

# OFFICE OF CHILD AND YOUTH SUCCESS

MARCH 2025



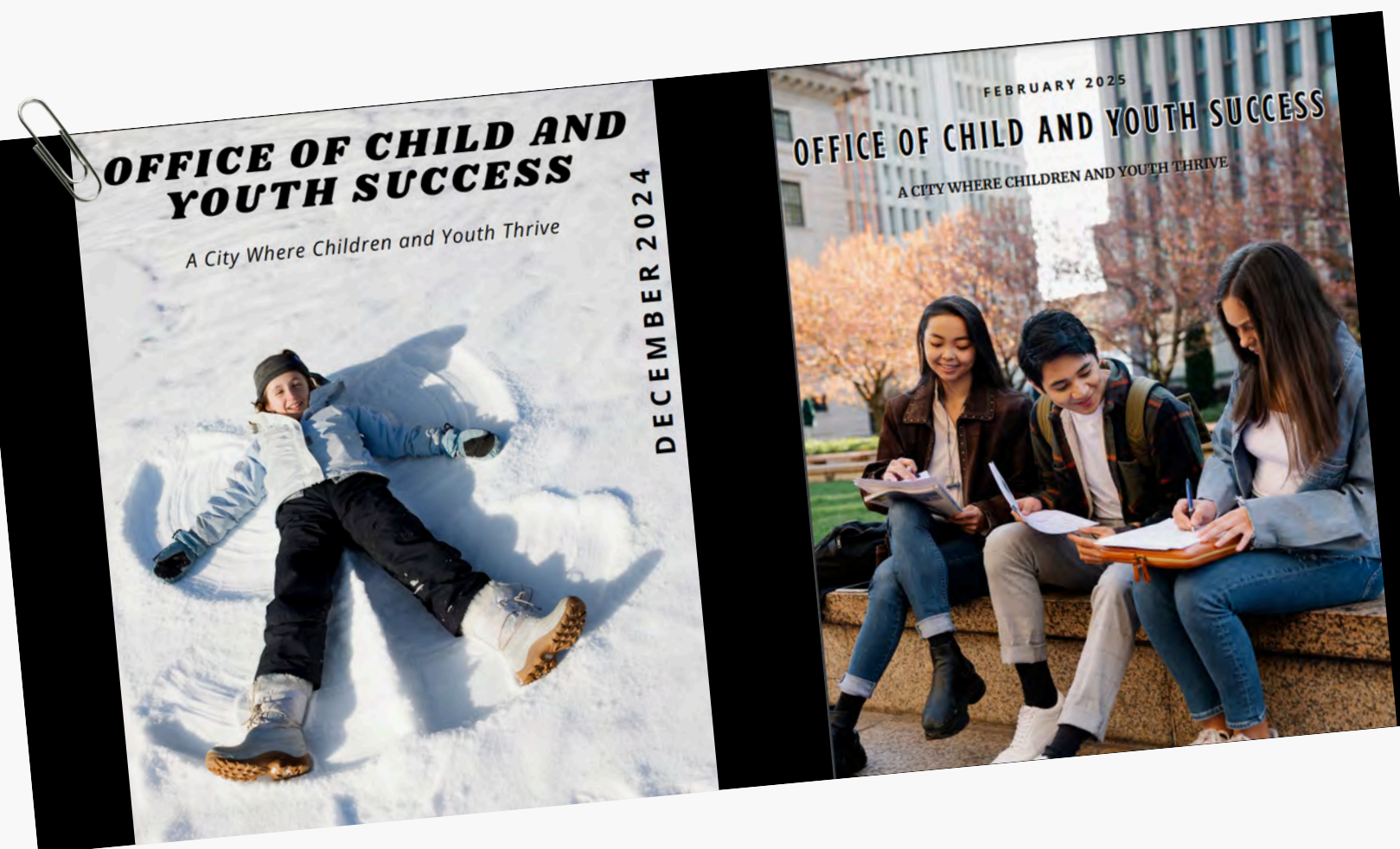
A CITY WHERE CHILDREN AND YOUTH THRIVE

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# STAY IN THE LOOP!

