



# Teen Advisory Board

Projects and Events

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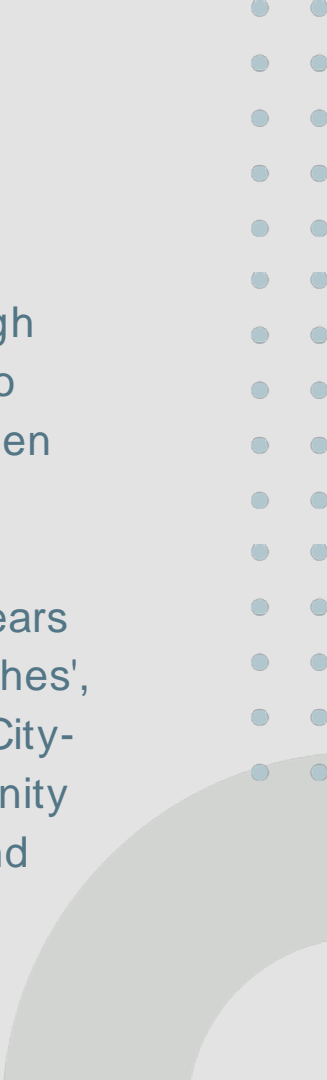




# Who We Are

The Teen Advisory Board (TAB) is a group of 15 highly dedicated high school students who plan and lead events for teens in Palo Alto. To achieve their mission statement, TAB develops ideas, implements teen programs, and encourages teen involvement.

Some of the events and programs TAB has implemented in recent years include 'Tab's Haunted Escape Room', 'Socks & Sockets', 'Boba & Brushes', and 'Palopalooza'. TAB has also participated in the City of Palo Alto's City-wide toy drive and MLK Jr. Day of Celebration. TAB is a great opportunity for high school students to conduct themselves as professionals and grants them the freedom to take on active leadership roles.



# Members and Officers

**President:** Cindy Liu

**Vice President:** Stephanie Peng

**Secretary:** Clarice Wang

**Public Information Officers :** Ashley Hung & Zoe Rosenfeld

## Members:

Alma Caselles

Liza Podkamenna

Kailee Kee

Ria Rajput

Matthew Clark

Noor Park

Isaac Oh

Aanya Vusirkala

Matthew Lee

Esther Chung

Gunn - 6

Paly - 8

Harker - 1



# 2020-2021 Events

# Scavenger hunts (11/30-12/13)



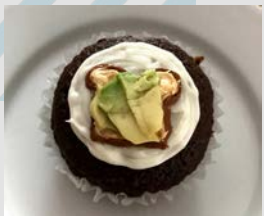
- Seasonal (fall)
  - Rinconada Park
  - Answer trivia questions about fall



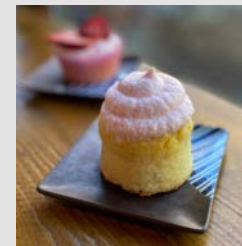
- Murder Mystery
  - Mitchell Park
  - Follow a storyline and clues to solve a mystery



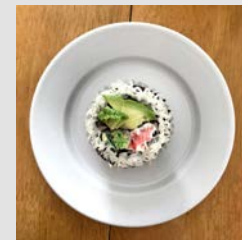
- Gift card prizes!



# Cupcake Wars



- At-home cupcake decorating contest
- Material distribution weekend at the Mitchell Park Library
- Here are some of the submissions:



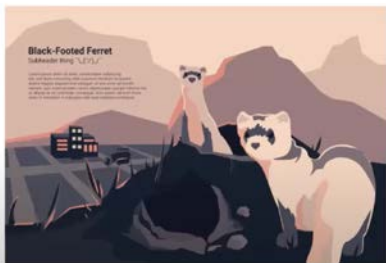
# Cupcake Wars (2/22-2/28)

## Prize categories

- Best recreation of another cupcake
- Most creative
- Most creative incorporation of a special ingredient (avocado)
- Best spring themed

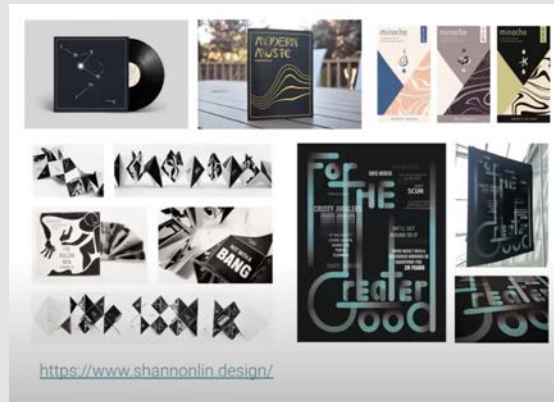
Here are the winners!





