



5 Ways to Encourage Community Engagement in Youth

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Students who choose to become active and engaged in their communities experience enhanced self-esteem, reduced feelings of isolation, greater support through community connections, and are more likely to make positive choices about their own health and well-being. *Here are 5 ways to encourage youth to get connected!*

1. MODEL

Demonstrate what it is like to be actively involved in your community. Join groups or coalitions that support causes important to you and talk about why you choose to be involved. Your example can be a powerful motivator.

2. TALK ABOUT THEIR PASSIONS

Have open conversations with your child about their interests, as well as any issues that they feel strongly about. Explore opportunities that can channel students to use their passions to make a meaningful difference.

3. ATTEND COMMUNITY EVENTS AND RESOURCE FAIRS

Community events are a great way for youth to make positive connections within the community and discover ways to get involved. Resource fairs can also help them learn about local organizations and opportunities.

4. VOLUNTEER TOGETHER

If youth are shy or unsure, it can be really beneficial to volunteer together. Even simple activities, like signing up to play cards at a nursing home, can go a long way in building empathy, forming connections, and boosting self-efficacy (feelings of pride and competence/feeling like they can make a difference).

5. CONNECT STUDENTS WITH PROGRAMS THAT EMPOWER AND PROVIDE OPPORTUNITIES TO LEAD

Seek out opportunities for youth to get involved with programs and activities where they have a voice and a chance to practice leadership. These experiences help develop confidence and make them feel that their contributions matter.

WEDGWOOD IS HERE TO HELP!

Wedgwood's **TEEN CHARGE** provides FREE leadership trainings and allows students the opportunity to utilize their skills while working on student-led service projects.

www.wedgwood.org/services/community-programs/positive-youth-development/616.942.2110