Did you know? The Office of Child and Youth Success newsletters are crafted by the talented Employ & Empower Youth interns!



Each month, these interns team up to research and brainstorm topics that matter most to young people and their families.

 **SIGN UP TODAY!**

**NEWSLETTER | CITY OF SAN DIEGO OFFICIAL WEBSITE**



# Office of Child and Youth Success

## 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.

## 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.

[LEARN MORE](#)



## Creators

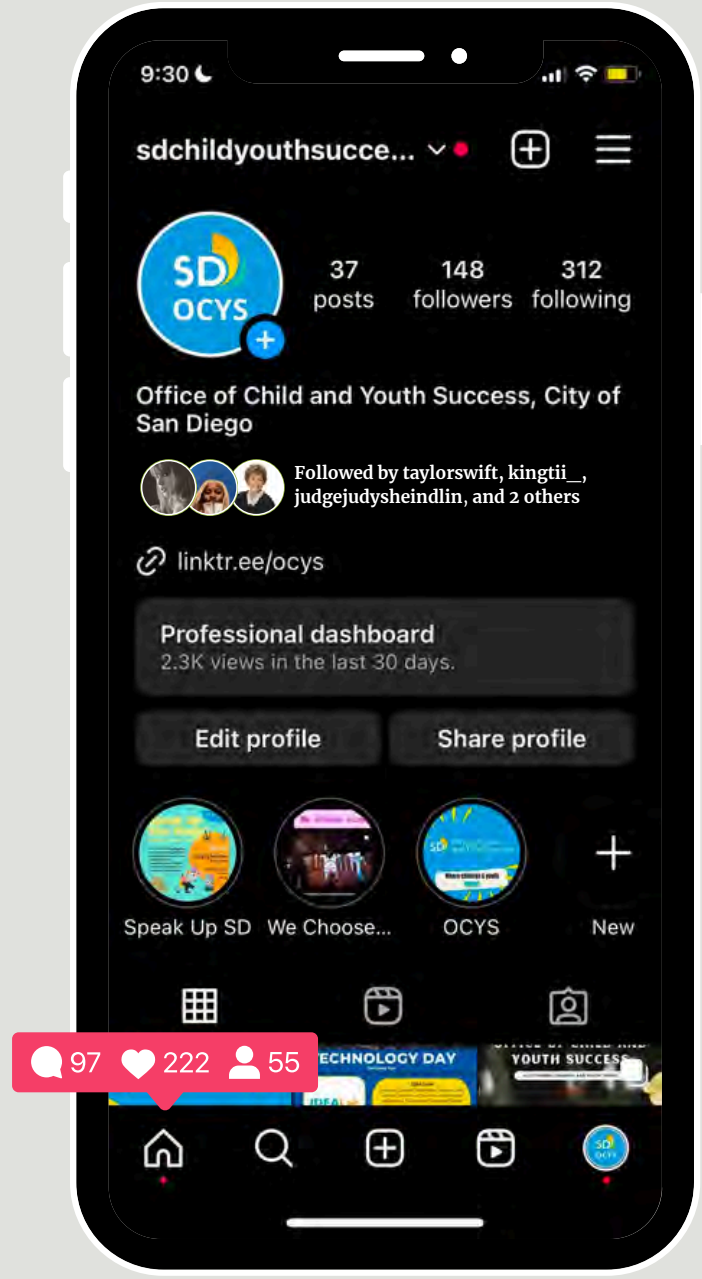
Each of our monthly newsletters is created by the OCYS Interns: **Tianna Fair, Amy Gianetto, Kwincy Lambert, and Tessa Garrison.**

# JOIN OUR COMMUNITY



Putting Youth, Young Adults, & Families at the Heart of Every Post!

