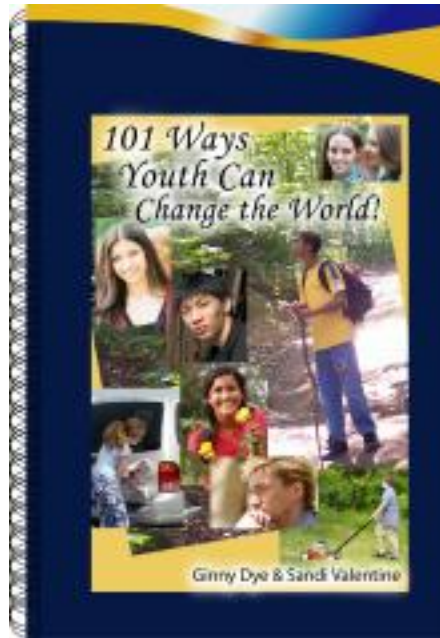


101 Ways Youth



Can Change the World

By Sandi Valentine

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From the Author:

A survey of 1,238 youth in grades 7-12 identified these as their top 10 concerns: drunk driving, depression and suicide, guns at school, improving schools/education, discrimination, violence in school, drugs, self-esteem, AIDS, and abuse at home.¹

67% of you plan to get involved during the next year with the issue that's important to you, 8 out of 10 of you believe youth can create positive change in your communities, 7 in 10 believe you can personally make a positive change in your community, and more than 6 out of 10 of you believe people your age have good ideas about how to help the community. And I absolutely agree!

Another survey found that 73 percent of 13- to 15-year-old students believe that people their age can make a difference in the political decisions of their elected officials. Parents and teachers ranked the highest as people who influence their knowledge and interest in politics. The media was next, followed by the Internet and friends.²

I worked with young people most of my adult life and know first hand how powerful you are to effect change when you want it.

I've scoured the Internet looking for what youth are already doing to make a difference in their communities and around the world. This little book has been written to give you some of those ideas. It's my hope that you will look through this book and choose and/or adapt one or more of these ideas for you and your friends to take on in your own community. If nothing here gets you excited, I hope that at least these ideas will get your own "creative juices flowing" and you'll come up with your own project(s).

You are powerful and you can make a difference.

I believe in you, and so do my friends at Together We Can Change The World, Inc.!

Sandi



**5 Million For Change!
&
5 Million Students For Change!**

Together We Can Change The World, Inc. has created the 5 Million For Change Campaign to mobilize a force of good that will sweep across the globe and create true sustainable CHANGE on every continent.

It's not just enough to say you want to help create CHANGE - you have to have the resources and tools to do just that. The Together We Can Change The World Association has created everything you need - giving it to you totally FREE as our contribution to CHANGE.

14 E-books in the 101 Ways Series

More books through Together We Can Change The World Publishing

Powerful Movies & Songs

E-Cards

Personal Online Shopping Mall

Beacon of Light Cards

Prints & Posters

Will you RAISE YOUR HAND and become part of 5 Million For Change or 5 Million Students For Change??

www.5MillionForChange.com

www.5MillionStudentsForChange.com

The 5 Million For Change Pledge is on the next page:

5 Million For Change Pledge

I raise my hand for 5 Million For Change.

I will take time TODAY to make a difference in
the world.

I will take time TODAY to do one thing – for one
person.

I will take time TODAY to spread some love &
caring in my world.

One thing – TODAY.

EVERYDAY!

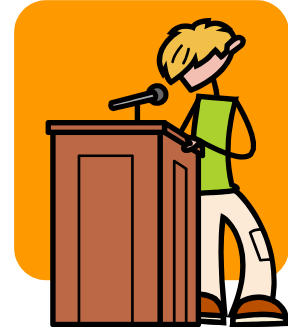
Nothing is too small. Nothing is too big.

It is only important to take Action.

I will take time TODAY – to ACT – to create
CHANGE!

101 Ways Youth Can Change the World

1) Get involved in the democratic process – and get your friends involved, too! Make your voice heard! You can make a difference, no matter your age. Encourage your schools, clubs or parents to help you use the Constitutional Rights Foundation's extensive online library³. In their Tools and Techniques section (www.crf-usa.org/act/ACTS_ch6.htm) you have a wealth of information on everything from the "Basics of Persuasion" to "Speaking in Public" to "Creating Leaflets, Fliers, and Handouts" to "Writing Letters" to "Letters to the Editor," "Letters to Officials," Letter-Writing Campaigns," "Petitioning," "Lobbying," Creating News Releases," and much, much more! The earlier chapters of information include gathering statistics about your community and how to understand and use them to make a difference in your community. ***Use the power of your voice to influence legislation that directly affects your life.***



2) Are you involved in a club? Encourage the club members to choose a project that will make a difference in your community or someone's life. For instance, a Robotics Club designed a special device that enabled a kid stuck in a wheel chair and unable to use his arms, to "throw" balls so he could play fetch with his dog.

3) Help at a food bank or food pantry in your town. There are a lot of people who need a hot meal or some groceries and you probably have several organizations in your community who provide meals or groceries to folks who need them. Look in your telephone book, or ask a teacher or your religious leader for suggestions. Volunteer with some friends (or your club or youth group) and give a couple hours dishing out food or clearing tables. Help bag groceries, or carry them to the cars. Be sure to smile and talk with the people. They all have the same desires and needs that you do. You just might make a friend or two!



4) Provide free babysitting. Sometimes adults have to take their kids with them to places to talk business because they can't afford a babysitter. Be creative and ask around – maybe a group of your friends or your club or youth group could offer free babysitting while parents have meetings with teachers. Perhaps a low-cost counseling center could use someone to watch their clients'

kids. Maybe a group of your parents' friends would like to go to a movie or out to dinner.

5) Be a mentor. Older teens can contact Big Brothers Big Sisters, YMCA, or the local elementary schools to find out about mentoring. Meetings can happen at school: in the classroom, school library, school computer room, or other set location. School-based mentoring is not a tutoring program. It's just being a friend to a kid who needs one. Statistics show⁴ that kids who are mentored one-on-one in a school setting:



- 58% improved their school performance
- 65% showed higher levels of self-confidence
- 55% had a better attitude toward school

6) Start a program to help families in your school, club or community.

