2024

**NOV
2**

Winer Family Community Room

Come and buy some books from the San Carlos Friends of the Library (SCFOL)! We have hardbacks, paperbacks, books on CD, children's books, and more! Funds help the San Carlos Branch Library purchase books, programs, and equipment.

**NOV
2-3**

San Diego's Dia de los Muertos Celebration

This family friendly Cultural event will transform Gaslamp into a bustling mercado with artisan makers, vibrant décor, dozens of dining options, bountiful margarita selections, and live performances throughout the weekend.

**NOV
2-3**

Exposure 2024: Women's Skateboarding Competition

Exposure Skate is dedicated to empowering women, girls and nonbinary individuals through skateboarding and teaching compassion through service.

**NOV
6**

Children's Storytime

Bring your children or grandchildren to the Athenaeum's free Children's Storytime at 3 and 3:30 p.m. on Wednesdays. Great for children ages 1 through 9. This is a free event. Reservations are not necessary.

**NOV
23**

Fit Athletic Yoga at the Rady Shell

Come enjoy a FREE yoga class from Fit Athletic! This "Bootcamp Yoga" session will be led by Viktoria Talbot at The Rady Shell at Jacobs Park, so be ready to WORK!

**NOV
27**

Ocean Beach Certified Farmers' Market

This farmer's market in Ocean Beach offers an array of groceries and goodies. Featured items include fresh fruits and vegetables, meat, seafood, dairy products, dry goods, prepared foods, and specialty treats.