

## Who Will You Help?

**Use:** This activity may be used as a workshop, activity at a camp program or class

**Goals:**

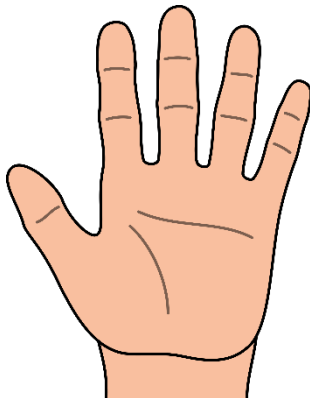
Participants will come away knowing:

- Different ways to provide community service
- Why place a high value on helping others.
- Taking ideas to action

**Timeframe:** one class of 40 minutes.

**Target Age:** middle school age to adult

**Activity:** Youth are led through a series of activities to look within their community for opportunities for service learning.



**Procedure:**

Supplies: One index card per person or a colorful cutout of the hand like the picture shown.

Markers or colored pencils

Tape or stick pins

To help kids see how they can affect change in their community, their country and their world, have youth work together in small groups with the following instructions:

Brain storm different ways to provide community service in the following areas:

(List on a board or flip chart paper)

- Animals
- Community Development and Beautification
- Crime Fighting
- The Environment
- Friendship
- Healthy Lifestyles
- Holiday Giving
- Homeless People
- Hunger
- Literacy
- People with Special Needs
- Politics and Government
- Safety
- Senior Citizens
- Transportation

Youth are then encouraged to take their best ideas or area of interest and add what they can do by writing their idea on their card (or hand cut out). Youth are then invited to form a collage of service by taping or pinning to “service board.”

After youth have completed the collage, have them get into groups as determined by their like interest. Provide youth with the following suggestions for adding youth voice to any project as adapted from Search Institute’s *Eleven Ways to Share Power with Youth*:

1. Serve on a committee and make your vote count
2. Make a plan, outline the steps and present to others interested in your cause
3. Ask others for their views on controversial issues to broaden your own mind.
4. Don’t just compete! Coach!
5. Write an opinion piece and send to the Editor of a local newspaper
6. Put your issue on the meeting agenda and gain support.
7. Ask for advice and consider the answer carefully.
8. Volunteer to be in charge of a committee at your group’s next event.
9. Sign up to referee youth sports
10. Ask thoughtful questions and get your voice heard.
11. Get involved in decisions that affect your life!

Have each group report out to the rest of the group on **What** project they are considering, **Who** will be involved, **When** it will take place, **Where** it will happen and **Why** this is an important service project.

## Background

In order to help youth develop a sense of self-efficacy, adults need to assist with planning and implementing successful opportunities for giving back or generosity. Research has shown children with a belief they are capable of positively influencing their environments have increased resiliency.

## Reflection Questions:

- What would be the best way to provide action steps to carry out your service project/plan?
- What are some career choices that could use a reference from your service work, or even turn into a job after volunteering?
- Are there any ideas that several people are interested in that could form a service team?
- Did you hear about someone else's service plan that made you interested?
- Are you interested in social activism? Such as lobbying, creating a survey, Public Service Announcement (PSA), or letter writing campaign?
- Would your service plan require fund raising and how would that be handled?

For more on Service Projects and Social Action:

Lewis, Barbara A., *The Kid's Guide to Service Projects: Over 500 Ideas for Young People Who Want to Make a Difference*. Free Spirit Publishing, 1995.

Lewis, Barbara A., *The Kid's Guide to Social Action: How to Solve the Social Problems You Choose – And Turn Creative Thinking into Positive Action*. Free Spirit Publishing, 1991.

SEARCH Institute, [www.search-institute.org](http://www.search-institute.org) , 2016.