

Where to Care: Teen Guide to Volunteering

City of Dublin, Outreach and Engagement



Sustainable | Connected | Resilient

Teen Guide to Volunteering

Animals, Wildlife & Outdoors

Colony Cats

- 📍 2740 Festival Lane | Dublin, OH 43017
- ✅ *Ages 14 and under must be accompanied with a parent or guardian*

There are many fun and rewarding avenues to volunteering for this worthy cause, most options are based on need and injured animal cases. Colony Cats welcomes your involvement and encourages you to help them in improving the well-being of homeless cats and dogs. Please do not get discouraged if it takes up to a month to get back to you.

- Complete volunteer applications [here](#)
- For more information, contact them via email at volunteer@colonycats.org or phone: [614.570.0471](tel:614.570.0471)

Sedona Grace Foundation

📍 P.O. Box 664 | Dublin, OH 43017
Sedona Grace is a non-profit that relies on volunteers and donors to provide pet food for local families in need. Often times, when families are struggling to put food on the table, they are faced with the hard decision of having to give up their pets. You can help by running a donation drive for pet food or getting a group together to help package the food that is then donated to local food pantries.

- Email dave@sedonagracefoundation.com for opportunities
- Send a message [here](#)

Cozy Cat Cottage

📍 10344 Sawmill Road | Powell, OH 43065
Volunteers are welcome to put their talents, skills and ideas to work! Available opportunities include adoption center care takers, sorting recycle items, adoption counselors, event helpers and more.

- Download an application online [here](#)
- Contact jeby@cozycatcottage.org for more information

Columbus Humane

- 📍 3015 Scioto Darby Executive Court | Hilliard, OH 43026

Not only will you learn about animals and get lots of licks and tail wags, but you will also meet others who share similar interests. Volunteer opportunities include Dog Care, Dog Training, Cat Care, Rabbit Care, Greeting, Administrative Assistance, and Special Events.

- Learn more and fill out the application [here](#)

Canine Collective

- 📍 11144 US-42 | Plain City, OH 43064
- ✅ *Ages 16 and younger must be accompanied with a parent or guardian*

Help showcase adoptable dogs on a Saturday at one local pet store adoption events from 12:30-3:00 pm. Sometimes help is needed to take dogs to vet appointments. Additional volunteers are needed to help with event planning, fundraising, and applying for grants. If you are 18 years old, you can also volunteer to walk dogs and help at the kennel (after completing training).

- Email info@caninecollective.org for more information
- Visit their website [here](#)

Ohio House Rabbit Rescue Adoption Center

📍 5485 N. High Street | Columbus, OH 43214
If you love bunnies, this is the volunteer gig for you! Volunteers are needed to help with bunny socialization, bunny care and more. Group and individual opportunities available.

- Learn more about the opportunities [here](#)

Franklin Park Conservatory

- 📍 1777 E. Broad Street | Columbus, OH 43203
- ✅ *Ages 18 and older | Ages 15-17 must be accompanied with a parent or guardian*

Volunteers are the heart of Franklin Park Conservatory and Botanical Gardens, contributing their time, talents, enthusiasm and energy. Activities in areas throughout the Conservatory include horticulture, education, exhibitions or visitors services.

- Register online [here](#)
- Email volunteers@fpconservatory.org or call [614.715.8098](tel:614.715.8098) for additional information



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Animals, Wildlife & Outdoors (Cont.)

Stratford Ecological Center

📍 3083 Liberty Road | Delaware, OH 43015

The Stratford Ecological Center is a non-profit educational farm and nature preserve on 236 acres in Delaware County, Ohio. Volunteer opportunities include greeting visitors at the front desk, office assistance, guiding school children on farm & nature tours, gardening, farm hands, and more!

- Volunteer applications can be found [here](#)
- Email volunteer@stratfordecologicalcenter.org

Preservation Parks of Delaware County

📍 Various park locations

Volunteers in Parks (VIPs) are essential to the mission of Preservation Parks to protect natural and historic resources and inspire outdoor exploration and learning. Volunteer opportunities include assisting park staff, pulling invasive plants, monitoring bird boxes, hosting park information booths and more!

- Apply or learn more about the opportunities [here](#)

Columbus Recreation and Parks

📍 Various locations

Throughout the spring and summer months, volunteers are needed to assist with park clean-up projects, invasive removal, mulching, landscaping, tree planting and more!

