



STAR/PAL brings youth and law enforcement together today...to build safer communities tomorrow.

www.starpal.org

Be a superhero for youth...be a volunteer!

STAR/PAL is looking for law enforcement officers & firefighters (active or retired) and other enthusiastic individuals who are willing to volunteer with our unique organization and make a difference for inner-city youth!



ATHLETIC & RECREATIONAL PROGRAMS

Padres Camps • Chargers Camps • Outdoor Excursions • Fishing Derby

EDUCATIONAL & SEASONAL PROGRAMS

Making Changes • Teen-LEAP • Girl-E • InterACTion • Mentoring
Life Skills • Youth Center • Holiday Activities

See reverse for more program details

FUNDRAISING EFFORTS & EVENTS

Celebrity Waiter Luncheon • TRI-N-HARDER-4- KIDS Indoor Triathlon
"Friends of STAR/PAL" Membership Recruitment • Donation Requests

OPERATIONAL NEEDS

Administrative Assistance • Technical Expertise • Facility Upkeep



Volunteering meets educational incentive guidelines for most law enforcement agencies

Van training certification is a plus

WHO WE ARE...

STAR/PAL (Sports Training, Academics, Recreation/Police Athletic League) provides over 10,000 youth services annually in inner-city neighborhoods throughout the city and county of San Diego. Through generous donations & other support, STAR/PAL offers free educational, athletic, and recreational programs focusing on promoting youth safety, positive life choices, and academic success. By volunteering in partnership with our law enforcement program directors at STAR/PAL, you will assist underserved communities, help build a safer San Diego, and be a superhero for youth!

CONTACT US TODAY!

Please have your contact information added to our database to receive news about future volunteer opportunities & other fun-filled STAR/PAL events by calling Portia Dawson at [619-535-2706](tel:619-535-2706) or emailing her at pdawson@starpal.org



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STAR/PAL Youth Center and MYT (Mentoring Youth for Tomorrow)

- Youth from City Heights middle schools attend on a daily/regular basis. Recruitment is ongoing.
- Curriculum includes homework assistance, sports activities, field trips, and monthly crime prevention presentations.
- Mentors from SDSU, UCSD, and SDPD actively tutor youth and help with homework assignments onsite at STAR/PAL.
- The MYT program includes weekly excursions to various locations in San Diego aimed at outdoor enrichment and mentoring (every Wednesday afternoon).

Making Changes

- Meets every Tuesday evening at STAR/PAL from 5 – 7 pm.
- 50 youth have been selected from Teen LEAP, InterACTion, GirL-E, and Man Up programs, as well as from surrounding high schools, to participate in this ongoing program.
- Curriculum: brings youth and volunteer mentors together for a civic engagement based curriculum designed to educate teens on the importance of making correct life decisions and empowering them as leaders in their community.

Teen LEAP

- These 9th grade students at each school are encouraged to be effective leaders within their schools and communities by engaging in new experiences which give them tools to become leaders.
- This program promotes awareness about problems within the community while also encouraging civic involvement to address the problems. The curriculum includes two sessions on financial literacy training provided by U.S. Bank, in addition to juvenile law, street gang prevention, and personal development/public speaking and photojournalism.

InterACTion

- In partnership with the La Jolla Playhouse, InterACTion at Crawford High School is part of the Academy of Law class.
- This crime prevention education program involves creative writing and drama in collaboration with the La Jolla Playhouse. Covered topics include bullying, sexual assault, juvenile law, gangs and graffiti, internet safety, decision making, and self-motivation. Emphasis is to educate students about the law and provide them with the skills necessary to make positive choices when faced with negative

GirL-E Diversion Program

- An ongoing 6 week program for teenage girls that focuses on self-image, juvenile law, basic life skills, including the dangers of social media, human trafficking, sexually transmitted diseases, and substance abuse. Girls are taught sexual assault prevention, career preparation, financial literacy, and community awareness. Participants are selected from curfew & truancy sweeps and provided a diversion option, as well as referrals from local high schools.
- GirL-E meets Wednesday evenings from 5:00 to 7:00 pm at the STAR/PAL Youth Center.

KidSafe Academy

- The program will be initiated in the Linda Vista neighborhood with Linda Vista Elementary, Kit Carson Elementary and Chesterton Elementary. The program will be taught over a three to five-week period, meeting once a week in third grade classes. The primary purpose of the academy is to convey vital information regarding personal safety to youth.

Life Skills Program

- The “Life Skills Program provides skills to youth currently being supervised by the Juvenile Gang Intervention and Intensive Supervision Unit’s (JGIISU) to assist their transition into adulthood.
- 9-week curriculum designed to assist in becoming self-sufficient adults by providing tools to enter the work force, obtain a driver’s license, open a bank account, lead a healthy lifestyle. Offers information regarding college, trade school and military options, tattoo removal, probation record sealing.

MAN UP Diversion Program

- An ongoing program for teenage boys that focuses on self-esteem, juvenile law, basic life skills including the dangers of social media and substance abuse, career prep, healthy relationships, and community awareness. Participants are selected from curfew & truancy sweeps, as well as referrals from local high schools, and a provided diversion option.
- MAN UP meets Thursday evenings from 5:00 to 7:00 pm at the STAR/PAL Youth Center.

WE CAN Diversion Program

- An eight-week program for high school students to focus on life skills, self-esteem, building confidence through public speaking.
- Understanding legal and ethical rights as juveniles.
- Healthy teen relationships, understanding the dangers of social media and substance abuse.

San Diego Padres Baseball Clinics (Countywide)

- A total of 60 youth participants are planned for each camp with instructional drills/KidSafe lesson on the first day, and a San Diego Padres baseball game at Petco Park the second day.



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One-Day Outreach/Educational Activities (Countywide):

- Internet Safety Parent Presentation at Horizon January
- Juvenile Law presentation at The Center for Children
(Residential facility for youth with special needs) January
- Farmers Insurance Open – Farmers Community Dinner Speaking Engagement January
- Farmers Insurance Open – Onsite Booth January
- TRI-N-HARDER-4-KIDS, Indoor Triathlon February
- Better A Block, Community outreach event with Southeastern Division February
- Randy Jones Run Walk for Home of Guiding Hands February
- Padres Caravan event (Kickball) with M.Y.T. February
- SARB Hearing February
- Juvenile Law Presentation at Crawford High School February
- Crawford Mock Trial with Crawford High School February
- San Diego County Mock Trial Competition February
- Rachel's Challenge Presentation March
- ACC Black and White Ball March
- My Girlfriend's Closet (17 girls from Making Changes and GirL-E participated) March
- Circus Vargas event and presentation March
- Bike Rodeo with SDPD JST officers (youth from M.Y.T. and Pro Kids) March
- Celebrity Waiter Luncheon May
- Annual Surf Clinic August
- Basketball Clinic, MCRD TBD, Summer
- Annual Fishing Derby October