

# **OFFICE OF CHILD AND YOUTH SUCCESS**

*A City Where Children and Youth Thrive*



**DECEMBER 2024**

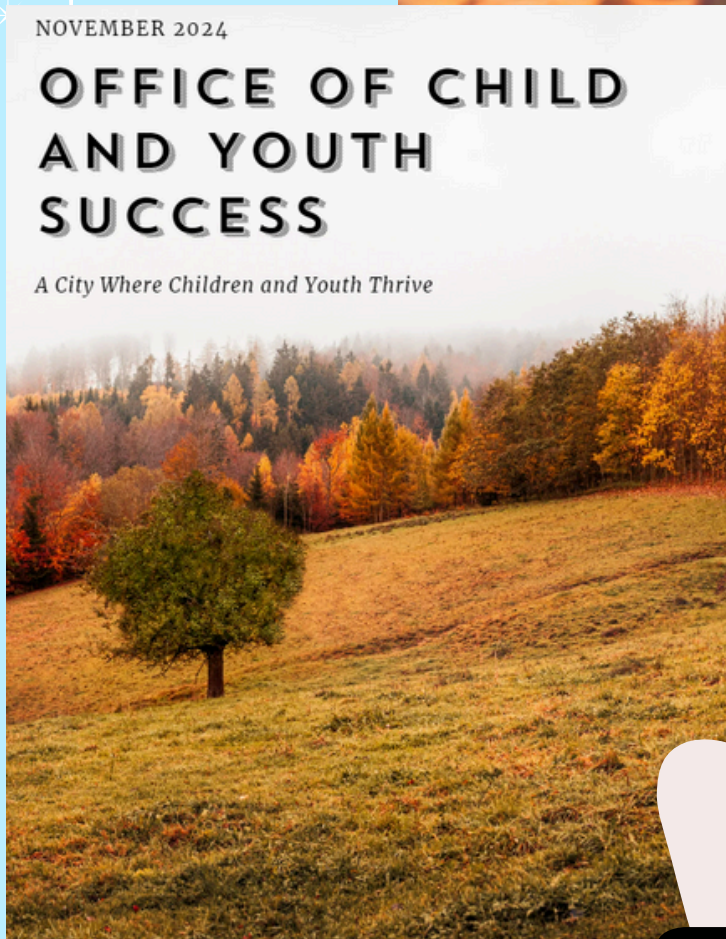
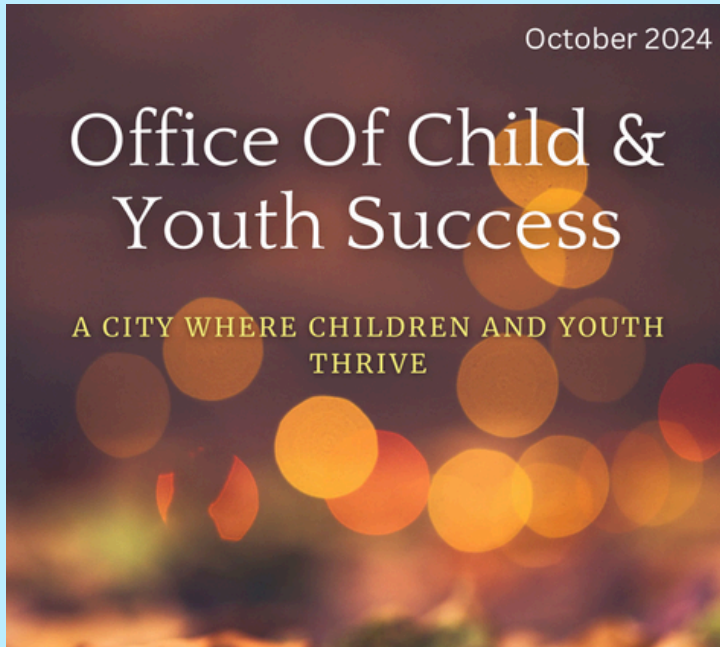
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# STAY IN THE LOOP!

SIGN UP TODAY FOR OUR YOUTH INSPIRED NEWSLETTERS!



## ABOUT US

The Office of Child & Youth Success will serve as a navigation and connection point for residents seeking supportive services and programming for youth ages 24 and below.

## MISSION

The Office of Child and Youth Success is dedicated to prioritizing San Diego's youngest community by providing access to resources, services and high-quality programs to improve social, health, and educational outcomes.

