

October 2024

Office Of Child & Youth Success

A CITY WHERE CHILDREN AND YOUTH
THRIVE



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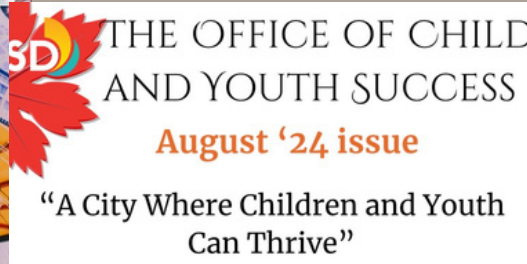
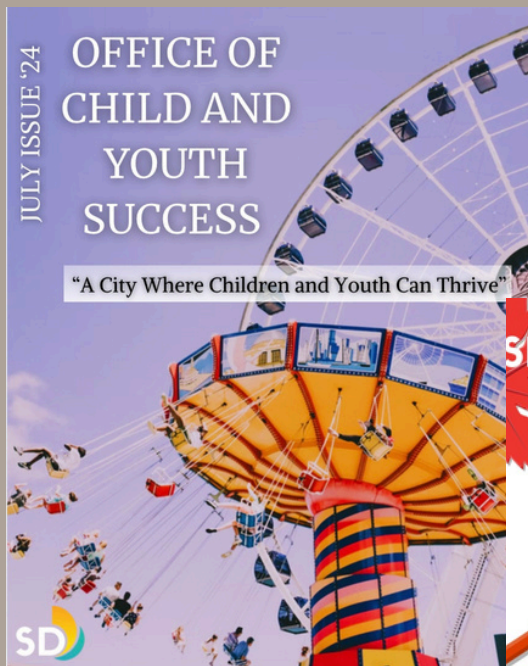
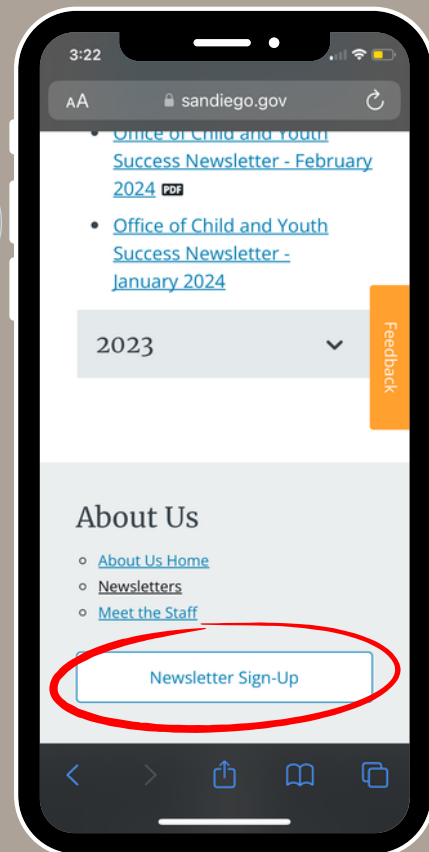


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Be The First To See

[Sign up here](#) for our monthly newsletters today! Where children, youth and families can find information, resources, and access to engaging programs.



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.

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.

Mission

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.

What You've Missed

HERE'S WHAT THE YOUTH COUNCILS HAD TO SAY ABOUT EACH OBJECTIVE OUTLINED IN THE CHILD AND YOUTH PLAN:



ENGAGING ACTIVITIES

1

“Enriching activities, including but not limited to culturally inclusive activities and activities that allow for meaningful conversation, help youth develop.

Engagement through participation and authentic interactions (such as family game nights) is crucial to create personal value. It's important to make engaging activities accessible to encourage participation. Barriers to access include income disparities and location, so equitable access should involve transportation solutions and affordable activity options. Addressing tech and internet access barriers are essential for successful youth programs, and making activities less structured is often more enjoyable for youth. Social media platforms play a big role in how youth find engaging activities. Effective marketing, highlighting incentives for participation, and ensuring easy access to events could increase youth involvement in community activities.”

