

COMMUNITY VOICES



A digital magazine from the Youth Alcohol Prevention Coalition

A NOTE FROM THE YAPC

The **Youth Alcohol Prevention Coalition (YAPC)** is made up of organizations based in San Francisco. Our partners include, **Horizons Unlimited, Jamestown Community Center, Japanese Community Youth Council, Southeast Asian Youth Development Center, YMCA** and **Youth Leadership Institute**.

Here, youth leaders and adult allies from across the city come together in a citywide partnership to develop long-term solutions to address underage drinking. Due to COVID-19, YAPC decided to meet bi-weekly over Zoom to keep the partnership going throughout the school year.

One of the projects YAPC partners developed was this **Community Voices** digital magazine, or zine, in order to reach communities across San Francisco County. This zine is designed to provide insight, alternative youth activities, resources for youth support and the latest data from a community survey on youth perceptions of underage drinking. We also hope this zine helps empower young people to continue connecting with their peers through positive messaging.

VOL. 2



Southeast Asian
Development Center



YOUTH LEADERSHIP INSTITUTE
Use Your Voice

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Meet the YAPC partner organizations and youth members.

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Results from our latest YAPC survey on youth perceptions related to underage drinking.

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Enjoy this interactive and educational look at self care. Learn about strategies and resources to build your own self care plan!

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Hear from youth first hand about their experiences.

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Hear from our community members on their perspective and their suggestions for young people!

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Check out how alcohol use intersects with many different aspects of social justice.

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The members of our coalition and what they do.

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A big thank you to all our partner orgs and our funders!

MEET THE TEAM!



GIBRAN GONZALEZ

Jamestown



DONNA SAFFIOTI

Horizons



ANGIE LEVANO

Horizons



HILARY LULIO

Horizons



ESTEFANY PICAUSI

Horizons



DEBBIE IRAWAN

JCYC



HUONG CAO

JCYC



CRYSTAL LIU

JCYC



SIQI LIANG

JCYC

MEET THE TEAM!



ENTSAR MOHAMED

SEADC



KELLY HUANG

SEADC



TONIE SHANNON

YMCA



TIFFANY CHEN

YMCA



ZAHIRA MENA

YMCA



JOSIAH TOM

YMCA



ARATI WARRIER

YLI



MARY TONI CERRADO

YLI



REESE RAVEN BARLES

YLI

SURVEY INFO FROM SF YOUTH

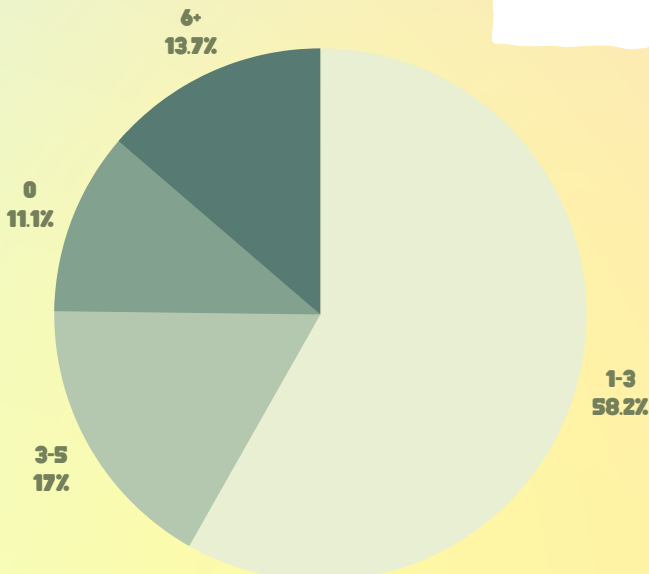
75% of surveyed youth said that they hadn't had any alcohol in the past month. 13% drank 1-5 times and only 5% drank more than five times.

The majority are not drinking at all!

Where you live has a lot to do with your exposure to alcohol. Youth from lower income areas had a greater number of stores selling alcohol close to their homes.

These youth had less access to healthy foods but definitely plenty of exposure to alcohol, along with processed and sugary foods.

How many stores that sell alcohol are within walking distance of where you live?



0

1-3

3-5

6+

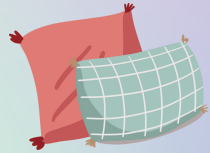
WHAT ARE SOME WAYS YOU TAKE CARE OF YOURSELF AND YOUR COMMUNITY?



