

Benefits of Serving Others

Youth are more likely to grow up healthy when they serve others in the community one hour or more per week.

When children start to reach out and help others, their world grows and so does their confidence.

Questions to Discuss with your Child:

- What gets you excited about doing things for others?
- When is it easiest to serve others? When is it more difficult?
- How can we make a difference in the world? How can we start as a family?

Ways to Serve as a Family

You don't need to do a large project to make a difference. Here are 5 simple tips to get started:

1. Play music at a nursing home.
2. Take a dog for a walk.
3. Cook a meal for a single parent.
4. Visit or call someone who can't leave home.
5. Cat-sit. House-sit. Child-sit. Plant-sit.

Through volunteer experience, young people say they have:

1. Learned to respect others.
2. Gained satisfaction from helping others.
3. Learned to be helpful and kind.
4. Learned how to get along with and relate to others.
5. Learned new skills.
6. Learned to understand people who are different from them.
7. Learned how to relate to younger children.
8. Developed leadership skills.
9. Became better people.
10. Became more patient.

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For more information:
www.search-institute.org

For more information about available programs and services in your area, please contact:

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