## VISION

Through trust, transparency, equity, and inclusion, the City of San Diego, Office of Child and Youth Success will coordinate a network of community stakeholders that will provide a shared framework to deliver high-impact solutions to challenging circumstances for young people empowering them to thrive in the community they serve.

## CREATORS

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

**Tianna Fair**

**Amy Gianetto**

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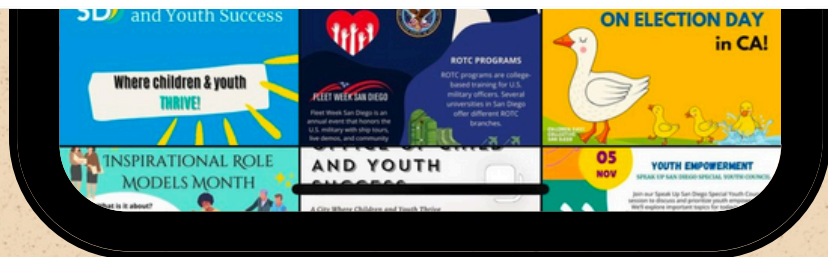


# DID YOU HEAR?



**SD** Office of Child and Youth Success

Where children & youth **THRIVE!**



**HAVE YOU FOLLOWED US YET?**



The Office of Child and Youth Success invites you to:

# SPEAK UP SAN DIEGO

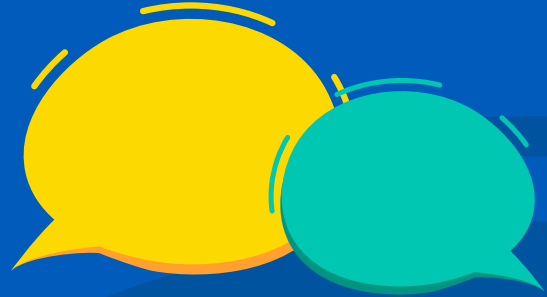
An open discussion about youth issues, experiences, and ideas for improvement.

Topic:

## *Financial Literacy for Youth*

We will discuss how prepared you feel to deal with your finances, your experience with financial literacy in school and with your family, and what can be done for better financial education.

*Let your voice be heard*



Register on Eventbrite

Tuesday - December 3, 2024  
4:00 PM - 5:00 PM

Registration is free!

### *Why Participate?*

- ✓ **Use your voice to make change!** Your insights will help impact policy and shape decisions relevant to youth in San Diego.
- ✓ **Meet and network with like-minded peers!** This is a great opportunity to meet other youth who are passionate about making change in their communities.

Access our office's [Child and Youth Plan](#) before the meeting to learn more about our goals!





# GETTING CONNECTED

Getting connected allows youth to form friendships and networks that foster a sense of belonging, making it easier to share experiences and support each other in personal growth.

Allows youth to take an active role in their communities, allowing them to create positive change while developing valuable skills and experiences that will benefit them in the future.

## Big Brothers Big Sisters

Become a mentor and build meaningful, one-on-one relationships that inspire and empower youth to achieve their full potential. By guiding them through challenges and celebrating their strengths, you can help them set and reach their goals, making a lasting impact on their future.

## Youth Commissioner Advocacy

Serve as a voice for youth by joining the Youth Commission, a platform that empowers young people to advise city leaders on issues affecting their community. You'll advocate for youth needs and promote civic engagement while making an impact on local policies.



## San Diego Youth Services

Volunteer to mentor or assist with programs supporting at-risk youth, helping them navigate life's challenges and achieve personal growth. By offering guidance, you can make a positive impact, empowering young people to overcome obstacles and thrive.

## San Diego Humane Society

Help care for animals, assist with adoption events, or participate in outreach to promote humane treatment and compassion for pets. By volunteering, you'll support animal well-being and raise awareness about responsible pet ownership in your community.



## San Diego Public Library Volunteer

Assist with organizing arts and crafts activities, tutoring, or supporting library events to engage the community and promote literacy. By volunteering, you'll help foster creativity, encourage learning, and create meaningful experiences that make a positive impact on individuals and the community as a whole.

## Youth Leadership Team

By participating, you'll have the opportunity to develop leadership skills, collaborate with fellow youth leaders, and make a lasting impact on policies that affect your peers. Your involvement will empower you to drive positive change, foster personal growth, and contribute to building a stronger, more engaged community.