If you don't know of someone, call a community center, church, emergency shelter, etc. and ask if they know of a family who needs help. Get a list of the most needed items. Then gather up those items either in homes or ask friends or family members to donate them. If you need to purchase items, have a car wash or other fundraiser. If you have a job that results in tips, donate your tips. Once you get started, you might be able to add more families to your list.

7) Do you like music or drama? Why not volunteer at a local elementary school, YMCA or community center, and put on skits or mini-musicals? You could either enlist other teens and perform them for the kids, or better yet, cast the kids in the roles and work with them throughout the year. When they're ready to perform, arrange for a performance in the school auditorium (at the 'Y' or community center). Invite the other classes and parents (and grandparents!). You may foster future artists by "just having fun."

The life given us by nature is short,
but the memory of a life
well spent is eternal. ~Cicero

8) Has your community been touched by the war? Sponsor a "We Remember" evening at a public meeting place (could even be a park in good weather). Ask people to bring candles and matches for the end of the evening.

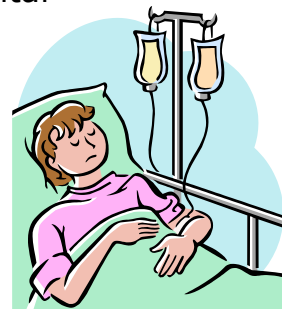
Invite people to speak: mayor, principal, city officials, families of those serving in the military. Find people who can sing and either have them sing a solo or in groups. You might even have them lead the singing for some well known songs. In such an emotional atmosphere, it's probably best to only allow those you've contacted before hand to speak. You might ask someone who writes poetry to write something just for the occasion and have him/her recite it. You can end the time together by having everyone light their candles and observe 2-3 minutes of silence.



9) Do you like to read? Volunteer at a school or public library to read aloud to children. If the atmosphere lends itself, encourage the children (depending on the number you're reading to) or a few children to act out what you're reading. Use lots of inflection and drama in your reading. Kids just love it! If you have a friend who's an artist, invite him/her to come along and illustrate the story up on an easel while you're reading.

10) Get a group of your friends together and help at a Habitat For Humanity building project. Sometimes you can help demolish walls, and other times you get to help build them. There's a project for everyone no matter what skills you do, or don't have! Go to their website to find a local project in your area (www.habitat.org/cd/local). You'll have a whole lot of fun, maybe learn some new skills, and make some new friends -- all while you're helping someone who couldn't otherwise afford to have a home of their own.

11) Provide some cheer to sick kids. Do you have a hospital nearby? Maybe even a dialysis center? Often these rooms are a little drab and could use some cheering up! Contact the Pediatrics ward, Oncology (cancer) ward, labs, dialysis center and tell them you'd like to help cheer up their rooms. You can provide cheerful, colorful artwork, DVD movies (you may also need to provide a DVD player), and little care packages. Kids (and probably adults, too) really like the sour Skittles to help with the nasty taste of chemotherapy.



12) Start a website for teens by teens. Offer information and support for teens. Ask a local community service, or even your school, to host it for you. Provide a Chat Room but have an adult sponsor nearby during Chat Room hours to help with questions you can't handle. Have a list of community services you can offer as referrals to kids in trouble. Post it on your site. Put up helpful and upbeat articles of interest to other teens. Provide quizzes and puzzles. Make it a place other teens will want to come on a regular basis for positive, encouraging and supportive information and resources. You might

want to have a Hotline number your can refer kids to who might be in trouble and need professional help.



13) Start a Soup & Cereal Campaign. Did you know that you can collect Campbell Soup labels and General Mills box tops for points to purchase things for your school? The school can get things like library books, art supplies, and overhead projectors. Why not challenge all the students, teachers, staff and their families to start collecting? You could even get a van for 1 million soup labels! Don't let all those people throw away all those labels and box tops! Start your campaign today.

14) Be an after-school tutor to an elementary kid. Volunteer a few hours a week (or month) after school to help a younger kid learn to read, do math or work on the computer. It's so great to "see the light go on" when someone you're teaching finally "gets it"!

15) Do you love outdoor sports? Do a little research and see if you have an Outdoor Education Center in your area. Often these Centers will help people with special needs and they nearly always need volunteers to help. What could be better than helping someone else experience the joy of skiing or horseback riding, etc.?

16) Have a Kids Coat Drive. Unfortunately there are lots of kids who don't have warm coats for the winter. Call your local elementary schools and ask if they could use coats to give to their students who need them. Then put the word out to neighbors, friends, etc. for clean, "gently used" coat donations (all sizes for elementary kids) and then donate them to your local elementary schools. If you don't get enough donated, you can go to the local thrift stores and buy some at very low cost (they might also donate them if you tell them what you're doing). Get them cleaned and then deliver them to the schools. There will be some very grateful kids come this winter!

The more you lose yourself in
something bigger than yourself,
the more energy you will have.

~Norman Vincent Peale

17) Start a 'Just For You' student assistance program at your school.

The idea is that many students cannot afford books (especially the expensive advanced placement books), bus passes, math calculators, etc. You can have car washes, accept donations, do bake sales, ask for store donations, etc. Ask one of the counselors, office staff, or teachers to administrate the Just For You Fund.

18) Do you have a Make-A-Wish Foundation chapter⁵ in your area?

They are always looking for volunteers. You can volunteer to help with fundraisers, in the office, on a committee. Do you have new electronics, DVDs, etc. that you don't use – that you haven't even opened? You can donate them. You can even Adopt-A-Wish. Perhaps there is a Wish that especially touches your heart. Gather a group of friends and start raising funds to help make a dream come true for a child with a life-threatening medical condition.



19) Do you speak and/or write a second (or third) language? There are many organizations that can use help translating materials, websites and interviewing people. Check with your community center or volunteer center to find where you can be of help. You might also contact your local schools and see if you could help tutor students trying to learn the language(s) you know, or helping them understand English better.

20) Is there a Juvenile Detention center in your area? Why not contact them and see if there is something you can do for the kids who are incarcerated? It could be collecting gently used paperback books, DVDs, CDs, and/or magazines to donate to the center. Maybe you can get a pen pal group started. Or volunteer to sit on their Board that meets with the juvenile offenders and their guardians to determine the consequences for the youth. You'll have a voice in presenting options to youth and their guardians to help them accept responsibility for their actions and provide accountability to the community and the victim of their crime.



