ACT NOW: Teen Volunteering

Get Out. Get Active. Volunteer in Your Community!

What's Your Cause?

What are you passionate about? What gets you going? Think about your interests and how you like to spend your free time. Here are some ideas: Animal Welfare | Disaster Response and Relief | Discrimination | Education | Environment | Health & Fitness | HIV and Sexuality | International Human Rights | Poverty | Violence and Bullying | War, Peace and Politics | What else???

What Do You Want to Try?

Volunteering can be a great way to try out activities, organizations, and communities for a good fit. Have you always wanted to work around horses, but never had a chance? Why not volunteer for an equine assisted therapy group and get some horse time? Do you like kids, but you're an only child? There are many ways to get involved. Think about what you are curious about – and then give it a try!

With Who?

How social do you want your volunteering to be? By myself, through a Club or Congregation, with your Family or School, with your team mates on a Sports Team or with your friends. Of course you can also make friends through your volunteer work!

Where? How Will You Get There?

Think about where you would like to volunteer. Is transportation an issue? Consider the options that will work for you: At Home, At School, In your City, In your Neighborhood, Online. What else???

How Long?

Your commitment is up to you! Whether you decide to give 1minute, 1 day, 1 week, 1 semester, 1 summer or 1 year – there is an opportunity for you!
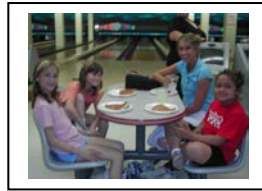
Benefits of Teen Volunteering:

- Enhances social awareness
- Gain self-confidence
- Discover your strengths and talents
- Build a sense of independence
- Develop various skills
- Gain work experience
- Learn to market yourself
- Explore various career options
- Network and build future contacts
- Learn more about yourself

More Teen Volunteering Resources:

- BloomingtonVolunteerNetwork.org
- MonroeCountyYouthCouncil.org
- VolunteerMatch.org
- Idealist.org
- NationalService.gov
- DoSomething.org
- PointsofLight.org
- YSA.org (Youth Service America)
- YouthVenture.org