Stay in the know with OCYS



**FOLLOW US TODAY**



# GET CONNECTED

## Internships & Volunteer Opportunities

### A Reason To Survive (ARTS)

Volunteers use creativity to uplift youth through arts education and mentorship.

Start Your Journey

### The Old Globe Theatre

Volunteers help bring theater to life by supporting productions, engaging audiences, and assisting with events.

Register Today

### San Diego Coastkeeper

This internship offers the chance to protect local waterways through advocacy, education, and environmental stewardship.

Join Now

### Rady Children's Hospital San Diego

Interns support pediatric care initiatives while gaining valuable experience in a hospital setting.

Get Involved

### San Diego Natural History Museum

Volunteers assist with exhibits, research, and education to inspire curiosity about nature and science.

Apply Today

### Junior Achievement of San Diego

Interns gain hands-on experience in financial literacy and entrepreneurship while empowering local youth.

Become an Intern



# SPEAK UP YOUTH SPACE

MARCH 13  
AT 5 PM



JOIN US  
ON TEAMS

REGISTER ON  
EVENTBRITE



If you're feeling stuck, frustrated, or disconnected from school and work, this space is for YOU!

*Created for youth by youth*



# WE WANT YOUR FEEDBACK!

We invite you to participate in our newsletter feedback survey! The survey is designed to gather information on who is using the resources we include, which resources you're using, and how helpful they are. It should only take 5 - 10 minutes to complete.

**TAKE THE SURVEY [HERE](#)**

Thank you for taking the time to give your input!



# Women's History Month

March is Women's History Month, a time to recognize and honor their contributions. Women have shattered barriers, pioneered new fields, and led movements for progress. Here are a few trailblazers whose legacies continue to inspire.



## Women Who Changed the World

- Sojourner Truth (1797–1883)
  - Former enslaved woman, abolitionist, and famous for her "Ain't I a Woman?" speech advocating for Black women's rights.
- Ida B. Wells (1862–1931)
  - Journalist and activist who fought against lynching and co-founded the NAACP.
- Rosa Parks (1913–2005)
  - Civil rights icon who refused to give up her seat on a segregated bus.
- Fannie Lou Hamer (1917–1977)
  - Voting rights activist and leader in the Mississippi Freedom Democratic Party.
- Dolores Huerta (1930–Present)
  - Latina labor rights activist and co-founder of the United Farm Workers.
- Angela Davis (1944–Present)
  - Activist, author, and scholar who fought for racial and prison reform.



## Innovators in STEM & Medicine

- Henrietta Lacks (1920–1951)
  - Her cells (HeLa cells) revolutionized medical research, though taken without consent.
- Dr. Patricia Bath (1942–2019)
  - Invented laser cataract surgery, the first Black female doctor to receive a medical patent.
- Katherine Johnson (1918–2020)
  - NASA mathematician who helped send the first Americans into space.
- Dr. Kizzmekia Corbett (1986–Present)
  - A pioneering viral immunologist whose research in mRNA vaccine technology has helped save millions of lives and paved the way for future advancements.

[Click Here To Learn More](#)



## Champions in Sports

- Wilma Rudolph (1940–1994)
  - First American woman to win three gold medals in track and field at a single Olympics, inspiring generations of athletes.
- Serena Williams (1981–Present)
  - Considered one of the greatest tennis players of all time.
- Simone Biles (1997–Present)
  - Most decorated gymnast in history. Redefining the sport with her record-breaking performances, and advocacy for mental health
- Megan Rapinoe (1985–Present)
  - Soccer star and advocate for gender equality.

[Click Here To Learn More](#)



## Pioneers in Business & the Arts

- Madam C.J. Walker (1867–1919)
  - First Black female millionaire created a haircare empire that empowered Black women through entrepreneurship and financial independence.
- Oprah Winfrey (1954–Present)
  - Media mogul, philanthropist, and the first Black female billionaire.
- Frida Kahlo (1907–1954)
  - A groundbreaking Mexican artist and feminist icon, Explored themes of identity, and pain, leaving a lasting mark on the art world.
- Toni Morrison (1931–2019)
  - Nobel Prize-winning author of Beloved and The Bluest Eye.

