TEENS BENEFIT FROM GIVING OF THEIR TIME AS VOLUNTEERS

When children and teens get together to clean up a strip of highway, visit residents of a nursing home or help a young child learn a new skill, they may get back as much as they give, according to a 1996 Gallup survey on volunteering among youth.

"There's no question that communities benefit when kids volunteer," says Linda Kustka, 4-H youth development specialist at the University of Wisconsin-Extension. "Every year, kids in 4-H clubs, for example plan some kind of volunteer or citizenship project to benefit their community."

These volunteer activities may range from helping to socialize puppies that are going into training as helper dogs for people with disabilities to raking up leaves for a elderly neighbor who can't do the job anymore.

But the survey on volunteering indicates that the young volunteers themselves reap some big benefits.

Of the teens interviewed for the survey, 32 percent said their grades went up; 30 percent developed new career goals and 34 percent explored new career options because of their volunteer work.

The teens also listed other benefits including learning respect for others, learning to be helpful and kind and getting along better with others. More than 90 percent said they gained satisfaction from helping other. And 63 percent noted that volunteer experience will look good on their resumes.

Kustka said it's clear that young people feel good about filling a need. "Volunteering builds confidence," she said. "Kids who volunteer come to realize that one person can do something to make a difference."

Copies of the booklet "America's Teenage Volunteers" and the complete research study "Volunteering and Giving Among Teenagers" ($20.00) are available, contact Independent Sector at 888-860-8118 or http://www.indepsec.org.

The Preceding was given by:
Mary Ellen Bell (608-263-6260, mebell@facstaff.wisc.edu
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News Release #1: National Volunteer Week Salutes Volunteers in (State)

(HOMETOWN, STATE) – Each year, thousands of volunteers in (State) donate their time and energy to make their communities a better place to live. These volunteers will be among the millions across the country who will be spotlighted during National Volunteer Week, April 18-24, 1999.

One group that relies heavily on volunteers is the (County) 4-H program. This year, (total number) volunteers, both young and old, have served as club leaders and project leaders for the (number) 4-H clubs in (County).

**(Add quote from 4-H youth specialist about impact of volunteers to 4-H program.)**

Volunteers spend numerous hours working on tasks, such as helping organize an event at the county fair, helping a child with a 4-H project or leading a community service project.

**(Add quote from a 4-H volunteer.)**

Club volunteers are only one group of leaders across the state who are instrumental in carrying out the mission of the (State) Cooperative Extension Service. They are involved in every aspect of the county extension service, including determining the needs of the residents, planning programs, securing resources and evaluating programs.

An example of this is the (County) Extension Council. The (number)-member board, which consists of elected and appointed citizens, works with the county extension staff to plan and oversee extension activities.

**(Quote from another county extension staff.)**

The work of Extension volunteers is continuous. Every day a volunteer is lending a helping hand to make Extension programs beneficial to the residents of (County).

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News Release #2: Survey Shows Most Adult Volunteers Started Young

(HOMETOWN, STATE) – About half of the U.S. population volunteers. According to a national survey from the Gallup Organization and the Independent Sector, two-thirds of those who volunteered as youths also volunteer today.

Of these volunteers, over two-thirds reported having been involved in at least one of the following activities as youths: participating in student government, going door to door to raise money or belonging to a youth group.

The same holds true in regards to charitable giving. Adults who volunteered as youths are more likely to contribute to charities. Ninety percent of households in the United States which contributed to charitable causes had members who had these experiences as youths.

**(Add quote from someone who works with young people about the significance of getting youths to volunteer.)**

In 1994, the Gallup Organization for the Independent Sector conducted personal in-home interviews of a representative group of adults to determine volunteering and giving behaviors during the previous year. As a result of the Giving and Volunteering in the United States survey, data also indicated that seeing a parent or other adult volunteering positively influenced the decision to volunteer later on in life.

The likelihood that an adult will volunteer is even greater if the person saw both parents volunteering. Seeing a father volunteer seems to have a greater influence on adult behavior than if just the mother volunteers. Sixty percent of volunteers saw only fathers helping others, while 52 percent saw mothers only. Less than three in 10 volunteers reported volunteering with their families.

**(Add quote from local leader about volunteering as a family.)**

**(Add list of local opportunities to volunteer as a family.)**

Providing and encouraging young people to volunteer today is one way to help provide a pool of volunteers for the future. To find out more about volunteering opportunities, call the (County) Extension Office at (Address or telephone number).

-30-
News Release #3: Volunteers Donate Time Valued at Billions

(HOMETOWN, STATE) – National Volunteer Week, April 18-24, 1999, recognizes the millions of people across the country who volunteer their time and labor.

