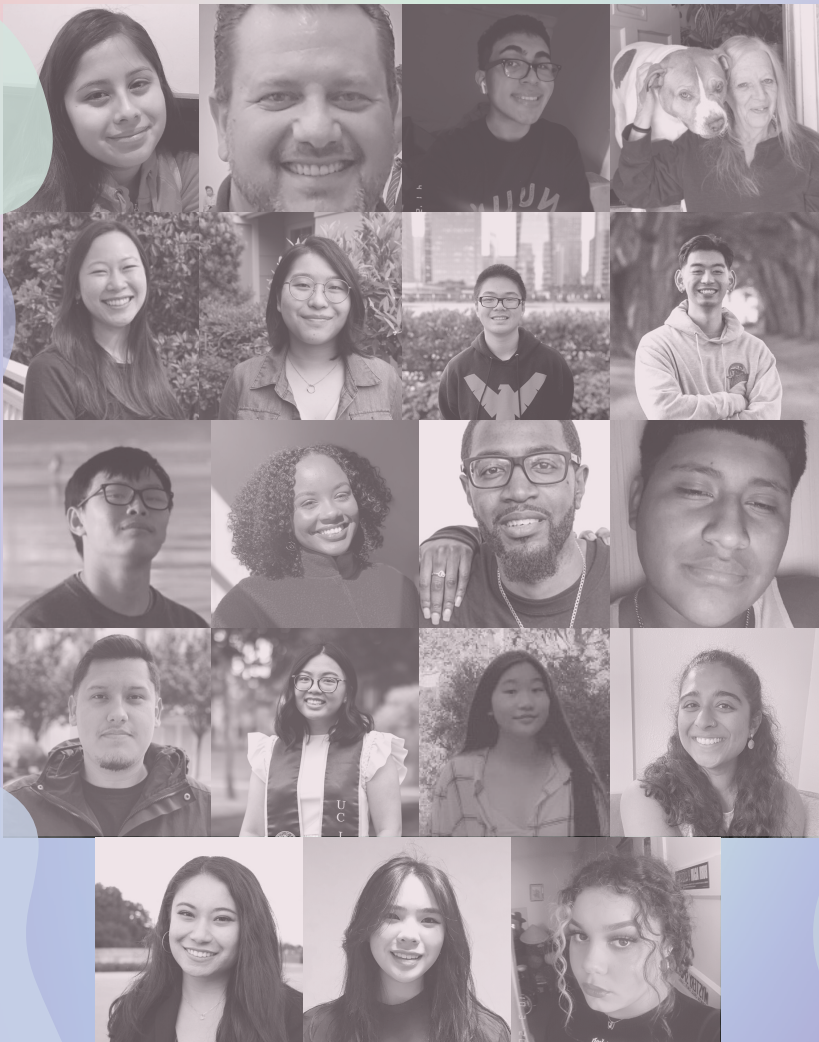


COMMUNITY VOICES

A digital magazine from the Youth Alcohol Prevention Coalition



NOTE FROM 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 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.



Southeast Asian
Development Center



YOUTH LEADERSHIP INSTITUTE
Use Your Voice

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Meet the YAPC partner organizations and youth members.

5 Youth Survey

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

7 Coloring Pages

Enjoy these coloring pages. Feel free to print the coloring pages out and share with friends!

9 Youth Activities

Enjoy this roundup of youth activities for young people in the San Francisco area.

11 Resource Guide

Check out these organizations in San Francisco that provide resources and support for young people. Contact each organization to learn more about what kind services are offered.

14 Thank You!

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

YAPC

Meet the team!



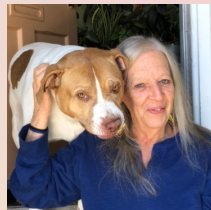
Edna Bolio
Horizons



Hector Ramos
Horizons



Patrick Lopez
Horizons



Donna Saffioti
Horizons



Debbie Irawan
JCYC



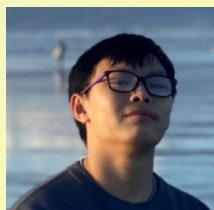
Alina Yang
JCYC



Derick Du
JCYC



Mikio Akima
JCYC



Paco Wu
JCYC



Tonie
YMCA



Dante
YMCA



Marlon
YMCA

YAPC

Meet the team!



Gibran
Jamestown



Stephanie
Nguyen
SEADC



Karen
Chau
SEADC



Arati
Warriar
YLI



Mary Toni
Cerrado
YLI



Sarah
Zhang
YLI



Kylie
Posadas
YLI

YOUTH THOUGHTS ON ALCOHOL



62 % of youth said that their parents and social media were the top two sources of information about alcohol.

A majority of youth surveyed said they do not think underage drinking is ok and said their friends agree.

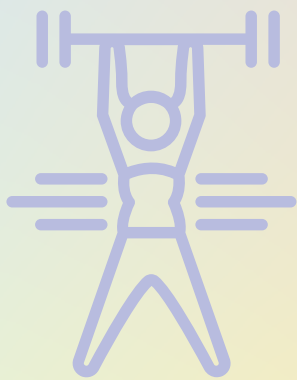


A majority of youth said their friends do not choose alcohol and said that they do not encourage their friends to drink.