YOUTH EMPOWERMENT

2

“Physical safety is essential to prevent accidents and create secure environments. Providing spaces for youth to express and regulate their emotions is crucial. Mental health should be prioritized to ensure individuals feel supported and not judged. Trauma has far-reaching effects on the community and the economy, leading to issues like violence and poor academic performance. Investing in mental health resources can lead to healing and overall benefits for the city, making communities safer and more vibrant. Involving youth in programs, providing training based on their interests, and offering mentorship are crucial for building their confidence. To ensure success, maintaining strong collaborative partnerships is essential to create a supportive network for youth and young adults.”



ECONOMIC AND WORKFORCE DEVELOPMENT

3

“Financial literacy education should be integrated into school curriculums to equip youth with essential money management skills. This includes budgeting, understanding income and expenses, and prioritizing needs over wants. Basic financial concepts such as credit cards and banking should be taught in schools to better prepare students for their financial future. Additionally, establishing centers for youth to learn about business planning and offering mentorship and grant opportunities would provide them with a significant advantage.”

EDUCATION AND CAREER PATHWAYS

“There’s a clear need for more diverse exploratory classes that engage high schoolers and provide insights into various industries. The emphasis should be on career assessments, soft skills, and tailor-made extracurricular classes. Youth feel practical applications of learning and increased access to community college classes would be especially helpful for high school students. Suggestions for improvement include additional classes, workshops, and outsourced speakers. Integrating communication and life skills into the core curriculum is vital. Furthermore, addressing mental health and students' backgrounds is essential for high school education. There should be a focus on creating mentor-mentee relationships and increasing awareness of available college and employer resources. It would be beneficial to offer students a more personalized curriculum focused on their interests, as well as to include more learning opportunities to gain hands-on technical skills. The city should seek government funding and collaborate with established organizations to meet these needs.”

4



JOIN THE NEXT CONVERSATION!

Engaging Activities



Participation



Affordable



Inclusive



Equitable



Accessible

**SPEAK
UP**

**SPEAK
OUT**

Tell us what YOU think when you see these words at our next council session!

Microsoft Teams
Link

October 8th, 24 @ 4pm - 5pm



Access The Child
and Youth Plan
before the meeting

Indigenous Peoples' Day

October 14, 2024

Office of Child and Youth Success

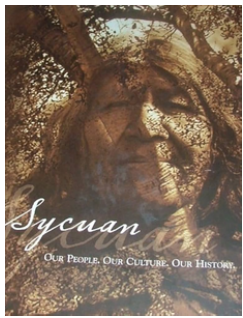
The History

Indigenous Peoples' Day emerged in the late 1980s as an alternative to Columbus Day, celebrating Native Americans and indigenous populations. It grew out of the Red Power Movement, which paralleled the Black Power Movement of the '60s to '80s, aiming to increase the political visibility of American Indians. South Dakota was the first state to recognize the day, given its large Native population. In 1992, Berkeley, California, formally linked Indigenous Peoples' Day with Columbus Day on the 500th anniversary of Columbus's arrival. In 2021, Biden issued the first-ever presidential proclamation of Indigenous Peoples Day. He said in a statement that the day is meant to "honor America's first inhabitants and the Tribal Nations that continue to thrive today."

LEARN MORE



Members of the Red Power movement picket in front of the chamber of commerce in Gallup, New Mexico.



