



# San Mateo County Youth Commission

2022-2023 Term

Chair Katelyn Chang and Vice-Chair Hudson Fox

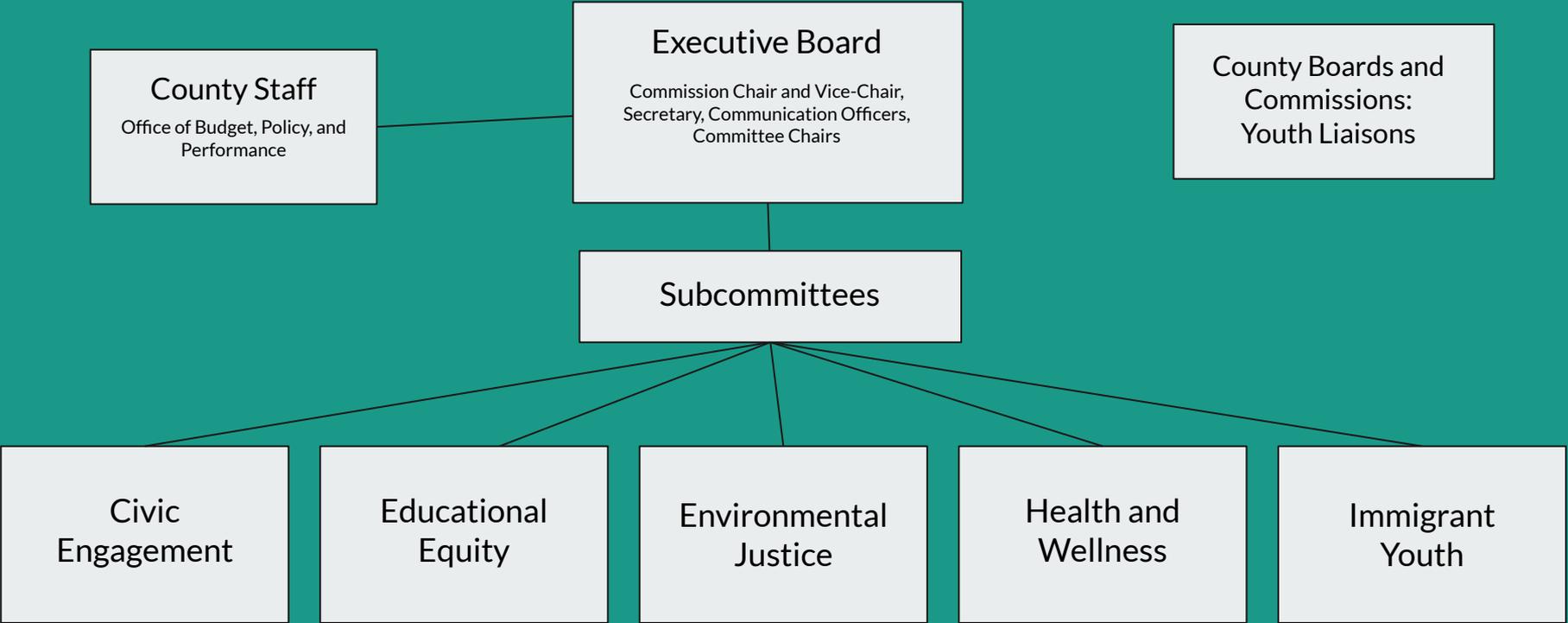


## Background

The San Mateo County Youth Commission is an advisory commission to the San Mateo County Board of Supervisors, established in 1993 to address youth need in the county and provide youth voice in local government. The Commission consists of up to 27 members, between the ages of 13-21, who reside in San Mateo County. Funded by the County Manager's Office, reporting to the Board of Supervisors, and housed under the Budget, Policy, and Performance Office, the Commission is a collaborative effort of all three San Mateo County serving entities.

