



Office of Child
and Youth Success



February 2026

THE YOUTH BULLETIN

San Diego, A City Where Children and Youth Thrive

Table Of Contents

- 01. About Us**
- 02. Stay Connected**
- 03. OCYS Internship**
- 04. SD Youth Commission**
- 05. OCYS in Queen City**
- 06. Workforce Resources**
- 07. SDPL: Discover U**
- 08. Reality Changers**
- 09. Reality Changers: Career Spotlight**
- 10. Black History Month**
- 11. SDPL**
- 12. Lunar New Year**
- 13. Upcoming Events**
- 14. SD Youth Summit**
- 15. Partner Events**



Office of Child and Youth Success

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

VISION

All of San Diego's children and youth thrive, are empowered, and feel successful. They are supported by a coordinated network of City and community partners with a shared framework to provide high-impact and equitable programs, services, resources, and opportunities.

[LEARN MORE >](#)

MISSION

The Office of Child and Youth Success is dedicated to prioritizing San Diego's youngest community by ensuring access to resources, services, and high-quality programs to support positive social, health, and educational outcomes for all children and youth.

CREATORS

Each of our monthly newsletters are created by OCYS interns and staff

Stay Connected

The Office of Child and Youth Success newsletters are carefully crafted by the talented Employ & Empower Youth interns! Subscribe and follow us on Instagram to stay current on youth resources and more!

[SUBSCRIBE
HERE!](#)



[FOLLOW US
HERE!](#)

[NEWSLETTER](#) | [CITY OF SAN DIEGO OFFICIAL WEBSITE](#)

INTERNSHIP PROGRAM

WE'RE
Hiring

- Gain valuable PAID experience
- Learn about local government
- Impact your community
- Support youth and families
- Develop your potential with OCYS!



APPLY NOW! ➔

✉ OCYS@sandiego.gov

🌐 jobs.sandiego.gov



YOUTH COMMISSION

Major Updates:

Youth Commissioners met quorum on Saturday Jan. 10th 2026 at the North Clairemont Public Library branch. The agenda included electing a new Chair and Vice Chair. Twelve out of thirteen youth commissioners were in attendance with a few members of the public present. To see the full agenda [click here!](#)



There are currently a number of seats that are unfilled. We highly encourage interested youth to join. Your voice matters and your district needs youth representation more than ever! [APPLY HERE](#)

CHAIR



Sadie A. Wheeler

Sadie is a senior at UC High, where she is the Co-Captain of her varsity cheer team. Sadie also volunteers with the Library of Congress where she transcribes and annotates historical documents to improve public access to primary sources. Sadie is also the founder of the Student Legislative Accountability Project, which works to improve menstrual equity across San Diego schools, an issue she hopes to elevate through the Youth Commission. She looks forward to strengthening youth representation and amplifying youth voices in San Diego.

The San Diego Union-Tribune

In early January, a few members of the Youth Commission were interviewed by San Diego Union Tribune reporter Maura Fox, including Sadie A. Wheeler, Angela Ortner, and Melanie Yau.



Sadie A. Wheeler | Chair

San Diego's Youth Commission set to reconvene today

Panel, which hasn't held meeting since 2024, has faced repeated struggle to draw members

By Maura Fox
UNION-TRIBUNE

Melanie Yau wants to see a wider range of perspectives in San Diego government.

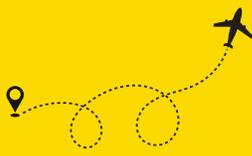
The Bishop's School in La Jolla. Today, only 13 members serve on a commission that has 20 available seats. Vacancies still exist in Districts 3, 6, 7, 8 and 9, and in one seat that must be appointed by th

Each of the few commissioners openly expressed their personal perspectives and aspirations for the board as they continue to convene. Read the full article to learn more about what they had to say!

Youth Commission meetings are open to the public and we encourage public support. Follow along for more updates!



OCYS in Queen City



In December 2025, OCYS received special recognition for our monthly newsletter, the Youth Bulletin, created by our interns and staff. Among cities across the country, the Youth Bulletin was highlighted as a standout model leading to the German Marshall Fund (GMF) inviting our office to present at a Youth Ambassador workshop hosted by the City of Charlotte's Office of Youth Opportunity (OYO).

