

ACTIVITY 3

Connecting with others through volunteering

This activity introduces students to the idea of volunteering, and the benefits it can have on their mental health – as well as the local community and those around them.

"A true community is not just about being geographically close to someone or part of the same social web network. It's about feeling connected and responsible for what happens. Humanity is our ultimate community, and everyone plays a crucial role." Yehuda Berg.

- Discuss the quotation above. Volunteering is one way to feel connected and to take responsibility for being the change that you want to see.
- Watch the video on Volunteering ([What is volunteering?](#) )
 - Ask about students' experiences of volunteering at school, in their community, as part of a faith group etc.
 - What were the benefits – to themselves? Others? Did they like it? Would they do it again? Were there any downsides?
- Take a look at the [Royal Voluntary Service's information on volunteering for young adults and students](#). Discuss with your class or group:
 - What are some of the benefits of volunteering?
 - What benefits do you think volunteering might bring to you, personally?
 - What might a university or employer think about you if you have been a volunteer?
 - Did any of the volunteer roles suggested surprise you?
- What are some of the barriers and facilitators to volunteering – especially for people in your age group?
- What opportunities are there at school, and beyond, to volunteer?
- If anyone in the class volunteers, you could also ask them to share their experience of volunteering.



This activity is designed for 14-18 year olds, but could be used with other age groups too.

