



**PROJECT  
CORNERSTONE**  
A YMCA of Silicon Valley Initiative

# SERVICE TO OTHERS

## April Asset of the Month

“When I was a boy and I would see scary things in the news, my mother would say to me, Look for the helpers. You will always find people who are helping.” –Mr. Rogers

### Definition

Young people serve in the community one hour or more per week.

### The Importance of Service to Others

Community service, volunteering, and service learning do more than allow youth to help the community—these activities also provide youth with the positive experiences, relationships, and connections that help them thrive. One reason that youth may not serve is the perception that their assistance isn't welcomed—a Gallup poll found that adolescents were four times more likely to volunteer and help out in the community if they were asked, but only half of a national sample of youth reported that adults asked them to help out.

### What You Can Do

- Role model by volunteering at school, sports, and/or faith community.
- Take your family to a community event such as a creek clean up.
- Serving others doesn't always mean taking on a big commitment—it can be as simple as picking up litter in the park, helping an elderly neighbor unload their groceries, or bringing a meal to a sick neighbor.

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