

fast facts

listenLaughinspire

10 Benefits of Serving Others

ASSET #9: Service to Others

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

51% %

of youth surveyed by Search Institute have this asset in their lives.

What are Assets?

Assets are 40 values, experiences, and qualities that help kids succeed. "Positive family communication" is one of six support assets.

** Based on Search Institute surveys of 217,277 6th- to 12th-grade youth throughout the United States during the 1999-2000 school year.*

To many children, the world is small. It is made up of their school, their home their neighbourhood.

They may assume all schools are like their school. And they tend to think the world revolves around them. When children start to reach out and help others, their world grows and so does their confidence.

Independent Sector:

An organization that studies non profit groups, surveyed teenagers who volunteer to help others. The young people said that through their volunteer experience they:

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.

By giving their time and energy, many said they received more in return. By serving others, they felt they made a difference in the world.

*Quick Tip:
Be a role model for your children by serving others.*



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SOCIETY OF HAMILTON, BURLINGTON & AREA

Ontario Trillium Foundation  Fondation Trillium de l'Ontario



Time together

Three ways to encourage your child to serve others:

1. Together help a neighbour. Maybe an elderly neighbour would appreciate your mowing the lawn or shoveling snow.
2. Help your child put together a weekly schedule of activities that includes some kind of service to others.
3. Together, think of 10 ways your family can serve others. Choose one idea. Pick a date to do the activity.

Talk together

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 as a family begin?

Final Word

More Help for Parents

The Kid's Guide to Service Projects: Over 500 Ideas for Young People Who Want to Make a Difference by Barbara A. Lewis. Over 500 suggestions for young people who want to make a difference. (Published by Free Spirit.)

10 Ways to Serve as a Family

You don't need to volunteer at a shelter or do a large project to make a difference. Together as a family, do 2 of these 10 simple things for someone:

1. Play music at a nursing home.
2. Cook a meal for a single parent.
3. Take a child to a playground.
4. Provide a ride to an appointment
5. Bake cookies or another treat.
6. Give a "one-hour" coupon that's good for any project of the recipient's choice.
7. Take a dog for a walk.
8. Visit someone or do an errand for someone who can't leave home.
9. Change the oil in a car.
10. Cat-sit. House-sit. Child-sit. Plant-sit.

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