GMF and OYO collaborated on the Co-Creating Our City project, which centered on youth engagement and youth-led research to better understand what matters most to young people in the community. The findings revealed a strong interest among youth in learning more about how local government functions across departments, exploring potential career pathways, and increasing opportunities for youth voice within the city.

To bring this research to life, OYO is potentially developing a youth-led newsletter in partnership with its Youth Ambassadors. The City of San Diego's Youth Bulletin closely aligns with OYO's vision for this initiative. As a result, GMF and OYO invited OCYS to share more about our office's framework with the Child and Youth Plan and our experience creating and sustaining the Youth Bulletin.



3

Potential Newsletter By and For the Queen City's Future Residents. At least one barrier to youth engagement with cities is lack of knowledge about opportunities and ways to participate. GMF's recent Co-Creating Our City project highlighted the level of interest young people have in volunteering, civic participation, and engaging with local government. At a final workshop earlier this month in Charlotte, North Carolina, GMF invited the City of San Diego's Office of Child and Youth Services (OCYS) to share best practices from their launch of a youth-led city newsletter in 2023. Charlotte youth between 14 and 18 years old, serving as Office of Youth Opportunity ambassadors, then provided ideas and suggestions for relevant content, branding and visuals, and outreach and promotion in preparation for a potential newsletter pilot in Charlotte in 2026.

[Pictured left to right: GMF Fellow Katarina Moyon, Brilly Gonzalez (City of San Diego), Mya Alexander (City of Charlotte), and Tarsi Dunkoo (GMF Cities), with other select staff from Charlotte's Office of Youth Opportunities]



WORKFORCE RESOURCES



San Diego Zoo Wildlife Alliance

The **Conservation Science Summer Fellowship** is a 12-week program in which undergraduate students work directly with a mentor from the Conservation Science team on a specific laboratory, field, and/or community-based project. During that time, the Fellow gains hands-on experience while completing their project under the supervision of a mentor and then presents their research findings to SDZWA staff, donors, and collaborators at the end of their 12-week Fellowship. Receive Stipend Pay: \$8,520.

→ [Deadline to apply is February 16, 2026](#)

BrightLife Kids

A CalHOPE program by Brightline

BrightLife Kids is currently recruiting Community Outreach/Health Educator Interns for 2026! This is a paid opportunity (\$20/hr) for students (18+) or new professionals to gain hands-on experience in behavioral health and advocacy by becoming our voice at community events. Proficiency in Spanish is a huge plus!

→ [Apply today!](#)



Second Chance Youth Garden offers the opportunity for youth to gain a stipend pay while understanding sustainable gardening practices. Ages 14-21 are welcome to apply!



YMCA Helping Individuals Retain Employment (HIRE): Helps young adults ages 16-24 who are not currently enrolled in school and need assistance with employment. The program offers access to workshops, events, and trainings geared toward employment readiness and career counseling.

→ [Deadline to apply is June 26, 2026](#)

→ [Before and After School Program staff, and overnight summer camp counselor.](#)



City of San Diego's Employ & Empower Program offers a variety of different part-time and temporary roles for students. Check out the site to see current openings!



County of San Diego Student Worker Offers the opportunity for students to gain experience in various departments through a part time and temporary role. Check out the site to apply!

Discover

FEBRUARY 2026 PROGRAMS

ALL PROGRAMS FREE OF CHARGE

LIFE MANAGEMENT SKILLS

- **Cooking for Teens**
Central Library - Teen Center
02/12/2026 | 4:00 PM - 5:00 PM
- **Say It Clearly**
Pacific Highlands Ranch Library
02/12/2026 | 4:00 PM - 5:00 PM
- **Cooking Around the World**
San Ysidro Library
02/17/2026 | 4:00 PM - 5:00 PM

