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# Youth Commission Annual Report *2024-2025*

Chair: Noor Chowdhary,  
Vice Chair: Cassidy Watson

# Youth Commission Priorities

## 6 Ad-hoc Subcommittees:

- Civic Engagement
- Community Equity (new!)
- Educational Equity
- Environmental Justice
- Health and Wellness
- Immigrant Youth





SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**



# Youth Liaisons



SAN MATEO COUNTY

**Aging & Disability  
Resource Connection**



# Civic Engagement

## Diversity series on Instagram

- Wanted to highlight the diverse leadership of the County
- Spotlights posted on the SMCYC Instagram account

## Civic education pamphlets

- Noticed that youth don't receive education about voting and local government
- Developed educational pamphlets intended for teenagers
- Distributed pamphlets to schools and public spaces



# Community Equity

## Necessities Drive

- Safe Harbor Samaritan House
- Resources for unhoused individuals

## Nitrous Oxide Resolution

- Remove nitrous oxide from smoke shops, raise the legal age of nitrous oxide to 21, and require more credentials for the sale of nitrous oxide.

## Teen Dating Violence Resolution

- Goal of education on the issue of teen dating violence, spreading awareness, and creating legislative change



Both resolutions will be presented in the FY 2025-26 legislative term

Resolution No.	Joint Resolution No. 25.8
San Mateo Youth Commission, State of California	San Mateo County Board of Education and San Mateo County Superintendent of Schools State of California
*****	Reorganizing February 2025 as Teen Dating Violence Awareness Month
RESOLUTION AFFIRMING A COMMITMENT TO YOUTH NITROUS OXIDE ABUSE PREVENTION, AND DIRECTING SAN MATEO COUNTY DEPARTMENTS AND EMPLOYEES TO IMPLEMENT ACTIONS THAT PROTECT YOUTH FROM HARMFUL SUBSTANCES THAT WILL CAUSE LIFELONG HEALTH EFFECTS	Whereas, in the United States, one in three teens experience physical, sexual, or emotional abuse from a romantic partner; and
WHEREAS, the Youth Commission is committed to fostering a community of healthy youth; and	Whereas, nearly half of youth who have experienced intimate partner abuse experienced incidents of abuse at school; and
WHEREAS, Nitrous Oxide or "whippet" causes long term health effects including brain and liver damage, kidney damage and failure, and depression and psychosis	Whereas, teen dating violence harms students' education and well-being; and
WHEREAS, Nitrous Oxide abuse is a problem among the community and their products are being sold in San Mateo County smoke shops without age verification. Products are disguised in products like	Whereas, nearly witnessing such violence is associated with decreased school attendance and academic performance; and
	Whereas, those who experience teen dating violence are more likely to also experience depression, anxiety, and suicidal ideation; and
	Whereas, educating young people about healthy relationships can alter attitudes that normalize violence and prevent abuse that plagues too many relationships and harms too many lives
	Now, Therefore, be it Resolved that the San Mateo County Board of Education and the San Mateo County Superintendent of Schools recognize February 2025 as Teen Dating Violence Awareness month, as well as the necessity for education on healthy relationships and the right of all people to live free from abuse.
SAN MATEO COUNTY SUPERINTENDENT OF SCHOOLS	SAN MATEO COUNTY BOARD OF EDUCATION
Passed and Adopted on this Fifth Day of February 2025	President _____ _____ _____ _____



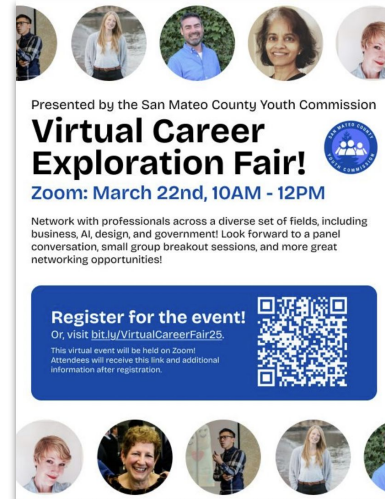
# Educational Equity

## Career Exploration

- Less career exploration opportunities in underserved areas of the County
- Students want and need career resources
- 2 virtual events, total of 11 speakers, shared recordings with schools and on the SMCYC website



