

# ideas for parents

Easy Ways to Build Assets for and with Your Child

## FAST FACTS

### ASSET #9: Service to Others

*Youth are more likely to grow up healthy when they serve others in the community one hour or more per week.*

**51%**

*of youth surveyed by Search Institute have this asset in their lives.\**

### What Are Assets?

*Assets are 40 values, experiences, and qualities that help kids succeed. "Service to others" is one of four empowerment assets.*

\* Based on Search Institute surveys of 217,277 6th- to 12th-grade youth throughout the United States during the 1999-2000 school year.

## 10 Benefits of Serving Others

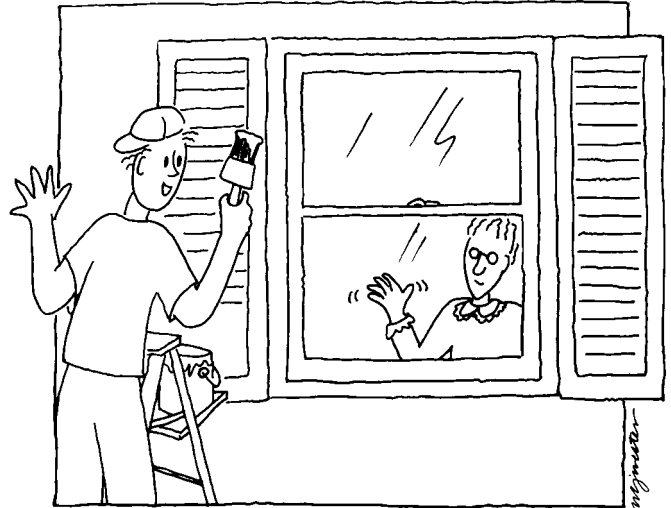
To many children, the world is small. It is made up of their school, their home, their neighborhood. They may assume all schools are like their school. And they tend to think the world revolves around them.

When children start to reach out and help others, their world grows and so does their confidence. Independent Sector, an organization that studies nonprofit groups, surveyed teenagers who volunteer to help others. The young people said that through their volunteer experience they:

1. **Learned to respect others.**
2. **Gained satisfaction from helping others.**
3. **Learned to be helpful and kind.**
4. **Learned how to get along with and relate to others.**
5. **Learned new skills.**
6. **Learned to understand people who are different from them.**
7. **Learned how to relate to younger children.**
8. **Developed leadership skills.**
9. **Became better people.**
10. **Became more patient.**

By giving their time and energy, many said they received more in return. By serving others, they felt they made a difference in the world.

**Quick Tip:**  
**Be a role model for your children by serving others.**



## talk together

- Questions to discuss with your child:*
- *What gets you excited about doing things for others?*
  - *When is it easiest to serve others? When is it more difficult?*
  - *How can we make a difference in the world? How can we as a family begin?*

## time together

*Three ways to encourage your child to serve others:*

1. *Together help a neighbor. Maybe an elderly neighbor would appreciate your mowing the lawn or shoveling snow.*
2. *Help your child put together a weekly schedule of activities that includes some kind of service to others.*
3. *Together, think of 10 ways your family can serve others. Choose one idea. Pick a date to do the activity. Afterward, talk about your experience.*