# DECEMBER NIGHTS



Join us on **December 6 and 7** for the City of San Diego's largest free holiday festival in beautiful Balboa Park. The family friendly event brings San Diegans together to enjoy the lights, the sounds, the attractions and of course, the amazing food.

- Fun Facts:**
- Hop on the Trolley or Free Shuttle! Enjoy a seamless ride to and from Balboa Park during December Nights. Details at [decemberevents.org](http://decemberevents.org).
  - Six Stages of Entertainment! Enjoy family-friendly shows, cultural performances, and animal meet-and-greets across Balboa Park.
  - Free Museum Access! Explore Balboa Park's museums and cultural institutions for free during December Nights.
  - Botanical Building Reopens! Tour the newly renovated Balboa Park treasure after its \$30 million transformation.
  - Family Zone Fun! Ride the Ferris wheel, watch skateboarding demos, and enjoy free games and activities for all ages.
  - Support With Little Ones! The Municipal Gym includes a comfortable lactation room, Santa photos, hat-making, face painting, and family-friendly shows.
  - Outdoor Holiday Movies! Watch classics like Home Alone and Elf on the Palisades lawn near the Comic-Con Museum, courtesy of Summit Subaru.
  - Sock Drive for Homelessness! SDGE and PATH are collecting socks for San Diegans experiencing homelessness. Visit the SDGE activation area in the Plaza de Panama.



**Entertainment, Activities**



**Need To Knows**

**Eat, Drink, Shop**



**Getting There, Maps & More**





# Impaired Driving Prevention Month

In the 1980s, the United States saw a significant reduction in alcohol-involved crashes due to lowering the legal driving limit to 0.08 blood alcohol concentration, increasing the minimum legal drinking age to 21 and instituting educational campaigns about the dangers of drinking and driving.



## Facts

### 1. SPEAKING UP ~ 1980

Mothers Against Drunk Driving (MADD) founder Candy Lightner challenged legislators to take drunk driving seriously.

### 2. BECOMES LAW ~ 1990

The Supreme Court ruled that police sobriety checks on public roads are constitutional.

### 3. SETTING THE LIMIT ~ JULY 2004

All 50 states adopted .08 as the legal blood alcohol limit.

# NATIONAL SPECIAL EDUCATION DAY

December 2



## HISORY

In 1975, President Ford signed our nation's first federal special education law, the Individuals with Disabilities Act. This law made public education available to all eligible children with disabilities across the nation and ensured that proper services were provided to those children.



## HAPPY 30TH ANNIVERSARY

Special Education Day is celebrated for the first time to mark the 30th anniversary of IDEA.



[Read More](#)



# NATIONAL ROOF OVER YOUR HEAD DAY

DEC 3

## WHY CELEBRATE?

National Roof Over Your Head Day was created as a day to be thankful for what you have, starting with the roof over your head. There are many things that we have that we take for granted and do not stop to appreciate how fortunate we are for having them.



## SD WESLEY HOUSE

Wesley House Student Residence, Inc. is a nonprofit organization that provides safe, affordable housing and support services for students attending local colleges and universities who have low incomes.

[LEARN MORE](#)



San Diego Youth Services provides shelter and transitional housing for children and young adults, without a home, who otherwise would have nowhere to go.

[CLICK HERE](#)



## 2-1-1

211 is a great resource for help finding options to pay your rent, mortgage, or utilities bills and stay in your home.



[READ MORE](#)



## Most Common Languages in San Diego

### Top 5

1. English
2. Spanish
3. Tagalog
4. Chinese
5. Vietnamese

### Other languages include:

Korean, Japanese, Hmong, Thai, Laotian, Cambodian

French, Italian, Russian, German, Portuguese, Armenian, Persian, Greek, Polish, and Hindi

African languages and Navajo/other Native North American languages



**Learn a Foreign Language Month** encourages individuals to understand the advantages of language learning, which include:

- Learning about a new culture through learning a language.
- Enhanced cognitive abilities such as memory, problem-solving and critical thinking.
- Expanded career opportunities, especially in certain industries such as healthcare and tourism.
- Cross-cultural collaboration - being able to communicate effectively and break down barriers across cultures.