[Click Here To Learn More](#)

Celebrate Women's History Month by supporting women-owned businesses, exploring books and films about women's history, engaging in conversations on gender equity, and honoring the mentors and role models who inspire you.

# CREATIVE *Havens*

**SD** Office of Child  
and Youth Success



ARTS provides a safe space for young people in need of therapeutic artistic expression. Their programs offer opportunities for at-risk youth to engage in visual arts, music, dance, and performance while building confidence and resilience.

Through Museums for All, those receiving food assistance (SNAP benefits) can gain free or reduced admission to more than 20 San Diego county museums and more than 1200 museums throughout the United States simply by presenting their EBT card.



The City of San Diego's Public Library has a number of IDEA Labs that provided the tools necessary to support those with an interest in science, technology, design, and 21st century skills. There are a total of 12 IDEA Lab locations throughout San Diego.



KeyNote offers free or low-cost music education programs, providing opportunities for youth to develop musical skills in a structured, supportive, and safe environment.

# Know Your Rights: Immigrants' Rights Guaranteed by the Constitution



## → Different Scenarios

- ACLU: Know Your Rights
- This resource lists different scenarios you may find yourself in as an immigrant, what your rights are, and how you can respond.
- Look under each scenario for translations to other languages!

## → Know Your Rights Printable Cards

- Printable red cards in 19 different languages
- These cards have a script of what to say to police, ICE, or Border Patrol when they are questioning your immigration status.
- There are also many printable cards online; if you search for "know your rights cards" you can easily find them.

## → More Resources in SD

- San Diego Immigrant Rights Consortium
  - A-Z List of Resources
  - Borderlands Get Free Fund (and the form to apply)
- HandsOn San Diego Volunteer Opportunities

# Transforming Our Neighborhoods

## Join or Start a Community Action Group

- Support youth by joining [Mid-City Can Youth Programs](#) or start your own group to address mental health, bullying, and substance abuse.

## Advocate for Youth Safety

- Expand the [Safe Place Program](#) by educating others or petitioning businesses to become safe spaces.

## Support Safe Parking Programs

- Help families in crisis by volunteering with [Dreams for Change](#)—assist with food drives, transportation, or raising awareness.

## Build a Peer Support Network

- Start a teen support group at school or a community center. Partner with counselors or [Our Safe Place](#) for mental health resources.



**CHANGE MAKERS OF SAN DIEGO**

## [Child-Teen-Friendly City](#)

- A city that uplifts youth with safe spaces, resources, and a voice in decisions—fostering inclusive and empowering communities.

## [Our Safe Place \(OSP\) at SBCS Trolley Trestle](#)

- A safe space for LGBTQ+ youth to connect, grow, and access support, while advocating for youth-focused policies.

## [Dreams for Change Safe Parking Program](#)

- Overnight parking, restrooms, and support for those experiencing homelessness. Help by volunteering, donating, or providing meals.

## [SAY San Diego's Community Development Programs](#)

- Empowers youth through leadership, advocacy, and drug-free initiatives. Join or volunteer.