STEAM

- **Cochineal & Natural Dyes**
Otay Mesa - Nestor Library
02/13/2026 | 10:00 AM - 11:00 AM
Logan Heights Library
02/21/2026 | 2:00 PM - 3:00 PM
Ocean Beach Library
02/28/2026 | 11:00 AM - 12:00 PM
- **Automotive Design**
Paradise Hills Library
02/13/2026 | 4:00 PM - 6:00 PM
Linda Vista Library
02/28/2026 | 2:00 PM - 4:00 PM
- **Squishy Circuits**
Skyline Hills Library
02/19/2026 | 4:00 PM - 5:00 PM

CAREER READINESS

- **Work While You Learn: Exploring Apprenticeships**
San Ysidro Library
02/17/2026 | 5:00 PM - 6:00 PM
- **Paycheck to Purpose: Careers to Meet Your Goals**
Skyline Hills Library
02/21/2026 | 11:00 AM - 12:00 PM

COLLEGE PREP

- **Financial Aid: Understanding the Different Types**
Central Library - Teen Center
02/03/2026 | 4:00 PM - 6:00 PM
- **Show Me the Money: Paying for College**
Pacific Highlands Ranch Library
02/05/2026 | 4:00PM - 5:00PM



CLICK HERE!

mysdpl.org/discoveru

These programs are funded in full or in part by Carnegie Corporation of New York's national Libraries as Pillars of Education and Democracy Program.



This information and program content can be made available in alternative formats upon request. For disability-related modifications or accommodations, please email Richard Cooper RACooper@sandiego.gov. For language access needs such as translation services please email Ady Huertas Ahuertas@sandiego.gov.



VISUALIZING YOUR COLLEGE PATH: TURNING GOALS INTO ACTION

FEBRUARY 2025

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

The start of a new year brings all kinds of energy and productivity. Continuing the theme from January we continue with visualizing and bringing your SMART goals to life. There are a number of strategies such as vision boarding, mind mapping and setting SMART goals in general to help jumpstart us toward successfully achieving your goals for college and toward your future.

WHAT ARE SMART GOALS?

SMART goals help turn big ideas into clear, achievable plans. SMART goals help students break the college process into achievable steps.

SMART Goals

- Specific – Clearly say what you want to accomplish
- Measurable – Know how you'll track your progress
- Achievable – Set goals that are realistic for you
- Relevant – Make sure the goal matters to your future
- Time-Bound – Give yourself a deadline

Why Visualization Supports College Success

Visualization helps students see themselves in college attending classes, living on campus, earning a degree, and building independence. For students who may not have family members who attended college, visualization fills in the gaps by creating a mental picture of success. This process strengthens motivation, reduces anxiety, and reinforces the belief that college is possible and attainable.

Vision Boards: Seeing Yourself in College

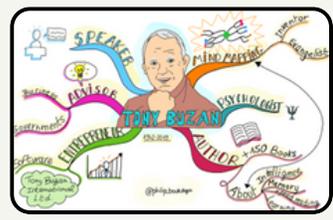
A college vision board brings future goals to life. Students can include images of campuses, majors, careers, graduation symbols, financial stability, and personal values such as resilience or leadership. Vision boards serve as daily reminders of purpose and progress, helping students stay focused during demanding phases like testing, applications, and waiting for decisions.

Mind Mapping: Planning the College Journey

Mind mapping, developed by Tony Buzan, helps students organize the many moving parts of college access. Starting with a central goal—“Attend college”—students create branches for applications, financial aid, academic preparation, support services, housing, and self-care. This visual planning method reduces overwhelm and allows students to see how each step connects to their larger goal. Mind maps also encourage flexibility, helping students adapt when plans change.

Integrating Structure and Vision

- SMART goals clarify what needs to be done
- Vision boards strengthen motivation and belief
- Mind maps organize steps and resources



College access is not just about getting in, it's about staying engaged, motivated, and prepared for the transition ahead. Visualize your success.