# Learn a Foreign Language Month



### Resources for English as a Second Language (ESL) speakers:

[San Diego College of Continuing Education - ESL classes](#)

**Free homework help** for grades K-8, offered in different languages (English, Spanish, Somali, Tagalog, and Vietnamese)

### How to Learn and Tips

- Take language classes (in person or online)
- Utilize language apps and online platforms like Duolingo
- **Stay consistent** (stick to daily, short practice sessions)
- **Set achievable goals** (break your learning into manageable tasks)
- **Immerse yourself** (surround yourself with the language in various contexts like media, different settings, and conversation)
- If you know someone who speaks the language, try having conversations with them! The best way to learn is by speaking the language





# Food Access



## FOOD PANTRIES



## CAL FRESH



Call 2-1-1 to speak with a resource specialist about locating food resources, CalFresh enrollment, or for assistance in locating other community support services. Available 24/7.



When you receive CalFresh benefits, they come on a debit-like card that you can swipe at any grocery store, convenience store, or farmers market that accepts EBT. CalFresh is a state program that awards you up to \$292 a month for groceries

## VOLUNTEER

Register as a volunteer and transform lives.

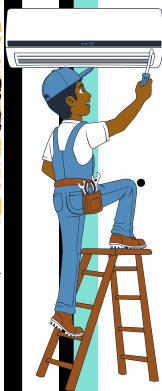


# RESOURCEFUL TOOLBOX



## ON THE MOVE: TRANSPORTATION

- MTS (Metropolitan Transit System)
  - Provides free transit for youth 18 and under to travel within the MTS and the North County Transit District service area.
- FRED
  - Offers free, eco-friendly shuttles to downtown San Diego's hotspots. Book via the Ride Circuit app.
- RideFACT (Facilitating Access to Coordinated Transportation):
  - Offers specialized transportation for low-income individuals, including discounted rides for youth.
- 2-1-1 San Diego
  - Offers information and referrals to transportation services for individuals with disabilities, seniors, and low-income families, including access to discounted transit options.



## HOME BASE: HOUSING RESOURCES

- San Diego Housing Commission (SDHC)
  - Offers rental assistance programs, affordable housing options, and resources for low-income families and youth.
- PATH San Diego (People Assisting the Homeless):
  - Provides supportive services and housing solutions for individuals experiencing homelessness.
- The Monarch School Project:
  - Supports homeless youth with educational and housing stability resources.
- Casa Familiar:
  - Offers affordable housing and support services for low-income families, immigrants, and refugees, along with resources like case management and housing assistance.



## **WHY HOUSING AND TRANSPORTATION MATTER FOR YOUTH GROWTH.**

- Access to safe housing and reliable transportation is crucial for young people to not only meet their basic needs but also to thrive and achieve their dreams.
- Finding the right resources and support can make a world of difference, helping to overcome obstacles and unlock new opportunities for success and independence. With the right foundation, you can go further, dream bigger, and truly take control of your future.
- When young people have the stability of a safe home and the ability to get where they need to go, they're empowered to pursue education, career opportunities, and personal growth.



# Effective Study Habits



## TIPS

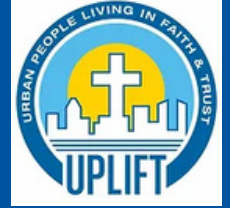


- **Remember and repeat.** Research shows that utilizing retrieval practice based study methods help us learn and remember information. Test your knowledge by using things such as flashcards and quizlets.
- **Find a quiet space to study.** Take time to locate a quiet place to dedicate to studying and eliminate distractions. This could be a local library, a park, or even your room.
- **Leave your phone out of reach.** Our devices can be an addicting distractor to your study time. Keep your phone near you if necessary, but turn it over or place it out of sight in order to get the most focus out of your study session.
- **Take breaks and study with friends.** It is important to give yourself a break every so often. Research shows that we learn best over time and with breaks. Try not to cram before a test and study with buddies or classmates if possible.

LEARN MORE



## VOLUNTEERING



## TUTORING



# BUILDING YOUR RESUME

## YOUR NAME

Email

Phone  
NumberCity you plan to work in  
(full address not needed)A link to your  
LinkedIn profile

**DON'T**  
include a  
profile  
picture!

### OBJECTIVE/PROFILE SUMMARY

This should be a brief overview of who you are professionally, what work you're passionate about, what work you're doing now, and what job/career you want to have in the future.

### SUMMARY OF SKILLS

Make a list of your skills. There are two main types of skills: technical and soft.