Check out this Emmy Award-winning documentary on the Sycuan and Kumeyaay Nation

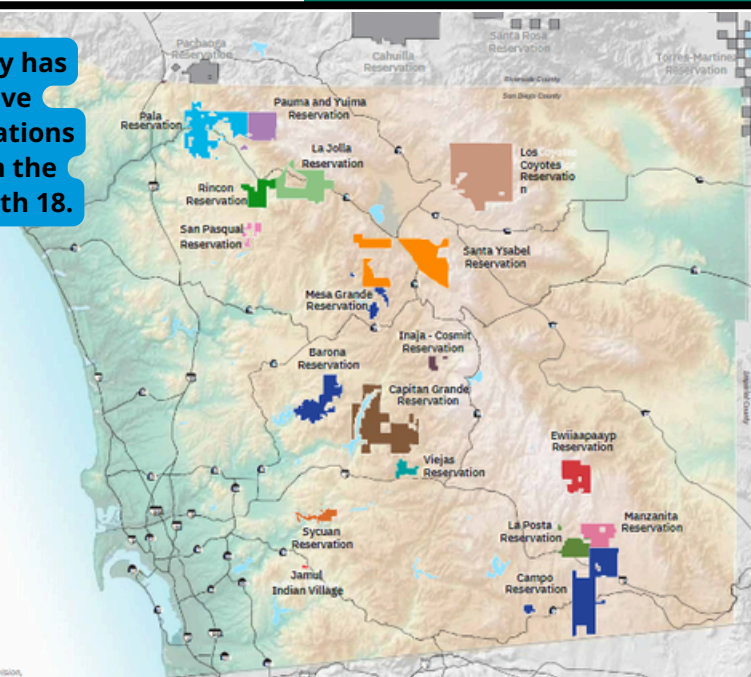
If the human history of San Diego County is **one hour**, the Europeans have been here **half a minute**.
- Richard L. Carrico, Professor of American Indian Studies

San Diego County has the most Native American reservations of any county in the United States, with 18.

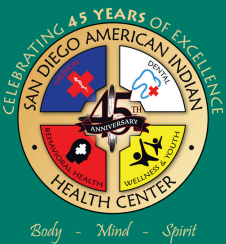
Tribal Lands in the San Diego Region April 2014



Sources: County of San Diego Assessor's Mapping Division, San Diego Geographic Information Source (SANDGIS), SANDAG



Resources



Event Calendar



Native American Heritage Sites



The Iipay ~ Tipay Kumeyaay Mut Niihepok (Land of the First People) Old Town San Diego State Historic Park



Barona Cultural Center & Museum



Kumeyaay-Ipai Interpretive Center at Pauwai

museum

Kumeyaay: Native Californians/Ipai-Tipai Exhibit at the Museum of Us

California Clean Air Day

October 2, 2024

California Clean Air Day unites people in a day of action, creating habits to improve air for all of the state's diverse communities. We all play a role in improving air quality, whether as individuals, businesses, or organizations. California, with some of the worst air pollution in the U.S., needs unified action to protect public health.

What can we do?

- Take a pledge as an individual
- Take the pledge as an organization



Community Events



- Linda Vista Community Cleanup
- Leafing Our Legacy Free Tree Distribution at Hillcrest Farmer's Market
- PB Pathways: Safe Active Travel
- Hit the Trails Hike-a-Thon for Mission Trails

Actions You Can Take!

- Take public transit to my destination
- Work from home for the day
- Walk, bike or scoot to my destination
- Carpool to my destination
- Bring my lunch to work or walk to lunch
- Don't idle your engine
- Eat vegan or vegetarian for the day
- Follow @cleanairday on socials
- Test drive or rent an electric vehicle
- Change my home or car cabin air filter
- Donate to an eco-friendly non-profit organization
- Compost my food or engage in a composting program
- Shop with local business or farmer
- Choose a greener energy rate



All MTS Trolleys and buses, as well as the NCTD COASTER, SPRINTER and BREEZE, will be free to ride all day (no PRONTO card needed).



All About Volunteering

Why Volunteer?

Personal: Volunteering allows you to help others in need, which brings joy and fulfillment for many people. It allows you to build interpersonal/communication skills, and to make connections with other people with common interests. It's also a great way to get involved with and make a difference in your community.

Professional: Volunteering might help you discover a career path if you enjoy the volunteer work you do, or at least will help you discover your work habits and preferences. It can be a great way to learn new skills that will be valuable for future jobs, without the pressure of already needing to know those skills like you would in a job. Volunteering might even result in you being hired by the organization if you show dedication, especially because you already know the inner workings of that organization.