**YOUTH GUIDE:  
CREATING SAFE SPACES**



# IKE SMART CITY

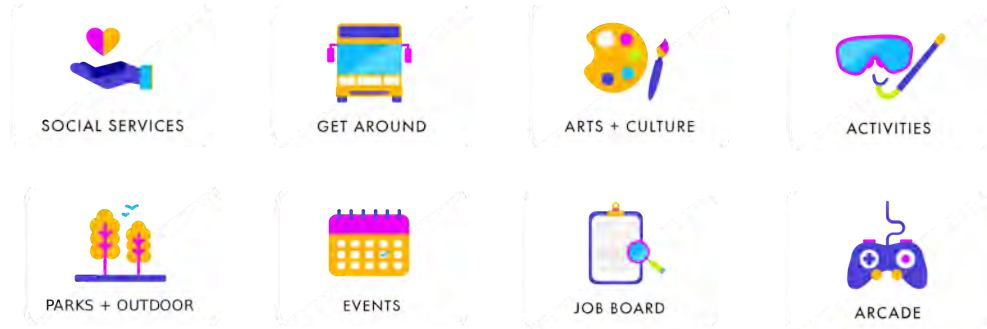
## Interactive Kiosk Experience

IKE is an interactive touchscreen kiosk and wayfinding platform that provides real-time, local information to visitors and residents seeking to explore and discover Downtown San Diego.



## Local Resources

- < 1 to 1 communication medium for the City including Public Service Announcements (PSAs),
- < Point-to-point directions for city wayfinding
- < Identifies real-time public transit routes and schedules
- < Cultural/creative activities, venues, and destinations
- < weather and emergency alerts
- < Places to enjoy fresh air, water, and green spaces
- < Access to support services/resources for residents in need
- < free access to Clean and Safe
- < free Wi-Fi
- < List of city services and resources



## Community Content & Events

IKE Kiosks are used as both advertising space and community engagement stations. Share information about your business or organization, upcoming events, community activities, and more. Content eligibility requirements for both are available here.

## Youth Artist!

To further enhance the vibrancy of San Diego, IKE Smart City actively works with local arts organizations and artists to commission work that is included in the content slide rotation. Examples of this within San Diego include the Institute of Contemporary Art (ICA), Sparks Gallery, Commission of Arts and Culture, and various local artists. In this ongoing effort, IKE Smart City and the Downtown San Diego Partnership will continue to have the primary focus of public art to be inclusive of local artists and arts organizations.

Every interactive kiosk in San Diego provides interested small businesses, community organizations, and artists the opportunity to be featured prominently on IKE digital kiosks. To learn more about the program and process to be featured, please reach out to [publicbenefit@ikesmartcity.com](mailto:publicbenefit@ikesmartcity.com).

# NAVIGATING ACADEMIC ANXIETY

Anxiety is a common challenge among students, significantly impacting their academic performance and future career prospects. Studies show that approximately 31.9% of adolescents in the U.S. experience some form of anxiety disorder.



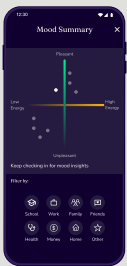
**YMCA of San Diego County's School-Based Counseling:** Collaborates with schools to offer counseling programs aimed at ensuring youth success by addressing mental health needs within the educational environment.



**San Diego Unified School District's Social/Emotional Support Services:** Offers counseling and guidance programs to help students manage anxiety and other emotional challenges.