WALK OUTSIDE



BIKE



HUG A PILLOW



DRINK WATER



LISTEN TO MUSIC



DRAW OR WRITE



READ



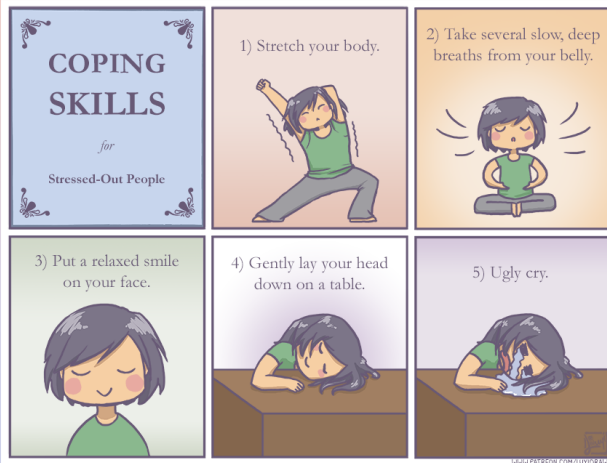
DO A PUZZLE



TALK TO A CARING PERSON



WHAT ARE SOME WAYS YOU TAKE CARE OF YOURSELF AND YOUR COMMUNITY?



1. Keep busy - Check things off your to-do list. Do things you've been putting off. Watch TV, dance, play music, read a book, do what will make you feel good at the end of the day, and the morning after.

2. Journal - Rather than internalizing your feelings, your fears, and your thoughts, put them down on paper. Get them out. Writing can be a great way to release and work out any thoughts that you are struggling with.

3. Mindfulness & Meditation - Mindfulness and meditation can help you work through difficult thoughts and emotions, focus on the present moment, and observe your internal feelings and accept them without judgment or negativity.

4. Physical exercise - Exercising helps to release tension in both the body and mind.

5. Get good quality sleep and hop into a routine.

WHAT IS SELF-CARE?

Self-care is the process of taking care of oneself with behaviors that promote health and active management of physical and mental illness when it occurs.

The 3 Categories of Self-Care



Physical
Self-Care



Emotional
Self-Care



Mental
Self-Care

IDEAS FOR PHYSICAL SELF-CARE

- Eat healthy foods
- Exercise regularly
- Spend time outdoors
- Play a sport
- Get good quality sleep
- Follow treatment plans for
current ailments or diseases

IDEAS FOR EMOTIONAL SELF-CARE

- Connect with loved ones
- Cry; let your emotions out
- Writing/journaling
- Disconnect from toxic individuals
- Choose yourself first
- Practice gratitude
- Smile more

IDEAS FOR MENTAL SELF-CARE

- Read a book
- Meditate regularly
- Take mental breaks
- Connect with nature
- Self affirm and complement
- Seek professional help when you need it.

SELF-CARE ON A BUDGET



Money and finances can be a huge stressor in a person's life. No need to add additional stress to yours! Here are some self-care activities that are free and low budget:



HIKING



Clear your head and surround yourself with beautiful nature

SEWING



Practice patience and self-control while saving money and mending your clothes

READING



Clear your head and surround yourself with beautiful nature

VOLUNTEERING



Practice patience and self-control while saving money and mending your clothes

GROW PLANTS



Boost your mood by boosting your environment

BENEFITS OF YOGA



→ promotes self love

→ improves overall mood

→ alleviates negative emotions

→ reduces anxiety

→ improves overall health

→ helps calm the mind

WOULD YOU RATHER??

Would you rather...

- Listen to music you love (maybe dance too)
- Take a shower & visualize your troubles circling the drain
- Light a candle or burn some sage,
- Spend some time nourishing your soul with the beauty of nature
- Talk with a friend or write in a journal
- Do something nice for someone

Or would you rather...

- Injure someone you didn't mean to or hurt yourself
- Say things that you didn't mean to say that can't be taken back
- Make bad decisions while under the influence
- Having to throw up and then having a huge hangover the next morning
- Being at risk for different health conditions

_____'S SELF CARE PLAN

Self care is something we should all make sure to incorporate into our daily lives. It is something that will help you get through the busy and tough times in life. The best way to practice self care is trying it on and finding out what works for you. In the circles below, write down a few self care activities you're already practicing and a few you're going to try. Check-in with the supportive people in your life to help you stick to your plan.

