

7LGELWV IURP 7HUUL

*LYLQJ LV DFKIDELLY DWH LW
\$QRQ\PRXV

7HDFKLQJ &KLOGUHQ WR *LYH

6KDULQJ WKH H[SHULHQFH RI JLYLQJ FDQ EH WKH PRVW UHZDUGLQJ
SUHVHQW \RX JLYH \RXU FKLOG WKLV KROLD\ VHDVHQ =W FDQ EH
WRXJK WR WHDFK FKLOGUHQ WKH YDOXH RI JLYLQJ LQ D VHDVHQ ZKHQ
WKH\ UH VXUURXQG HG E\ PHVVDJHV DERXW WKH YDOXH RI JHWLQJ
+HUH DUH 4YH ZD\V WR VWDUW

GŸ \$R €E í1

-QYROY

VLJH WRLOHWULHV

VXFK DV WRRWKSDVWH DQG VKDPSRR DQG

SDFN WKHP LQ

FDQ W VHH ZKHUH WKH PRQH\ LV JRLQJ RU LPDJLQH WKH SHRSOH
ZKR EHQH4W 'HOLYHULQJ FDQQHG JRRGV WR D IRRG EDQN LV
PRUH PHDQLQJIXO WKDQ GURSSLQJ D FKHFN LQ WKH PDLO <RXU
IDPLO\ FRXOG DGRSW D QHHG\ IDPLO\ WKURXJK D FRPPXQLW
RUJDQLJDWLRQ FKRRVH WKH JLIWV DQG ZUDS WKHP

+DYH D IDPLO\ FRQYHUVDWLRQ DERXW ZKDW \RX UH WKDQIXO IRU
7KDW ZLOO KHOS \RXU FKLOGUHQ UHDOLJH WKDW ZKDW WKH\ YDOXH
PD\ EH PLVVLQJ LQ RWKHU SHRSOH V OLYHV

\$XWKRU (OOHQ 6DELQ R•HUV WKHVH DFWLYLWLHV WR WU\ 7KHVH
WKLQJV GRQ W WDNH KXJH DPRXQV RI WLPH 7KH\ MXVW WDNH D
IHZ PRPHQW RI WKRXJKWIXOQHVV

^v}Á oo

/ u uÇ• o(•v}Á c

• %o Œ(š • }µo

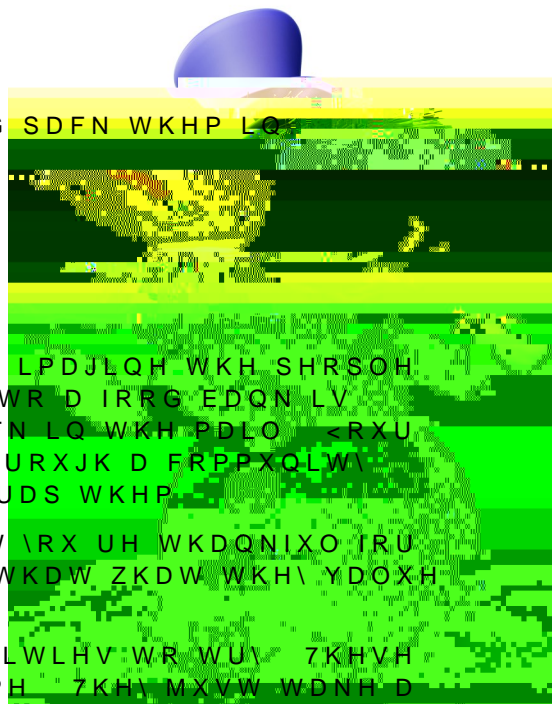
/ šZ]UPZš%o]š • %o

v o š]š • o %o Á]šZ

D]š •}u %o i u •U

]š Á š šZ J

• ^Z o ^]oÀ Œ•š]v

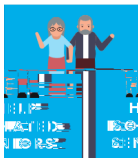


Volunteering and service are more important during a crisis than ever. Social distancing does not mean social isolation. We're all in this together, so be a helper. Let's all do our part to contribute to the common good, so that when this crisis is over, we're proud of how we came together to keep our young people, our communities, and our democracies thriving.



Check with your local school system to see if they need volunteers to distribute food (or other items) to children and families in need.

Donate to and volunteer with your local food banks or food pantries.



Check in with them to see what they need; then run errands, deliver food and medication, etc. Make regular phone or video call visits to combat social isolation/loneliness. Make cards or write letters, emails, or social media messages to seniors in nursing homes who can't have visitors.

Connect with a local mutual aid group through AARP Community Connections.

Support social connections with these Ideas to Maintain Social Connections Between Generations.

Contact your local Meals on Wheels to learn ways to volunteer.



Spread facts and promote the behaviors individuals should be doing to stop the spread of the virus, including staying at home, hand-washing, mask-wearing, and social distancing.



Take a break from the news and go outdoors.



