Beach Cities Health District (BCHD) offers more than 40 health and wellness programs and services, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. BCHD partners with the Manhattan Beach Unified School District (MBUSD) to offer programs that increase physical activity, improve nutrition and promote social-emotional well-being.

Beach Cities Health District’s Youth Health Priorities

- Nutrition and Physical Activity
- Mindfulness, Social-Emotional Learning & Stress Reduction
- Bullying Prevention
- Substance Use Prevention
- Support of Evidence-Based Tobacco Policies

Key Indicators of Health

To determine the community health needs of school-aged youth in the Beach Cities, data from the California Healthy Kids Survey is aggregated across all three Beach Cities school districts.

- 40% of 7th graders reported experiencing harassment or bullying within the past 12 months
- 16% of 11th graders reported seriously considering attempting suicide in the past 12 months
- 42% of 11th graders have used drugs or alcohol in the past 30 days, on average

For more information about BCHD’s Youth Services programs, visit bchd.org/schools or call (310) 374-3426.
Physical Activity

**International Walk to School Day**
This annual event on Oct. 10 brings together BCHD staff, local elected officials, police officers and volunteers to support every elementary school across the three Beach Cities.

**Bike to School Day**
In partnership with Beach Cities Cycling Club, Manhattan Beach Police Department, Leadership Manhattan Beach and the South Bay Bicycle Coalition, BCHD supports Manhattan Beach Middle School’s annual Bike to School Day in May.

**Youth Bicycle and Pedestrian Education**
Beach Cities Cycling Club teaches students skills to be safe and confident pedestrians and cyclists. The interactive program is customized for grade levels and school needs.

Volunteer with Us

More than 700 volunteers support school health programs and events across the Beach Cities, providing nearly 13,500 of service hours annually. Volunteers play an integral role improving the health and well-being of students, school families and staff.

- **Garden Angels**
- **Administrative Support Volunteers**
- **Families Connected Parent Advisory Group**
- **School Event Volunteers**

Consider being part of our volunteer network and share your talents with those who need it most. To learn more visit [bchd.org/volunteer](http://bchd.org/volunteer) or call (310) 374-3426 ext. 246.
MindUP
This evidence-based program is grounded in neuroscience, mindful awareness, positive psychology and social-emotional learning, and is delivered in kindergarten-fifth grade at MBUSD.

Second Step
This research-based middle school program is designed to increase students’ school success and decrease problem behavior through social-emotional learning and competencies.

Purpose Series
Offers students lessons to help identify their aptitudes, values and create a purpose statement and action plan towards a purposeful life.

Substance Use Prevention
Manhattan Beach Middle School partners with Straight Up, a Behavioral Health Alcohol and Drug prevention program, and BCHD for two days of substance use prevention events for all 8th grade students.

South Bay Families Connected
A not-for-profit organization whose mission is to improve the social and emotional wellness of youth by supporting parents in their efforts to help their children reach their full potential and live healthy, fulfilled lives. BCHD partners with South Bay Families Connected to offer the Families Connected Speaker Series and Parent Chat. See mbmsfamiliesconnected.org or mchsfamiliesconnected.org for resources.

Advisory Groups
BCHD convenes four advisory groups (Families Connected Parent Advisory Group, Youth Advisory Council, Social-Emotional Wellness School Advisory Board and Student Mental Health Provider Task Force) with representatives from all three Beach Cities school districts to work together and implement solutions to youth-related issues and topics.

School Wellness Councils / Social-Emotional Wellness Committees
These committees set health priorities for each school and are led by principals and are comprised of teachers, staff, students, parents and community members to create an environment that promotes health and wellness.

Challenge Success
A not-for-profit organization that helps students gain research-based academic, social and emotional skills needed for success. Mira Costa High School, in partnership with Challenge Success, is working toward redefining the meaning of success to emphasize the journey more than the destination.

For more information about BCHD’s Youth Services programs, visit bchd.org/schools or call (310) 374-3426.
“Parenting in the Digital World”
Presented by the Cyber Cop
Hear from the “Cyber Cop,” Clayton Cranford, a law enforcement professional and one of the nation’s leading educators on social media, and learn about the risks and benefits of digital technology in today’s age.

Monday, Sept. 17, 6:30 – 8 p.m.
Hermosa Beach Community Center
710 Pier Ave., Hermosa Beach

Parent Connection Groups
These informal walking groups give parents an opportunity to connect with other parents on a range of topics. Groups are led by parent volunteers.

Wednesday, Sept. 26, 9 – 10 a.m.
Aviation Park
1935 Manhattan Beach Blvd., Redondo Beach

No registration necessary

Small-Group Workshops
Each workshop will be led by a local expert and expand on topics discussed during the Families Connected Speaker Series events, including cyber safety, vaping and anxiety.

Instagram
Monday, Oct. 1, 1 – 2 p.m.
Manhattan Beach Unified School District office

Snapchat
Tuesday, Oct. 2, 6:30 – 7:30 p.m.
Manhattan Beach Unified School District office

Register at southbayfamiliesconnected.org
Childcare available through AdventurePlex