# Youth Commission Structure

---



# Youth Liaisons: Boards and Commissions

---

## **Behavioral Health Commission**

- Youth Action Board
  - Acted as co-chairs and co-founders for 2nd year running
- Co-sponsored and took part in San Mateo County Poetry Event at Woodside High School

## **Domestic Violence Council**

- Spearheaded YC partnership with Domestic Violence Awareness Art Contest
- Participated in Legal Processes Committee: reviewed regulations and guidelines of domestic violence response

## **First 5**

- Spearheaded “Reading RainBow Project”
  - Event to promote importance of reading in children aged 0-5 held at San Carlos Library

## **Juvenile Justice and Delinquency Prevention Commission**

- Researched after school programs to keep high risk youth in a safe place after school
- Assisted PeerPoint Program

# Youth Liaisons: Boards and Commissions

---

## **LGBTQ Commission**

- Provided monthly reports on youth commission events and progress
- Advocated for outreach via social media- youth-centered approach

## **Commission on the Status of Women**

- Participated in Commission's three subcommittees
- Began planning for RISE 2024 event

## **Board of Education**

- Advocated for students with disabilities, decreasing "predictability of outcomes" based on unchangeable characteristics, decreased emphasis on test scores

## **Commission on Disabilities**

- Participated in 2023 Transition to Independence Fair
- Created and led presentation on 504 Plans/IEP's

# Health and Wellness

**Noah Braunstein, Avani Ganesan, Wesley Liu, and Clarissa Wing**

# Mental Health Monday Campaign/Teen Timeouts

- Weekly posts offering resources and advice for wellness and mental health
- Geared towards timely and specific areas each month (ex. May - Test Anxiety)
- Informational videos informing teenagers about local places to get exercise and support their Mental Health.



# Health and Wellness Walk

Drafted plans for a:

- Walk promoting stress reduction through connection with nature and friends
- Coyote Point with around 50 participants
- Food and merchandise
- Mental Health resources and tabling provided
  - Star Vista
  - Peninsula Health Care District (allcove)
  - SafeSpace
  - BHC



**Cancelled due to loss of venue -- however plans can be used for next year**

# Partnership Projects

## SafeSpace

- Helping out and attending their youth summit event (set up and clean up)
- May 13



## Star Vista

- Tabling at Star Vista “Mental Health Matters” walk
- May 21





# CIVIC ENGAGEMENT

# PRESENTATION

Zahara Agarwal, Elise Spenner, Zayne Abraham, Ameya Nori, Yakira Braunstein

# OUR WEBSITE: SMCYC VOICES

SMCYC VOICES

Home About Vote Learn Get Involved

SAN MATEO COUNTY YOUTH COM  
Learn Vote Act

## SMCYC Voices

*A civic education project of the San  
Mateo County Youth Commission*

Just 27% of youth (18-24) voted in the 2022 election.  
21% of youth who didn't vote said they lacked  
information.

f  
t  
@

SMCYC VOICES

Home About Vote Learn Get Involved

## Volunteer

YOUTH ADVISORY COMMISSIONS: A voice in government

South San Francisco Youth Commission	Learn more	Contact
Burlingame Youth Advisory Committee	Learn more	Contact
Millbrae Youth Advisory Board	Learn more	Contact
Belmont Youth Advisory Committee	Learn more	Apply NOW
Foster City Youth Advisory Committee	Learn more	Apply May 2023
San Carlos Youth Advisory Council	Learn more	Apply Feb. 2023

CIVIC ENGAGEMENT: Engage young people in politics

f  
t  
@

SMCYC VOICES

Home About Vote Learn Get Involved

## OUR STORY

As high school students and volunteers, we understand first-hand how challenging it is for young people to remain civically-engaged. We know that there are structural barriers that keep youth out of politics, service, and volunteer work. We have spent weeks and months yearning for civic opportunities — jobs, internships, fellowships, and volunteering — but not sure where to start or nervous to take a chance on an idea that might not work out. We've spoken to other students, and we've realized that we aren't alone; San Mateo County youth want to make a difference in their communities, but don't know how.

SMCYC Voices is our answer: a comprehensive resource for Bay Area youth that are looking to vote, volunteer, or find their next service opportunity.

SAN MATEO COUNTY YOUTH COM  
Learn Vote Act

f  
t  
@

- Designed to increase youth participation in local politics and civic organizations
- Advertised to schools
- Integrated applications, resources, and tools for voter registration

# VOTER REGISTRATION DRIVE

- Held a Voter Registration drive at a county high school
- Registered Menlo-Atherton students
- Engaged with the local community, promoted election awareness