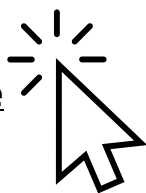
[Read more on Indeed.](#)



Volunteer Opportunities:

Food Banks and Serving Meals

- ✓ [San Diego Food Bank](#)
- ✓ [Feeding San Diego](#)
- ✓ [Father Joe's Village](#)
- ✓ [Mama's Kitchen](#)



Environmental

- ✓ [California Climate Action Corps](#)
- ✓ [San Diego Coastkeeper](#)
- ✓ [Wild Willow Farm](#)
- ✓ Find more opportunities here: [Eco San Diego](#)

Library and Others

- ✓ [City of San Diego library opportunities](#)
- ✓ [10th Annual Pumpkin Patch at Waterfront Park](#)
- ✓ Tutoring: [Kids at Heart](#)

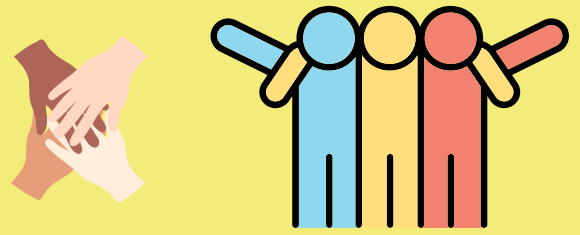
There are countless more opportunities. You can also search for mutual aid, event planning, community outreach, and other tutoring or mentoring volunteer opportunities. Check out this [calendar of volunteer opportunities](#).

Animal Shelters

- ✓ [San Diego Humane Society](#)
- ✓ [Helen Woodward Animal Center](#)

***Pro tip:** If you're in college or university, you can look for volunteer opportunities through your school, especially through clubs or orgs!*

NATIONAL STOP BULLYING DAY



October 9, 2024

Types of Bullying

Verbal Bullying

Bullying can be verbal when mean words are spoken and/or written to another person. This could be teasing, inappropriate comments, name calling, and more.



Social Bullying

This form of bullying is also known as relational bullying. This type of bullying aims to demean or destroy another person's social reputation. This could be leaving one out of the group, embarrassing another in public, spreading rumors, and more.



Physical Bullying

Physical bullying involves injuring or hurting another person or their belongings. Examples of this would be hitting, pinching, spitting, stealing, or pushing.


Support the Cause

National Stop Bullying Day is a campaign dedicated to primarily schoolchildren and their parents. This campaign aims to bring awareness to the signs and symptoms of bullying as well as how to access help and resources to stop bullying.



BREAST CANCER AWARENESS MONTH

October 2024



Breast Cancer Awareness Month is an international health campaign that is reserved for the entirety of October each year. The goals of this health campaign are to promote the early diagnosis and screening of Breast Cancer, as well as to commemorate all who suffer from and are affected by the disease.



What is Breast Cancer?

Breast cancer is a disease in which malignant cancer cells form within the breast tissue. Breast cancer can start in many parts of the breast and eventually spread throughout the body.



Volunteer!

Donate your time and participation to help the Susan G. Komen foundation and their efforts toward fighting breast cancer. Walk or volunteer November 15-17th.



Why Pink?

A well-recognized symbol of Breast Cancer Awareness is the pink ribbon. The ribbon signifies strength and is representative of the courage and hope Breast Cancer patients embody.



Facts/Statistics [LEARN MORE](#)

- More than 2 million women are diagnosed with Breast Cancer each year.
- About 1 in 8 women will develop invasive breast cancer at one point in their lifetime, while for men this number is about 1 in 726.
- Around 15% of women who develop breast cancer have had a family member diagnosed with it as well.