- View the latest opportunities online [here](#)
- Email volunteers@columbus.gov for more information.

Children & Families in Need

One Dublin

📍 6305 Brand Road | Dublin, OH 43016

One Dublin (formerly Welcome Warehouse) offers a variety of volunteer opportunities throughout the year in their free store; sorting donations, translation services, bed deliveries and special events. Various opportunities are available year-round!

- Learn more and sign up to help [here](#)
- Email volunteers@one-dublin.org

Dublin Food Pantry

📍 6608 Dublin Center Drive | Dublin, OH 43017

✔ *Ages 17 and younger must be accompanied with a parent or guardian*

The Dublin Food Pantry is a choice pantry set-up like a grocery store so clients can shop and select the food they want. It takes approximately 150 volunteers each week to operate the Pantry and an additional 500+ volunteers to run the major food drives and the holiday Harvest of Hope food distribution. After school shifts are available for students during the school year!

- Student volunteering information can be found [here](#)
- Email jim@dublinfoodpantry.com for more information.

M.A.S.H. Pantry & Resource Center

📍 Various locations (Grove City and Marysville)

✔ *Ages 13 and older – must be registered in school*

M.A.S.H. (Military And Service Heroes) serves veterans and current armed forces members through food pantries, toy drives, and other projects.

- Find applications [here](#)
- Email info@mashpantry.org with questions

FESTA

📍 Various locations

✔ *9th Grade and above*

Located in Hilliard and Columbus, teen volunteers can help by providing meals, serving as hospitality members and assist with ESL classes.

- Learn more and sign up [here](#)



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Children & Families in Need (Cont.)

Habitat ReStore

- 📍 Various Locations
- ✅ *Ages 16 and older*

From customer service to furniture repair, the Habitat ReStore offers volunteers opportunities geared toward individual interests and skills. Volunteers help Habitat ReStore support local building projects for those in need in many communities and around the world.

- Sign up [here](#)
- Email volunteers@habitatmidohio.org

LSS Food Pantry

- 📍 Various Locations
- ✅ *Ages 12 and older - Certain opportunities may have different age restrictions*

In 2023, over 2,500 volunteers gave almost 40,000 hours to help those in need. Volunteers will assist in food pantries setting up produce and personal care items or in kitchens preparing meals and washing dishes.

- More information can be found [here](#).

Mid-Ohio Food Collective

- 📍 Various locations
- ✅ *Certain opportunities may have different age restrictions*

The Mid-Ohio Food Collective is all about helping those in need, with initiatives in food banks, kitchens, farming, and health-care. From packing food, to growing food, there is something for everyone.

- Visit their [website](#) to learn more and register as a volunteer.

Feed the Kids Columbus

- 📍 8400 Warner Rd, Suite 600 | Plain City, OH 43064
- Help provide food to local kids and families in need by making peanut butter and jelly sandwiches to donate. Additional opportunities include making Kindness Cards and warehouse maintenance.
- Register and learn more [here](#).

Smoky Row Food Pantry

- 📍 7260 Smoky Row Road | Columbus, OH 43235
- Smoky Row Food Pantry serves anyone who comes to their pantry, regardless of zip code. Help is needed in various roles such as set up, packing, carrying, and more.
- Visit their [website](#) for more information.

Hilliard Food Pantry

- 📍 3691 Main Street | Hilliard, OH 43026
- ✅ *Ages 14 and older | Age 13 must be accompanied with a parent or guardian*

Hilliard Food Pantry is also looking for volunteers to be greeters, shoppers, and lifters (moving food and packages around).

- Visit their website [here](#)
- Email ewest@hilliardfoodpantry.org for more information.

D.N.A. Community Center

- 📍 7675 Amity Pike | Plain City, OH 43064
- ✅ *Certain opportunities may have different age restrictions*

D.N.A. (Daily Needs Assistance) facility to help those in need in the community. Volunteers are needed to assist with free breakfasts, sorting and stocking shelves, pantry distribution and more.

- Visit their [website](#) to learn more and register as a volunteer.

Worthington Resource Pantry

- 📍 6700 Huntley Road | Columbus, OH 43229
- ✅ *Ages 14 and older*

Volunteers help with greeting and guiding shoppers, pack food to be delivered, unloading donations, and more. Worthington Resource Pantry has been able to provide over 1.4 million meals to 124K neighbors in need.

