



OFFICE OF CHILD AND YOUTH SUCCESS

A City Where Children and Youth Thrive

MAY 2025

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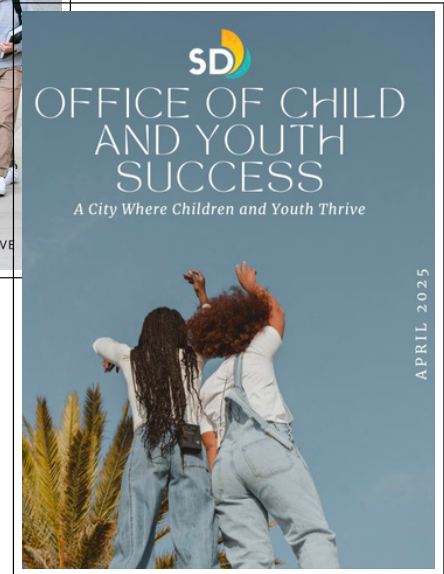
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The youth Bulletin: For youth By youth

STAY IN THE LOOP!



Don't miss out—[Sign Up](#) for our newsletter! Already on the list? Take our [5-minute survey](#) to help us improve.

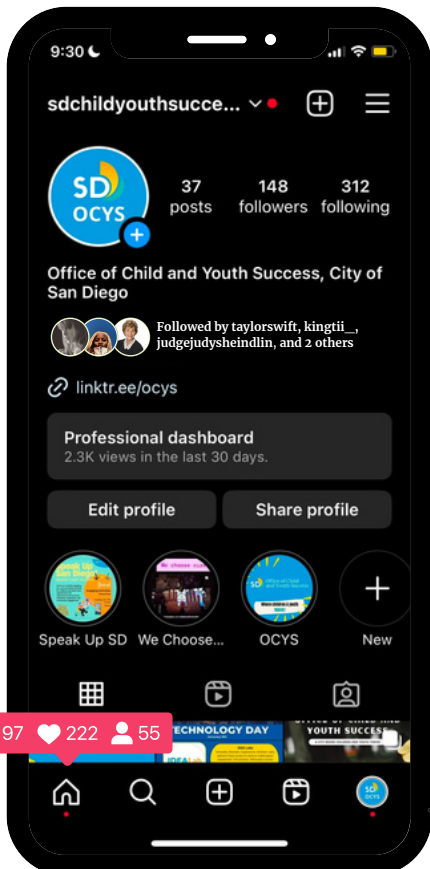


JOIN OUR COMMUNITY

STAY IN THE KNOW WITH OCYS

Where we put youth, young adults, & families at the heart of every post!

Get your weekly updates, insights, and a space that's all about empowering youth and building a stronger community together





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**.



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!

GET CONNECTED: VOLUNTEER OPPORTUNITIES



✦ Big Brothers Big Sisters of San Diego County

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.

San Diego Youth Services (SDYS) ✦

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.

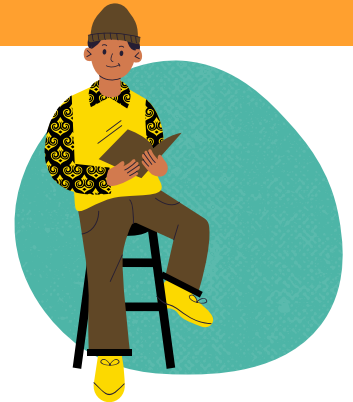


✦ San Diego Humane Society

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.

Advocacy As A Youth Commissioner ✦

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 Public Library Volunteer Program

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.



COMING SOON

SPEAK UP

YOUTH SPACE



Talk about mental health, school, careers & more



Speak your truth in a space that actually listens



Get resources, tools, & real support



Pick the topics you care about — take the survey



For youth By youth

Mental Health Awareness Month



This month is for educating people about mental illness, raising awareness, reducing stigma, and celebrating recovery. [Read more about the importance here!](#)

Tips for prioritizing your mental health



Get regular exercise



Eat healthy, regular meals and hydrate



Prioritize your sleep



Schedule time for hobbies you enjoy



Practice gratitude (and write it down!)



Stay connected with friends and family

Mental Health Resources

Always remember: if you are going through a low point right now, it does get better. There is help out there and there are people who want to help. Although the above tips are very useful, sometimes they aren't enough. If you want to seek out help, you can start by talking to someone you trust. Seeking professional help can be beneficial as well, and here are some resources to help:

In San Diego

- [San Diego Youth Services mental health services](#)
- [San Diego Mental Health Resources Guide](#)
 - Includes San Diego Access and Crisis Line, 211 San Diego, 988 Suicide and Crisis Lifeline, and a list of specialized resources
- [San Diego County Behavioral Health Services for Children, Youth, and Families](#)
- [Family Health Centers of San Diego](#)
- [Brightlife Kids](#)
- [Soluna App](#)

How Tos

- [When should you seek professional help, how to find professional help, and more](#)
- [Finding a mental health professional](#)
- [Understanding health insurance](#) (although you might be dependent on your parent or guardian's health insurance plan, this can be useful information for the future!)
- If you have a job, check with your employer for mental health programs such as [Employee Assistance Programs \(EAPs\)](#).
- If you are in school, check your counseling office or the mental health programs/care provided by your school



Celebrate Yourself

Self-Care & Relaxation ✨

- Sleep in, take a nap, or enjoy a slow morning.
- Light candles, take a bath, do your nails.
- A solo walk, time in nature, or even a patio coffee can be refreshing.



