

At Roxboro “**Community**” School, volunteering and community service is important!

"Community service isn't about padding one's resume, it isn't about doing things so that one might be proud and arrogant about it. But it is the dawning realization of to the greater understanding our humanity, our fragility and a greater appreciation of the great lives that so many of us lead and deem to be “normal”.

-- "Community service puts me out of myself and lets me see a different part of myself, which is important to me."

"Community service is helping people, but also gaining an understanding about each other and a sense of human compassion."

"Community service never feels like a responsibility to me, or an obligation. I love it. Never do I feel better about how I have spent my time than at the end of a day of service. "

## **Reasons to Get Involved**

Why should you lend a helping hand?

**It feels good.** The satisfaction and pride that come from helping others are important reasons to volunteer. When you commit your time and effort to an organization or a cause you feel strongly about, the feeling of fulfillment can be endless.

**It strengthens your community.** Organizations and agencies that use volunteers are providing important services at low or no cost to those who need them. When a community is doing well as a whole, its individuals are better off .

**It can strengthen your family.** Volunteerism is a great way for families to have fun and feel closer. But many people say they don't have the time to volunteer after fulfilling work and family commitments. If that's the case, try rethinking some of your free time as a family. You could select just one or two projects a year and make them a family tradition (for example, making and donating gift baskets to care facilities for the elderly around the holidays).

## **What Students Can Learn From Volunteering**

If volunteering begins at an early age, it can become part of your life — something you will want to do. It can also help foster:

**A sense of responsibility.** By volunteering, you learn what it means to make and keep a commitment. You learn how to be on time for a job, do your best, and be proud of the results. But you can also learn that ultimately, we're all responsible for the well-being of our communities.

**That one person can make a difference.** A wonderful, empowering message. Just one person is important enough to have an impact on someone or something else.

**The benefit of sacrifice.** By giving up your free time to help someone less fortunate you learn that sometimes it's good to sacrifice. Cutting back on recreation time to help clean up a beach tells kids that there are important things besides ourselves and our immediate needs.

**Tolerance.** Working in community service can bring kids and teens in touch with people of different backgrounds, abilities, ethnicities, ages, and education and income levels. They'll learn that even the most diverse individuals can be united by common values.

**Job skills.** Community service can help young people decide on their future careers. Are they interested in the medical field? Hospitals and clinics often have teenage volunteer programs. Do they love politics? Kids can work on the real campaigns of local political candidates. Learning to work as a team member, taking on leadership roles, setting project goals — these are all skills that can be gained by volunteering and will serve you well in any future career.

**How to fill idle time wisely.** If you aren't involved in traditional after-school activities, community service can be a wonderful alternative.

Even families can do many volunteer jobs. Even the smallest child (with adult supervision) can pick up garbage at the park, playground, or beach. You don't even have to be part of a big effort to do this. Get your family together, find some garbage bags, and head out. Become involved in repair and renovation efforts for low-income residents. Younger kids might not be able to do the big jobs, but helping out by fetching a paintbrush or holding the nails involves them just the same. Work at a community food bank or soup kitchen as a family. Find an organization that serves the elderly. Take food to people who are homebound and visit with them. Your kids can brighten a lonely senior's day instantly. Offer your family's help at the local animal shelter. Help plant flowers or trees. The possibilities are endless.

Whatever you choose to do, volunteering and community service can benefit both the community and your family. Get involved today!

Local volunteer opportunities:

Person County Partnership for Children

Person Co. Parks and Recreation

Person Co. Animal Shelter

Person Memorial Hospital

Roxboro Nursing Center

Person Co. Relay for Life

Special Olympics

Person Co. Senior Center