FINANCIAL AID & SCHOLARSHIP UPDATES:

- Ford Salute to Education Scholarship | Deadline: February 13th, 2026
- Dell Scholars Program | February 15th, 2026
- PFLAG of SD County Scholarship | March 1st, 2026
- SD Foundation: Common Application Scholarship | March 2nd, 2026
- CSU Campus Scholarship | Deadline: March 2nd, 2026

College Spotlight

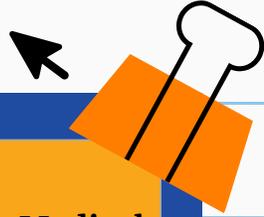


Diagnostic Medical Sonography Associate of Science Degree Program San Diego, CA

- AKA an Ultrasound Technologist, you can work with providers, specialists, and surgeons in all phases of procedures. Sonographers specialize in creating images, sonograms or ultrasounds, of structures inside the body.

CAREER SPOTLIGHT

CALLING ALL INSPIRING EMT & PARAMEDICS, AND DIAGNOSTIC MEDICAL SONOGRAPHY



- According to the Occupational Outlook Handbook 2025
- Videos: Emergency Medical Technician (EMT) /Paramedics & Diagnostic Medical Sonography

2024 Median Pay (Per Year) (Per Hour)	EMT's/Paramedics \$46,350 per yr. \$22.28 per hr. Diagnostic Medical Sonographers \$89,340 per yr. \$42.95per hr
Typical Entry-Level	Postsecondary nondegree award Associate's Degree
Work Experience in Occupation	None None None
On-the-job Training	None None None
Number of Jobs, 2024	282,900 90,000
Job Outlook, 2024-34	5% (Faster than average) 13% (Much faster than average)
Employment Change, 2024-34	14,300 11,700

Oregon TECH

Oregon Institute of Technology

OREGON INSTITUTE OF TECHNOLOGY
PARAMEDIC EDUCATION PROGRAM

UC San Diego Health

UNIVERSITY OF CALIFORNIA SAN DIEGO
DIAGNOSTIC SONOGRAPHY PROGRAM

Black History Month

February is Black History Month and there are various ways that you can learn about black history while supporting and uplifting the community.



READ ABOUT THE ORIGINS OF BLACK HISTORY MONTH



BLACK-OWNED SAN DIEGO BUSINESSES

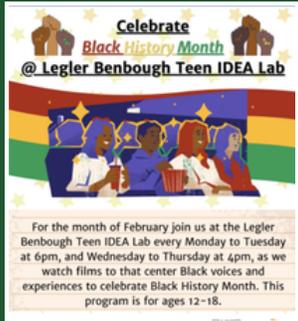


SAN DIEGO BLACK HISTORY HERITAGE

Celebrate Black History Month locally!



SDPL offers a variety of events and opportunities to learn about black creators like book signings with an author, film screenings and more! Stay connected by following the calendar for events.



The Worldbeat Cultural Center is hosting their annual Black Comix Day. A free event that showcases black creators in comics, films, and animation.



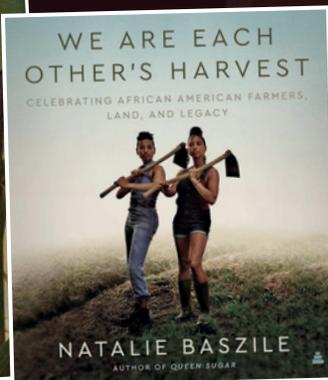
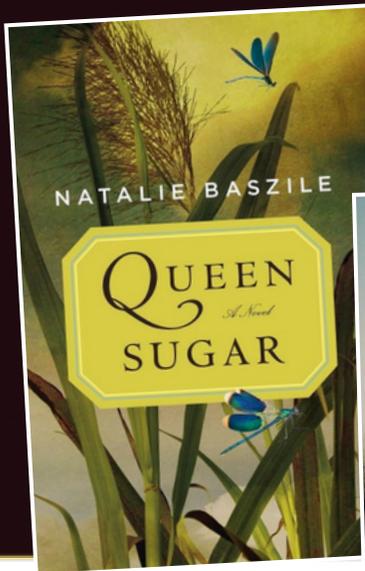
Located in District 4, the San Diego Black Arts + Culture District offers a variety of spaces that you can visit and support like Second Chance, Marie Widman Park and The Mental Bar.



