

Youth and Family Corner

Young people are leading the charge every day to do good through volunteering. Here are four examples of youth and family volunteering and some important lessons we can learn from them for volunteers of all ages.

1. What are your skills? We all have talents we can lend to help out. For [Velda Wang](#), these are artistic skills she developed through taking art classes. When she got to high school, Velda wanted to help others in her community who weren't able to take art classes. She began volunteering to teach art classes at her local library and recruited other high school students to join her. What are your talents and how can you use them to help?

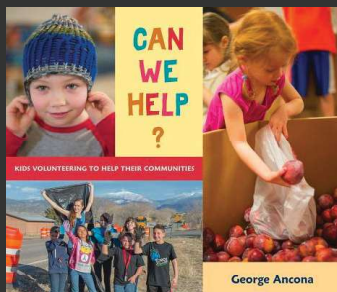
2. Lean into who you are. Your individual personality is an invaluable tool for volunteering. When [Harrison Barnes](#) was a toddler, he was diagnosed with Autism Spectrum Disorder, and struggled to find an outlet for his boundless energy. When he was 12, Harrison discovered BMX, off road bike racing, and everything clicked into place helping him focus and channel his boundless energy. Now Harrison volunteers coaching other kids with special needs in BMX. By understanding his unique perspective, he was able to find a way to help others with similar challenges.

3. Don't be afraid to step up. Putting yourself out there, even if it's to help others, can feel intimidating. When many small businesses were affected by the COVID-19 pandemic, [Arjun Gupta and Rayan Garg](#) stepped up to help them build websites. If there is a cause you want to help, don't be afraid to step up and make a difference.

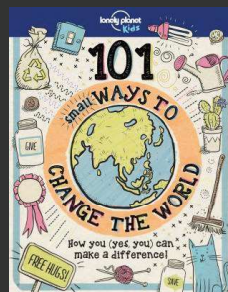
4. Team up and have fun! Varying school and work schedules can make it challenging for families to connect and spend time together. Teaming up to volunteer as a family is a great way to bring your family together in a meaningful way. [The Nardone family](#) makes a point of having fun while caring for their community in their home state of Michigan, incorporating games such as the Trash Fishing World Championship to clear trash from the local river, or the Motown Modown competition while volunteering to mow grass in community parks. Look for volunteer activities that are engaging for kids (and adults) of all ages, and bring your family's own personal flair to your volunteering.

Family Friendly Books & Resources

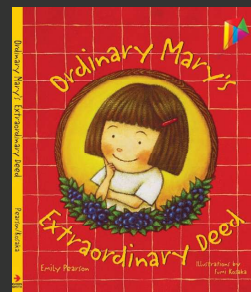
The following are resources for families to encourage listening and learning from others as well as information on finding other resources you can trust:



Can We Help?
George Ancona



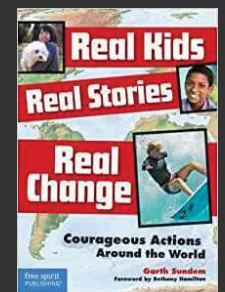
101 Small Ways to
Change the World
Lonely Planet Kids



Ordinary Mary's
Extraordinary Deed
Emily Pearson



How to Make a
Better World
Keilly Swift



Real Kids, Real Stories,
Real Change
Garth Sundem