21) Do a little research and find out if there is a wheelchair sports program in your community. There are a lot of fine athletes who are confined to wheelchairs, still active and very competitive. Besides basketball, some wheelchair sports groups play rugby, hockey, tennis and softball. Get some friends together and challenge them to a game. You might be surprised who wins!

22) Bring some joy to a senior citizens facility. Not all senior citizens facilities are the same. They vary from having active seniors to bed-ridden individuals. But everybody has the same need – to know someone else cares. Why not throw a party for some folks in such a facility? It can be as simple as just bringing in some balloons and visiting with people (don't worry about what to say – most of them will be happy to do the talking!). Or it can be as elaborate as performing a "show" for them. If you have some friends who play music, sing, can do card tricks, read poetry or tell stories – put it all together and make some people happy! They'll talk about it for weeks. 😊

23) Throw a free car wash. There are all kinds of ways you can do this.

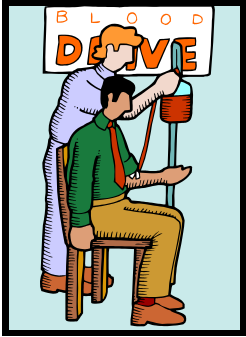
- Accept donations – be sure to tell where the money is going!
- Blow people away and just do it for free – no strings attached.
- Have sponsor sheets and ask people ahead of time to pledge 50 cents or \$1 (or ??) for every car, every 5 cars, etc. that your group washes (free to the car owner).
- Contact people ahead of time and make arrangements to go to their homes and wash their cars there.
- Surprise your principal, teachers, mayor, religious leaders, etc. and go to their place of employment and wash their cars there for free (make arrangements ahead of time with the business owner).



24) Wash car windshields for free. You can surprise people who are shopping by washing their cars' windshields. Leave a flyer under their wiper telling them what you did and wish them a happy day and ask them to pass the kindness on. It could say something like: *While you were shopping, we washed your windshield. We hope you have a wonderful day. Please pass the kindness on!* (It would be a good idea to contact the shopping center administration first and get permission.)

"I was raised to sense what someone wanted me to be and be that kind of person. It took me a long time not to judge myself through someone else's eyes." ~Sally Field

25) Get a copy of our free Ebook, *101 Ways to Support Our Troops*, (www.TogetherWeCanChangeTheWorldPublishing.com) and decide on one way you can let our military personnel (or their families) know you support and care about them. Whether you agree with current policy or not, these people have left family and friends and placed themselves in harm's way. Some may not be much older than you are!

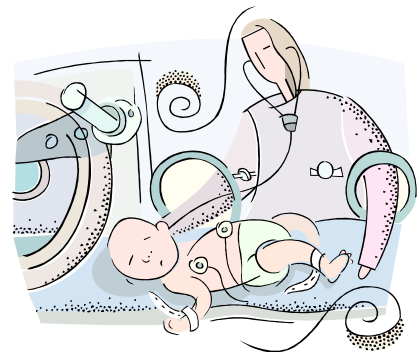


26) Sponsor a blood drive. Contact your local Red Cross and find out how to go about sponsoring a blood drive. They will help you from start to finish, from planning to the actual day of the drive. Invite the Media (newspapers and radio stations) to join you. If you are a school or youth group – challenge a similar group and see which group gets the most pints of blood donated. Contact a Pizza parlor beforehand and see if they will donate dinner for the winning group.

27) Are you and some of your friends "computer whizzes"? Offer to teach a free class at the YMCA, a church, your school, senior center, or a community center. There are a lot of people who would like to learn about computers but either can't afford to take a class, or are embarrassed to let anyone know they don't understand how to use them. Go slowly and teach one-on-one as much as possible. Make it for all ages – kids through senior adults.

28) Organize a free "flower delivery" service. See if you can get a florist or grocery store (or several of each) to donate several dozen carnations (or other inexpensive flowers that are in season) and take them to a local care facility. Make arrangements ahead of time and hand out one flower to each person in the facility. Or perhaps you can put a couple fresh flowers in little vases (use the same vases each time) on the tables in the dining room. Little things like that mean so much to folks who can't get out and about like they used to! Take the flowers in once a month. People will start watching for you!

29) Do you like to hold babies? Donate some time at the local hospital in the Pediatrics Nursery. Many hospitals are happy to have volunteers come in and just hold and rock the babies. Or there may be recovery type programs in your area that would appreciate you babysitting while their moms take classes and training.



30) Are you good at photography? Offer your services for free to organizations that need publicity but can't afford to hire professional photographers. It might be a food bank, a homeless shelter, humane society, etc.

31) Volunteer at the local animal shelter. Many animal rescue groups are short on funding and greatly appreciate any help they can get. They can use help in many areas: cleaning cages, feeding animals, answering phones, doing computer work, etc.

32) Help Elementary School teachers grade papers. Call your local elementary school and see if they need help grading kids' papers. You could offer to do the grading there at the school. Perhaps teachers need help decorating their classrooms or organizing shelves or resource cupboards. Maybe the computer lab is made available to students after school and you could help the kids with their computer skills. There might be an after-school program where you could play organized sports with the kids or help supervise playground play.

What is popular is not
always right. And what is
right is not always popular.

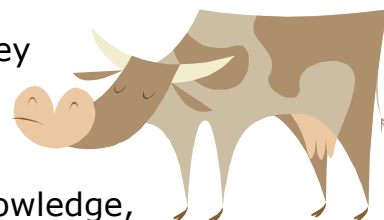
33) Are you familiar with horses? There are horse therapy organizations that need volunteers to help out with the horses. Sometimes volunteers walk alongside a therapy horse that is carrying a disabled child. Other times the horses need feeding, watering, currying or their stables cleaned. There's always work to do where animals are present!



34) Sponsor a stuffed animals toy drive. You can either request new or gently used stuffed animals. If you get gently used toys, you'll need to wash and line dry them (don't put them in the dryer). Donate them to the Fire Department or Police Department (call ahead to see if they accept them – especially the used toys). Or your local homeless shelters, rehab centers, etc. may like to have them for the children of the people they are caring for.