Healthy Habits

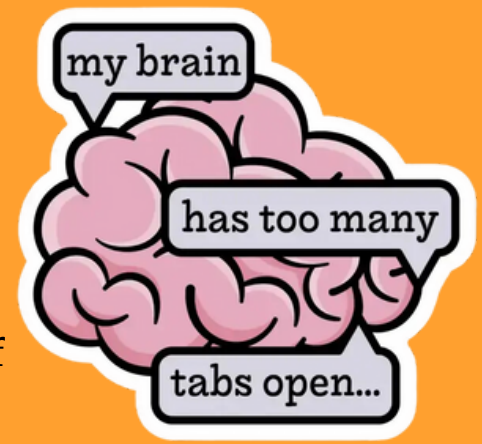
- A breast self-exam:** at home inspection to monitor personal signs and symptoms of breast cancer. Any changes to the visual or physical representation of the breasts noticed in a self-exam should then be reported to a health professional for further examination.
- A clinical breast exam:** in person examination by a medical professional in order to detect any abnormalities in the breasts that may indicate breast cancer.
- A mammogram:** performed with the use of an x-ray. This type of examination allows for a medical professional to find any indications of breast cancer within the breast tissue.



NATIONAL ADHD AWARENESS MONTH

National Attention Deficit/Hyperactivity Disorder (ADHD) Awareness Month is observed in October to raise awareness of ADHD, a medical condition that affects the brain

The goal of this month is to educate the public about ADHD, reduce stigma, and highlight the support services available to people and families with ADHD.



[Click Here To Learn More ...](#)

Did You Know?

ADHD is a developmental disorder associated with an ongoing pattern of inattention, hyperactivity, and/or impulsivity. The symptoms of ADHD can interfere significantly with an individual's daily activities and relationships. ADHD begins in childhood and can continue into the teen years and adulthood.

ADHD doesn't just affect children. Previous research suggests that 30 to 70 percent of children with ADHD continue to have symptoms of the disorder when they become adults. However, only 10 to 25 percent of adults with ADHD receive an accurate diagnosis and adequate treatment.

[Click Here To Learn More ...](#)

Strategies

The following strategies may help manage symptoms:

- focusing on one task at a time
- breaking complex projects into smaller parts
- using reminders and alarms to manage time
- taking notes during meetings or lectures to help stay focused
- writing down ideas that aren't related to the current task so you can come back to them later
- eliminating distractions, like background noise, as much as possible
- creating habits of organization
- prioritize self-care

[Click Here For More Strategies ...](#)

Resources

[Understanding ADHD](#)

[Brain Balance](#)

[ADHD In The Classroom](#)

[Adults Living With ADHD](#)

[Learning Centers](#)

[ADHD Centers For Success](#)

[ADHD Therapist](#)

["I Can't Turn My Brain Off" Tips](#)

[ADHD Tools Videos](#)

Ways To Celebrate:

Wear Orange



Embrace ADHD



Share Your Story



Educate Yourself

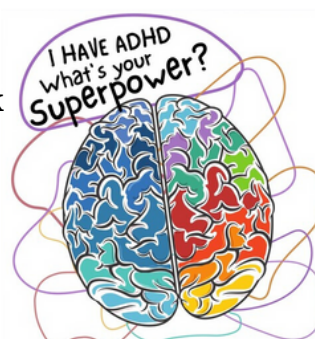


Support Each Other



How To Support Someone With ADHD

- Be patient and supportive: People with ADHD may be trying to focus and calm themselves down.
- Be encouraging: Celebrate their successes and be their biggest cheerleader. Encourage them to seek help from a professional.
- Communicate: Ask how they feel, and practice active listening.
- Be flexible: Recognize that ADHD can cause mood and behavior fluctuations.
- Be clear: Set clear boundaries and expectations.



The Tijuana River Valley Crisis

What is the Tijuana River Sewage Crisis?

For years, billions of gallons of raw sewage, polluted storm water, and trash have flowed down the Tijuana River into the Tijuana River Valley and Pacific Ocean. This has resulted in frequent beach closures, concerns about public health, coastal water pollution, and the degradation of the Tijuana River Estuary, among other things.

Read more about the crisis [here](#).



How We Got Here and Why There Hasn't Been Much Progress

The crisis has been caused by years of infrastructure breakdowns and inadequate maintenance of sewage plants. Multiple sewage plants, including one built by the US and Mexico, are meant to manage and treat sewage from Tijuana. But their capacities have far been exceeded as the city's growth has exploded, making them unable to handle all the wastewater.