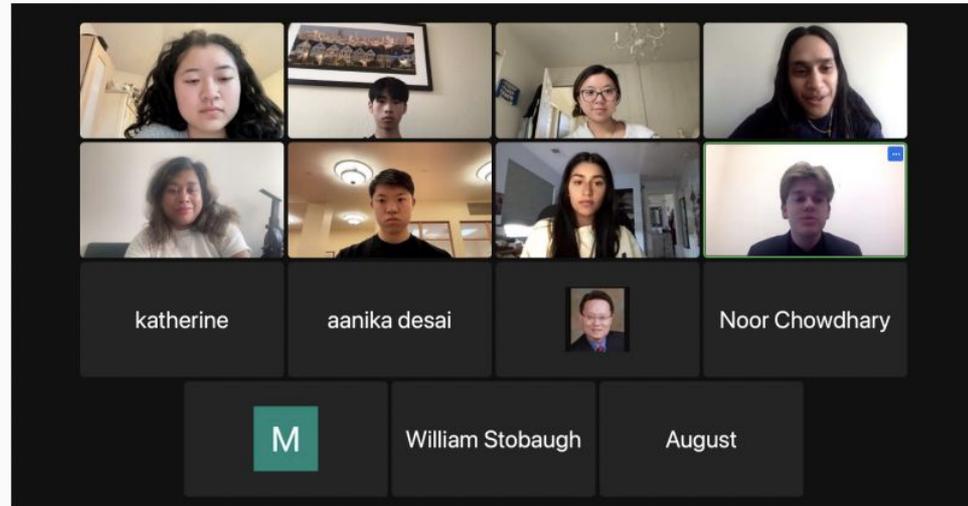
# Environmental Justice Committee

Ryan Teh, Chloe Chan, Seth Weinfield , Alina Shah, Kevin Chiu



# Spring Symposium 2023

- Partnership with San Mateo County schools
- 20 attendees, middle and high schoolers
- Guest speakers!
- Emphasized importance of student leadership in environmental advocacy
- Improvements for next year
  - Improve participant retention
  - Complete earlier outreach
  - Include engaging contests with prizes
  - Hopefully in person!



# Climate Action Plan

- Goal was to implement a Climate Action Plan for high school districts county-wide
- Currently finalizing SMUHSD plan



Waste and consumption, transportation, sustainable watersheds, marine ecosystems, land based ecosystems and grounds, green buildings, food and nutrition, energy, air quality, and environmental literacy

DEPARTMENT OF  
SUSTAINABILITY AND  
ENVIRONMENTAL SERVICES

## Climate Action Plans Overview: San Mateo County and Cities

Big Picture Goals, Strategies, and Resources

**BACKGROUND ON EMISSIONS REDUCTIONS AND CLIMATE ACTION PLANS (CAP)**

City and county governments use a number of different plans that outline how they will achieve long-term goals. In California, cities and counties are required by State law to have a [General Plan](#), which is a broad, long-range policy document that guides future development, conservation, and land-use. In order to achieve sustainability goals set in a General Plan, or mandated by law, a jurisdiction may adopt additional plans such as a Sustainability Plan, Green Infrastructure Plan, Bicycle and Pedestrian Master Plan, Climate Adaptation Plan, and/or Climate Action Plan.

A *climate action plan (CAP)* is a detailed and strategic framework for tracking and reducing greenhouse gas (GHG) emissions to avoid climatic impacts anticipated if no action is taken. In California, these plans are connected to GHG emissions goals outlined in California state legislation, such as [Assembly Bill \(AB\) 32](#) (2006), and [Senate Bill \(SB\) 32](#) (2016). Municipalities design and utilize climate action plans as customized roadmaps for making informed decisions and understanding where and how to achieve the largest and most cost-effective emissions reductions that are in alignment with other municipal goals. Typically, CAPs include:

1. An inventory of existing GHG emissions
2. Reduction goals or targets
3. Implementation strategy, including a list of analyzed and prioritized reduction actions (or measures)

Ideally, a climate action plan also identifies required resources and funding mechanisms.

**SAN MATEO COUNTY AND CITY CLIMATE ACTION PLANS (CAP)**

California and the Bay Area jurisdictions are leaders in climate pledges and plans to reduce GHG emissions. San Mateo County and its municipal jurisdictions in particular are leaders for these efforts due to their aggressive targets ([S.F. Chronicle, 2020](#)). The table below provides an overview of the plans in this region. For a detailed and comparative analysis, visit: [San Mateo County Jurisdiction Sustainability and Climate Action Plans Analysis](#)