35) Volunteer to help your community theater. Community theaters always need help. Perhaps you and some friends could help build and paint sets, learn to do the lighting or sound system, hand out programs, etc. Who knows – you might even get a "walk on" part in one of their plays!

36) Save a life – save a community – send an animal. Have you heard of Heifer International (www.HeiferInternational.org)? This is a very creative way of ending hunger and poverty and care for the earth in communities around the world. Instead of sending money Heifer International sends an animal and teaches the recipient how to take care of it. The person promises to take care of the animal and pass on their animal's offspring to others. They also promise to share their knowledge, resources, and skills with those people. Contact Heifer International for ideas on how to raise funds and choose the kind of animal(s) you'll be sending. Go here to see what you can send: www.heifer.org/site/c.edJRKQNiFiG/b.204586



37) Be an intern. If you think you're interested in working in the world of non-profit organizations (NPOs) also known as non-governmental organizations (NGOs) or community-based organizations (CBOs), consider serving as an intern (volunteer) during your summer vacation. Examples of such organizations are: museums, human rights groups, churches, homeless shelters, animal protection groups, environmental groups, etc. These are people working together to help local and/or global communities. The purpose of the NPO is not to make money (they are not-for-profit), but to help their community. They usually support themselves with donations from people, businesses, and different foundations. You're probably already interested in helping animals, the environment, low-income or homeless people, etc. You can work through your school counselor, religious leader or trusted adult in finding an organization that really gets you excited about what they're doing. Investigate through the Internet – but be very careful about contacting just anyone you find on the web. Get help checking them out first to make sure they are a reputable organization that's really doing what they say they are.



38) Throw a birthday party but instead of gifts ask people to make a contribution to your favorite charity or cause. Better yet, gather friends with birthdays in the same month and see how much you can raise! Invite your entire grade level to join you! Do you know someone who has a life-threatening disease? Donate the money to an organization that is researching or helping people with that disease. Maybe you're "into" helping abandoned animals – you can donate the money to your local humane society. It could be you're passionate about the environment – donate "your gift money" to a group like the Sierra Club.

One who falls and rises again is stronger than the one who has not fallen at all. ~Julito Martine

39) Is there a lot of graffiti in your neighborhood or town? Get a group of friends together and clean it up. Many times local Police Departments will supply the paint or special remover, depending on what you need. Be sure to get permission from the owners of the buildings or walls before doing any removal work.

40) Sponsor a Youth Speak Up forum. Ask your city council, community center, YMCA, school, etc. to sponsor it for you. Youth need to let the leaders of their communities know how things are going from their (the youth's) perspective. This can help the leaders look at community issues differently and get new and fresh ideas on how to address them. Be willing to step up to help with any changes that are made. Put action to your words.

41) Organize a letter writing campaign to your city officials, and/or your state or national congressional people. Again, let the politicians know how you feel. But don't just complain – offer viable and creative ways of solving the challenges your present.

42) Letter writing is a powerful form of communication! Is there a business in town that needs to reconsider its policy? Or are they doing an excellent job and you want to commend them! Either way, let them know. And let them know with lots of letters. Each letter should be handwritten and signed. You can have a letter writing party! Offer positive solutions if you're pointing out a problem.



43) Send Letters to the Editor at your local newspaper. Your opinions are as important and valid as an adult's. Get help writing your response to something happening (or not happening) in your community that you feel strongly about. Whenever writing such a letter, try to put your thoughts in a positive spin. Offer possible solutions to the problem, be specific. Help people see what you are seeing. Don't be offensive or complaining. State the facts,

state your opinion, and then offer solutions. Make people think – but don't "make enemies" – keep communication open.



44) Are there areas of your neighborhood or city that need sprucing up? Organize a club, your friends, your youth group, or the whole community, on the first Saturday of the month to do some cleaning, weeding, trash pick up, or whatever needs to be done. Be sure to register your project at Together We Can Change the World Day (T-Day)! It's free and gives you free advertising, an easy way for people to find you – and join your project! OR you can search for a project in your area to join. (www.TogetherWeCanChangeTheWorldDay.com).

45) Sponsor a T-Day Challenge. The idea is to challenge other school clubs (or classes, junior class against the senior classes, or even senior classes at other schools, etc.) to do a service project on the same day. Make a major impact on your community! Call the local radio station and newspaper and let them know what you're doing. Have all the kids meet in one place (like a city park), give a pep talk, ask the mayor to say something, and then disperse to their assigned projects.

It's not that we set ourselves goals
that are so high we cannot reach them.
It's that we set them too low, and do.
~Author Unknown

46) Coach an after-school or summer sports team for kids. Check with the YMCA, local volunteer center, or city recreation department for ways to "plug in." Gather a few friends and make it a true team effort. You'll be making a huge impact on the younger kids while you have fun at the same time. Encourage parents to provide refreshments after the games. And make sure EVERY kid gets to play regardless of his or her skill level. This will also look great on our resume!



47) Do you like to decorate? Why not start your own interior design company and provide free decorating for low-income families? You can often use items they already have and simply rearrange things to make a room look totally different. Paint isn't expensive, but sure can spruce up a room! If you have friends who prefer working outside, let them do some landscaping while you "design on a dime" inside!

48) Can you input data on a computer, work a copy machine, file, or type? Volunteer at your local hospital, museum, library, YMCA, or elementary school. Most non-profit organizations have plenty of work and can nearly always find a volunteer something to do! These organizations also put out mailings – often to thousands of people – and need help stuffing envelopes and organizing the mailings. You'll get to meet some pretty amazing people who are giving their lives to help others. And they've got some great stories to tell! They'll want to hear your stories, too!

49) Do you love wild animals? You may have an animal sanctuary in your area that needs help. See if you can work on weekends or during the summer. They need people to help give tours, and help care for the animals. You'll learn about the wild animals' habitats, conservation, and gain a unique insider's view of the animals at the sanctuary.



50) Do you have a National or State Park nearby? These parks always need a wide variety of volunteers to help with all kinds of projects. How about helping to

- Repair and maintain hiking trails
- Support the park's revegetation program
- Serve visitors in the park's visitor centers
- Assist in their research library

Some projects will take a day, others may be all summer. Enjoy some of our nation's most beautiful country, learn a lot, and make some new friends!