Indulge Without Guilt ✨

- Buy yourself something big or small, it's about honoring you.
- Say no and celebrate by protecting your peace. You don't have to say yes to every plan.
- Paint, write, bake, garden—whatever fills your soul.



Reflection & Connection ✨

- Journal or write a letter to yourself celebrating how far you've come.
- Take yourself to lunch or the movies—yes, just you!
- Connect with other moms with a quick FaceTime or meetup with a friend who gets it.



May 11th is a time to celebrate and show love to the amazing women who care for us—whether it's a mom, grandma, aunt, or another mother figure. And if you experience this day differently, it's okay to honor it in a way that feels right for you.

Making it Meaningful



Make a Handmade Card

- ✨ • A personal, heartfelt card can make anyone feel appreciated. Include a special message or drawing that shows how much they care.



Create a Memory Jar

- ✨ • Fill a jar with little notes about favorite memories, qualities they love about the woman, or things they're grateful for. It's a heartfelt and lasting gift.



Plan a Picnic

- ✨ • Spending quality time together outdoors is a great way to show love. A simple picnic or nature walk with a mother, grandmother, or auntie can make wonderful memories.



Do Chores Without Being Asked

- ✨ • Helping out around the house without being told shows appreciation and gives the woman a much-needed break.



Make a Special Video



- ✨ • Create a playlist of songs that remind them of the special women in their life or make a short video with messages from family members sharing why they appreciate her.

Give the Gift of Time

- ✨ • Sometimes, the best gift is simply spending time together. Offer to do something the special woman in their life loves, like watching her favorite movie or sharing a hobby.





Sharpening Minds

Summer 2025

Why should you continue to read over summer break?

Reading in your free time during the summer can enhance your vocabulary and language skills, improve your concentration and critical thinking, while also furthering emotional and social skills.

LEARN MORE >



Click here for tons of useful resources that ensure access to free books and tools all year long.



THE CENTER

Visit The Center Library to check out a wide range of LGBTQ+ books.

Adolescent Book Group @



Start a book club @



Office of Child and Youth Success



✦ In Preparation for a Job: All About Professionalism in the Workplace

Professionalism is “a set of characteristics that displays your ability to be a hardworking, dependable and respectful individual in formal settings” (Indeed)



Tips for demonstrating professionalism



- **Be on time** (or a little early), both to work and with meeting deadlines.
- **Maintain a positive attitude**, keeping any personal issues or feelings out of work
- **Demonstrate trustworthiness and reliability** by holding yourself accountable to complete tasks you are given and producing a consistent quality of work
- **Demonstrate a strong work ethic** by taking initiative and volunteering for new projects
- **Demonstrate integrity** by being honest, keeping your word, and taking responsibility for your actions and mistakes



- **Be organized** by creating a schedule and regularly making to-do lists so you can properly prepare for tasks ahead of time
- **Be polite and respectful of others**
- **Avoid foul language**
- **Don't gossip**



Read more about specifics [here](#) and [here](#)



Remember, these apply to a job environment, but many apply to job interviews or other job-related events as well!

Dressing Professionally

- **Dress the part** ← check out this article to read about the differences between each type of dress code!



- 4 main dress codes:
 - Business professional
 - Business casual
 - Smart casual
 - Casual



Not sure what to wear for a new job or internship? Here's how to figure it out:

- You can ask what the dress code is! During a job interview is a good time
- Check the employer's website and social media to see what the employees are wearing
- Observe what people are wearing, both in your interview and once you start the position

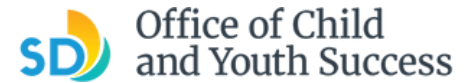


What about hairstyles?



You should feel comfortable wearing your hair the way you want. Whatever makes you feel professional and empowered to do your job is the best hairstyle for you.

YOUTH AT THE TABLE



youth will_ organizes Action Teams that enable youth to directly address issues they care about.



The Youth Commission serves as an advisory body to the Mayor and City Council on issues of relevance to youth and pertaining to youth in the City of San Diego.



APPLY NOW >>



The Environmental Health Coalition provides opportunities for youth to engage in advocacy and policy-making processes.

SAY San Diego hosts a number of Community Leadership & Advocacy Groups that cover local policy and much more!



LADDERS TO LEARNING

START

Learning gaps happen when you don't get the same support, tools, or chances as others, and it makes school harder. If you've ever felt behind because of stuff at home, money, or just not having what you need—you're not alone.

When schools lack funding and support, and students face challenges at home or unequal opportunities, it can make learning harder and leave some feeling left behind.