A celebration of Black culture, business, creativity, and students in North San Diego County. The festival brings together entrepreneurs, artists, musicians, and community members. RSVP to join the festivities!

We Are Each Other's Harvest with

Natalie Baszile



Tuesday, February 24 • 5 - 8p.m. | San Diego Central Library
330 Park Blvd. San Diego, CA 92101 • 1st Floor, Neil Morgan Auditorium

Natalie Baszile is the author of the novel, *Queen Sugar*, which was adapted for seven television seasons and nominated for an NAACP Image Award. She has a M.A. in Afro-American Studies from UCLA, and an MFA from Warren Wilson College's MFA Program for Writers.

Join us as we discuss Natalie Baszile's debut novel, ***Queen Sugar***, a mother-daughter story of reinvention—about an African American woman who unexpectedly inherits a sugarcane farm in Louisiana as well as her newest non-fiction book, ***We Are Each Other's Harvest: Celebrating African American Farmers, Land & Legacy*** where she brings together essays, poems, conversations, portraits, and first-person narratives to tell the story of Black people's connection to the land from Emancipation to the present.

Event Schedule

- 5 p.m. | Resource Fair
- 6 p.m. | Author Talk and Q&A
- 7 p.m. | Book Signing

Save your seat today:

mysdpl.org/nataliebaszile



This information and program content can be made available in alternative formats upon request. For disability-related modifications or accommodations, please email RACooper@sandiego.gov

Parking Instructions: Validated 2 hour parking available in the parking garage under the library.

Lunar New Year



Lunar New Year is a festival that recognizes the beginning of the year and is an important cultural holiday celebrated across much of Asia as well as Australia, Canada and the United Kingdom. This year, Lunar New Year falls on February 17, 2026, marking the beginning of the Year of the Fire Horse.

In Chinese and Vietnamese astrology, there are a total of 12 zodiac animals, each one associated with an element such as metal, wood, water, fire and earth. As we move through the zodiac cycle, each animal and its affiliated element reappears after 12 years



2026 is the year of the Horse, symbolizing adventure, vitality, and momentum. This is the year for bold moves and believing in ones strength to carry forward.

The San Diego Public Library offers a variety of ways that you can celebrate with friends and family. Consider attending the festival, crafts and workshop sessions.



Upcoming Events

SD Office of Child and Youth Success



SD Lunar New Year Festival

★ Feb. 13th - 15th

Family friendly event!

3795 Fairmount Ave, San Diego CA

2/13 | 05:00 pm - 10:00 pm

2/14 | 11:00 am - 10:00 pm

2/15 | 11:00 am - 08:00 pm

Un-Valentines Day Party

★ Feb. 13th

330 Park Blvd, San Diego, CA 92101

2/13 | 4:00 pm - 5:30 pm

SDPL Pauline Foster Teen Center is hosting an Un-Valentines day party, filled with cookies and crafts!



Drummers Without Borders

★ Feb. 7th, 14th, 21st

114 W Hall Ave, San Ysidro, CA 92173

10:00 am - 11:30 am

A free beginner-friendly introduction to rhythm, drums, and percussion. No experience needed and instruments are provided. All ages welcome! **RSVP**



WEDNESDAY, JUNE 3rd

BALBOA PARK
WAR MEMORIAL BLDG

2026 SAN DIEGO YOUTH SUMMIT

A day to engage and empower young people by providing a platform to showcase talent, connect with peers and professionals, and explore interests and pathways across professional, entrepreneurial, and creative fields

[Youth Summit Partner Form](#)

JOIN US!



PARTNERS

SPONSORS

PRESENTERS

HOSTED BY



Office of Child and Youth Success



PARTNERS



OUR TIME TO ACT

Paid Internships for Teens



Calling all teens, in grades 10-12! Take on leadership roles and learn how to prepare for life after high school as a paid intern at the Oceanside Public Library! Promote literacy, diversity, and the love of reading, all while gaining practical job experience and developing soft skills!

Apply now in Link in Bio!

By 2/13 @ 4pm

- ✓ For grades 10-12 *must be able to obtain work permit
- ✓ Internships last up to 12 weeks
- ✓ Projects may include social media, programming, displays, and collections responsibilities

This project was supported in whole or in part by funding provided by Measure X and the Library Foundation.