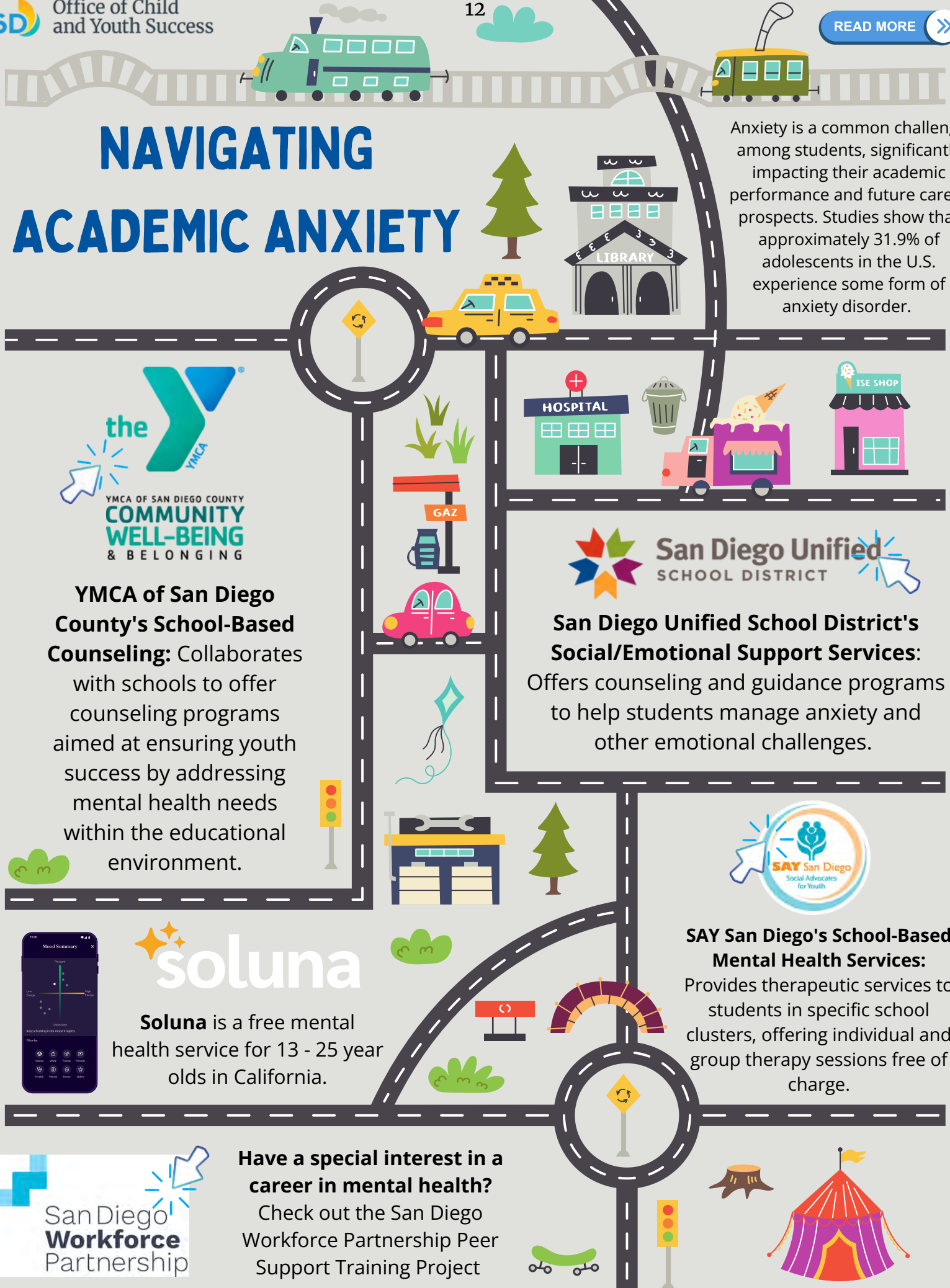


**SAY San Diego's School-Based Mental Health Services:** Provides therapeutic services to students in specific school clusters, offering individual and group therapy sessions free of charge.



**Soluna** is a free mental health service for 13 - 25 year olds in California.

**Have a special interest in a career in mental health?**  
Check out the San Diego Workforce Partnership Peer Support Training Project



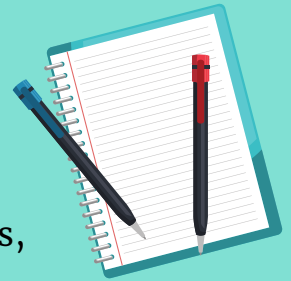


# COLLEGE TOWN



8th-11th graders  
**APPLY TODAY!**

High schoolers can apply to Reality Changers! The program includes free tutoring, college preparation, field trips, and more.



**APPLY NOW**



Reality Changers champions and walks alongside first-generation college students as they work together towards education equity. They are accountable to the diverse communities that they serve and they actively affirm the dignity of all individuals.

# YOUR FUTURE, NOW: A YOUTH-LED CAREER EXPO

The San Diego Promise Zone is hosting its annual Jobs and Education signature event "Your Future, Now: A Youth-Led Career Expo." The event is for young people ages 16 to 24 who live or go to school in the [San Diego Promise Zone](#). Youth may discover their passion, gain insights from industry professionals, and connect with peers who share similar aspirations. This event is all about empowering youth and young adults to shape their future and will include resume-building and mock interview practice opportunities. Please consider participating as a student, vendor, or sponsor!