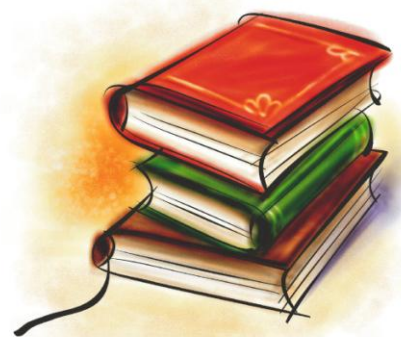


51) Did you know that national statistics report the number of homeless kids at over 1.5 million? And over 500 thousand are under the age of 15 – some even as young as 9 years old! Why not pack up some sack lunches and go walk the city streets with some adult sponsors? Give lunches to the homeless kids you meet. Take time to talk with them. Maybe you can help steer them toward the help they need. But mostly, just let them know someone cares. Go to StandUp For

Kids (www.standupforkids.org) and see if there is a group already doing this where you can get training and support. Or contact your city police department. Many have neighborhood offices where you can volunteer and reach the kids that way.

52) Have a drive to collect items for homeless and street kids. Stand Up For Kids always needs clothing, hygiene products, food and other resources to hand out to the kids on the streets. Visit their website (see #49 above) for more information.

53) Sponsor a Book Drive. Have you visited your school library recently? Many are in great need of books. Why not have a new and gently-used book drive and gather books for the school and other organizations that can use them? Decide on a place where books can be stored (someone's garage, basement, or extra room) and contact an elementary school's librarian to find what books are needed. "Put the word out" by contacting neighbors, clubs, people in your church or place of worship. Set an ending date. You will need a group of people to sort the books. Those books that are not usable by the school can be donated to other organizations that care for children, to doctor's office waiting rooms, hospital emergency rooms, etc.



I have missed more than 9,000 shots in my career.
I have lost almost 300 games. 26 times I have been
trusted to take the game winning shot and MISSED!
I've failed over and over again in my life.
And that's why I succeed!" ~Michael Jordan

54) Do you have a children's museum in your area? Many need help with special events they provide for children, birthday parties, clerical work (like typing, filing, etc.), maintaining their exhibits, working in the gift shop, etc. You may even be able to get an internship. The hours worked in NPOs usually count toward your community service hours for graduation.

55) Work outside with your local Nature Conservancy. There is always work to do: pull plants that aren't native to the area, gather native seeds, and control invasive plants. Make some great new friends, enjoy the great outdoors, and help the environment all at the same time!

56) Help your community's Visitor Bureau or Chamber of Commerce.

Volunteer to provide information and literature to visitors, collect visitor statistics and learn about the tourism industry. You'll also learn new things about your own hometown and surrounding area. You may get ideas for new projects!



57) If you are a girl, why not volunteer with Girl Scouts?

You can help by teaching a skill or a craft, help girls with their homework, assisting with the meetings, helping girls with their badge projects, or just be a friend!

58) If you have a heart for the children of parents in

prison, why not contact your local prison and see if they have a program you can participate in? Gather some of your friends together and make it a group effort. It's very difficult living with a parent in prison. Having a friend who cares can make all the difference for these kids.

59) Adopt a Street or section of a highway. Many communities have programs where you choose a section of roadway and agree to pick up litter. The litter bags and tools are provided and special arrangements are made for disposal of the bags. Don't do it alone – your family, group of friends, school, or club can all do it together. If you choose the first Saturday of the month, be sure to register your project at www.TogetherWeCanChangeTheWorldDay.com.

60) Join your local Audubon Society. They always need volunteers to

- help with educational programs in elementary schools
- guide and assist in nature walks
- lead outdoor, nature-themed after-school programs
- help plan and implement events and activities at local preserves
- take part in documenting activities and events (taking pictures and writing for their newsletters)
- help with mapping green spaces, parks and properties owned by the Society





61) Help people who have been affected by emergencies or disasters. Volunteers are needed to answer phones, give tours, fold clothing, paint, or just keep the coffee pot full.

Sometimes these folks need foster homes for their pets until they can find another place to live, or get moved back into their own home. Other times their kids just need someone to play with, or have a book read to them. Contact your local Red Cross or religious leader to find a group that needs your help.

62) Help low-income elders and disabled adults keep their dignity and stay in their homes. Volunteer to help

- Drive clients to the grocery store or to medical appointments
- Run errands and go shopping
- Help with the housework or yard work
- Cut and/or deliver wood for heating
- Assist them with moving or packing
- Read to them, write letters for them, make phone calls for them

Many people cannot afford to pay for such services, don't qualify for assistance or don't have family or friends to help out. Contact your local volunteer center.

63) Start a Summer Chores Service. Gather some friends together who will volunteer to help elders or disabled people. What would it be like to be confined to a wheel chair and have your overhead light go out? It won't be hard to get a list of people who need help. Can you. . .

- Clean a gutter?
- Fix a leaky faucet?
- Change a light bulb?
- Wash windows?
- Mow the lawn?
- Paint a wall?
- Vacuum a carpet?



They may be small chores, but they all add up when you're all alone and can't keep up with them!

64) Volunteer to walk dogs. Animal shelters, homebound people, and people on vacation are just some of the people who may need help with their dogs. Happy dogs make happy people, and nothing makes dogs happier than going for walks (or playing with their favorite toys).

If you have heart and determination in your life, then nothing can get in the way of your dreams! ~Author Unknown



65) Provide a free Pet Sitting Service. Often when people go on vacation or long business trips they need someone to watch their pets. Why not get a group of friends together to start the service so you can feed pets, take them for walks, and play with them. Animals love their people and miss them when they're gone. Your Pet Babysitting Service could save them from having to spend that time in a cage at a boarding facility.

66) Is there a clothing bank in your community?

Volunteer to help sort and hang donated items. You might also be able to help customers find items, or help the organization with their mailings, answering phones, doing clerical work (typing, filing, etc.).

67) Ask your parents if you can be a host family for a foreign exchange student. Nothing promotes world peace, breaks down cultural barriers, and promotes understanding than getting to know someone from a different country. Hosting a foreign exchange student is a challenge, but is well worth it because you end up having a friend for life in another part of the world!