- Sign-up or learn more about opportunities [here](#).

Westerville Area Resource Ministry

- 📍 450 Heatherdown Drive | Westerville, OH 43081
- ✅ *Ages 14 and older*

Westerville Area Resource Ministry (WARM) provides food, economic, and spiritual support to those in need, having served over 30,000 people. Help is needed in the pantry, general maintenance, greeting, and helping workforce development.

- Sign-up [here](#) or contact [614.899.0196](tel:614.899.0196)



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Children & Families in Need (Cont.)

People In Need of Delaware County

📍 138 Johnson Drive | Delaware, OH 43015

People In Need (PIN) of Delaware County is a non-profit social services agency dedicated to providing emergency assistance to Delaware County residents. Volunteers assist with filling orders, restocking shelves, office/clerical work, special projects and more.

- Fill out an application [here](#)
- Email info@delawarepeopleinneed.org with questions

Neighborhood Services, Inc.

📍 1950 North 4th Street | Columbus, OH 43201

🟢 *Ages 14 and older (14-15 must be accompanied by a parent or guardian)*

Volunteers staff the food pantry Monday - Friday from 9:30 am – 1:30 pm, or help organize and clean the warehouse Tuesdays and Fridays starting at 1:00 pm. Register clients, help them shop in the choice food pantry, assist with stocking shelves, unload delivery trucks, and perform other duties as needed. Volunteers, including groups, also assist with monthly produce markets, holiday programs, and light maintenance work around the pantry.

- Visit their [website](#) to learn more
- Email cpschilling@nsifoodpantry.org to volunteer as a group

United Methodist Church All People's Fresh Market & Free Store

📍 946 Parsons Avenue | Columbus, OH 43206

The United Methodist Free Store provides clothing and household items to individuals and families in a hospitable atmosphere that affirms the self-worth of each individual. More than 50,000 families have become members of the Free Store since they opened in January 1999. Additionally, the All People's Fresh Market work in collaboration with the Mid-Ohio Food bank to distribute nearly 2 million pound of produce this year.

- Learn more and sign up [here](#).

Common Ground Free Store

📍 193 East Central Ave | Delaware, OH 43015

🟢 *Ages 15 and older | 6th-8th grade needs parental or guardian accompaniment*

Located just next door to Dublin in Delaware, Ohio this free store offers clothing, shoes, household items, food and more to community members in need. Volunteers are needed each day to assist with greeting shoppers, stocking shelves, serving food and more.

- Learn more and register [here](#).

Ronald McDonald House

📍 711 E. Livingston Avenue | Columbus, OH 43205

🟢 *Ages 14 and older – Certain opportunities may have different restrictions*

The Ronald McDonald House is supported by a strong foundation of volunteers. Their gifts of love and compassion make this House more than just a place to stay, they make it a home. Whether you are an individual wanting to support families in or out of House, or a group looking to come to the House for a few hours, there is an opportunity to give that is perfect for all!

- Contact Meika.Hilles@rmhc-centralohio.org for more information
- Learn more about each opportunity [here](#).

YWCA Family Center

📍 900 Harvey Court | Columbus, OH 43219

🟢 *Ages 15 and older – Some roles have no minimum age but must be accompanied with a parent or guardian*

The YWCA Family Center provides emergency, short-term shelter and assistance with critical services to help stabilize homeless families in Central Ohio. Sign-up to help during meal services, organizing donations, or general maintenance.

- Visit [here](#) for more information
- Email volunteer_donations@ywcacolumbus.org.

Seeds of Caring

📍 *Various Locations – In-person and Online*

🟢 *Ages 2-12 - Certain opportunities may have different age restrictions*

Seeds of Caring provides the opportunity for kids to make a difference through service, social actions, and community-building projects. Projects include assembling care kits, packing sack lunches, and pet food drives for animal shelters.

- Visit [here](#) to sign up for opportunities



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Civic Service – City of Dublin

Culture Corner

Help celebrate Dublin's diversity by teaming up to create educational and creative displays highlighting the many cultural holidays celebrated in Dublin. The Culture Corner is on display at the Dublin Community Recreation Center as well as digitally on the City of Dublin social media sites.

- Email Shannon at smaurer@dublin.oh.us to get involved.