## Career Fair

This event is all about empowering youth and young adults to shape their future

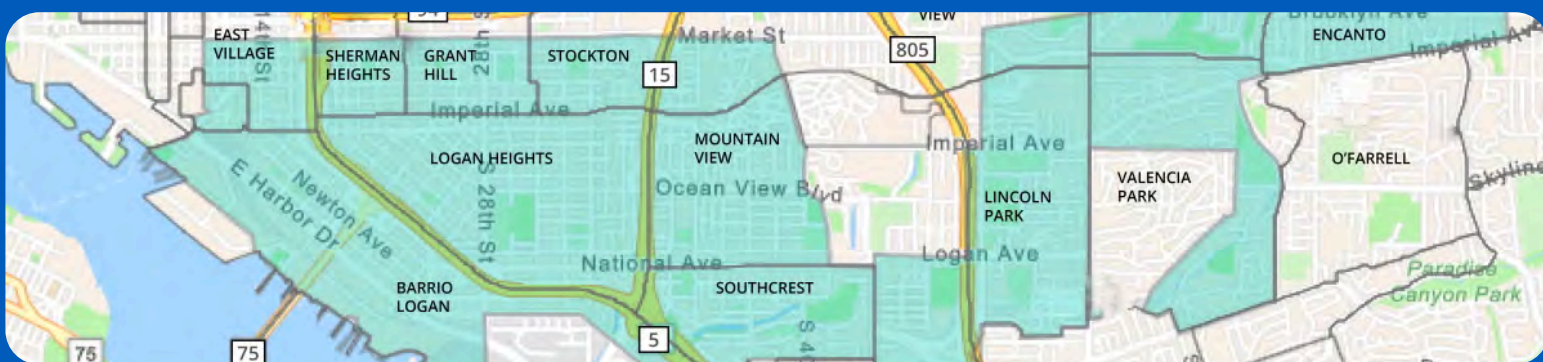
- Connect with employers and industry professionals
- Explore job and internship opportunities
- Have your resume reviewed and participate in mock interview
- Enter to win a raffle prize

## Career workshops

The Youth Career Expo will feature a series of mini workshops for participants to develop their professionalism and increase their business acumen. Participants will be able to hear demos about how to make an elevator pitch or network, and then be able to practice and receive feedback before they meet employers.

## San Diego Promise zone

The Promise: To co-create an ecosystem of opportunity and investment through collaboration that addresses systemic racism and inequities to improve the quality of life of Promise Zone residents.



## When & Where

**Balboa Park Club**  
**March 18 10am - 1pm**  
2150 Pan American Rd, San  
Diego, CA 92101

## Registration



**Confirm your spot!**



# CHILD & TEEN FRIENDLY CITY



## Designing a City for Thriving Childhoods



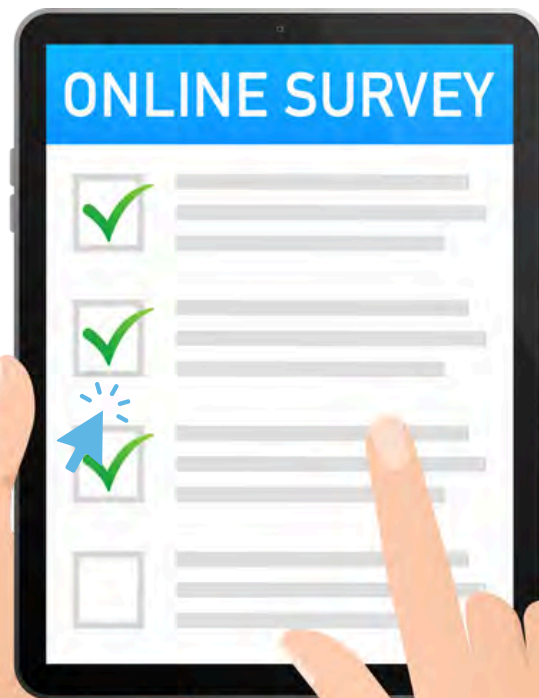
A new initiative is focused on creating the City of San Diego's first-ever **Child and Teen-Friendly Public Spaces Design Manual** provide recommendations for parks, libraries, and other communal areas to be engaging and accessible for children and teenagers.