68) Communities affected by hurricanes, tornadoes, floods, tsunamis and other natural disasters take years to recuperate. Kids just like you suffer from lack of everyday items including school supplies. Sponsor a drive in your community to gather backpacks and school supplies. (You might want to contact one of the schools in the town to get a list of what they actually need.) Then visit stores and companies in your community for donations. Once you get your donations together, have a backpack stuffing party and distribute the school supplies evenly between the backpacks. Add personal notes (maybe create a little book of personal notes from everyone participating) in each of the backpacks. See if you can get help from UPS or FedEx for shipping costs.

69) Is there a local cable station in your community? Call and ask if they will air a youth talk show addressing issues affecting youth, their families and the community. Then host and tape a talk show about what youth think and are doing to make a



difference about those issues. You may want to do a series of shows under the theme of youth making a difference. Keep each show limited in scope so you're only addressing 1 or 2 specific issues for each taping. Invite all the youth in your neighborhood or town as well as adults to attend the taping so you have a live audience to respond.



70) Volunteer to help your local Special Olympics. Did you know that the Special Olympics Athlete Oath is: ***Let me win. But if I cannot win, let me be brave in the attempt.*** That's a great oath for life in general, don't you think? You can volunteer for just one event or you give several hours a week/month throughout the year. There are several levels of involvement including the state/provincial, national or international level. You might help present awards, be a scorekeeper or assist with food service. There is always plenty to do. To determine where to start, visit the Special Olympics website at www.SpecialOlympics.org and click on the Volunteer tab.

71) Use the click of your computer mouse to donate free food, help save the rainforests, buy books for kids, rescue animals (and more) – really! Go to The Hunger Site (www.TheHungerSite.com) and use the tabs across the top of the site to make your "donation." All you do is click the big button under the picture and the companies who have volunteered to make contributions do so according to how many clicks are received each day. When you click the button, you'll be told what your click did. For instance, for the rescue animals it says: ***"Thank You! Your click provided the value of .6 bowls of food and care to a rescued animal in a shelter or sanctuary."*** You can click once a day in each area – so get your friends together and remind each other to "make your donation clicks" every day!



72) Make a difference every time you shop with your very own Online Shopping Mall! When you join 5 Million Students For Change (www.5MillionStudentsForChange.com) you receive your very own Mall with hundreds of stores. Every time you make a purchase you will receive 2-11% of the price back to you in an automatic rebate, as well (this is MOST important) as supporting different charitable causes around the world every time you shop!

If you cannot succeed with talent,
triumph with hard work.
~Author Unknown

73) Discover what other youth are doing. There are hundreds of links at www.Freechild.org/issues.htm for ideas from Creativity issues to Education issues to Democracy issues, Rights issues, Youth issues, Social issues and much, much more. Use these ideas to jump-start your own creative thinking. Be sure to visit the Actions section to see what projects youth are heading up and leading! The site says: *The Freechild Project has found that young people across the nation are leading their communities in activism for social change.* Be a positive force in your community – we believe in you!



74) Are you interested in saving the environment? We have a free eBook entitled *101 Ways to Help Planet Earth* which you can download at www.TogetherWeCanChangeTheWorldPublishing.com. You can also find many, many resources on the Sierra Club website (www.SierraClub.org) including their new Sierra Club Radio where they offer tips and tell stories you can use as a consumer, citizen, and neighbor for making responsible choices and connect to the growing environmental community. (www.SierraClubRadio.org) You can listen via their mp3 file or subscribe to their free podcast.

75) Learn how other youth are making their voices heard around the world on the Voices of Youth website. This site is sponsored by UNICEF and enables youth to make their voices heard at the UN level. They offer forums for your opinions and sometimes host round-table discussions with youth and UN leaders. They do listen to what you say – and they publish the impact your participation is making on behalf of children and youth around the world. Visit www.Unicef.org/voy and get involved.



76) Send messages directly to local, state and nationally elected officials (including the President of the United States). Go to the Youth Noise, Legislative Action Center (<http://capwiz.com/savetc/home/>) and enter your zip code. You can also find important issues, recent votes, current legislation and more. Also find election results (by zip code) and a media guide which connects you with your local newspaper! This is just a fraction of what's available to you on Youth Noise.

77) Want to "take a bite out of crime"? Visit the National Crime Prevention Council's website (www.ncpc.org). Click on the TEENS tab and become part of more than a million young people creating safer schools and neighborhoods. Understand how crime affects you and your family, friends and community and get involved in crime prevention projects. You can download their gang fact sheets right from the site.

78) Having trouble coming up with a project for your community service? Go to www.ServiceLinkNW.org and they'll take you through the process step by step. Start with the Focus section to figure out exactly what you're passionate about -- what "pushes your buttons." From there they lead you through the Planning, Action and Learning stages of your project. Get some friends together and go through it as a group. You'll be amazed at what you'll discover about yourself, your community and the power you really do have to make positive changes! Go here: <http://psl.oditech.com/students/index.php>



79) Got a polluted stream, creek or river in your area? Pull together some friends and start cleaning it up. If you notice foam, there may be some pollutants getting into the water. Take water samples in several locations up and down the stream and then take them to your local high school science lab teacher or local environmental agency to get the measurements of toxicity and what the toxins are. Then gather the resources (including people, the media, etc.) that you need to clean up the pollution sources.

80) Is there a jail, prison or rehabilitation center nearby? Many of these people will have children at home missing their mom or dad. Make arrangements to take a tape recorder and some children's books into the prison or center and have the parent read the stories as if they're reading them to their own kids. Then send the tape and books to their kids so they can hear their mom or dad read to them.

81) Is there a historic building in your town that needs some repair work? Help preserve a piece of your area's history by organizing a group of people (be sure to include the Historical Society in your town) to get it fixed up. You'll need to get appropriate permission, but you'll find the Historical Society will help in every way they can to support your project! Invite the newspapers and radio stations to get involved, too!

"Our youth are not failing the system; the system is failing our youth. Ironically, the very youth who are being treated the worst are the young people who are going to lead us out of this nightmare."

~Rachel Donelson Jackson (1767-1828) U.S. First Lady

82) Are there tensions between cultural groups in your community?

Why not reach out and help cross the divide? Invite another school's drama class to join yours and perform a play that will help build bridges. A terrific play, *To Kill A Mockingbird*, would be an excellent choice. It may be a little awkward at first when your two schools get together, but you'll find that by working together and performing such a play will help your community and it will open up a whole new world for you – not to mention the new friends you'll make!