Free Tutoring & Homework Assistance

- ✦ [Do Your Homework @ the Library](#) – Free homework help for students at San Diego Public Library locations. sandiego.gov
- ✦ [Kids at Heart](#) – Free tutoring and mentoring for K-12 students, available in-person and online.

Free Internet Access & Technology Support

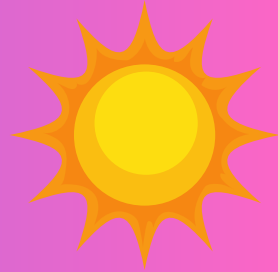
- ✦ [SD Access 4 All](#) – Free public Wi-Fi at over 300 locations and computer access at select library branches.
- ✦ [211sandiego](#) – provides info on free Wi-Fi, discounted internet, public computers, and affordable devices

Mentorship & Support Programs

- ✦ [Big Brothers Big Sisters of San Diego County](#) – Pairs students with mentors for guidance and support.
- ✦ [SAY San Diego Mentoring Programs](#) – Provides mentoring for youth involved with the justice system.

FINISH

SUMMER SUCCESS



Summer at the Club

The Boys & Girls Clubs' Summer at the Club is your place to play, grow, and explore! With themed weeks, outdoor fun, and awesome activities, every day is an adventure. Don't miss out!



Young Writer's Camp

Love to write? Join UC San Diego's Young Writers' Camp this summer! Explore stories, poems, or essays, and learn from expert mentors—while connecting with fellow young writers.



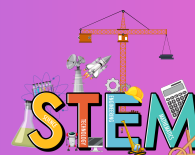
YMCA Camps

YMCA of San Diego County Camps offer day camps, overnights, and specialty programs in sports, arts, science, and leadership. Kids and teens can explore their interests, build confidence, and make lifelong memories in a safe, supportive space.



Parks & Rec internships

Kickstart your career with City of San Diego Parks & Rec! From web development to park ranger work, explore internships in community engagement, recreation, and more. Build skills, gain experience, and make a difference!



Sally Ride Science Academy

The Sally Ride Science Academy at UC San Diego offers hands-on summer workshops for grades 3–12. Explore STEAM topics like space, marine biology, and coding, all taught by expert instructors who bring real-world stories to life.

YOUR CITY, YOUR VOICE

Learn how your city operates, who represents you in decision-making, and how you can use your voice to share your ideas

Join our Civic Workshops

Sat. From 11:30 – 1:30 pm
5/03/25 @ Adams Rec. Center

Sat. From 11:30 – 1:30 pm
5/10/25 @ City Heights Rec. Center

Wed. From 4:30 – 6:30 pm
5/14/25 @ Virtual Session

Sat. From 11:30 – 1:30 pm
5/31/25 @ Otay Mesa-Nestor Library

Register Now



For info. email us at
OCYS@sandiego.gov

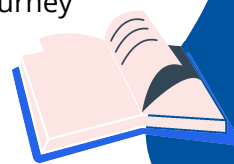


STUDY ABROAD OPPORTUNITIES



Reality Changers prepares youth to become first-generation college graduates and agents of change in their communities.

When preparing for a global workforce and a global society, here are some factors to consider when applying and pursuing a college education which include study abroad opportunities and creating a pro's and con's list for you to decide which school or college is the best fit for you to help you along your journey towards graduation and beyond.



Terms to Know

Maymester - Summer session courses (usually 3 credit hours) taught by faculty in another country or another area of the United States (usually last 3 to 4 weeks)

Intersession - A short period between university terms, sometimes used by students to engage in projects outside the normal academic program.

Mission or spiritual cultural exchange - Refers to the sharing of different ideas, traditions, and knowledge. It involves bridging the gaps and promoting mutual understanding and appreciation.

Student Exchange - Allows students to study abroad at one of their partner institutions. Immerse themselves in a different academic and cultural environment. And create lasting connections across borders.

Semester at Sea - (SaS) is a study-abroad program where students travel, live, and take classes on a cruise ship for an entire semester. Administered by non-profit Institutes for Shipboard Education, participants can visit at least 10 countries during the program.

Fulbright Scholars - This program is an American international educational exchange program sponsored by the U.S. government. It aims to increase mutual understanding between the people of the United States and the people of other countries.

UPCOMING EVENTS



Cinco De Mayo Block Party

Join us for a festive weekend filled with live music, delicious food, vibrant culture, and unforgettable fun in San Diego's historic Gaslamp Quarter. Don't miss the ultimate Cinco de Mayo bash happening May 3

Saturday 11am-7pm

May

3



Ocean Beach Basketball Clinic

This is a FREE basketball skills clinic for kids. Come out and have a great time with the some of our very own Sharks players!

Saturday 10:30am-12:30pm

May

10



Environmental Enhancement

Help enhance the San Diego River Watershed by removing invasive plant species, watering restoration areas, cleaning up trash, and maintaining trails.

Saturday 9am-11am

May

24



USS Midway Legacy Week

Check out Legacy Week at the USS Midway Museum, the centerpiece of Memorial Day celebrations in San Diego.

Saturday - Monday

May

24-

26