Recognizing the importance of youth voices, **the City is actively seeking input from teens and caregivers.** By participating in surveys and discussions, young residents can directly influence how public spaces are shaped to meet their needs and preferences.



## TAKE THE SURVEY!

We want to hear from you! Take the survey below and share it with friends and caregivers. It's open until **March 7, 2025**, and helps us understand how public spaces can better support teens and kids in our communities.



# DREAM BIG:

## CAREER PIPELINES FOR EVERY ABILITY



Your future has no limits! Career pathways help you discover passions, build skills, and gain confidence, opening doors to amazing opportunities in tech, retail, healthcare, and the arts.

### Opportunities for You to Explore

- ✦ **Vocational Rehabilitation Services (VRS)**: Get job training, resume help, and interview prep for career success.
- ✦ **The Arc of San Diego**: Build job skills, grow your portfolio, and get workplace support.
- ✦ **Internships & Mentorships**: Gain real-world experience and career guidance from mentors.
- ✦ **Inclusive Apprenticeships**: Learn on the job and launch a career in trades like carpentry or culinary arts.

### Make It Happen

- **Get Involved**: Explore youth programs, find a mentor, or network with inspiring professionals.
- **Speak Up**: Advocate for career prep programs in your school or community.
- **Take Action**: Gain experience through volunteering, internships, or community projects.

### Take Charge of Your Future

- **Start a Career Exploration Club**: Create opportunities by exploring careers, meeting pros, and planning events with friends.
  - **How to start**: Gather friends, talk to your school, and plan your first meeting.
- **Gain Experience Through Volunteering or Internships**: Build skills, grow your resume, and connect with professionals by learning on the job.
  - **How to start**: Find volunteer roles or ask local businesses about internships.
- **Advocate for Inclusive Career Programs**: Push for career fairs, workshops, and internships that support all students.
  - **How to start**: Talk to school leaders or gather support to show interest.

MARK YOUR CALENDAR!

# UPCOMING EVENTS

## San Diego Camp Fair

March 22

The San Diego Camp Fair is a free, live, interactive summer camp expo event taking place Saturday, March 22 at USD in San Diego, CA. More than 50 summer day camps, overnight camps, specialty camps and more are exhibiting their programs at this free, informative summer camp expo event.

## Liberty Market 9th Anniversary

March 14 - 16

Here's what's happening all weekend long:

- 🎵 Live Music (including the return of Navy Band Southwest!)
- 🎵 Vinyl at the Market, hosted by Mo Records 📺 Market After Dark
- 🐾 Adoption Event with Amazing Strays Rescue

## San Diego STEM Fest

March 1st

The festival offers interactive activities and engaging demonstrations that introduce attendees to an array of science, technology, engineering and mathematics (STEM) topics in fun and approachable ways

## St Patrick's Day Parade and festival

March 15

This year's theme, "Celebrating Irish Business," promises a day filled with excitement and Irish entrepreneurial spirit



## CurbSide Bites

March 15

Every Wednesday in Downtown San Diego the block on B St between India and Columbia is closed off for a lunch time food truck festival. A rotating line-up of about 6 of the best San Diego gourmet food trucks are there dishing out their specialties

## Latino Film Festival

March 19 - 23

The 32nd Annual San Diego Latino Film Festival is being planned as an in-person edition that will take place from 19 to 23 of March. The selection committee is composed of filmmakers, academics, film critics and members of the community who share a passion for film