Marika Austin, Bearfoot **Pediatric Occupational Therapy**  
Mara Grimes, Office of **Arts and Culture**  
Sujatha Marsden, PureLynx **Web Design**  
Anne Moser, Backhaus **Bakeries**  
Scott Peterson, INDE **Architecture**  
Kenny Wong, xCures **AI cancer care**  
Josh Chavez, Bernal Hill **Builders**  
Sally James, **Teacher-Librarian**  
Mateo **Daily Journal**  
**hydrogen fuel tech**  
Ross Stores **marketing + strategy**





# Environmental Justice

## Environmental Career Exploration

- 3-day program for youth to:
  - Spend time in nature
  - Learn hands-on about environmental careers
  - Network with professionals

## Plastic Water Bottle Resolution

- Passed resolution to end sale of plastic water bottles in the SMUHSD
- 1,250+ petition signatures
- Prioritizing reusability and sustainable single-use bottles



# Health and Wellness

## Mental Health Directories

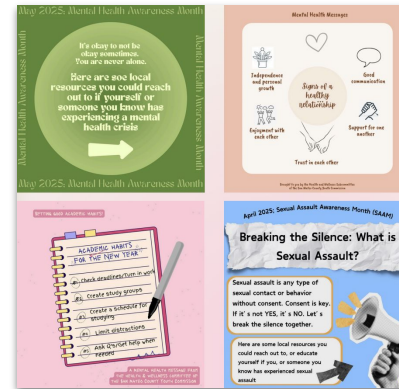
- Tips and resources about anxiety, stress, relationships, and health (mental and physical)
- Distributed to 7 libraries in county

## Mental Health Messages

- Raised awareness about health-related resources and tips through the SMCYC Instagram

## Art as Healing Workshop

- Designed to help youth explore and manage stress through accessible art-based activities





# Immigrant Youth

## Immigrant Youth Scholarship

- Awarded five \$1,000 scholarships to immigrant youth

## Community Directory

- Multi-page pamphlet for San Bruno, Redwood City, and San Mateo that provided information for new students/families (immigrant or not)

## Red Cards

- Distributed to recreation centers
- Aimed to target areas with high populations of immigrants

### Usted tiene derechos constitucionales:

- NO ABRA LA PUERTA si un agente de inmigración está tocando la puerta.
- NO CONTESTE NINGUNA PREGUNTA de un agente de inmigración si el trata de hablar con usted. Usted tiene el derecho de mantenerse callado.
- NO FIRME NADA sin antes hablar con un abogado. Usted tiene el derecho de hablar con un abogado.
- Si usted está afuera de su casa, pregunte al agente si es libre para irse y si dice que sí, váyase con tranquilidad.
- ENTREGUE ESTA TARJETA AL AGENTE. Si usted está dentro de su casa, muestre la tarjeta por la ventana o pásela debajo de la puerta.

SMC Línea de respuesta comunitaria: 203-666-4472



## Redwood City

### Local Community Centers

Community centers are great places to find recreational programs, child care services, food assistance, and more.

- [Fair Oaks Community Center](#)
- [Red Morton Community Center](#)

### Transportation Support

These transportation programs can help immigrant youth and families get where they need to go:

- **Youth Unlimited Program – SamTrans**  
Free transportation for qualifying students (English learners, foster youth, or those eligible for free/reduced meals).  
➔ <https://www.samtrans.com/inter-info/youth-unlimited-program>
- **\$200 Clipper Transit Credit Card**  
For those earning at or below 60% of the San Mateo County Area Median Income (\$62,260 for a single-person household in 2024).  
➔ <https://101expresslanes.org/program/equity-program>



# Communications Officers

## School Visits

- Reached out to schools in the County that historically have less participation with the SMCYC
- Outreached to Terra Nova community during their lunch hour
- Creating media for outreach to schools

## Community Engagement

- Kept community informed with SMCYC updates and news by creating and distributing quarterly newsletters
- Grew Instagram and did outreach at events throughout the County



Thank you!