83) Does your community need an "Internet Café" where people can get Internet access?

Some towns have seasonal workers who need Internet access to check e-mail from their families. Do you and your friends have computer expertise that you can share in setting one up? Perhaps the Chamber of Commerce or Community Center has a room you can use. Don't be afraid to contact businesses and stores for donations (computer hardware, installation, publicity, etc.). Attend a City Council meeting and request their help and support.



84) Start a Ham Radio or Amateur Radio Club. Computers aren't the only way to communicate with people from around the world. More and more schools are installing and setting up these radios. Ask your science teacher or a local ham radio club to help you. You'll need to take some tests to earn your operator's license. Then you'll be able to talk with other operators around the world.

85) Organize a volunteer missions trip to another country. There are many organizations that can help connect you with people who need you. Just one such organization is i-to-i Volunteer Organization (www.i-to-i.com) where you can get help connecting to volunteering opportunities, internships and more. The i-to-i organization works with local charities, government bodies and

community organizations to help find volunteers. You can choose the type of work you want to do: community development projects, conservation projects, teaching projects, building projects, or teaching English.



86) Are you an artist? There are hundreds of underprivileged kids who don't have access to art classes or materials. Get some of your art classes to offer after school art classes at one of the poorer schools, YMCAs or community centers in your community. Provide the materials and teach the kids what you know. At the end of the classes provide an art show featuring your students' work. Open it to the neighborhood and invite the media to attend. Make the world a better place through art – open the world of art to kids who wouldn't know it without you.

87) Sponsor a Holocaust Remembrance Day in April. One of the most horrific events in our modern history was the Holocaust in Germany from 1933 to 1945, some 60 years ago. Fewer and fewer of the survivors remain alive to talk about their experiences, but we need to remember that over 6 million people were exterminated in the name of creating a superior race. Visit the United States Holocaust Memorial Museum online at www.ushmm.org for more information.

88) Speak out against the holocaust going on currently in Darfur, Africa. In 2004 the U.S. Holocaust Memorial Museum declared a genocide emergency for Darfur, Sudan. To date about 2,500,000 civilians have been driven from their homes and more than 300,000 people killed in the name of racial purity. Thousands are dying every month. The US Holocaust Memorial Museum and Google have teamed to give you high-resolution imagery of the destruction going on (www.ushmm.org/googleearth). Ending such genocide requires the interest and action of concerned citizens – just like you! Go here to learn exactly what you can do – and get your friends and family to join you: www.ushmm.org/conscience/alert/darfur/what.



89) Help people who can't afford to pay an accountant file their taxes. Are you interested in accounting and business practices? See if your Regional Occupation Program offers a Volunteer Income Tax Assistance program. Get your friends together for the training and then cheer each other on as you pass the certification test so you can help people with their tax forms. Ask IRS agents to be present and check the forms. Most of the returns will probably be able to be filed right from a computer.

90) Join an archeological dig. See if you have a "dig" happening in your area (call your local college or historical society). Many communities do have digs happening because of construction that has uncovered artifacts. Here's an opportunity to "touch history" in a unique and important way.

When you see pain in someone's eye,
a hug, a touch on the shoulder, or
even a smile can make all the difference.

~Author Unknown



91) Plant a tree. Trees are important to the health of our communities. Trees remove CO₂ from the air and help fight global warming. They produce oxygen and give birds homes and provide food for wildlife. They also cool your home and neighborhood, break the cold winds and lower heating costs. Visit The National Arbor Day Foundation website (www.ArborDay.org) for lots of information and free resources. If you live in the city, challenge your city to celebrate Arbor Day and become a Tree City USA. All the information you need is on the Arbor Day website.

92) Encourage your school district to use biodiesel in your school buses. Biodiesel is a less polluting alternative fuel and is available in all 50 states. Do some homework on the Biodiesel website (www.biodiesel.org) so you can present the facts to your school district. There is a guide for buying biodiesel (www.biodiesel.org/buyingbiodiesel/guide/default.shtm) that is very helpful. There's even a map with cities where you can purchase it.

93) Be a Virtual Volunteer. If it's difficult for you to leave your home, but you have access to a computer, research the possibilities for being a virtual volunteer. It's very important that you be careful and make sure the company is legitimate. Be very wary if they ask you for money – it's a good chance they are scamming you. Since it's virtual volunteering, your communication will mostly be through email, although you may use the telephone for communicating with your supervisor and phone conferences. You might write articles, create layouts for websites, and maybe even help in recruiting other volunteers. And many times you can come up with your

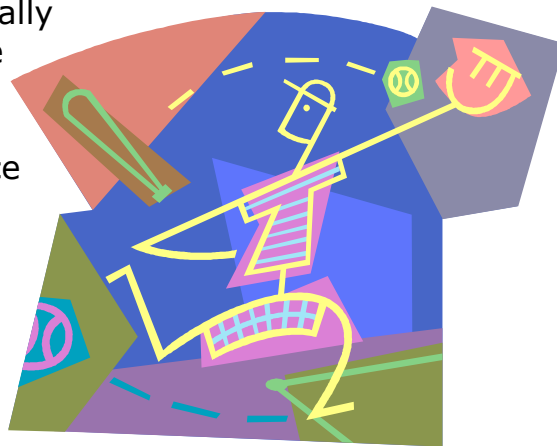


own ideas of what you'd like to do to help the organization. And the best part is you can do your volunteering any time – even in your pajamas and no one will know! Visit www.dosomething.org/volunteer/virtual for some ideas.



94) Help with Health Care Fairs. Contact your local Community Outreach Center and volunteer to help with their Health Care Fair (or whatever they call it at their Center). There will be all kinds of things to do: pass out flyers, help people with directions, help direct traffic in the parking lot, make posters, help set up, help clean up afterwards, etc.