INSTITUTE FOR PUBLIC STRATEGIES

WE'RE LOOKING FOR YOUNG ADVOCATE

INTERNS



Gain experience in addressing alcohol-related harms through...

- Data & Research
- Community Organizing
- Public Health Messaging
- Advocacy

Send your resume to youngadvocates@publicstrategies.org

YOUTH QUEER LEADERSHIP COUNCIL



JOIN OUR COHORT OF BIPOC LGBTQ2S+ YOUTH LEADERS AGES 12-24

APPLY TODAY!

Collaborate with a community of young leaders (ages 12-24) to uplift and support the well being of LGBTQ2S+ Black, Indigenous, youth of color in San Diego County. Council members will meet monthly to learn from and support each other, discuss current issues, and plan interventions through civic engagement, advocacy, and community building.



(619) 800-3203

YQLC@THECENTERSD.ORG

FREE

FANCY SATURDAYS!

BECOMING HER: A BUTTERFLY JOURNEY

GIRLS IN GRADES 4-8 FUN + CREATIVE + CONFIDENCE-BUILDING

All 4 Saturdays In February **12:00PM - 2:00PM**
 Pride Academy, Santee School District

REGISTER NOW

SCAN ME



2026 F.A.N.C.Y. TEEN GIRLS EXPO

March 7th, 10am - 2pm

 KIPP Adelante Preparatory Academy
 426 Euclid Avenue, San Diego, CA 92114

 www.DetourEmpowers.org





PRESENTED BY:
illumina
CORPORATE FOUNDATION

JOIN THE FUN!

SATURDAY MARCH 7, 2026

10:00 AM - 5:00 PM

PETCO PARK

100+ ACTIVITIES

¡ESTÁS INVITADO AL FESTIVAL DE CIENCIA E INGENIERÍA DE SAN DIEGO!

ENTRADA GRATUITA

MÁS DE 100 ACTIVIDADES DIVERSAS

- EXPLOSIONES BASADAS EN LA CIENCIA
- TECH KIDS - ACTIVACIONES EN VIVO
- REPTILES - PROYECTOS PRÁCTICOS
- ZONA DE PRE-ANÁLISIS - CENTRÍFUGOS INSPIRADORES - COMETAS - INSECTOS Y BASTIONES - INVESTIGACIÓN PARA TORNAR LA FAMILIA - PREMIOS Y SORTIDOS

- SCIENCE-BASED EXPLOSIONS
- COLLEGE & CAREER PAVILLION
- INSPIRATIONAL SCIENTISTS
- ROCKETS 
- LIVE MUSIC PERFORMANCES
- FUN FOR THE ENTIRE FAMILY
- REPTILES 
- HANDS-ON PROJECTS FOR PRE-K
- PRIZES & GIVEAWAYS 
- CRAWLING INSECTS 

For more information visit:
Para obtener una lista completa de actividades :

LOVESTEMSD.ORG




Collage 2026:

POWERFUL

A dance concert presented by San Diego Civic Dance Arts in partnership with San Diego Civic Dance Association

January 30 - February 15, 2026
 Casa del Prado Theater • Balboa Park
 Tickets at CivicDanceArts.org or scan QR Code



The City of SAN DIEGO
SDCDA
 SAN DIEGO CIVIC DANCE ARTS

Weekend #1	Weekend #2	Weekend #3
Fri, Jan 30 - 7:30 PM	Fri, Feb 6 - 7:30 PM	Fri, Feb 13 - 7:30 PM
Sat, Jan 31 - 3 & 7:30 PM	Sat, Feb 7 - 3 & 7:30 PM	Sat, Feb 14 - 3 & 7:30 PM
Sun, Feb 1 - 2 PM	Sun, Feb 8 - NO SHOW	Sun, Feb 15 - 2 PM

2026 YOUTH-LED CAREER EXPO

Calling all youth job seekers, ages 16 to 24! Explore your career options at the Promise Zone's annual Career Expo.