Survey results on pages 6-7 are gathered from a youth survey conducted in 2019 that surveyed 800 students from Mission High School and George Washington High School in San Francisco, California.

YOUTH SELF CARE

Young people in the community were asked to identify the top five ways they practice self-care. Here's what they listed as the top three ways they take care of themselves:



1

Exercising and Staying Active



2

Eating Healthy

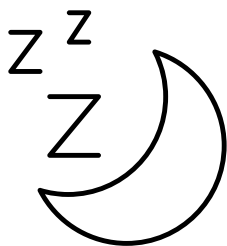
3

Getting Enough Sleep

ZzZ

COLORING PAGE

What are some ways you take care of yourself and your community?



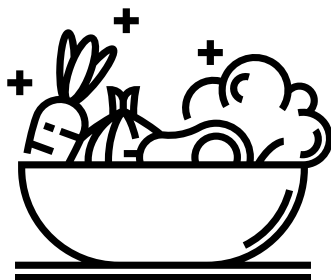
Getting enough sleep



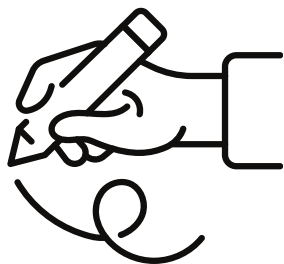
Celebrating yourself!



Quality time with
family and friends



Eating healthy



Writing or poetry

Create your own!

COLORING PAGE



YOUTH ACTIVITIES

We have put together a list of youth activities available for young people in the San Francisco area. Do you know of any youth activities you would like to share? Send them to us at mtcerrado@yli.org.



Image courtesy of YMCA

1

Activity Name:

- Job Readiness Training

Organization Name:

- Enterprise for Youth

Contact Information/Website:

- enterpriseforyouth.org/job-readiness

Description of the activity:

- Kickstart your career! In our comprehensive job-readiness training, youth participate in engaging workshops and receive individualized support that prepares them for success in a wide range of work settings.

What youth need to know:

- Must attend school or live in SF
- No minimum GPA requirement
- Students with any immigration status can apply
- Must be available for an internship during Nov-Dec or June-July

2

Activity Name:

- Prime and Prep: A Youth Culinary Program

Organization Name:

- YMCA

Contact Information/Website:

- Prime and Prep: A Youth Culinary Program

Description of the activity:

This program helps youth develop cooking skill that can be used in a kitchen. It's taught by a profession chef and provide youth the ability to find jobs in today's job market.

What youth need to know:

- Cost: Free
- Age: 13-18
- When: Tuesday, Wednesday, and Thursday, 4:30 pm - 6:30 pm
- Where: Mission YMCA, 4080 Mission Street, San Francisco
- When: Tuesdays, Wednesdays, and Thursdays, 4:30 pm-6:30 pm
- Where: Mission YMCA | 4080 Mission Street, San Francisco

YOUTH ACTIVITIES

We have put together a list of youth activities available for young people in the San Francisco area. Do you know of any youth activities you would like to share? Send them to us at mtcerrado@yli.org.



Image courtesy of YLI

3

Activity Name:

- Next Gen Program

Organization Name:

- Bay Area Video Coalition

Contact Information/Website:

- <https://bavc.org/youth-programs/next-gen>

Description of the activity:

- Participants explore a number of different techniques that range from traditional frame animation, to modern applications in motion graphics and game sprites. Learn how to tell your own story through video, music, animation, game design and coding using high-quality equipment and software in a supportive, collaborative environment.

What youth need to know:

- Must attend school or live in SF
- No minimum GPA requirement
- Students with any immigration status can apply
- Must be available for an internship during Nov-Dec or June-July

RESOURCE GUIDE

Connect with the service providers and community organizations below for more information on resources and support services in the San Francisco area.



GOOD SAMARITAN FAMILY RESOURCE CENTER

"The Good Samaritan Family Resource Center's mission is to help vulnerable families, including immigrant families, access needed services, develop self-sufficiency, and participate fully as members of the San Francisco community. Every day, we help striving immigrants and diverse families obtain the skills, support, and resources they need to overcome the challenges of poverty and displacement so, together, we can improve the world we share."

Website: <https://goodsamfrc.org/>



HOMELESS PRENATAL PROGRAM

"By seizing the motivational opportunity created by pregnancy and parenthood, HPP joins with families to help them recognize their strengths and trust in their capacity to transform their lives."

Website: www.homelessprenatal.org



HORIZONS UNLIMITED

Horizons Unlimited of San Francisco, Inc. (Horizons), established in 1965, is a community-based organization located in the Mission District, that offers substance abuse prevention, treatment, employment, mental health and gender specific services, for Latino and other youth of color, ages 12 to 26, and their families, residing in the Mission District and the city and county of San Francisco.

