

# YOUTH PULSE

## volunteer!

Youth Pulse is here to show you how to get plugged into where your community needs you most. Get involved and show how important youth involvement is to the Bay Area! Each month we focus on a different community need and highlight volunteer opportunities that will allow you to apply your talents and skills to that need and give back to your community!

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**March**

**2009**

There are many different people in our community who need our help. Some of these people may be very much like you, with similar struggles, insecurities and fears. We've got a slew of volunteer opportunities in this month's Youth Pulse that will help you get connected to organizations that focus on helping ... teens just like you!

Our Bay Area nonprofit community can always use your help, and there's a ton of weekend, afternoon and evening volunteer opportunities available that will fit right into your busy schedule, so take a look!

**Youth Pulse Highlight**

Girls on the Run of the Bay Area's mission is to educate and build confidence in young girls through non-competitive, curriculum-based running programs in San Francisco, Alameda, San Mateo, Marin and Contra Costa Counties. Natalie Stack, Program Assistant for Girls on the Run of the Bay Area, told Youth Pulse all of the ways that youth contribute to their mission.



Twice each year, Girls on the Run puts on the Lolly Pop run, a 5k event in December and May, which is the culmination of the after school programs sponsored by Girls On the Run at schools throughout the Bay Area. Natalie said, "The Lolly Pop Run is an incredible hands-on way that young volunteers are able to give back to Girls on the Run while seeing the inspiring accomplishments of the girls that Girls on the Run serves. Our youth volunteers are able to see the girls they are working for and the incredible feat they are achieving, while supporting them all at the same time." These large events could not take place without the assistance of numerous young volunteers who help out with a variety of activities from monitoring the course, handing out t-shirts, and most importantly cheering the girls running in the event. In fact, Natalie said, "Some of the young women who volunteered at the last event put so much energy into their support that it changed the way I view cheering forever."

Girls on the Run also offers summer internships involved with preparation and planning for the programs. This work is essential in achieving the organization's mission, and without this valuable work, coaches' training, curriculum, and planning of after school programs might not be successful! Natalie says these volunteer opportunities are "A great way for young women to become familiar with an office environment, administrative work and to really see the way that a small business and non-profit runs behind the scenes." Sounds like a great experience to me!

Natalie said that the most important thing that these young volunteers bring to their organization is their great perspective and youthful energy. She said "The outlook. attitude. and

motivation [of GOTR's youth volunteers] motivate everyone from the coaches and the kids. Their enthusiasm and energy pushes us to be the best that we can and they are truly willing to jump in wherever, and however they are needed."

[For information on how to help Girls on the Run, click here!](#)

### Give a Power Hour to the Boys & Girls Club!

Mid-Peninsula Boys & Girls Club works to inspire and enable all youth, especially those



**MID-PENINSULA  
BOYS & GIRLS CLUB**

from disadvantaged circumstances, to realize their full potential as productive, responsible and caring citizens. Now that's a mission we can all get behind!

Mid-Peninsula Boys & Girls Club's Power Hour program provides homework assistance and tutoring for Club members to help them take responsibility for their own academic success! They're looking for you to help their Kindergarten through Eighth-grade members during the school-year, and there's no training required!

Mid-Peninsula Boys & Girls Club encourages teens to volunteer for the Power Hour program ... so what are you waiting for?

[To help kids and tweens reach academic excellence, click here!](#)

### Help Build a Classroom to Build a Future!



City Impact's main school building has been undergoing reconstruction every Saturday. If you're ready and willing to get a little dirty, you're welcome to help City Impact/San Francisco Rescue Mission finish this project!

You're encouraged to bring your friends with you, so this opportunity can be a great weekend activity! The only requirement is that you wear appropriate clothing and bring: work gloves, safety glasses, and a dust mask. There's tons of exciting work to be done, everything from knocking down a wall with a group of people to working with a skilled worker on construction!

[To make an impact on your city, click here!](#)

### Pacifica School Volunteers Hopes You Can Help!

Pacifica's public schools are underfunded, and they're looking for a few good tutors to work one-on-one or in small groups to assist struggling students with reading, math or other subjects.

Teachers provide support and materials for the volunteers, but they need you to provide the commitment! The students love working with volunteers because of the individual attention and caring assistance they receive, and the teachers love the volunteers because they really make a difference in the students!

[To support Pacifica's public schools, click here!](#)

**Athletes\*Serve**



Help us recognize amazing volunteers in our community. Nike is partnering with HandsOn Network, and The Volunteer Center Serving San Francisco and San Mateo Counties to honor four outstanding young people in San Francisco who are improving our community through volunteer service and sports.

We are looking for Gamechangers - individuals or groups of volunteers - between the ages of 13 - 25 who are doing something special. Selected winners will be recognized at an awards celebration at their local NikeStore on April 25th and receive a \$150 in-store Nike ID experience. In addition, Nike will make a \$1,000 contribution in their name to the organization or school where they volunteer in honor of their leadership through service.

Please complete the attached nomination form, or visit [www.nikegamechangers.com](http://www.nikegamechangers.com) for all the details and to complete an on-line nomination form. Don't delay. Nominations are open March 1 - 27th.

To download a pdf file of the nomination form, [click here!](#)

There are always so many different ways to get involved, aren't there?

[The Volunteer Center website](#) has plenty more ways for you to get involved, too! If you didn't find what you're looking for in this month's Youth Pulse, why don't you stop by the site and see what you can find? I'll be back next month for a Spring Edition of Youth Pulse. In the meantime, keep serving your community!

**Peace,**  
Damien

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