

# Importance Of Engaging Teens In

## Volunteer Activities

### Helps them make a difference

Volunteering gives them a first-hand experience of what they're capable of. They also learn that even the smallest acts of love and kindness count.



### Helps them know their worth

In a society obsessed with academic achievement, teens need to know that report cards aren't the only thing that reflects their self-worth.



### Helps them explore and discover interests

While picking from different volunteering opportunities, your teen can select an area that interests them.



### Helps them build appreciation

You can let your teen know that numerous animals and people need help. Getting out there and understanding their predicament can give them perspective.



### Helps them widen their social circle

A teen's social circle is primarily friends from school and family. While volunteering, teens get the opportunity to meet people outside of their usual circle.

