

# Youth Can Change the World!

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Here are 101 ways youth can change the world. Which ones could you easily do?

1. Make friends.
2. Smile more often.
3. Get to know your neighbours.
4. Adopt a piece of earth and help keep that area clean. For example your neighbourhood park or a street corner.
5. Organize some friends to do a clean up of a local park or your school ground.
6. Turn off the TV and go outside.
7. Donate your used toys, clothes, and books to your local library, hospital, shelter, church, or anyone else you think will enjoy them.
8. Help plant a tree or a garden in your community.
9. Help pull weeds in your family garden, instead of spraying them with chemicals.
10. Organize a bake-sale, car wash, yard sale, benefit play/concert etc...and donate the money to a charity you believe in.
11. Promote your events with posters, flyers, announcements in community bulletins in the media, and via word of mouth. TELL EVERYONE.
12. Collect food from your family, friends, and neighbours and donate it to a food bank.
13. Visit the elderly at a retirement home.
14. Volunteer to tutor younger children in subject that interests you.
15. Read to younger children or to someone who is sick.
16. Rake or cut an elderly neighbour's lawn for free.
17. Find a pen pal in another country.
18. Read books about other countries and other cultures.
19. Learn about issues that interest you. For example, hunger or the environment. As you learn, teach those around you.
20. Organize a toy drive at your school and donate the toys a local shelter or hospital.
21. Save energy. Turn off the lights and TV when you're not in the room.
22. Save water. Don't leave the water running, when you brush your teeth for example.
23. Bring a lunch box to school instead of a brown bag, to save trees.
24. Share your lunch with someone who forgot his/hers.
25. Walk a neighbour's dog for free.
26. Recycle things around our house and make a craft project with them and give it to someone at a retirement home.
27. Remember to say "please" and "thank you".
28. Learn about the consequences of taking drugs.
29. Think of yourself as an example to your family, friends, and neighbours.
30. Get to know someone at school who seems to have trouble fitting in or someone not normally in your circle of friends.
31. Participate in a local group (youth group, drama club, Scouts, student government, sports team, book club, etc.)
32. Share your interests with your friends.
33. Start a group or a club of your own, to work on an issue you are passionate about.
34. Look for adults to support your group toward its goals.
35. Write, draw, paint, or act out the type of world you would like to see. What would your ideal world be like?
36. Volunteer at a local food bank.
37. Talk to your family about finding a volunteer activity to do together, even if it is only for a few hours a week.
38. Try different foods, from different cultures.
39. Listen to different types of music, from different cultures.
40. Learn about different religions and customs.
41. Try to learn another language.
42. Think about your heroes, what do you admire about them? How can you learn from your heroes and who could, potentially, serve as new roles models for you?
43. Try to identify a hero/heroes in your daily life and build relationships with him/her/them.
44. Volunteer at a homeless shelter in your area.
45. Listen.
46. Learn about different disabilities and how they affect people.
47. Volunteer at a centre for the disabled.
48. Ask people to make a donation to a cause you believe in, instead of giving birthday/Chanukah/Christmas presents.
49. Raise money through a Vow of Silence (people sponsor you for a certain amount of time that you are silent e.g. \$1.00 for each day you are silent) and donate the money. Make sure people are well aware of what you are raising money for.
50. Read.
51. Learn about organic foods and local farming.

52. Learn about vegetarianism.
53. Write a letter to yourself to be opened when you are twice your current age.
54. Learn about different professions, what's involved and how they fit into society.
55. When grocery shopping ask your parents to purchase an extra item or two to donate to the food bank.
56. Learn about what is happening in the world, through newspaper stories, magazines, and watching/listening to the news.
57. Take advantage of all the educational resources of the internet, to learn about world events and other cultures.
58. Learn about different types of families (people with 1 parent, divorced parents, 2 mothers or 2 fathers, children being raised by their grandparents, etc...).
59. Spend time with your grandparents. They can be a wonderful source of help and knowledge.
60. Write a letter to your political representatives; introduce yourself, write about your efforts within your community and make suggestions for actions he/she could take.
61. Volunteer at a local hospital, perhaps organizing activities for other young people in the children's ward.
62. Write to an actor or musician you admire; introduce yourself, write about your efforts within your community and make suggestions for actions he/she could take.
63. With your friends, make a list of companies you regularly buy products from. Write to these companies as a group, and explain that you are regular customers and request information on their labour practices and standards.
64. Join a sports team.
65. Join a school club.
66. Prepare a presentation on an issue you are passionate about and share it with your class.
67. Know that you do not have to wait until you 'grow up' to make a positive difference in the world, you can start now!
68. Research the requirements for scholarships and post-secondary programs that you are interested in. Incorporate this information into your goal setting.
69. Create opportunities to travel.
70. Use public transit and encourage others to do the same.
71. Trust yourself.
72. Ask questions and question the answers.
73. Forgive people, even those who do not ask for it.
74. Learn about the benefits of hybrid cars and share this information with others.
75. Shop for clothes at second hand stores and look for clothes without brand name labels.
76. Work with your parents to compost.
77. Read biographies of great leaders (Mahatma Gandhi, The Reverend Dr. Martin Luther King Jr., His Excellency Nelson Mandela, Mother Teresa, His Holiness The Dalai Lama, etc.)
78. Be honest, with yourself and others.
79. Get your school involved in environmentalism, vegetarianism - or whatever your special cause is. For example, start recycling programs, and petition for vegetarian options in the cafeteria.
80. Organize a food drive at your school and offer the food to a local food bank. Ask for a food donation as part of the admission to a school play/concert.
81. Organize a clothing drive in your school. Inspect the clothes afterwards, and offer what you deem appropriate to a local shelter. Check with the shelter if they clean the clothes or if that is something that the donor is responsible for.
82. Organize an awareness campaign about your issue at your school. Get your friends together to make posters and make announcements on the public announcement system for your events.
83. Offer to work with an older person on their computer skills.
84. Give sincere compliments.
85. Learn to see some problems as indicators of past success and appreciate them. E.g. "I have this speech to write because the teacher selected me to represent my class." or "I have to manage my money because I have a babysitting job." There are GOOD problems.
86. Mean it when you say you're sorry.
87. Shake hands firmly and look the person in their eyes as you do.
88. Acknowledge the people in a room when you enter it.
89. Call people by their name when speaking to them; people like hearing their names used.
90. Be reasonable with your goals, one step at a time.
91. Back up your opinions with research.
92. Ask your parents about their childhoods.
93. Put inspiration quotes on your walls/bulletin board.
94. Use some homework assignments as opportunities to learn about issues you are passionate about.
95. Take the bus, ride your bike, roller blade or skate board - rather than driving.
96. Do not laugh at offensive jokes simply because others are laughing. Use positive peer pressure against prejudice.
97. Bring a homeless person a coffee and ask them about their life. Tell them you are just looking to pass the time.
98. Donate the hair from a haircut to Locks of Love ([www.locksoflove.org](http://www.locksoflove.org)).
99. Volunteer at a local animal shelter (walking the dogs, maintaining the cages etc.)
100. Ask your parents to adopt the family pet from among those at a local animal shelter.
101. Learn about endangered animal species. Watch nature shows on television.

**These ideas and more are online at [www.metowe.org](http://www.metowe.org)**