

# Be a Youth First Family

Resources from Youth First Social Workers and Programs  
for parents and caregivers to use in the home.

## High School Teens

### Giving Back—"Look for the Helpers"



In times like these, not only can we look for the helpers, we can find even more fulfillment by being one.

While it serves no purpose for anyone to put themselves in harm's way if they are not adequately trained to do so safely, many of us can still give back to our community in its time of need.

Some examples are listed below:

- **Foster a pet:** Uncertain finances will lead to an increased number of abandoned animals in shelters.
- **Donate blood:** This may not be possible for those under age 18, but college students and adults can give back by giving blood.
- **Check on elderly neighbors:** Do their grocery shopping if you feel you can do so safely or just make sure to call them regularly. They will be even more isolated than the rest of us and may need more human contact in whatever form possible.
- **Volunteer Virtually:** Idealist has a list of volunteer opportunities in classrooms and communities across the globe <https://www.idealism.org/en/actions?actionType=VOLOP&isVirtual=YES&q=&searchMode=true>



#### **About Youth First, Inc.:**

Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit [youthfirstinc.org](http://youthfirstinc.org) or call 812-421-8336.

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Examples (continued):

- **Don't waste your food:** Take extra care to freeze food before it expires, don't wash produce until you're ready for it, and store raw and cooked food properly.
- **Clean out your closets:** You may have to hold off on making your donations depending on restrictions, but be prepared to donate to your local shelter, Good Will, or Salvation Army as soon as you are able to.
- **Send notes:** Send cards and letters to your local nursing homes or write thank you notes to your local health care workers!