Along with outdated infrastructure, there have been failures in regulating and managing the issue. Funding has often fallen short of what is required to make upgrades. Stricter oversight and better coordination between the US and Mexico is also needed.



What's Being Done?

- The City of Imperial Beach is engaged in advocacy to get funding for immediate solutions and for California's governor and the President to declare an emergency.
- According to [KPBS](#), an amendment to the 2024 National Defense Authorization Act was made by four San Diego legislators to bring federal assistance to the crisis. It would establish a federal program "to plan, coordinate and provide grants for public health and water quality restoration projects in the Tijuana River Valley."
- A group of high school students in Imperial Beach [collected data and presented on air quality, making recommendations](#) on efforts that should be made.

Ways to Get Involved

- [Youth4Climate](#) - Learn to be a leader on climate action.
- [Volunteer](#)
- Contact your legislators (here's a [guide on how to find your representative and how to write and call your legislator](#)). You can find your [City of San Diego Council Members](#) here.

Consider participating in this [Healing and Advocacy Forum](#):

JOIN A PUBLIC HEALTH FORUM ON
HEALING & ADVOCACY
IN RESPONSE TO THE TIJUANA WATERSHED POLLUTION CRISIS

Learn from Dr. Mona Hanna-Attisha, who helped combat the Flint Water Crisis and Imperial Beach Mayor Patima Aguirre, who continues to be a champion to frontline communities impacted by the Tijuana Watershed Pollution Crisis.

SATURDAY OCT 5 Doors Open at **9:00AM**

9:30 - 10:30AM | MENDOZA ELEMENTARY SCHOOL, 2050 CORONADO AVE, SAN DIEGO, CA 92154. Moderated discussion with Dr. Mona Hanna-Attisha and Mayor Aguirre.

12:00-2:00PM | MENDOZA ELEMENTARY SCHOOL, 2050 CORONADO AVE, SAN DIEGO, CA 92154. Lunch, Advocacy Art Build, and Well-Being Activities.

4:00-6:00PM | BALBOA PARK, WORLD DESIGN CAPITOL EXCHANGE | OUTSIDE SAN DIEGO ART MUSEUM. Forum on transboundary green infrastructure and nature-based solutions.

*Special breakfast available throughout the day. *We need to afford Light Breakfast and lunch provided.

➔ RSVP TO RESERVE YOUR SPACE



WORLD MENTAL HEALTH DAY

“It’s time to prioritize mental health in the workplace”

October 10, 2024

The 2024 World Mental Health Day theme, **"It is Time to Prioritize Mental Health in the Workplace,"** highlights the need to make workplaces healthier, as 60% of the global population is employed. The focus is on improving conditions, managing stress, and promoting inclusion, with the goal of creating cultures where employees can thrive and contribute productively.

What is Mental Health?

Mental health includes emotional, psychological, and social well-being. It is more than the absence of a mental illness—it’s essential to your overall health and quality of life.

- Get regular exercise
- Eat healthy, regular meals
- Get quality sleep
- Try relaxing activities
- Set goals and priorities
- Practice gratitude
- Stay connected



[According to the National Institute of Mental Health](#)

Statistics

- **23.08%** of adults experienced a mental illness in the past year, equivalent to nearly 60 million Americans.
- **20.17%** of youth (ages 12-17) reported suffering from at least one major depressive episode (MDE) in the past year.

[Data according to 2024 State of Mental Health in America Report](#)

Resources



SOLUNA
WELLNESS



San Diego and
Imperial Counties

Activities

- [30-Day Mental Wellness Practice](#)
- [Live Well San Diego: Check Your Mood](#)
- [Mindfulness Activities for Kids](#)



LET'S VOTE!