Upcoming Community Events

- ✓ *Certain opportunities may have different age restrictions*

Our special events are renowned in the City of Dublin thanks to a responsive and talented group of volunteers who make them possible: **Independence Day Celebration (July 4)**, **Dublin Irish Festival (Aug. 1-3)**, Halloween Spooktacular (Oct. 16-17), and Annual Tree Lighting (Dec. 4). Our event volunteers team up to bring safe, enjoyable events to life in Dublin.

- Contact volunteer@dublin.oh.us
- Visit our volunteer hub [here](#) for more information

Keep Dublin Green Kits

Park cleanup kits are a great flexible option for individuals and groups to give back to the community by cleaning litter from Dublin parks. The kit includes trash and recycle bags, gloves, safety vests, a first aid kit and even a scavenger hunt.

- Reserve a kit [here](#) and we will be in touch with next steps

Dublin Teen Buddy Program

Now recruiting passionate teens to make a difference in the lives of older adults in the community by helping to combat loneliness and isolation through building intergenerational relationships. Buddy matches are made based on mutual interests, both teens and older adults complete interest forms prior to participating in the program. **Program kicks off fall 2025.**

- Reach out to Shannon at smaurer@dublin.oh.us for more information

Recreation Program Assistants

- ✓ *Ages 15 and older*

Dublin's Preschool/Youth and Nature Education programming are robust throughout the year and our instructors need willing volunteers to help with participant check-in, set-up, monitoring and assisting with activities throughout the program and clean-up at the end.

- Contact Shannon at smaurer@dublin.oh.us for more details and to schedule.

MLK Civic Service Series

The MLK Civic Service Series is a collection of four volunteer projects and community impact discussions to honor Reverend King's vision of creating a Beloved Community.

- Check out the MLK Civic Service Series webpage [here](#) for updates and other upcoming projects.

Theater Ushers

There are many amazing productions scheduled at the Abbey Theater. Ushers assist patrons with seating, wayfinding and collecting tickets.

- Contact Shannon at smaurer@dublin.oh.us for details and to schedule.

Wee Folk Room

- ✓ *Ages 12 and older*

The Wee Folk Room is a babysitting room at the DCRC staffed Monday-Sunday. Volunteers are needed to help with reading stories, leading activities and assisting staff with the children. The objective is to safely interact with kids, allowing staff to tend to other duties while under their supervision.

- Contact Shannon at smaurer@dublin.oh.us for more details and to schedule.

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Diversity and Inclusion

Noor Islamic Cultural Center

📍 5001 Wilcox Road | Dublin, OH 43016

Volunteers assist in various tasks around the center, including youth programs, social media management, IT, and other special talents.

- Complete a volunteer interest form [here](#) to find out more.

Stonewall Columbus

📍 1160 N. High Street | Columbus, OH 43201

Stonewall Columbus is the center for the LGBTQQ+ community in Central Ohio, focusing on advocacy, education, support, and community. Volunteer opportunities are available at the Community Center and for Pride events.

- Visit their website [here](#) for more information.

Kaleidoscope Youth Center

📍 603 E. Town Street | Columbus, OH 43215

Volunteers assist in the youth drop-in center with programming, special events, cleaning, etc.

- Complete an interest form [here](#)
- Reach out via e-mail at info@kycoho.org for more information

Libraries, Museums & Art

Dublin Arts Council

📍 7125 Riverside Drive | Dublin, OH 43016

Volunteering for Dublin Arts Council is more than just gallery sitting or stuffing envelopes. The positive energy that you generate through the gift of your time, personality, and skill is contagious. The act of giving of yourself extends through all the areas of your life and touches the lives around you.

- Contact Katy Marque at marque@dublinarts.org or call [614.889.7444](tel:614.889.7444)

Columbus Metropolitan Library

📍 Various Locations

✓ *Ages 12 and older – Age requirements may vary by location*

The library depends on volunteers to work hand-in-hand with staff to provide the best possible service to customers. They check in with a wide variety of interests and passions and at the end of the day they check out knowing they made a difference in a reader's life. There are a limited number of opportunities, so sign-up early. Please note that some branches' available volunteer slots fill up fast, so you may be asked to select another location.

- Learn more about volunteer opportunities, visit online [here](#) or call [614.849.1055](tel:614.849.1055).