Website: horizons-sf.org



INSTITUTO FAMILIAR DE LA RAZA, INC.

"Serving over 6,000 clients each year, IFR provides health & wellness programs & services targeting the San Francisco Latino community. We are committed to addressing the most difficult issues impacting our community, whether that is HIV, violence, trauma, or other behavioral & mental health issues. Our programs recognize the full spectrum of wellness, spanning a continuum of mental health, HIV-related & social services, including health promotion & prevention, family support, early intervention, case management, violence prevention, comprehensive behavioral health services, and cultural activities and practices."

Website: ifrsf.org



JAMESTOWN COMMUNITY CENTER

"Through transformative youth development services rooted in the cultural and artistic traditions of our communities, we accompany youth and their families on their path to realize their full potential as powerful and healthy members of society."

Our programs include tutoring, before and after school academic enrichment, summer programs, social/emotional support, sports, youth workforce, parent leadership development and organizing, and Afro-Latino arts education and performance."

Phone: 415-647-4709

Website: www.jamestownsf.org

RESOURCE GUIDE

Connect with the service providers and community organizations below for more information on resources and support services in San Francisco.



JCYC - JAPANESE COMMUNITY YOUTH COUNCIL

JCYC is a child and youth development nonprofit organization. The mission of JCYC is to cultivate and enrich the lives of children and youth from diverse, multicultural communities throughout San Francisco and beyond. The organization provides a comprehensive continuum of care from preschool to college that empowers young people to realize their full potential as they grow into healthy, responsible adults."

Website: www.jcyc.org



LA RAZA CENTRO LEGAL

"La Raza Centro Legal is a community-based legal organization dedicated to empowering Latino, immigrant and low-income communities of San Francisco to advocate for their civil and human rights. We combine legal services and advocacy to build grassroots power and alliances towards creating a movement for a just society."

Website: lrcf.org



MISSION FOOD HUB

"The Mission Food Hub was founded in May 2020 to provide culturally appropriate groceries for families who were affected by COVID-19. In San Francisco, food inequity is currently impacting over 12,000 Latinos who are unemployed and the Mission District is Ground ZERO for the coronavirus. We started providing 500 families with one grocery bag a week. The lines of people rapidly grew to 1,800 within a couple of weeks. We are now providing culturally appropriate groceries three times a week to 7,000 families!"

Website: www.missionfoodhub.org



MISSION NEIGHBORHOOD HEALTH CENTER

"Mission Neighborhood Health Center honors our Latino roots with a tradition of providing compassionate, patient-centered care. We advocate for health equity and deliver innovative, high quality services responsive to the neighborhoods and diverse communities we serve."

Website: www.mnhc.org



MISSION NEIGHBORHOOD CENTERS INC.

"Mission Neighborhood Centers serves over 3000 low-income seniors, youth and families with young children at 11 sites throughout San Francisco. With a legacy dating back over 100 years, our guiding principles remain the same: empowerment, cultural affirmation and personal responsibility. We provide a continuum of educational programs and social services to the community populations most in need. MNC is a 501 (c) (3) non-profit organization. MNC delivers culturally sensitive, multi-generational, community-based services focused on low-income families. We develop and promote leadership skills that empower families to build strong, healthy and vibrant neighborhoods.

Our clients are predominantly Latino, African American and South Sea Islander families living in San Francisco's Mission, Excelsior, Mission Bay and Bayview Districts."

Website: mncsf.org

RESOURCE GUIDE

Connect with the service providers and community organizations below for more information on resources and support services in San Francisco.



Southeast Asian Development Center

SOUTHEAST ASIAN DEVELOPMENT CENTER

"Southeast Asian Development Center (SEADC) is dedicated to lifting children, youth and families from Cambodia, Laos and Vietnam out of poverty. The services provided at our center are Health and Wellness, Youth Development, and Economic Success. Please visit seadcenter.org to get more information about the services mentioned above."

Website: seadcenter.org

Contact: Stephanie Nguyen at snguyen@seadcenter.org or (650) 466-8841



NATIONAL SUICIDE PREVENTION LIFELINE

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Support available in Español and for those who are deaf or hard of hearing.

Phone: 1-800-273-8255 (English) or 1-888-628-9454 (Español)

Website: suicidepreventionlifeline.org



YOUTH LEADERSHIP INSTITUTE

Young people – particularly youth of color and their allies – are deeply motivated to address inequities in their communities. At Youth Leadership Institute, young people realize their power by learning to use their voices to create meaningful change.

We work within coalitions and with elected officials to promote policy change that makes our communities more equitable and just for young people, especially young people of color. And it's paying off with over 120 policy wins so far.

Change happens when conversations take place. At Youth Leadership Institute, we believe that conversations of real significance only occur when all voices are heard. And we're here to ensure that youth voice is heard. Loud and clear."

Website: yli.org

Contact: Mary Toni Cerrado at mtcerrado@yli.org for more information

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.



San Francisco Health Network
Behavioral Health Services