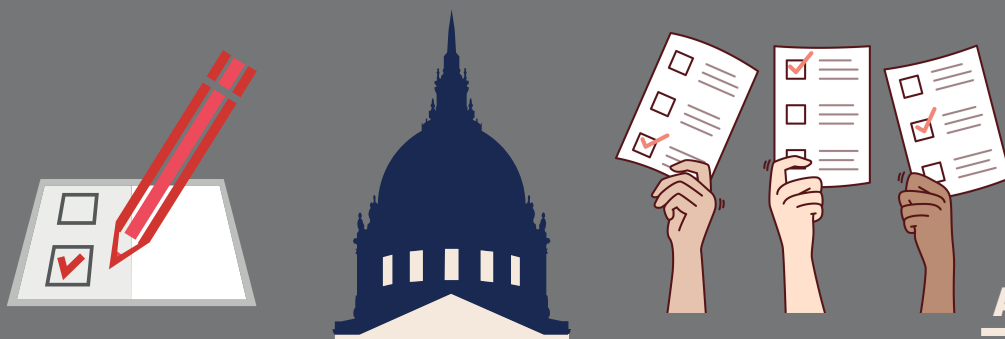
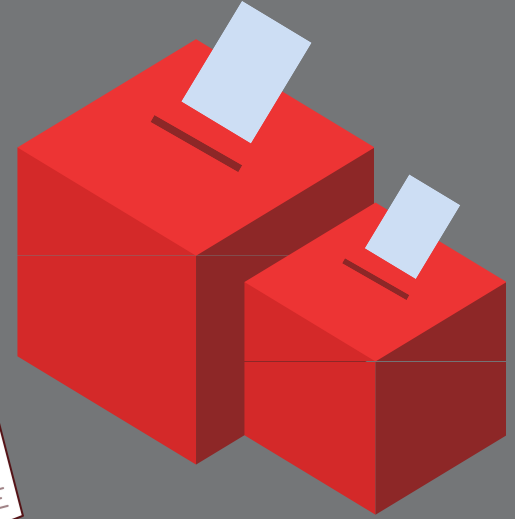
NOVEMBER 5TH



SAFE VOTING

In person voting is available on November 5th, 2024 at any polling place, so long as you are registered and have with you a proper form of Identification. Proper ID may not always be required, but bringing along a government issued ID is highly recommended.

Voting via mail is also offered within the state of California. You may apply to vote via mail by requesting a mail ballot online when registering to vote.



ADDITIONAL RESOURCES

 Office of the City Clerk



 Registrar Of Voters





REGISTERING TO VOTE



UNITED STATES ELECTION ASSISTANCE COMMISSION

COLLEGE STUDENTS

When you register to vote, you must choose an address. As a college student you may live in more than one place, but will only be able to vote in one. When choosing your registration address consider which location is most convenient for you to vote. If you are already registered to vote in your hometown and would like to vote from your college address, this can be done by updating your voter registration altogether.

Early Learning & Child Care

WHAT?

- Early learning involves the skills and concepts children develop before kindergarten, preparing them for lifelong learning by addressing their social, emotional, cognitive, and physical needs.
- During formative years, a child's brain absorbs new information like a sponge. Early childhood education is crucial for development, laying a strong foundation for future academic, social, and emotional growth.



[Click here](#) to learn more!

CHALLENGES

San Diego families struggle to find affordable early care and education, hindering parents' professional and educational pursuits and limiting children's access to quality early learning. The childcare workforce also faces challenges with low wages and business sustainability.



SOLUTIONS

OCYS aims to create a care-friendly city, focusing on early learning and childcare in the Child and Youth Plan (CYP). Our goal is to enhance safe, quality, and affordable early care opportunities for San Diego families by strengthening systems, partnerships, and resources for operations, facilities, funding, education, and recruitment.

[Click here](#) to access our CYP

The City of San Diego emphasizes community values that promote safe, affordable early care and education opportunities in America's Finest City.

[Click here](#) to learn more.

GET INVOLVED



CHILDREN FIRST COLLECTIVE SAN DIEGO

We INVITE YOU TO CHOOSE CARE WITH US!

Learn about what's ahead for child care in San Diego!

Wednesday, October 16, 2024, 5pm-7pm

UCSD Park & Market, 1100 Market St, San Diego, CA 92101

We welcome ALL community members and business leaders, child care providers, students, children, families, YOU!

