

Teen Commission Meeting

April 8, 2026

Presentations

Item #2

Youth Led Organization,

Unmuted Tabs

PITCH DECK



TEAM



OUTREACH

Medhavi Modi



EVENT PLANNING

Oishee Banerjee



CONTENT CREATION/ SOCIAL MEDIA

Nishi Patel

CHALLENGES

1.

SOCIAL PRESSURE

- FOMO
- Social environment
- Toxic relationships
- Disconnection with parents
- Impostor syndrome

2.

FUTURE PREPERATION

- Career planing
- Parental pressure
- AI causing a decline in originality
- Burnout & unproductivness

3.

INTERNAL EMOTIONAL REGULATION

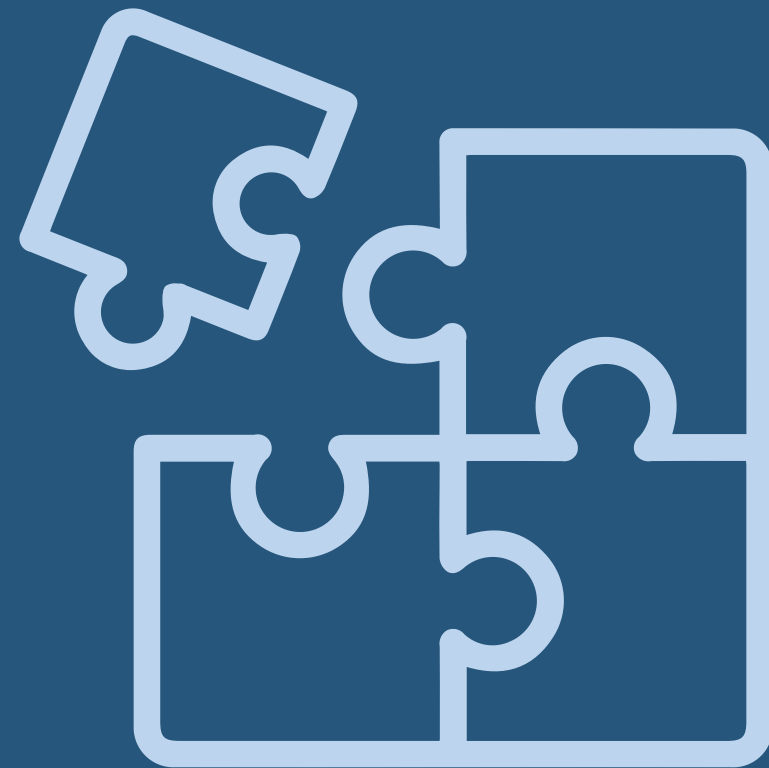
- Anxiety
- Depression
- Social anxiety
- Isolation



SOLUTIONS

INTERNAL EMOTIONAL REGULATION

- Explaining differences/causes of anxiety, depression, and isolation
- Becoming mindful about what you intake
- Finding your coping strategy



SOCIAL PRESSURE

- Limit FOMO triggers
 - Choose circle carefully
 - Change mindset to see positive in situations
-

FUTURE PREPARATION

- Find ways to use AI in a positive way
 - Strategic ways of productivity
 - Healthy communications between child-parents
-



PLAN



Podcasts

- Featuring guests that provide advice from personal experience
- Unfiltered stories to break the illusion of perfection
- Provide strategies to cope with the personal struggles

Social Media Outreach

- Instagram posts
- Tik toks for behind the scenes
- Website for general questions
- Spotify to acess podcasts

Community advocacy

- Participating in community fairs to advocate mental health
- Collaborating with other clubs and organizations
- Working with the Cupertino Public Library to spread awareness

THANK YOU
THANK YOU

2026

INSTAGRAM
[@unmutedtabs](#)

EMAIL
unmutedtabs@gmail.com

WEBSITE
[Unmuted Tabs](#)

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Presentations

Item #3

City of Cupertino Summer
Jobs Presentation

Parks and Recreation Department Part time Summer Jobs

April 8, 2026

Teen Commission Meeting



CUPERTINO

Summer Job Opportunities

- Recreation Leader
- Senior Recreation Leader
- Customer Service Attendant
- Lifeguard
- Volunteer – Leader in Training

Recreation Leaders

- Works directly with our camp participants
- Implements camp curriculum through games and activities
- Represents our department on the front line
 - Pay Scale \$18.70 to \$20.70



Senior Recreation Leaders

- Implements camp curriculum through games and activities
- Represents our department on the front line to parents
- Takes a lead on working with Volunteers and Recreation Leaders
 - Pay Scale \$21.20 to \$23.20



Recreation Leader and Senior Recreation Leader Camps

Adventure Camp



Preschool Adventures



Summer Science Fun/Nature Camp



Customer Service Attendants

- Represents our department on the front line to the public
- Facilitates pool admission, operates Blackberry Farm Café, and helps maintain facility cleanliness
 - Pay Scale \$18.70 to \$20.70

Lifeguards/Swim Instructor

- Represent our department on the front line to the public
- Lifeguards and Swim Instructors are responsible for the safety and well-being of patrons at the pool as well as for teaching swim lessons.
- Pay Scale \$18.70 to \$20.70



Customer Service Attendants and Lifeguards at Black Berry Farm



Volunteers – Leaders in Training

Leaders in Training (LIT's) are our summer volunteers. These volunteers work in our summer programs only.

LIT's learn from Recreation Leaders (staff) on how to run summer camps and growing their teamwork, leadership, and communication skills.



LIT Camps

Adventure Camp



Preschool Adventures



Summer Science Fun/Nature Camp



Questions?



CUPERTINO

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Item #5

Unmuted Tabs for Teen
Commission Highlight
Program

Parks and Recreation Department Evaluation of Youth Led Organization for Highlight

April 8, 2026

Teen Commission



CUPERTINO

Agenda

- Review Youth Led Organization Application
- Consider Youth Led Organization for Highlight spot by Teen Commission

Reminder of the Questions to Answer

- What is your YLO's goals?
- What do you want to achieve?
- What are your plans to increase engagement in the future?
- What are the plans for the YLO after you graduate from high school?
- Do you have a plan for the longevity of the organization?
- Why do they want the YLO highlight?
- What is the organization's impact on Cupertino?
- What made them want to start the YLO?

Organization

- Unmuted Tabs
- Contact: Oishee Banerjee
- Instagram:
<https://www.instagram.com/unmutedtabs/?hl=en>

Organization Continued

- We are a teen health podcast series created by teens, for teens. We open up honest, helpful conversations about the things that matter most to teens.



How long has your organization been active?

2-3 months

How Does the Organization Engage Participants?

- We currently do it in short form videos, and podcast episodes/ instagram posts.

What are the Plans for the After Graduation?

- We hope to create a lasting impact by developing a detailed leadership pipeline, mentoring underclassmen, and maintaining resources so the organization can continue to grow and serve teen mental health as a current topic, long after the we graduate.

What Makes the Organization Unique?

- Think of a teen brain like a browser. They've got many tabs open at once: school, social life, future stress, and that one "muted" tab in the background where their mental health actually lives. We're just here to find that tab, unmute it, and talk about what's actually playing.

Why should Teen Commission Highlight the Organization?

- Most mental health "resources" for teens feel like they were written by people who haven't been seeing teen mental health as the teen does. There's a massive gap between clinical advice and what it's actually like to live online, deal with academic burnout, and figure out who you are. We're here to fill that gap.

Questions?



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