# Arts Workshop Series

Virtual Workshop Series for teens interested in bullet journaling, drawing, and graphic design.





# Future Goals

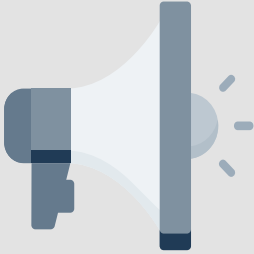
# Fun and Engaging In-Person Events



- To bounce back from the pandemic, TAB's future activities include holding in-person events.
- These events could include a variety of activities from game nights and movie streams to fundraisers and food drives.



# Support From Parks and Rec



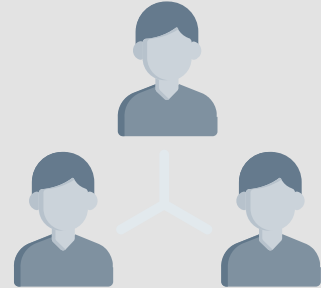
## Publicity for Events

Advertisements on  
City websites



## Ongoing Communication

Advice? Suggestions?  
Questions?  
Involvement with  
school-wide decisions  
Reports



## Engagement

i.e. Parks and Rec Meet &  
Greet for all teens



# Thank you!

Any questions?

Email us at [paofficialtab@gmail.com](mailto:paofficialtab@gmail.com)!



PALO ALTO

**YOUTH COUNCIL**

**2020-2021**

**Study Session**

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# Who We Are

## ■ 18 Palo Alto teens

- Gunn - 10
- Castilleja - 5
- PALY - 1
- Menlo - 1
- Woodside Priory - 1

## ■ Address youth needs and communicate city affairs to them.

## ■ Use funding to improve and connect with the youth community.



# Members & Officers

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- **President:** Daniel Pei
- **Vice President:** Emily Chan
- **Secretary:** Anika Mittal
- **Public Information Officers :** Akul Datta and Abigail Milne

- **Members:**

- |                   |                |               |                |
|-------------------|----------------|---------------|----------------|
| □ Andrew Kim      | Mahima Agrawal | Grant Cheng   | Emily Chan     |
| □ Catherine Liang | Faiz Hilaly    | Monica Sidana | Kayley Spencer |
| □ Claire Liu      | Ronald Li      | Irene Kim     |                |
| □ Divya Ganesan   |                |               |                |

# 2020-2021 Projects

## ■ Online Finals Study Cram Slam

- Different breakout rooms:
  - Collaborative Study Groups
  - Help from Teachers
  - Silent Study
  - Game Room
- 50+ students in attendance

**Finals Study**  
**CRAM SLAM**

December 8, 9, and 10  
6-8:30pm

Study for finals with friends!  
Join us on Zoom for help  
from tutors and a supportive  
study environment.

Enter a raffle for gift cards  
from Boba Guys, Chipotle,  
Doordash, and In 'n Out.

**zoom**  
912 0603 0633  
<https://cityofpaloalto.zoom.us/j/91206030633>

Palo Alto  
Teen Advisory Board

PALO ALTO  
YOUTH COUNCIL

# Political Engagement Events

Our Goal:  
Engage  
students in  
political events  
locally and  
nationally

# 2020-2021 Projects

- Virtual Debate Watch Party
  - Streamed Debate Live
  - Included introduction and post debate-discussion

The Palo Alto Youth Council invites you to the  
**VIRTUAL DEBATE WATCH PARTY**

Thursday, October 22nd at 5:45 PM



Join us online to watch and discuss about the final Presidential Debate\*!

**Debate Topics**

Fighting COVID-19	American Families	Race in America
Climate Change	National Security	Leadership

\*The Virtual Debate Watch Party is open to all high school students, regardless of political stance. By hosting this Virtual Debate Watch Party, we (the Palo Alto Youth Council) are not endorsing or affiliating with any political party or any candidate. We encourage all students to attend and learn about political stances, perspectives, and debates.