According to a national survey from the Gallup Organization for the Independent Sector, 93 million people volunteered in 1995, which was nearly 50 percent of the U.S. population. Based on an hourly rate of $12.84, volunteers' time was valued at $201.5 billion.

The report also showed that the percentage of adults who volunteered increased from 1993 to 1995. Groups that had an increase of 5 percent or more were Blacks; Hispanics; respondents with household incomes between $75,000 and $100,000; Catholics; those with no religious affiliation; and persons who were not employed.

The Independent Sector survey was conducted to gather data on charitable behavior, public attitudes about issues relating to the climate for giving and volunteering; and explore factors that influence giving and volunteering in the United States.

In (County), volunteers are an integral part of the (County) 4-H. About (total number of volunteers) donate their time to the youth program. Their time is valued at (number of volunteers x 4 hours per week x 52 weeks in a year x $12.84 per hour) annually.

**(Add quote from county 4-H youth specialist on impact of volunteers to the program.)**

Volunteers, who include both young and old, work on a variety of projects. Tasks range from being a club leader to helping with a community service project to assisting a child with a 4-H project.

Former U.S. President George Bush said: "A volunteer is a person who can see what others cannot see, who can feel what most do not feel. Often, such gifted persons do not thing of themselves as volunteers, but as citizens—citizens in the fullest sense: partners in civilization."

To find out more about volunteering, call the (County) Extension Office at (Address or telephone number).

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(HOMETOWN, STATE) – A survey of young people nationwide found that teens who volunteer learned to respect others, to be helpful and kind, and to get along with and relate to other people.

A national survey from the Gallup Organization for the Independent Sector also accumulated data on the motivation behind teens who volunteer. This survey shows that young people in the United States volunteered for three primary reasons. The highest response was that they felt compassion towards people in need. Secondly, they could do something for a cause that was important to them, and, third, they believed that if they helped others, others would help them.

Two other reasons cited dealt with seeing people they respected volunteer and volunteering helped them gain a new perspective on things.

From July to August 1996, the Gallup Organization conducted in-home personal interviews with 1,007 teenagers 12 and 17 years old. The interviews were based on questionnaires developed by Independent Sector to learn about their volunteering and giving patterns during the previous year.

One result of the Giving and Volunteering in the United States survey reported that 59 percent of the teenagers volunteered, which includes about 13.3 of the 22.5 million young people in the United States. The number of females and males who volunteered was similar, about 60 percent.

**(Add quote from local expert on youths about what teens gain from volunteering.)**

To find out more about volunteering opportunities, call the (County) Extension Office at (Address or telephone number).

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News Release #5: Tips to Find the Right Volunteering Opportunity for You

(HOMETOWN, STATE) – According to a national survey from the Gallup Organization for the Independent Sector, nearly 50 percent of the U.S. population volunteered in 1995. That means 93 million people donated their time to a variety of organizations and services across the country.

For those who want to volunteer, here are a few suggestions to finding the right place and activity for you.

1. Call the your county 4-H office, if you’re interested in working with youth on specific 4-H projects and activities.
2. Contact your local community action center for a list of agencies and organizations that need volunteers.
3. When you find a place that sounds interesting, contact them. Arrange a tour and talk with someone who works there to look over a written description of volunteer job opportunities, to discuss training opportunities, and to learn of possible fringe benefits for volunteers.
4. Don't just talk to the paid staff. Talk with someone who has volunteered there before.
5. Expect to be interviewed by the organization or agency.
6. Explore a variety of opportunities. It’s okay to try different volunteer jobs before deciding which one is the ideal one for you.

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Following is an example of a news release about a volunteer who won an award for her work with young people. Each year, the Naomi Crouch award is given to three outstanding volunteers in Missouri.

**News Release #6: Outstanding Volunteer Recognized by 4-H Foundation**

GRANT CITY, Mo. – Her friends and colleagues describe her as honest, conscientious, dedicated and energetic. For Barbara Foland, Grant City, Mo., these qualities have helped her to excel as a parent, volunteer and leader.

In recognition of her volunteerism, Foland received the Naomi Crouch Leadership Award from the Missouri 4-H Foundation. She has spent the last 14 years as a project and club leader for the Willing Workers 4-H Club, Grant City, Mo.

"I enjoy working with and looking out for the boys and girls," said Foland. "Just like with my own two, I'm always telling the kids that 'the sky's the limit.' It's important that they know there are people who care about them."