70% of San Diego County voters support MORE investments to child care

Registration is limited, so grab your spot!

www.SDChildrenFirst.org

We choose care.

Discover ways to bring CARE to your community
Connect with San Diego's care community
Caregiver art project reveal!

Food & Beverages While Supplies Last

Thank you to our sponsors: ArtReach, CDA, COMMUNITY WELL-BEING, First 5 San Diego, Jewish Family Service, Words Alive, San Diego Foundation, HEISING-SIMONS FOUNDATION, SAN DIEGO FOR every child, kpbs, UPPSALUN VISIONS

Join the Children First Collective, OCYS, and community partners at the We Choose Care event.

RESOURCES



- [SAN DIEGO CHILD CARE & DEVELOPMENT PLANNING COUNCIL](#)
- [SDCOE EARLY EDUCATION](#)
- [OCYS EARLY LEARNING AND CHILD CARE](#)
- [SAN DIEGO COUNTY BEHAVIORAL HEALTH RESOURCES](#)
- [FIRST 5 SAN DIEGO](#)
- [SAN DIEGO COUNTY CHILDREN FIRST COLLECTIVE](#)
- [SAN DIEGO COUNTY CHILD CARE BLUEPRINT](#)
- [YMCA CHILDCARE RESOURCE SERVICE](#)
- [SDUSD EARLY LEARNING](#)
- [QUALITY PRESCHOOL INITIATIVE](#)



Opportunities to Get Involved and Influence Curriculum

Why is giving your input important?

The more involvement you have with your school and school district, the more of an impact you can make on your school and educational experience. One voice is often missing in curriculum development: youth (usually the main ones involved in the process are subject matter experts, education experts, government and school officials, and educators).



How Curriculum is Developed

- There are 4 stages: Analysis, Design, Develop, Implement and Evaluate
- Read more:
 - [A Guide to Curriculum Development](#)
 - [What is Curriculum Development and Design](#)

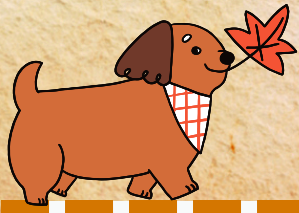


San Diego Unified School District (SDUSD) Engagement



- Opportunities with the district and on your school site!
- [Opportunities to be on Boards and Committees](#) including:
 - [Council of Associated Student Body Presidents](#)
 - [Interdivisional Curriculum Committee](#)
 - [Student Advisory board](#)
 - And more!
- You can also look into the [different clubs](#) and involvement opportunities your particular school has.
- Check out this [calendar of upcoming board meetings](#).
- Their Instagram [@sdusdstudents](#) has more up-to-date information.





October Upcoming Events

**01-31
OCT**

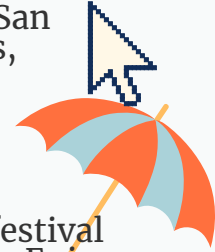
San Diego Museum Council's Kids Free October

All month long, kids 12 and under receive FREE admission with a paid adult to more than 50 of San Diego County's favorite museums, historic sites, aquariums, gardens and more.

**5
OCT**

Pacific Beachfest

Pacific Beachfest is San Diego's premier beach festival located in the heart of beach town: Pacific beach. Enjoy this free, full-day, family-friendly, music-packed event.



**13
OCT**

San Diego Family Fun Fest

Gather your little ghouls and goblins for an unforgettable Halloween adventure filled with magical trick-or-treating, monstrous dance parties, eerie inflatables, adorable Halloween crafts and much more!

**19
OCT**

San Diego Walk for Suicide Prevention

Participate in the community walk to awareness on suicide prevention. Create a team, join a team, or walk as an individual.



**19
OCT**



Día de los Muertos Youth Celebration

The Día de los Muertos celebration at the Sherman Heights Community Center is a weeks-long community festivity that preserves the Day of the Dead tradition, itself a millennial practice.

**23
OCT**

Best Hire Career Fair

Join us at the highly anticipated San Diego Job Fair on October 24, 2024! If you're seeking exciting job opportunities in the San Diego area, this is an event you won't want to miss.