Hilliard Arts Council

📍 5425 Center Street | Hilliard, OH 43026

Volunteers help support the mission of enhancing the cultural and economic vitality of the community by inspiring, enlivening and educating through the arts. Duties include assisting with painting scenery, ushering at events, helping with social media and more.

- Learn more about getting involved [here](#).

COSI

📍 33 W. Broad Street | Columbus, OH 43215

✓ *Ages 14 and older*

Bring STEM learning to everyone. Volunteers are critical to daily operations from greeting guests, exhibit operations, and providing education there.

- Explore and register online [here](#)
- Email cosivolunteers@cosi.org

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Special Needs

Dublin Special Olympics

- 📍 5001 Wilcox Road | Dublin, OH 43016
- ✔️ *Ages 13 and younger must be accompanied by a parent or guardian | Ages 14 - 17 require parental consent*

Dublin Special Olympics exists to provide year-round sports training and competition opportunities for children and adults with intellectual disabilities. Volunteers are needed to assist athletes in individual sports programs.

- For more information, visit them online [here](#)
- Email completed forms to dublinspecialolympics@gmail.com

Adaptive Sports Connection

- 📍 6000 Harriott Drive | Powell, OH 43065

Adaptive Sports Connection relies on over 400 volunteers to help create Boundless Possibilities for thousands of children, adults, and veterans with physical and cognitive challenges by focusing on abilities.

- Learn more and sign up [here](#).

Willow Ridge Therapeutic Riding Facility

- 📍 9302 Brock Road | Plain City, OH 43064

Willow Ridge provides assisted therapy for higher functioning children with special needs. Volunteer opportunities vary from general barn chores to leading horses during a session, depending on the amount of horsemanship experience that the volunteer has.

- For more information, contact Pam at willowridge12@gmail.com or [614.778.9122](tel:614.778.9122)

Franklin County Board of Developmental Disabilities

- 📍 2879 Johnstown Road | Columbus, OH 43219

This Franklin County agency provides support to children and adults who have developmental disabilities. There are opportunities to get involved with summer programs for children, adult recreation programs, and more.

- Program information can be found [here](#) or by calling [614.475.6440](tel:614.475.6440) for more information

Heinzerling Foundation

- 📍 1800 Heinzerling Drive | Columbus, OH 43223
- ✔️ *Ages 14 and older | Ages 11- 13 must be accompanied by a parent or guardian*

Volunteering here is an investment because, in the process of helping others, you often discover more of your own strength and self-worth. It's very rewarding to see many of the resident's progress step-by-step and know that you are a part of that. As a Heinzerling volunteer, you will make a huge difference in a resident's life. You will turn your good intentions into reality and change a life forever.

- Learn more about the several opportunities [here](#)
- Email skohli@heinzerling.org

Dreams on Horseback

- 📍 1416 Reynoldsburg-New Albany Road | Blacklick, OH 43004
- ✔️ *Ages 14 and older*

This therapeutic riding facility helps people of all ages and abilities with challenges to improve their lives through horse-assisted learning experiences and education. Volunteers are needed to assist with participants and other duties.

- For more information, visit them online [here](#)
- Email Info@DreamsOnHorseback.org

A Kid Again

- 📍 Various Locations

An A Kid Again volunteer is someone who brings the fun and excitement to an A Kid Again experience. Various opportunities are open for teens to engage with young kids with life-threatening conditions and their families to create lasting carefree memories.

- Learn more and sign up [here](#)
- Email ahofacre@akidagain.org



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Seniors/Assisted Living

Dublin Retirement Village

📍 6470 Post Road | Dublin, OH 43016

✔️ *Ages 16 and older*

Volunteer opportunities vary; help with Family Fun Nights, sit and talk with a senior, plan a group activity, assist with serving meals, and more.

- Reach out to Julie Dyer for more information jdyer@seniorstar.com

Friendship Village of Dublin

📍 6000 Riverside Drive | Dublin, OH 43017

✔️ *Ages 14 and older*

Volunteer opportunities range from providing entertainment to package delivery, with project/skills-based options available as well.

- Apply online [here](#)
- Call [614.764.1600](tel:614.764.1600) for more information

Source Point

📍 800 Cheshire Road | Delaware, OH 43015

✔️ *Ages 13 and younger must be accompanied by a parent or guardian | Ages 14 and older*

Source Point provides senior care and you can help out too! From art assistants, to home help, Meals on Wheels assistance, to office assistant there are plenty of opportunities available for teens, groups, and families.