Agency	Climate Action Plan Description
<p><b>The County of San Mateo</b></p>	<p>The County of San Mateo (SMC) has two Climate Action Plans (see full history <a href="#">here</a>): 1) a <a href="#">Government Operations Climate Action Plan (GOCAP)</a> - 2021 and 2) a <a href="#">Community Climate Action Plan (CCAP)</a>, (to be adopted later in 2021 to update the 2013 <a href="#">Energy Efficiency Climate Action Plan</a>). The GOCAP focuses on reducing emissions from municipal buildings and operations, while the CCAP includes a GHG inventory of all emissions that result from unincorporated areas and a list of measures to reduce those emissions. The County's Office of Sustainability is responsible for the update and implementation of both Plans, ensuring that the County meets its GHG emissions reduction commitments.</p>

2019: SMC Board of Supervisors approved Declaration of Climate Emergency

11/2020: SMUHSD launched District Sustainability Committee

01/2021: SMUHSD collaborated with SMCOE to conduct [Baseline Assessment](#)

04/2022: SMUHSD unanimously approved Declaration of Climate Emergency

05/2022: SUHSD passed Declaration of Climate Emergency

2022-2023: All cities in SMC implemented [Climate Action Plans](#)



---

---

# Immigrant Youth Subcommittee

---

---

# Red Card Distribution

“The Know Your Rights Red Cards were created to help people assert their rights and defend themselves against constitutional violations. Knowing and asserting rights can make a huge difference in many situations, such as when ICE agents go to a home. Red cards provide critical information on how to assert these rights, along with an explanation to ICE agents that the individual is indeed asserting their rights.”

-- Immigrant Legal Resource Center

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.

I do not wish to speak with you, answer your questions, or sign or hand you any documents based on my 5th Amendment rights under the United States Constitution.

I do not give you permission to enter my home based on my 4th Amendment rights under the United States Constitution unless you have a warrant to enter, signed by a judge or magistrate with my name on it that you slide under the door.

I do not give you permission to search any of my belongings based on my 4th Amendment rights.

I choose to exercise my constitutional rights.

*These cards are available to citizens and noncitizens alike.*

---

---

# Our Process and Output

- Collaboration with San Mateo County Office of Community Affairs
- Worked closely with Cañada College, Skyline College, and College of San Mateo to distribute red cards to community centers on these campuses



San Mateo Youth Commission Immigrant Youth Subcommittee

## San Mateo County Immigrant Youth Scholarship

Open until May 8, 2023

Win \$1000 !



SCAN ME

Register at:

[bit.ly/2023SMYCScholarship](https://bit.ly/2023SMYCScholarship)

Open to all regardless of citizenship status,  
national origin, or any other identifier

# Immigrant Youth Scholarship

- Continued a scholarship for outstanding immigrant youth who lack financial resources for college
  - Reached out to every public high school in San Mateo County and most private ones
- Constructed application + essay questions to help guide our selection process
- Awarded \$1000 dollars to 5 deserving youth



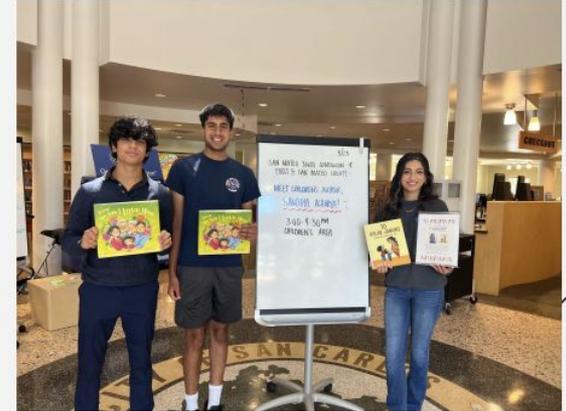
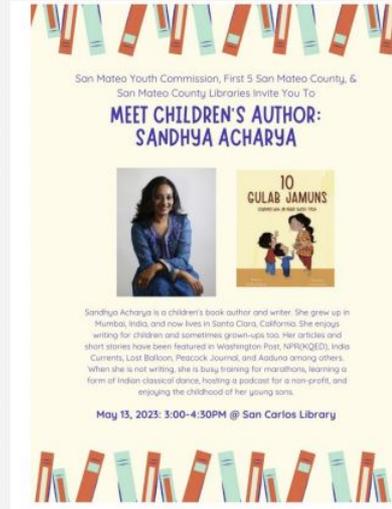
# Educational Equity Subcommittee



# Product of The Event



- Worked with Author Sandhya Acharya, writer of **10 Gulab Jamuns**
- Filled All Seats with **over 15 attendees**
- Presented end product to **First 5 SMC commission meeting**





# Communications Officers

Noah Braunstein and Noor Chowdhary

# Different Types of Posts

**Weekly What's Up?**  
**December 23, 2022**

With special holiday health tips from Dr. Alok Patel!

