

Army Reserve Child, Youth & School Services

VOLUNTEERISM & COMMUNITY SERVICE

Volunteerism is defined in the dictionary as “the principle of donating time and energy for the benefit of other people in the community as a social responsibility rather than for any financial reward.” Volunteering and community service takes place in many places and in different forms: as individual efforts (such as youth who take on a project to become an Eagle Scout); as a small group, as when a church youth group visit the local food bank, and help sort and pack food; in the community, such as adults who serve as tutors at the library after school; or doing a beach or coastal clean-up for the environment. There are many ways to get involved in community service for adults and youth alike.

There are many benefits. Perhaps the first and most important feeling of making a difference in others' lives. For the volunteer, there is a sense of pride, accomplishment. Volunteering our time or talent also helps to solve problems, prove people's lives, connect with one another, and transform our own lives. The Corporation for National and Community Service also cite some health benefits rates, greater functional ability, rates later in life.



to giving back to the community. The Corporation for National and Community Service also cite some health benefits rates, greater functional ability, rates later in life.

Volunteering is also a career exploration. There are many leaderships and life skills that can be gained through service. Youth can be involved in all aspects of a community service project, from planning and organizing to implementing and evaluating. Many of the skills necessary for a successful project are the same skills employers are looking for in job applicants, such as communication skills, teamwork, budgeting skills and critical thinking abilities.

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Army Reserve youth can become involved in community service both in their military and civilian communities. Youth can help out at the next unit Family Day. Youth can help set up, serve food, initiate group games with other children and youth, and clean up at the end of the day. Youth can volunteer with the Family Readiness Group, contributing their ideas for how to involve other youth with the FRG. Youth can become involved with their Command Teen Council, and be a voice for other Army Reserve youth in the Command. With the local community, youth can volunteer at the Boys & Girls Club—help with homework time, or outdoor games. Youth can initiate a canned food drive to be donated to the local food bank. Or volunteer their time as peer mentors at the community center. Youth can find volunteer opportunities and toolkits by visiting www.serve.gov.

“Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop.”
- Dorothy Height, Educator & Social Activist



This information has been provided by
Army Reserve Child, Youth & School Services.

For more information on resources and programs, please visit:
[HTTPS://WWW.ARFP.ORG/CYSS](https://www.arfp.org/cyss)