# 2020-2021 Projects



# 2020-2021 Projects

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## ■ City Council Candidate Profiles

- Brief bios were posted about each candidate
- Views on policy, qualifications, websites



# Youth Mental Health During the Pandemic

Our Goal:  
Address the  
isolation,  
anxiety, and  
stress of teens  
exacerbated by  
the COVID-19  
Pandemic

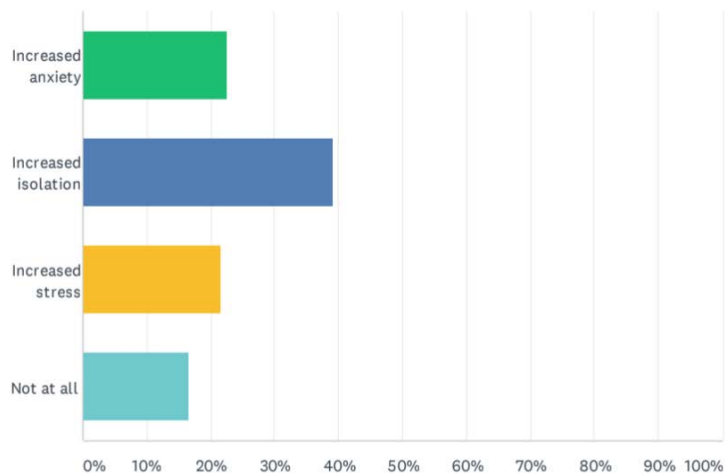
# 2020-2021 Projects

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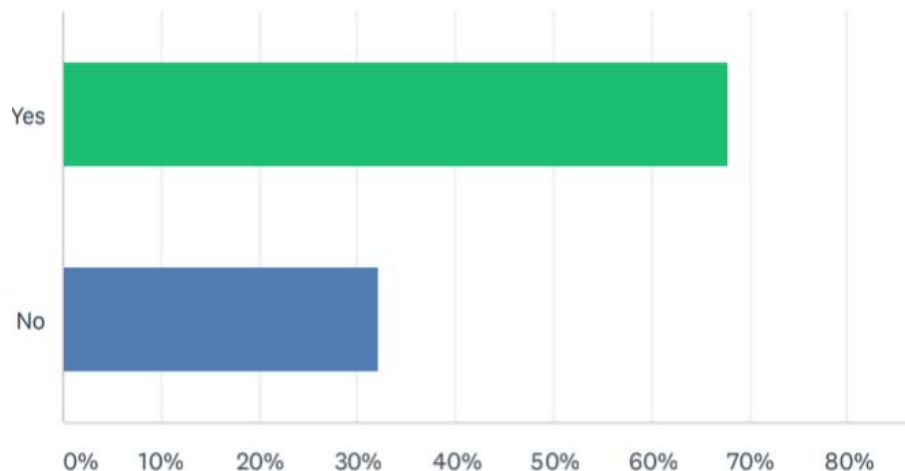
## ■ Teen Mental Health

- Help the city and local schools understand the importance of mental health
- Understand the struggles of isolation
- Spread awareness, work with schools for solutions
- Advocate for programs to reduce stress