95) Join your local Police/Urban Youth Relations task force. If your community doesn't already have one, take several of your friends and approach your Police Department to start one. Explore the different ways youth and police can interact in a positive way to make changes in your neighborhood or community. The idea is to have youth and police officers interact one-on-one to help break down stereotypes each has of the other. And as the youth and officers on the task force get to know each other and learn to appreciate and respect each other, that relationship needs to be made public so others learn that police and youth are not enemies but actually want the same things: safe neighborhoods, the desire to help others, etc. Have a youth vs. police softball (volleyball, etc.) game and publicize it. Afterward have the youth and police who played opposite each other give little talks about cooperation, respect, etc. to those who watched. Have the youth join officers on their rounds. This will, of course, take some training for the youth prior to actually going out. Sometimes the kids will have to stay in the squad car – depending on the kind of call. Other times they might actually walk the streets with the officers. Do whatever it takes to make relationships between youth and police a positive and constructive one in your neighborhood.



96) Become a youth counselor for a telephone hotline. Youth make great counselors for other kids who call in on hotlines. Training is available and adults are nearby to help with calls that you can't handle. Kids who are hurting sometimes just need to talk to someone who cares – that can be you!



97) Do you have a "green thumb"? Adopt a local emergency shelter or low-income nonprofit organization that can't afford to hire gardeners and take care of their current yard or vegetation. Even if they are a street-front location, there are usually some plants to care for. If not, gather some friends together and beautify their location with plants in containers. Then be sure to keep going back every week (or as needed) to water and care for the vegetation.

98) Do you know Yoga, Tai Chi or Karate? Why not teach a free class at your local YMCA or community center? There are lots of individuals (kids and adults) who would enjoy such a class but can't afford to pay. Help people get in shape, give back to your community, and make some friends all at the same time!

99) If you have a "way with animals," volunteer at your veterinarian's clinic. There are always cages to clean, bandages to change, and animals that are missing "their people" who would benefit from a friendly voice and some petting. There will most likely be other activities they'll need your help with, like rabies clinics, community pet adoptions, etc.



100) Adopt a lonely senior citizen. You can call local nursing homes, senior residences, rehabilitation centers, your place of worship, even geriatric wards at your area hospitals to find someone who needs a friend. You really don't need to take anything with you other than a smile and a big, caring heart. Commit to meeting with your senior friend once a week. You might start reading a book to them, or write notes, read their mail, do a little shopping, or just watch a favorite TV show and talk about it with them.

101) Volunteer as an Animal Foster Parent. If your family likes animals, ask your parents/family if you can volunteer to be an animal foster home. You'll take in animals that are orphaned or abandoned while the agency seeks permanent homes for them. You'll take care of all their needs – just like they were your own. Contact your local animal shelters to see if they have such a program. The shelter usually helps by providing food and any medications required. If you have a PetsMart or other pet store in your area that does adoptions, contact them for information about the veterinarians and/or shelters that provide the adoption services.

See next page for Bonus Ideas. . .

BONUS IDEAS

102) Do you enjoy going to the theater (live performances)? Volunteer to help and you'll get to see the shows for free. Volunteers usually greet the people, take tickets, hand out programs, help with refreshments at intermissions, and provide information. Involve your family or friends, and have a fun, free evening!



103) Have you ever thought of doing "window dressing"? You know - when you walk by a store and look at their window displays? Volunteer at a nonprofit thrift store to do their window displays and floor displays.



104) Get a group of friends together and paint houses over the holidays or during the summer.

There are many people who simply cannot afford to pay for professional painters and would be thrilled to have some caring youth do it for them. Contact your place of worship,

105) Organize a trip for low-income kids to the local zoo or park. Some kids never get out of their neighborhoods because their parents are working 2 and 3 jobs and just don't have the time to take them. Contact an emergency shelter, community center or your place of worship for help locating and organizing the trip. Get parents to drive and accompany you. Be sure to get permission slips signed by the children's parents. The organization you're working with will have one you can use.

106) Volunteer to tape record the life stories of hospice patients.

Hospice is a program that comes alongside people who are dying. These individuals have a story to tell about their life. Gather some friends together, get tape recorders and interview them, letting them tell their stories. Create some art to go with each individual's story and give it to them to share with their families. Perhaps the hospice program would like a copy, too. The Hospice program you're working with will want to give you training before you start your project.



Well, there you have them, 101+ ideas on how youth can change the world!

Even if you don't use any of these, I hope they'll at least get you thinking about projects you can and will do. But don't stop at thinking – DO IT.

I believe in you!

Sandi

sandi@togetherwecanchangetheworld.com

To find out how you can Raise Your Hand for
Change through 5 Million Students For Change,
please go to the next page!

**5 Million For Change!
&
5 Million Students For Change!**

Together We Can Change The World, Inc. has created the 5 Million For Change Campaign to mobilize a force of good that will sweep across the globe and create true sustainable CHANGE on every continent.

It's not just enough to say you want to help create CHANGE - you have to have the resources and tools to do just that. The Together We Can Change The World Association has created everything you need - giving it to you totally FREE as our contribution to CHANGE.

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Will you RAISE YOUR HAND and become part of 5 Million For Change or 5 Million Students For Change??

www.5MillionForChange.com

www.5MillionStudentsForChange.com

The 5 Million For Change Pledge is on the next page:

5 Million For Change Pledge

I raise my hand for 5 Million For Change.

I will take time **TODAY** to make a difference in
the world.

I will take time **TODAY** to do one thing – for one
person.

I will take time **TODAY** to spread some love &
caring in my world.

One thing – **TODAY**.

EVERYDAY!

Nothing is too small. Nothing is too big.

It is only important to take Action.

I will take time **TODAY** – to **ACT** – to create
CHANGE!

References

1 – *Study Shows Teens' Top Ten Causes, Readiness to Get Involved and Make a Difference* (www.harrisinteractive.com/news/allnewsbydate.asp?NewsID=353)

2 – *Teens Believe They Can Make A Difference in Politics*
(http://momslife.com/stages/teen_politics.shtml)

3 - CONSTITUTIONAL RIGHTS FOUNDATION, Educating Tomorrow's Citizens (www.crf-usa.org) and the Active Citizenship Today (ACT) Online resources (www.crf-usa.org/act/act.html)

4 - Big Brothers Big Sisters
(www.bbbs.org/site/c.diJKKYPLJvH/b.1632621/k.5BFF/Schoolbased_Mentoring.htm)

5 – Make-A-Wish Foundation (www.wish.org) – you can find your local chapter on their Home page in the upper right hand corner. Just enter your zip code or browse their online map.