New to be aware of around the world, country, state, and San Mateo

Weekly What's Ups

**Alina Shah**  
 Secretary of the Environmental Justice Subcommittee

**WHY DID YOU JOIN THE SMCYC?**  
 "I WANTED TO BE ABLE TO HELP MAKE A CHANGE IN THE SAN MATEO COUNTY. I LOVE DOING VOLUNTEER WORK."

**3 THINGS ABOUT ALINA:**

- HUGE STAR WARS FAN
- OBSESSED WITH HER DOG
- HAS BEEN SINGING FOR 13 YEARS

**MEANINGFUL QUOTE**  
 "DO NOT JUDGE ME BY MY SUCCESSSES, JUDGE ME BY HOW MANY TIMES I FELL DOWN AND GOT BACK UP AGAIN!"

Commissioner Spotlights

## Sub-Committee Events

SMCYC Environmental Justice Subcommittee PRESENTS...

**ENVIRONMENTAL JUSTICE SPRING SYMPOSIUM**

WITH GUEST SPEAKERS FROM Chicago - The Bay Area!

April 8, 2023 from 3 - 4 PM via ZOOM (with Q&A)

Guided talks about justice, policy and how you can get involved as youth!

**SUB COMMITTEE HIGHLIGHTS!**

**ENVIRONMENTAL JUSTICE**

Ryan Teh, Chloe Chan, Alina Shah, Kevin Chiu, & Seth Weinfeld

Sub-Committee Videos

SAN MATEO COUNTY YOUTH COMMISSION

**MENTAL HEALTH MONDAY**

Substance Abuse and Addiction

**WHAT IS SUBSTANCE ABUSE AND ADDICTION?**

- Substance abuse: "sometimes just experimentation or an addictive substance, especially alcohol or drugs (alcohol, marijuana)
- Addictive substances and drugs: "toxic substances. Abuse: characterized by a recurring state in which using the drug causes "severe consequences" (Friedrich)

**CAUSES OF SUBSTANCE ABUSE AND ADDICTION**

- Peer pressure
- Emotional distress
- Stress
- Boredom
- Experimentation

**SIGNS OF ABUSE AND ADDICTION**

- Slurred speech and unsteady
- Withdrawal symptoms
- Moodiness
- Irritability
- Changes in behavior
- Slowing for the substance

**RESOURCES FOR HELP**

- California Addiction Hotline (24/7): 855-210-1003

Mental Health Mondays

## Posts for other organizations

San Mateo County Libraries

**Summer Intern Job**  
 \$17.86 - \$23.11 an hour  
 Big Lift Inspiring Summers Learning Facilitator  
 To apply visit: [jobs.smcgov.org](https://jobs.smcgov.org)

Spend your summer having fun and connecting with youth, by leading learning camps 6 weeks long for K-3rd grade children with San Mateo County Libraries.

If you enjoy working with youth, coaching, tutoring, providing childcare, or are interested in exploring education, this is an opportunity to make a difference in the lives of children and families.

**Connect** [smd.org](https://smd.org)

**YOU** **VOICES**

SMCYC 2023 INSTAGRAM

Featuring YOU

WHAT DO THESE MONTHS MEAN TO YOU?  
 Send us your reflections for posting on the San Mateo County Youth Commission IG during these months

ORIGINAL POEMS - PHOTOS - ART

For more information:

Youth Voices

He was a man who had a dream to share with the world

Martin Luther King Jr Day  
 January 16, 2023

Recognition Months



# Growth of Communications

Goals of this year: To grow our communications efforts on behalf of the sub-committees and commissioners; also engaging with youth and community groups in the county to promote programs and information for youth through in-person networking and social media.

We surveyed our commissioners to gather input and feedback on our efforts to create a plan for this year and the future.

	Previous Years	2022-2023
Social Media	Began IG in 2020	375 > 571 this year! Many community groups/leaders
In-Person Outreach	Not during COVID years	Attended 5 events
Promotional Materials	Older flyer/brochure	New flyer and brochure SMCYC Sweatshirt Business Card Plan

# In Person Outreach and Communication

Two Outreach events

Belmont High School Night

Career Fair

Thrive Networking Event



**Thank You**

—