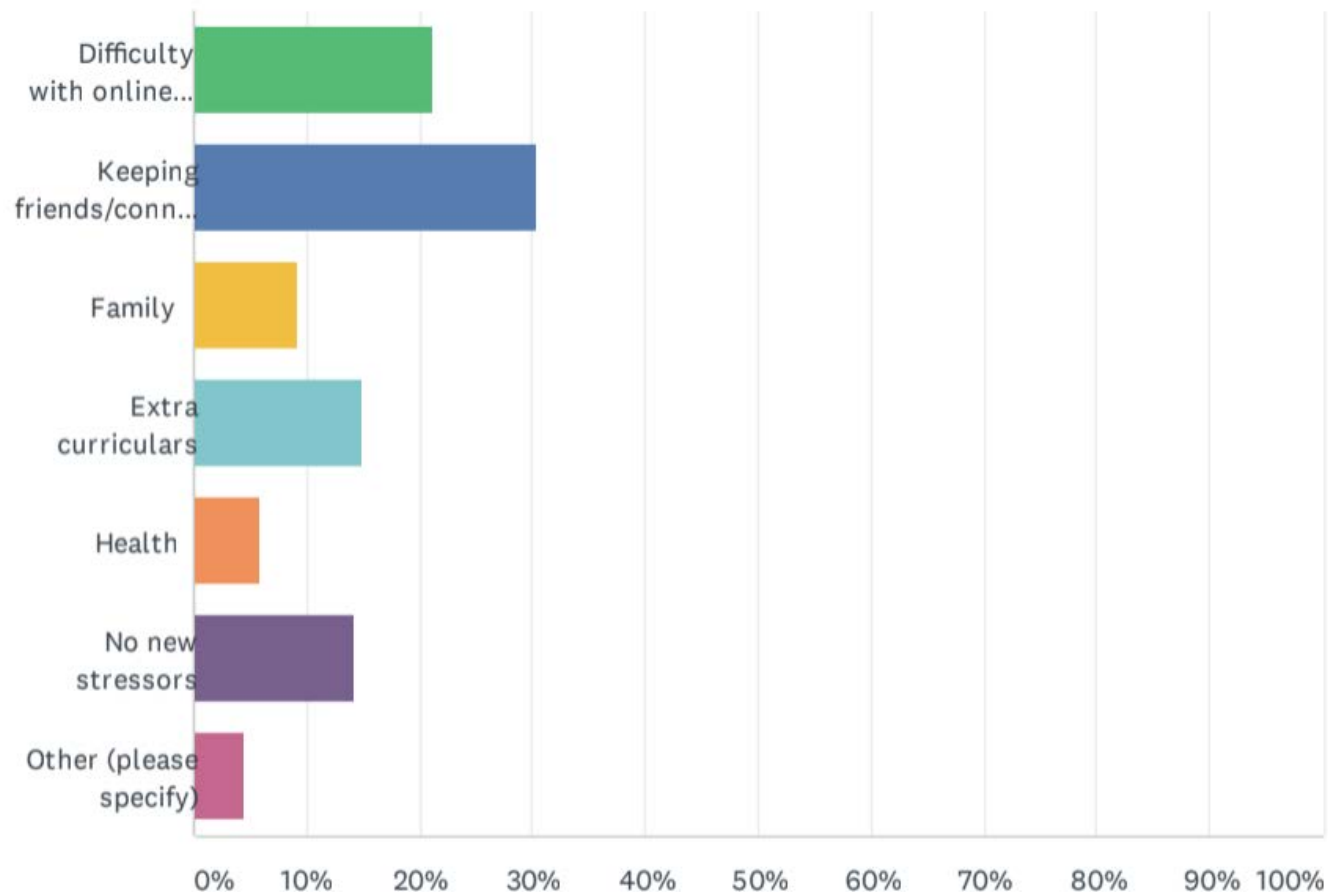
In what ways has the COVID-19 pandemic affected your mental health?



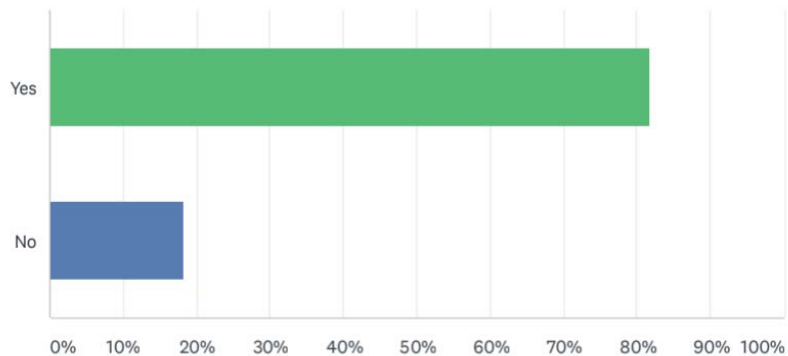
Are you dealing with additional stress due to the pandemic?



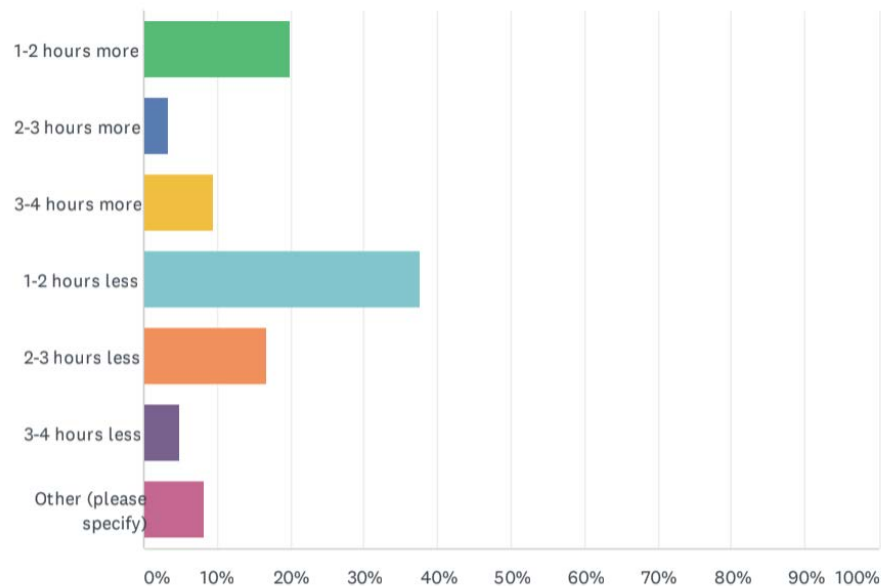
Do you have any stressors in your life? If so, what are they?