MIND

BODY

SPIRIT

**SUPPORTIVE PEOPLE
IN MY LIFE**



Self-care word Search

L	L	P	A	U	A	O	S	D	C	K	T	N	T
S	K	I	U	G	M	G	G	N	I	P	P	A	N
S	G	O	P	A	G	N	E	T	Y	L	I	I	G
B	M	R	G	T	E	O	R	N	A	D	A	A	N
R	U	M	A	C	R	I	U	N	E	E	N	R	I
E	S	X	G	T	C	T	T	D	A	P	E	T	K
A	I	C	I	P	I	A	A	G	P	R	L	N	L
T	C	O	E	L	N	T	N	T	O	O	I	W	A
H	C	O	R	E	E	I	U	I	E	R	M	A	W
I	N	K	H	R	H	D	T	D	I	N	S	I	K
N	R	I	R	L	G	E	A	E	E	A	S	N	B
G	D	N	D	R	T	M	I	L	X	A	L	E	R
E	I	G	U	A	Y	B	R	E	A	K	S	E	K
Y	H	T	L	A	E	H	I	U	K	I	A	L	E

Breaks

Gratitude

Napping

Smile

Breathing

Healthy

Nature

Walking

cooking

Meditation

Relax

Music





Self-care Narrative

Venice W. is a Junior at Abraham Lincoln High school who graciously gave input on how she practices self care.

From all the things I've heard about self-care, most of the time people say to journal, exercise, read a book, but it never really stuck with me. I didn't have the energy to do them at the end of the day and I didn't know what else to do if not those. Something that I feel that not many people realize, and I didn't until recently, was that doing things you enjoy or help calm your mind when you're stressed and overwhelmed is considered self-care. Self-care is personal to oneself. In my experience, I've started taking walks to the beach during quarantine whenever I want to get out of the house. On days that I can't get out of the house, I give myself time to listen to music. If I REALLY can't find the time, I take deep breaths. Deep breathing is underrated. Just taking 3 minutes out of your day to take deep breaths is so soothing to the mind. Busy days may feel like you have no time to take a break, but in reality, you do. Those 3 minutes I took to just breathe helped me a lot whenever I'm stressed. Self-care doesn't have to be any of the ones I've listed, although it can be, it can simply be going outside or socializing or even staying home. There are so many ways to do self-care. You tend to hear them a lot but you might not do it or not know what to do. My message to anyone that reads this is to try to do self-care. Experiment, find the one that you enjoy, and find time to do it. Not only will this help you cope with stress, but it will also change how you interact with your mind and the people around you.

- Venice W.



self care



A WORD FROM OUR COMMUNITY

WHAT IS YOUR COMMUNITY ROLE?

We spoke with a community health worker and a wellness coordinator at Mission High School.

HOW DOES THE CONCEPT OF UNDERAGE DRINKING MAKE YOU FEEL?

"Very upset, can lead to addiction, accidents, assault, fighting, should be banned for everyone"

"It happens in high school and younger years, many consequences when consuming at young age, including long term consequences."

WHY DO YOU THINK YOUNG PEOPLE TURN TO DRINKING?

"Multiple reasons: experimentation, being bored, peer pressure, culture, adults"

"Self medication"

WHERE DO YOU THINK YOUNG PEOPLE CAN GET HELP/WHO CAN THEY TURN TO IN THIS COMMUNITY?

- Staff/adults in the school building
- Wellness center (teachers can refer students)
- Therapists
- Community organizations that can help you outside of school; Ex. Teen Al-Anon

A WORD FROM OUR COMMUNITY

SOCIAL JUSTICE SHOUTOUT

Alcohol production is bad for the environment because it uses resources that are scarce to many, takes away the homes of wildlife, pollutes our ecosystems, and contributes to landfill.

Several communities don't have access to clean water on an average basis, but it's the key ingredient in making a variety of alcohol to its consumers.

Additionally, to make room for more crops used in alcohol, industries have cut down trees and natural habitats resulting in the destroyed homes of its fauna.

Alcohol industries use a lot of natural gases which pollutes both the air and water. Lastly, the material of alcohol containers, glass and aluminum, are hard to recycle.



WHO WE ARE

The City and County of San Francisco Department of Public Health (DPH) is funding a coalition of youth leaders who care about the impact of underage drinking on their friends, peers, families and community. This coalition is a partnership between DPH Population Health and the Children, Youth and Families (CYF) System of Care under Behavioral Health Services.

Over the course of the year, youth leaders will learn the skills to develop, plan, implement, and evaluate a social marketing campaign designed to change youth perceptions on the risk of harm associated with drinking alcohol. Working alongside other youth leaders that share your passion for making change, you will shape and develop education and marketing campaigns that support healthy choices by youth!

Thank you to our funder!

This coalition is funded by the San Francisco Department of Public Health and this coalition is a unique partnership between DPH Population Health and the Children, Youth and Families (CYF) System of Care under Behavioral Health Services.