Foland and her husband, Ted, have helped with 4-H since the time their daughter, Teresa, became a member. When Jason, their son, completes his last year in 4-H at the end of this year, Foland will turn over her responsibilities to other volunteers. Her husband will continue helping with the shooting sports project.

Patsy Mercer, University Extension youth education specialist in Worth County, has known Foland for more than 20 years. During that time, Mercer has seen Foland come up with creative ways to teach the young people something new. Foland has taken her 4-H members to observe a pizza parlor, a funeral home, the post office and a local wool shop.

"Barbara has always demanded the best from her kids—the best character and the best behavior," said Patsy Mercer, University Extension youth education assistant in Worth County. "She's the type of leader you would like to work with."

Foland is also an active member of the Worth County Farm Bureau, Missouri High School Rodeo Association, Baptist Church and Worth County Extension Council. She was presented the Naomi Crouch Leadership Award at the 4-H Foundation Banquet and Recognition Ceremony at the Lake of the Ozarks.

Every year, the Missouri 4-H Foundation presents this award to two volunteers and one business in Missouri. For more than 20 years, Naomi Crouch served on the Missouri 4-H Foundation Board of Trustees. She was also a member of the Clay County 4-H Council, club leader for the Little Shoal 4-H Club, Liberty, Mo., which is no longer active, and board member of the Earnest Shepherd Memorial Youth Center, Liberty, Mo. She died in 1990.

Anyone with questions about the award can call Don Henderson, executive director of the Missouri 4-H Foundation, at (573) 822-2680.
PROCLAMATIONS

The following proclamations are examples which can be signed by the governor, mayor or other local officials. These can be used to generate new ideas for your own use.

Proclamation 1

* WHEREAS, volunteering of one's time and resources is an essential part of our country's tradition and is essential to its spirit.
* WHEREAS, it is ever more in evidence that our nation's greatest resource is its people, and;
* WHEREAS, volunteers have shown that they truly care and share generosity of themselves, and;
* WHEREAS, volunteerism is increasingly recognized as a central partner with government, education and industry in doing the work of our nation, and;
* WHEREAS, volunteerism directly reflects the democratic principles upon which this nation was founded in that everyone, regardless of circumstance or station or factors of race, age, sex, or creed can volunteer, and;
* WHEREAS, we are seeking even more contributions of human resources in volunteerism and better application of these valuable contributions:
* THEREFORE, I wish to honor and to thank the dedicated citizens of this (State, County, City) who give so freely of their valuable time, energy and abilities by proclaiming this week of April 18-24, 1999 to be officially designated as National Volunteer Recognition Week in ________________________.
* And in doing so, I call all citizens to help to renew and sustain the spirit and vitality of this great nation by committing a portion of their time in addressing the needs of their communities through voluntary action.

Proclamation 2

* WHEREAS, volunteering is a powerful force for the solution of human problems, and the creative use of human resources is essential to a healthy, productive and humane society; and
* WHEREAS, our nation's heritage is based on citizen involvement and citizen participation. Volunteerism, is of enormous benefit in building a better community, a better sense of one's own well being, and;
* WHEREAS, many (State, County, City) agencies that benefit from volunteers will be participating in _______________________ to show appreciation and recognition to the many volunteers among our citizenry who possess many skills and talents which they generously and enthusiastically apply to a variety of community tasks; and to encourage others to participate in programs as volunteers; and
* NOW WHEREAS, I, (Name and Title of the State, County, City of) do hereby proclaim the period of April 18-24, 1999 as National Volunteer Recognition Week in (State, County, City) and do urge all citizen of the (State, County, City) to attend the (Recognition Ceremony). I charge those interested citizens to observe this week by seeking some area in the community in which they can devote a few hours each week and give aid to people or programs in need.
Proclamation 3

* WHEREAS, a sense of caring and desire to share have motivated hundreds of youth and adults to volunteer their time and services to the needs of others in the community; and
* WHEREAS, our state's volunteers possess many skills and talents which they generously and enthusiastically apply to a variety of community tasks; and
* WHEREAS, the people of our state benefit from the deeds of these selfless and dedicated individuals;
* NOW WHEREAS, I, (Name and Title of the State, County, City of) do hereby proclaim the period of April 18-24, 1999 as National Volunteer Recognition Week in (State, County, City). I call upon all citizens, individually and in their many organizations, to recognize this as a special period during which the goodness of volunteers is appreciated and extolled, and their example is followed.

Public Service Announcements

Check with the radio and TV station's community affairs or program director about specific length, style and typing specifications.