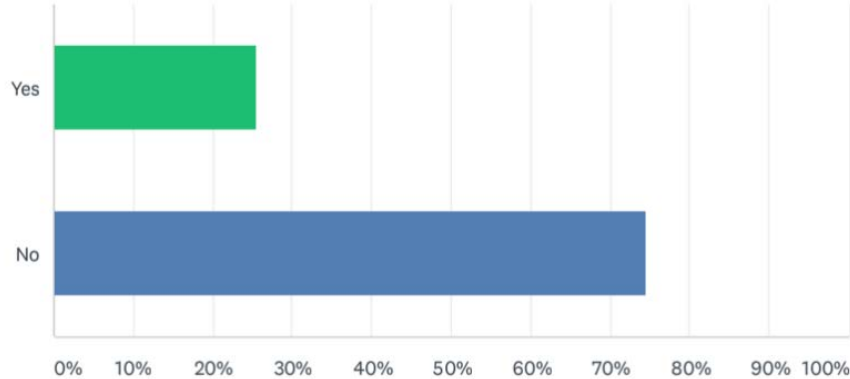
Has your sleep pattern changed during the pandemic?



How many hours of sleep have you been getting?

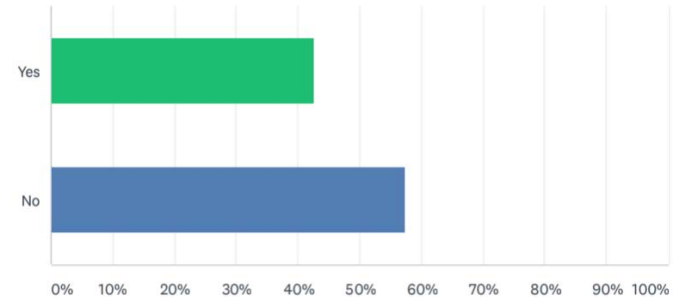
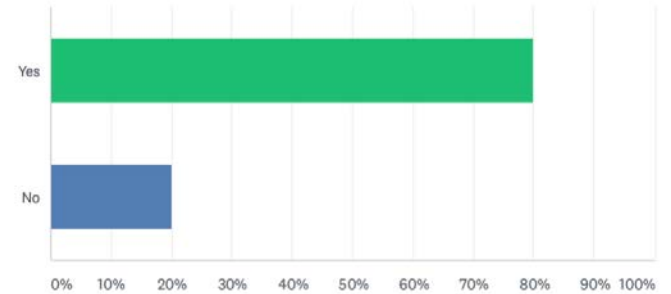


Are there any current programs in place that have been helping you?



If you are struggling, have you reached out to get help?

Do you have a trusted adult or advisor you feel you can reach out to if you are struggling?



# Sixth Grade Game Nights

Our Goal: Foster  
social  
connections  
between sixth  
graders through  
bi-weekly social  
activities

# 2020-2021 Projects

## ■ Sixth Grade Game Nights

- Three Friday nights in February-March
- “Would You Rather” icebreakers
- Among Us and Skribbl.io in breakout rooms
- Open time to talk and connect
- Kahoot challenge
- Prize wheel winners given Teaspoon gift cards





# Future Goals

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- Policy Based
  - Concentrate on local government
- Represent Teen Voice
- Continue to communicate with Parks and Rec Commission
- Collaboration with Parks and Rec on Events

# Support from Parks and Rec Commission

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- Publicity for all Events

- Advertisements on city websites

- Ongoing Communication

- Advice? Suggestions? Questions?
  - Involvement with school-wide decisions and proposals
  - Reports

# Thanks!

## Any Questions?