*XDUGLQJ <RXU 7HHQ 2QOLO
7KH -QWHUQHW LV D JUHFDUWH
+RZHYHU LW FDQ DOVR H[SRVH W
WR H[SORLW WKHLU YXOQHUDELO
SRUWDQW WR PRQLWRU\RXUWH
VRPH WHHQV PD\ IHHO WKLV LV D
F\ SDUHQWV QHHG WR EH YLJLOD
WKH\ DOORZ WKHLU WHHQV WR VW
IULHQGV <RX VKRXOG NQRZ ZKR
DQG ZKHQ ORQLWURU DORQJ
VXFK DV XVH RI FKDW URRPV EOR
VWDQW PHVVD-PLQJO DQG HGDWRUV
XQVXVSHFWLQJ WHHQV LQ FKDW U
FDWLQJ ZLWK WKHP YLD RWKHU P
\RXU WHHQ LV UHFHLYLQJ LQDSSU
IURP D SRWHQWLDO SUHGDWRU F
IRUFHPHQW DJHQF\ IRU DVVLVWDQ

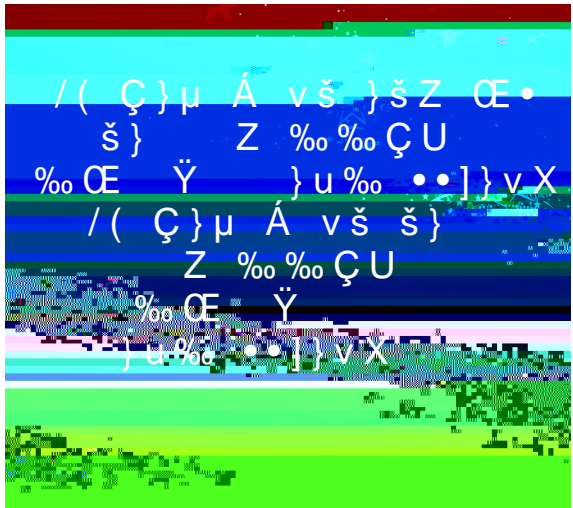
6\PSWRPV RI *DQJ -QYROYHG
\$V \RXU FKLOG DDXUBHQ DOFRK
RQO\ GDQJHUV \RX PXVW ZDWFK I
DZDUH RI WKH SRWHQWLDO IRU JD
\RXU FKLOG PD\ EH LQYROYHG LQ
FUHF\ DERXW DFWLYLWLHV DZD\ I
IRUWDEOH IULHQGV LQ WKHLU OLI
ZHDSRQV DQWHQWH JUD]WL RQ S
EHORJLQJV JDQJ V\PERO WDWV
VNLQ ORZHU VFKRRO JUDGHV RU
VFKRRO DFWLYLWLHV GLPLQLVKH
SRVVHVLRQ RI XQH[SODLQHG PR
D•RUG ZHDULQJ WKH VDPH FRORU
FHUWDLQ DUWLFOHV RI FORWKLQJ
QHJDWLYH FRQWDFW ZLWK ODZ H
QRWLFH WKHVH W\SHV RI FKDQJHV
WHUYHQWLRQ DYDLODEOHVFKRRO
ZHOO DV WKURXJK ORFDO ODZ HQ

'RHV <RXU 7HHQ +DYH 'LJLWDO 'LUW
'LJLWDOJLHV WR DOO WKH SHUVRQDO
KREELHV SKRWRV UDQFRXW DYCHVQGLWF
WKDW LV DYDLODEOH RQ WKH -QWHUQH
VLWHV SUR4OHV RQ VRFLDO QHWZRUNL
RQ EORJV :KDWG\FXUWDLQO\ \RXU WHH
PLJKW QRW UHFDQJHUVWZQW XQLYHUV
ZHOO DV HPSOR\HUV DUH RYH\DYDLOZK
LQ PDQ\ FDVHV ZKDW WKH\ 4QG FDQ GH
EHIRUHWHKHYHQ FDOOHG IRU DQ LQWHU
0DQ\ FROOHJH DGPLVVLRQV R]FHV DUH
RQOLQH SUR4OHV RI KLJK VFKRRO VHQL
WKHLU HOLJLELOLW\ IRU DGPLWWDQFH
SOR\HUV UHSRUW WKH\ URXWLQHO\ UHY
RI DSSOLFDQWV \$VN \RXU VRQV RU GD
ZDQW WR PLVV RXW RQ WKH FROOHJH R
EHFDXVHUVKHDVWLQJ DERXW VNLSSLQJ
GHUDJH GULQNLQJ

&OHDQ XS RQOLQH SWRRO RUGHULQJ
WHHQV WR UHPRYH WKHLU SUR4OHV HG
IXQ H[SUHVVLRQ ZLWPHHOYHVDVRQ 7DQ
WKHP DERXW WKH FRQVHTXHGFHV RI WK
SRVW DQG UHTXHVW QRW RQO\ WR UHYL
DOVR UHTXLUH WKDW WKH\ UHPRYH DQ\
DO 7HHQV FDQ EH FUHDWLYH ZLWKRXW
RSSRUWXQLWLHV

-PSOHPHQW 6DIHWODQWUWOM SRSXOD
VRFLDO QHWZRUNLQJ VLWHV DOORZ XVH
DERXW IHOORZ PHPEHUV 7KLV PHDQV
FRQWHQW WKDW PD\ EH SRVWHG 7R DY
PHQWV ZKLFK FRXOG EH GDPDJLQJ RU
PDNH VXUH WKDW WKH IHDWXUHV WKDW
FRPPHQWV DUH DFWLYDWHG

7DNHQ LQ SDUW IURP DQ DUWLFOH LQ
\$GGLFWLRQ :ULWWHQ E\ 3DUWQHUVKLS



If volunteering begins at an early age, it can become part of kids' lives—something they might just expect and want to do.

It can teach them:

By

volunteering, kids and teens learn what it means to make and keep a commitment.

They learn how to be on time for a job, do their best, and be proud of the results. But they also learn that, ultimately, we're all responsible for the well-being of our communities.

A wonderful, empowering

message for kids is that they

(-Z† á f"- f"†•- f•† f•(Z) •%o f%o †•†•- -f-†™ (†† •(- (f- (††