Technical skills are skills specific to the tasks you perform in your industry (e.g. experience with Excel, Tableau, etc.).

Soft skills are interpersonal skills that are transferable across jobs (e.g. presentation skills or communication).

### (WORK) EXPERIENCE

Include your work experience in chronological order (from most recent/current, down to least recent). List the job title, employer name, and dates that you were there. Describe the work you did by listing your responsibilities in the role (see below for what employers want to see for this piece).

#### Some Tips:

- Include key words from the job description (especially under the desired/required qualifications or job responsibilities section).
- Use numbers! In other words, quantify your accomplishments. It can be hard to know exact numbers, so coming up with a range of numbers or an upper/lower limit can be helpful. For examples, check out this [article](#).
- When describing your work experience, explain how **you personally contributed** to the achievement of the employer's goals, rather than just summarizing the tasks you performed.
- Tailor your resume to the job you're applying for. You shouldn't be copying and pasting the same resume for every position - be selective about what you include and mindful about what the employer would want to see.

#### Some DONT's:

- DON'T include irrelevant information. For example, if you're applying for a graphic design position, you don't need to include that you worked as a line cook in a restaurant.
- DON'T make your resume long or wordy. Ideally, stick to 1 page.

Resumes can be used for more than just jobs - they can be used for internships, school club or org positions, board and commission positions, and more.

Tip: Simplicity is better. Utilize bullet points when you can, and don't make your resume flashy or colorful.



### EDUCATION

If you have a higher education degree such as a bachelors or associates degree, include your major.

Your high school education is not necessary to include unless you are still in high school or graduated recently, don't have higher education, or for another specific reason.

### ACTIVITIES (IF RELEVANT)

If you have extracurricular activities (involvement in school clubs or organizations, volunteering experience, student government, boards or commissions, etc.) that relate to what you're applying for, include these. If you don't have a lot or any work experience, leverage your unpaid/extracurricular activities! You can substitute these for your work experience section as you're getting started.

### MORE RESOURCES

- You can search for "resume template" and "resume checklist" online
- [Brainfuse](#) and [Handshake](#) templates
- [City of San Diego Resume Review Services](#)
- If you are in university or college, utilize your career center!

### WHAT ABOUT REFERENCES?

Although these don't need to be included on your actual resume, you always need to submit references (and always ask your references for permission first!) There is often a section on job applications for you to add your references.







BE PART OF  
 THE CHANGE  
 YOUR VISION  
 YOUR OPINION  
 YOUR DREAMS  
 YOUR NEEDS...  
 ARE CRITICAL TO OUR FUTURE

Let's envision a future together where every voice is heard, and every action counts.

Are you ready to share your vision for the future?

TAKE THE SURVEY

**TODAY!**



The YMCA is participating in the United Nations Foundation's Unlock the Future coalition, by gathering practical ideas and strategies to shape the 2100 Roadmap from a youth perspective. This survey will inform the conversation at an Intergenerational Town Hall event on December 7 at the Border View Family YMCA.

» Learn more about the Road to 2100 at <https://ourfutureagenda.org/roadto2100/> «



# HAVE A VOICE BE HEARD BE PART OF THE CHANGE

BORDER VIEW FAMILY YMCA  
10am to 1pm, December 7

Free lunch to follow | Translation provided

Join us at the Border View Family YMCA on December 7! Be part of transformative dialogues that prioritize the current and future needs of our region, and identify innovative and sustainable solutions. This is your opportunity to have your say on global policy:

CLIMATE CHANGE | YOUTH EMPOWERMENT | CHILD WELL-BEING | SOCIAL JUSTICE

Led by the UCSD Design Lab, the Town Hall will transform innovative ideas into actionable strategies, ensuring young leaders are at the forefront of designing the future.

**FREE!**  
REGISTER TODAY!



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» Learn more about the Road to 2100 at <https://ourfutureagenda.org/roadto2100/> «



# CREATING SAFE SPACES

## WHY SAFE SPACES MATTER:

Safe spaces are important because they give people, especially young people, a place where they can feel supported, heard, and free from judgment. In these spaces, you can be yourself, share your thoughts, and grow without fear of discrimination.

When we create safe spaces, we empower each other to be the best version of ourselves and help make our communities stronger and more inclusive.

Feeling safe helps you build confidence, heal, and take on challenges.

