

LM: Having a participant tell me that they had never been rock climbing before and that they knew for a fact that they couldn't do it because they had never been. That's not something for them, that's not something that they did, and then having them do it and tell me that they loved it. Now that's something that they wanted to do. Or having a kid tell me that they're Black and so they don't get in the water. Then tell me that they love to kayak, and this is something they have to do again. That they're going to tell their parents that this is something that we're going to go and do. On one of Rady's programs, we had a participant, he was talking about his rock climbing experiences. We had asked them how they could bring the experiences that they had learned during rock climbing into their everyday lives. He had told me that rock climbing is so difficult, and sometimes you feel like you're going to fall and you're going to fail, and you want to get down.

In the end, he got to the top of the wall and he said, "If I can do that, then I can finish high school 'cause high school is difficult, but I beat that wall and I can finish high school." Another participant, she was telling me that rock climbing is like you have to move your body and you have to contort it in different ways and look at it from a different perspective. That's kind of like life because life is challenging, and it makes you contort in different ways that makes you uncomfortable. You have to look at it from people's different views and listen from people's different perspectives and see different perspectives in order to get up the wall. I think that those stories of impact that I hear from the kids, that I see of the kids, kids that come into the program and don't want to talk to you and have their headphones in and their hoodies up. By the end of the program, they're having friends and they're talking about going out after the program and going to the mall and telling me that they found their best friends in the program.

I can't name just one activity, one program, or one trip because they all accumulate to show that these kids are being truly, in a positive way, impacted by the work that we do. Going up to Sacramento, having kids ask to go to Sacramento for parks boards and to talk to senators and governors and the First Partner. We went up with a couple of our participants and they told them just how meaningful their experience was in San Diego. How they could change the transportation system in order for them to get to the beach more or to get to rock climbing places more. Talking to the Governor and the First Partner and talking in front of council members and policymakers because they feel so empowered by the program that we're in. They know that they can make a difference. I think those stories and those experiences really show just the accessibility and the diversity and the change that's happened since this program has come to San Diego.