- Learn more about each program and apply [here](#)
- Email info@MySourcePoint.org

Caretenders Hospice Columbus

📍 2550 Corporate Exchange Drive | Columbus, OH 43231

Hospice volunteers donate their time and effort to provide comfort for someone with life-limiting illness. Volunteers assist in administrative roles, patient care, bereavement, and other support.

- Learn more about each program and apply [here](#).

Zusman Hospice – Wexner Heritage Village

📍 2550 Corporate Exchange Drive | Columbus, OH 43231

Volunteers are needed help host game nights (poker, ping pong, mahjong), share stories with seniors, teach technology, and more.

- Reach out jkoval@whv.org or call [614.231.4900](tel:614.231.4900) ext 1474 for more information

Stems For Seniors

Stems For Seniors takes flowers and arranges them into bouquets to be delivered with Meals on Wheels, senior centers, hospice care, and more. Volunteers are needed to pick up, arrange and deliver flowers as well as preparing/decorating the jars/cans to put flowers in.

- To schedule a donation, email SteamForSeniors@gmail.com or call [336.337.1318](tel:336.337.1318)
- Visit [here](#) to learn more

Other Ways to Connect

Connections – The Delaware County Volunteer Center

📍 39 W. Winter Street | Delaware, OH 43015

✔️ *Ages 13 and older - Certain opportunities may have different restrictions*

Connections is the Delaware County Volunteer Center, offering more than 300 volunteer opportunities at over 300 nonprofit agencies. Connections matches individuals with opportunities and coordinates Days of Service. Visit online for more detailed information.

- Apply online [here](#)
- Email connections@helplinedelmor.org

American Red Cross

📍 Various Locations

✔️ *Ages 13 and older*

Teens can serve as a Youth Action Campaign Advocate, supporting the Regional Service to the Armed Forces department and promoting the values of International Humanitarian Law in your community.

- Learn more and apply [here](#)



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Where to Care

Youth Volunteerism Facts & Stats

- **Making an Economic Difference**
Teenagers volunteer 2.4 billion hours annually – worth \$34.4 billion to the US economy (University of Nevada, Reno).
- **You Are A Change-Maker**
92% of young people say that “volunteering locally to help people directly” is an effective way to make change (National Youth Survey, 20/20 Vision).
- **More Teens Volunteer Than Adults**
Out of 13.3 million youth, 59.3% volunteer an average of 3.5 hours per week, versus 49% of the adult population volunteer an average of 4.2 hours. (University of Nevada, Reno).
- **Youth Who Volunteer Do Well in School**
Youth who volunteer are more likely to do well in school, graduate, vote and be philanthropic (UCLA/Higher Education Research Institute).
- **Youth Who Volunteer are Less Prone to Drug Abuse**
Youth who volunteer just one hour or more a week are 50% less likely to abuse drugs, alcohol, cigarettes or engage in other destructive behaviors (Search Institute).
- **It Boosts Self-Esteem**
Volunteering or participating in activities that help others is a good place to start for teens who need a boost in self-esteem. (Journal of Adolescence).
- **Improves Overall Well-Being**
Compared to kids who hadn’t participated in community service in the past year, those who had were 34% more likely to be in excellent or very good health, 66% more likely to be considered “flourishing”, and 35% less likely to have behavioral problems. In addition, kids ages 12 and older who volunteered were also roughly 25% less likely to have anxiety than peers who didn’t. (American Medical Association, 2023).

- **Several Personal Benefits**
Teens say the benefits received from volunteering are: learning to respect others, learning to be helpful and kind, learning to understand people who are different, developing leadership skills, becoming more patient, and better understanding of citizenship (University of Nevada, Reno).
- **Social Connection**
Volunteering fosters social connections and new relationships, reducing isolation and promoting belonging (Points of Light).
- **It’s Cool!**
Teens rank volunteering, along with the environment and eating healthy, as top three activities they consider “cool” (Teenage Marketing and Lifestyle Study).
- **Sense of Purpose**
- Seeing the direct benefits of their service allows for a volunteer to establish a sense of purpose, leading them towards a new passion. Studies show this decreases stress levels, enhancing mental health.



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