## CREATING A SAFE SPACE GOES BEYOND POLICY:

**Safety:** Safety is essential in trauma-informed spaces. It's important that individuals feel physically, mentally, and emotionally safe. This means having clear boundaries, secure settings, and an understanding that harm will not be tolerated.

**Trust:** Trust is the foundation of any safe space. This involves transparency in actions, honesty in communication, and consistency in behavior. When trust is present, individuals are more likely to engage fully and share their experiences without fear of judgment.

**Peer Support:** Peer support promotes community and shared experience. Connecting with others who understand similar struggles can be therapeutic and help build solidarity and resilience.

**Collaboration:** Involve everyone in the decision-making process, making them feel included and valued. When people feel like their opinions matter, they are more likely to contribute positively to the environment.

**Empowerment:** Empowerment is about giving individuals the ability to make decisions about their lives, fostering independence, and restoring control over their circumstances. It's important for individuals to feel like they have a voice in their own journey.

## CREATING SAFE SPACES TIPS:

1. Open Communication & Active Listening:
  - Encourage honest dialogue where everyone feels heard. Active listening creates a supportive atmosphere.
2. Encourage Personal Boundaries:
  - Teach the importance of respecting others' space, time, and emotional boundaries.
3. Promote Clear Policies for Inclusivity:
  - Implement accessible, regularly reinforced anti-discrimination policies to ensure everyone feels welcome.
4. Ongoing Evaluation:
  - Continuously assess the space's effectiveness through feedback to identify areas for improvement.

## SAFE SPACES NEAR YOU:

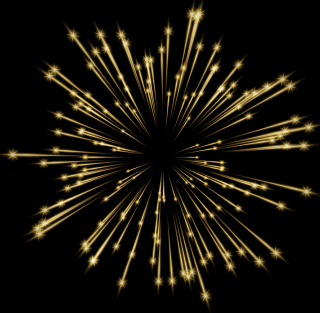
★ **Hillcrest Youth Center:** Offers critical resource for LGBTQ youth in San Diego

★ **San Diego Mental Health Services:** Offers mental health support and trauma recovery services.

★ **NAMI San Diego:** A branch of the National Alliance on Mental Illness, NAMI San Diego provides educational resources, support groups, and advocacy.

★ **Crisis Text Line:** A free, 24/7 service that provides immediate emotional support through text. Text "HELLO" to 741741 for help in moments of crisis.

# NEW YEARS EVE - MAKING RESOLUTIONS



New Years marks the end of 2024 and the start of 2025! It is a tradition to set goals for the New Year, also known as New Year's resolutions. Usually, New Year's resolutions are all about self-improvement, whether that be in a personal or professional sense.



## Tips for Setting and Sticking to Goals

**Be prepared to be flexible!** Life happens, and not everything goes to plan. Ensure you can adapt to new circumstances.

**Make a plan of action!** Breaking your goal into smaller tasks makes the work you have to do less overwhelming, and makes it seem more achievable.

**Stay consistent!** It's more effective to take small steps over a long period of time than to dive straight in and burn yourself out.



## SMART Goal Framework

You can use this framework to test if your goal is realistic and achievable.

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound

Watch this [video](#) or read more about the framework [here](#)



And remember - you can make goals for yourself any time of the year! Although it's fun to make New Year's resolutions, don't hesitate to start working toward a goal any time of the year.



# UPCOMING EVENTS

**DEC 6 & 7**

## Balboa Park December Nights

Come enjoy this FREE, family-friendly holiday festival. There will be festive activities and lots of good food so don't miss out on the fun!

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**DEC 8**

## SoNo Fest and Chili Cook Off

This Chili cook-off offers a variety of fun activities, live music, and lots of chili! All of the proceeds will support McKinley Elementary School.

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**DEC 14**

## Gaslamp Pet Parade

Come bring your furry friend to this parade, or simply come to watch all the pets decked out in costume!

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**DEC 14**

## Chula Vista Starlight Parade and Festival

Join in on this longstanding South Bay tradition in Chula Vista, where there will be a family-friendly holiday parade and festival!

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**DEC 27**

## Port of San Diego Holiday Bowl Parade

Come see marching bands, floats, drill teams, and lots of giant balloons parade down the street. Street-side viewing is completely FREE!

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**DEC 26**

## Liberty Station Hanukkah & Menorah Lighting

Liberty Station will have it's annual menorah lighting to celebrate the start of Hanukkah.

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