

2025 Youth Summit, District 5

Presented by: Supervisor Shanelle Scales-Preston
Contra Costa County

Theme: Power Up: Preparing Youth for What's Next

Tagline: Explore. Elevate. Lead.



Saturday, September 20, 2025



Los Medanos College, Pittsburg, CA



Emcee: Eddie Cortes

8:00 – 9:00 AM | Registration & Check-In

Grab your swag bag and get ready for the day!

9:00 – 10:00 AM | Opening Keynote

“Hope is a Practice” – Dr. Julia Garcia



A powerful kickoff on mental health, belonging, and empowerment.

10:00 – 10:07 AM | Raffle Drawing

10:15 – 10:50 AM | Workshop Session One: Mental Wellness, Advocacy & Sustainability

- **Real Talk: How to Set Boundaries Without Feeling Bad**
Learn to say “no” without guilt and protect your energy.
- **Eco-Hustle: Turning Climate Action into Community Impact**
Make moves for the planet and your community.
- **The Change Agent Toolkit: How to Advocate, Organize & Win**
Build campaigns that matter and rally your crew.
- **Mind Over Media: Protecting Mental Health in a Hyperconnected World**
Find balance in a 24/7 online world.

10:57 – 11:57 AM | Midday Keynote

“Your Story. Your Power. Your Future.” – Nicki Joiner



Career readiness + confidence = your next level.

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11:57 – 12:04 PM | Raffle Drawing

12:04 – 1:34 PM | Lunch & Youth Innovation Fest

Food trucks • Music • Career & Education Fair • Live performances 🎵

1:34 – 2:09 PM | Workshop Session Two: Digital Innovation, Leadership & Career Readiness

- **Digital Dream Jobs: Careers You Haven't Heard of (Yet)**
Step into the future of work.
- **Build It, Code It, Own It: Create Your First App Idea**
Pitch your own app (no coding needed).
- **Future CEOs: Launching Microbusinesses as a Teen**
Turn your hustle into a business.
- **Lead Loud: What Real Youth Leadership Looks Like**
Leadership your way—authentic and bold.
- **AI Unlocked: How to Use ChatGPT, Copilot & More Responsibly**
Discover how to use AI the right way for school, work, and life.

2:16 – 2:51 PM | Workshop Session Three: Self-Empowerment & Future Planning

- **Level Up: Making Your First Budget (and Sticking to It)**
Budget for the things that matter most.
- **Shield Up: Protecting Yourself Online & IRL**
Stay safe, smart, and strong everywhere.
- **Branding Yourself: Personal Branding & Professional Networking**
Build your image and connections.
- **Finding Your Path: Career Exploration and Goal Setting**
Map out your next steps.

2:58 – 3:58 PM | Closing Keynote

“From Possible to Powerful” – EJ Carrion



Walk out unstoppable—turn obstacles into opportunities.

3:58 – 4:00 PM | Closing Celebration: Final raffle + big send-off 🎉