

# VOLUNTEERING TO HELP OTHERS

Developing your ethical maturity is all about becoming the best person you can be. It's important to learn to love yourself first, but it's also important to reach out to those around you. Volunteering can help you feel good about yourself, and help give your life more meaning and depth. No one can take away the memories you will always have from giving your time and effort to others. Which of the following volunteer ideas sound interesting to you? Go to the Internet for contact information.

**American Red Cross**—Volunteer to help in their office, or try to raise money for disaster relief. Call your local Chapter to see what needs they might have.

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.

**Church**—Most churches have youth programs, and those organizations often do community service as one of their activities.

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.



**Boy Scouts or Girl Scouts of America**—These organizations help young people develop themselves in many of the areas of maturity, and most clubs volunteer for some cause. Call your local chapter.

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.

**Hospitals**—Most hospitals encourage young people to volunteer to help deliver items to the patients, and perform other tasks that help keep the patients happy.

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.

# MORE VOLUNTEERING IDEAS



**Summer Camps**—School districts and city parks programs usually offer summer safety camps and/or sports camps for the younger children. You could see if they need volunteers to lead a small group of campers. Other organizations that might need young people to volunteer in their camps are: Easter Seals, the Autism Society of America, Boys and Girls Club, and the YMCA.

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.

**Humane Society**—Contact your local humane society to see if they need help with feeding, exercising, and/or the general care of the animals and their environments.

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.

**Museums**—Is there a children’s museum in your area? Perhaps you could see if they need some help.

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.

**Library**—Maybe your local library could use some help shelving books, or help with some other tasks.

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.

**Special Olympics**—Check out their website to see if they could use your help.

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.

## EVEN MORE VOLUNTEERING IDEAS!

**Local Food Banks**—Contact your local county food bank to see if you are needed in the warehouse, to sort or stack food.

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.

**Salvation Army**, and other local organizations that reach out to those in need. Perhaps you could help serve food at a soup kitchen, or help in a thrift store that is sponsored by a non-profit organization.

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.

**Local retirement homes, nursing homes, or senior centers**—The directors of these organizations are often looking for young people to sit and visit with their clients, especially the ones who do not have family living in the area. Maybe you could play an instrument for the clients, or bring a loving pet to share.

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.



**Relatives who might need help**—If you have elderly relatives, or perhaps a relative with small children, and they live nearby, maybe you could volunteer to help them in some way.

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.

**Neighbors who might need help**—Do you have elderly or disabled neighbors who could use your help with carrying groceries? Could you do yard work for someone? Are there people with small children that you could help entertain on a nice day?

\_\_\_\_ Not for me. \_\_\_\_ I looked into it.

Contact information: \_\_\_\_\_.

**Other ideas:**