PSA #1

APRIL 18-24, 1999, IS NATIONAL VOLUNTEER WEEK. A WEEK SELECTED TO RECOGNIZE THE MANY VOLUNTEERS WHO PROVIDE THEIR SKILLS AND THEIR TALENTS TO CONDUCT PROGRAMS FOR MANY ORGANIZATIONS. WHY DON'T YOU BE A VOLUNTEER TO. CALL THE (COUNTY) EXTENSION OFFICE AT (address or phone) FOR MORE INFORMATION ON BECOMING A VOLUNTEER. (30 SECOND SPOT)

PSA #2

(COUNTY) EXTENSION OFFICE NEEDS SOMETHING MONEY CAN'T BUY. WE NEED YOU AND SO DO YOUNG PEOPLE IN OUR COMMUNITY. WE ARE LOOKING FOR VOLUNTEERS TO HELP YOUNG PEOPLE PREPARE FOR A SUCCESSFUL FUTURE. IF YOU CAN CONTRIBUTE EVEN A FEW HOURS A MONTH, CALL THE (county) EXTENSION OFFICE AT (address or phone). 4-H VOLUNTEERS DO MAKE A DIFFERENCE. (30 SECOND SPOT)

PSA #3

SOMEBEFORE IN THE BACK OF YOUR MIND, YOU KNOW THERE ARE YOUNG PEOPLE WHO NEED YOUR HELP. WHAT CAN YOU DO? JOIN 4-H AS A VOLUNTEER. EVEN IF YOU CAN ONLY SPARE A FEW HOURS A MONTH, CALL THE (county) COUNTY EXTENSION OFFICE AT (address or phone). 4-H VOLUNTEERS DO MAKE A DIFFERENCE. (30 SECOND SPOT)

PSA #4

MANY PEOPLE CONTRIBUTE THEIR TIME TO NUMEROUS YOUTH ORGANIZATIONS. AS WE MARK NATIONAL VOLUNTEER WEEK, APRIL 18-24, 1999, THE EXTENSION (County) WOULD LIKE TO TAKE THIS TIME TO THANK THE (number) OF ADULT AND YOUTH VOLUNTEERS WHO WORK WITH THE MORE THAN (number) YOUTH IN (county). (30 SECOND SPOT)
PSA #5

THIS WEEK, APRIL 18 THROUGH 24, IS NATIONAL VOLUNTEER WEEK. (Name) RADIO/TELEVISION STATION SALUTES THE VOLUNTEERS IN OUR COMMUNITY WHO DONATE THEIR TIME AND TALENTS TO HELP BUILD OUR YOUNG PEOPLE FOR THE FUTURE THROUGH THE EXTENSION 4-H PROGRAM. THANKS FOR TOUCHING THE FUTURE THROUGH OUR YOUTH. (30 SECOND SPOT)

PSA #6

RADIO/TELEVISION STATION (name) SALUTES (county) 4-H VOLUNTEERS DURING NATIONAL VOLUNTEER WEEK, APRIL 18-24, 1999. THROUGH THE SUPPORT OF VOLUNTEERS, 4-H TEACHES YOUNG PEOPLE HOW TO “LEARN BY DOING.” CONTACT YOUR LOCAL EXTENSION OFFICE TO FIND OUT ABOUT THE MANY VOLUNTEER OPPORTUNITIES THAT Await YOU. SUPPORT 4-H! (30 SECOND SPOT)

PSA #7

VOLUNTEERS ARE MAKING YOUR WORLD A BETTER PLACE TO LIVE. HAVE YOU THOUGHT ABOUT VOLUNTEERING? WHY NOT MAKE A COMMITMENT NOW DURING NATIONAL VOLUNTEER WEEK, APRIL 18-24. FOR VOLUNTEER OPPORTUNITIES WITH YOUTH, CONTACT (County) EXTENSION OFFICE AT (Address or phone number). (20 SECOND SPOT)

PSA #8

EVERYDAY MILLIONS OF AMERICANS GIVE OF THEIR TIME, TALENTS AND ENERGIES TO MAKE THEIR COMMUNITIES BETTER PLACES IN WHICH TO LIVE. ARE YOU PART OF THE VOLUNTEER FORCE? IF NOT AND YOU'D LIKE TO BE, CONTACT (County) EXTENSION OFFICE AT (Address or phone number.) (20 SECOND SPOT)

PSA #9

WHAT ARE YOU DOING TODAY? DO YOU HAVE TIME TO SPEND HELPING SOMEONE WHO NEEDS YOU? WE NEED YOU AND HAVE WORK TO FIT YOUR SKILLS AND INTERESTS. VOLUNTEER NOW. CALL THE (County) EXTENSION OFFICE AT (Address or phone number). (15 SECOND SPOT)