

Find volunteer opportunities by contacting a local organization that works with young people or by visiting these Web sites:

2-1-1

[ [www.211.org](http://www.211.org) ]

Big Brothers Big Sisters

[ [www.bbbsa.org](http://www.bbbsa.org) ]

Idealist

[ [www.idealists.org](http://www.idealists.org) ]

MENTOR/National Mentoring Partnership

[ [www.mentoring.org](http://www.mentoring.org) ]

Points of Light Foundation and Volunteer Center National Network

[ [www.pointsoflight.org](http://www.pointsoflight.org) ]

President's Volunteer Service Award

[ [www.presidentialserviceawards.gov](http://www.presidentialserviceawards.gov) ]

SERVENet

[ [www.servenet.org](http://www.servenet.org) ]

USA Freedom Corps Volunteer Network

[ [www.freedomcorps.gov](http://www.freedomcorps.gov) ]

VolunteerMatch

[ [www.volunteermatch.org](http://www.volunteermatch.org) ]

When you volunteer to help young people you get lots of perks, such as

- ✋ Contributing to your community
- ✋ Having fun and making new friends
- ✋ Investing in the future
- ✋ Empowering youth and helping them avoid risky behavior
- ✋ Counting hours toward a President's Volunteer Service Award (the U.S. Government's way of honoring community service)
- ✋ Being a role model
- ✋ Helping youth feel a sense of competence and belonging

# Lend a Hand!

A Guide to Volunteering for Youth



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*Lend a Hand!* was developed for the Family and Youth Services Bureau; Administration on Children, Youth and Families; Administration for Children and Families; U.S. Department of Health and Human Services; by JBS International, Inc., under contract No. GS10F0285K to manage the National Clearinghouse on Families & Youth.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Administration for Children and Families  
Administration on Children, Youth and Families  
Family and Youth Services Bureau

## JANUARY

Join or start an effort to map youth services in your community

Make a New Year's resolution to become a mentor

Help a community center organize a youth diversity workshop for Martin Luther King, Jr., Day



Consider becoming a foster parent

Coach a sports team or start an exercise club

Donate young adult books to a school, library, or youth center

## MAY



## MARCH

Aid in a spring musical at the local high school

Organize a mural-painting project at a youth-serving agency

Encourage your employer to designate your workplace a Safe Place where youth in crisis can get emergency help and shelter

## FEBRUARY

Send valentines and toiletries, like toothpaste and soap, to a shelter for runaway and homeless youth

Bring a youth to work on Groundhog Job Shadow Day

Take young people to visit your mayor's office, city council, or State legislature in honor of President's Day



## JUNE

Encourage employers to recruit and hire summer interns

Drive youth to camp

Ask your employer to donate office or business space for summer youth activities



## SEPTEMBER

Organize a used book drive to benefit a local school or youth agency

Teach nutrition and meal planning to high school students or youth at a transitional living program

Start a peer counseling program, in which youth advise other youth, at your school or workplace or in your community



## JULY

Help youth organize a car wash or walkathon to raise money for a drop-in center or a sports team

Lead a hiking trip or teach sports skills, such as swimming, gymnastics, or tennis

Tutor high school students in Math and English

## OCTOBER

Run for office on a youth-friendly platform

Join your community's youth advisory board

Help high school seniors fill out college applications at a school or community center



## NOVEMBER

Help a youth shelter by doing paperwork, writing a newsletter, maintaining a Web site, balancing the organization's books, or giving legal advice

Commit to working for a runaway or youth-in-crisis hotline

Sponsor a canned food drive for a youth shelter or food bank



## APRIL

Teach youth about financial literacy

Take on a project for National Volunteer Week or National Youth Service Day

Run a poetry workshop for youth at a residential program



## AUGUST

Donate school supplies to an after-school center

Join a youth group in building affordable housing

Organize a "block party" and get to know the young people in your neighborhood



## DECEMBER

Lead or make donations to a gift drive at a residential youth agency

Invite young people to holiday dinners at your home

Volunteer at a youth group's holiday fundraiser

Whatever your motivation, it doesn't take much to help youth all year long.  
(Many of the ideas in this guide can be done any time of the year.)