TUESDAY, MARCH 3, 2026
10 A.M. - 1 P.M.

Balboa Park Club
2150 Pan American Rd.
San Diego, CA 92101

WEBSITE LINK:



Join us at the highly anticipated Youth-Led Career Expo! This event presents an incredible opportunity for youth job seekers, ages 16 to 24, to connect with companies, apprenticeship programs, and nonprofits to explore a wide range of career options and resources. Don't miss out on this fantastic chance to kick-start your professional journey!



Please contact promiszone@sandiego.gov with questions.

Free Citizenship Course

February 2 - April 14, 2026

Ten week spring session | Se habla Español



5 Locations

Lemon Grove Library
Mondays | 4:00-6:00pm

Rancho San Diego Library
Tuesdays | 10:00am-12:00pm

Lincoln Acres Library
Tuesdays | 4:00-6:00pm

Vista Library
Wednesdays | 10:00am-12:00pm

Fallbrook Library
Wednesdays | 4:00-6:00pm

Questions?
(619) 753-1630
citizenship.ed@jfssd.org



REGISTER NOW > www.jfssd.org/citizenship



Know Your Rights & Emergency Preparedness Workshops for Undocumented Families

Learn about immigrant rights and family safety planning. Facilitated by SDCCD and Higher Education Legal Services. This workshop is open to all allies.

Each workshop is from 6:30 p.m. to 7:30 p.m.

January 28, 2026
(Flex: 31349 credit 38620 noncredit)
February 18, 2026
March 18, 2026
April 15, 2026
May 20, 2026

Join Us on Zoom

<https://sdccd-edu.zoom.us/j/85424752391>

English presentation with live translation services in Spanish, Haitian Creole, Dari and Somali

For disability services, contact Dean Lillian Garcia at lgarcia002@sdccd.edu.

All allies welcome!

(619) 388-3998



(619) 388-3722

Career Exploration

Ready to get a job but aren't sure how to start? Let us help! Promise students can get hands-on assistance with creating a resume, identifying possible references, and learn about what employers are looking for!

Features:

- Overview of Career Center services
- Resume drafting support
- Recommendation & references overview
- What employers look for on applications

Register to attend!



Get started with Handshake!



FEB | 18

11:00am
12:00pm

A-335



Children's Network
A vital voice for the children of San Diego County



FOR KIDS! What to Do if You're Worried About ICE

You're not alone. This guide is just for YOU so you can feel safer, stronger, and supported.

YOUR FEELINGS MATTER

It's normal to feel scared, confused, or upset. You might hear things about ICE or people being taken away.

Here's how you can feel a little better:

- Take 3 slow, deep breaths
- Talk to someone you trust
- Draw or write what you're feeling
- Tell yourself: "I am safe right now."

HELPING YOUR FRIENDS AND COMMUNITY

You can help if someone you care about is scared:

- Be kind and listen
- Say: "I'm here for you"
- Take deep breaths together
- Tell a trusted adult if something feels wrong
- Learn about your rights and talk to your family

SPEAK UP FOR WHAT'S RIGHT

Your voice matters. Even if you're a kid, you can help make the world better!

When something feels unfair or wrong:

- Talk with a trusted adult
- Ask questions
- Stand up for your friends
- Say: "That's not okay"

You don't have to be loud to be brave.

YOU HAVE RIGHTS

Yes! Even kids have rights.

If someone from ICE comes or asks questions:

- You don't have to talk
- A phone number you can call
- You can say: "I want to talk to a lawyer"
- You can use a Red Card (ask a grown-up for one)

YOUR FAMILY PLAN

Ask your grown-up about your safety plan.

Things you should know:

- Your full name and your parent's name
- A phone number you can call
- Who will take care of you if needed
- Where important papers are kept

Your family can practice the plan with you. (We have a Family Preparedness Toolkit on our website!)

WHO CAN I TALK TO?

You never have to face things alone.

If you're scared or confused, talk to:

- Your parent or caregiver
- A teacher or school counselor
- A family friend or trusted adult

There are people who want to help you feel safe.



Ask a parent or grown-up if it's okay to visit: www.childnet.org