



CHILDREN & YOUTH COMMUNITY PLAN (CYCP) REPORT CARD

ALEXANDRIA'S PROGRESS TOWARDS ENSURING EVERY CHILD SUCCEEDS TODAY AND TOMORROW

APRIL IS...

National Volunteer Month

CYCP GOAL

All Children, Youth, and Families have Positive Experiences

YOUTH SPOTLIGHT

In 2021, [Fatima Eldawah](#) and [Ian McDonough](#) received Volunteer Alexandria's Youth Service Volunteer Award - an award given to a young person, age 12-18 years old, who has selflessly committed time, energy, and skills to help an organization further its mission within the Alexandria community.

Fatima and Ian dedicate their time to fight climate change and educate the community. Ian became interested in the fight against climate change at a young age. "I believe encouraging and educating the community about our organization will foster a network of community-minded individuals." Fatima has also "always been interested in the environment and what we can do to help it. I join marches and protests, and have helped in organizing protests to raise awareness about climate change in the D.C area."

They collaborated with local organizations to create ASCEND, a program for students to help create a better tomorrow. "We want to be able to give back to the community by cleaning it up and building a city of people



who care about the environment." This program focuses on informing, educating, encouraging, and recruiting volunteers to help out with many initiatives around the city. Fatima said, "I wanted to form this organization to provide opportunities for civilians to participate in the fight against climate change, and offer educational opportunities about the environment and problems we face."

RESULT

All Alexandria youth recognize the value of helping others

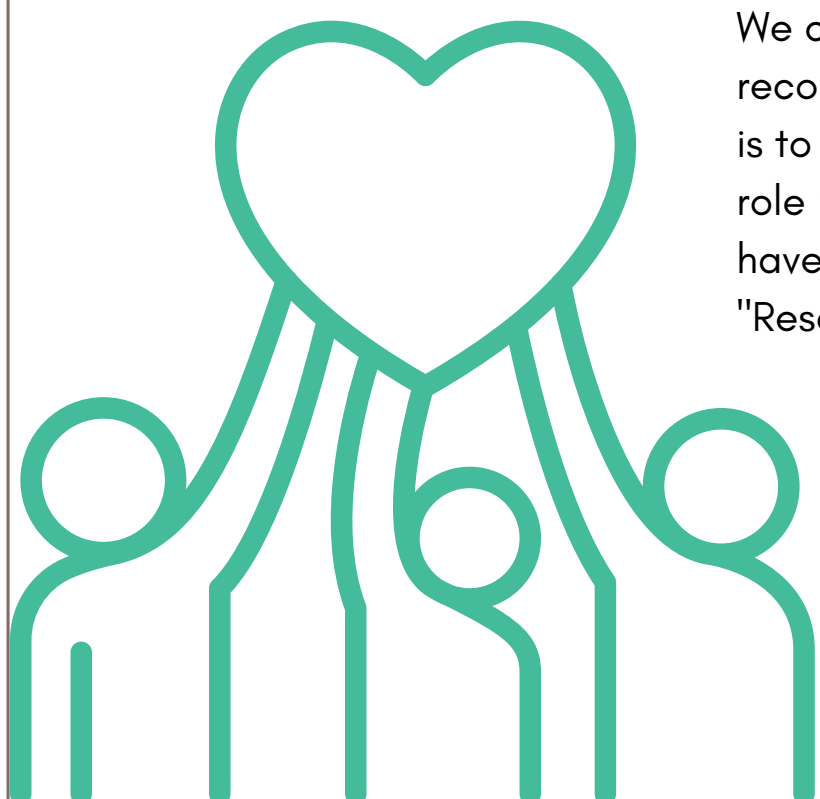
WHY THIS MATTERS

Service to Others - as defined as a young person serves in the community one hour or more per week - is Asset #9 of [Search Institute's 40 Developmental Assets](#) that help young people grow up healthy, caring, and responsible. When young people help others, they report receiving a lot in return.

Serving others can help kids expand their worldview, grow their confidence, and show them that they can make a difference in the world. Youth who participate in service activities do better in school, feel more positive about themselves, and avoid risky behaviors (Moore, C. W., & Allen, J. P., 1996). Research also shows that young people who engage in community service once a week are more likely to respect others, and be helpful, patient, and kind. They are also more apt to value diversity, vote, have a positive work ethic, and grow up to be socially responsible adults. The contributions made by youth through volunteering not only benefit themselves, but they can also make a difference for society.

There are, however, many barriers that prevent young people from engaging in service. Studies have shown that youth from advantaged backgrounds, such as teens in families headed by two parents, were more likely to volunteer than were teens from other backgrounds (Moore, C. W., & Allen, J. P., 1996). Other factors that get in the way include not knowing how to get involved, competing demands, lack of organizational resources to support volunteering, lack of youth confidence, negative perceptions of community service, site location, age discrimination, complexity or ambiguity of the work/role, lack of inclusive practices, and more.

We can all do our part to encourage young people to recognize the value of helping others. The best way to do this is to be a role model (Penn State, 2022). Youth with multiple role models are more likely to volunteer, as are youth who have friends who volunteer. For more information, see the "Resources" section of this Report Card.



THE MORE ASSETS A YOUNG PERSON HAS, THE MORE LIKELY THEY WILL MAKE HEALTHY CHOICES AND GROW UP TO BE HEALTHY, CARING, AND RESPONSIBLE ADULTS



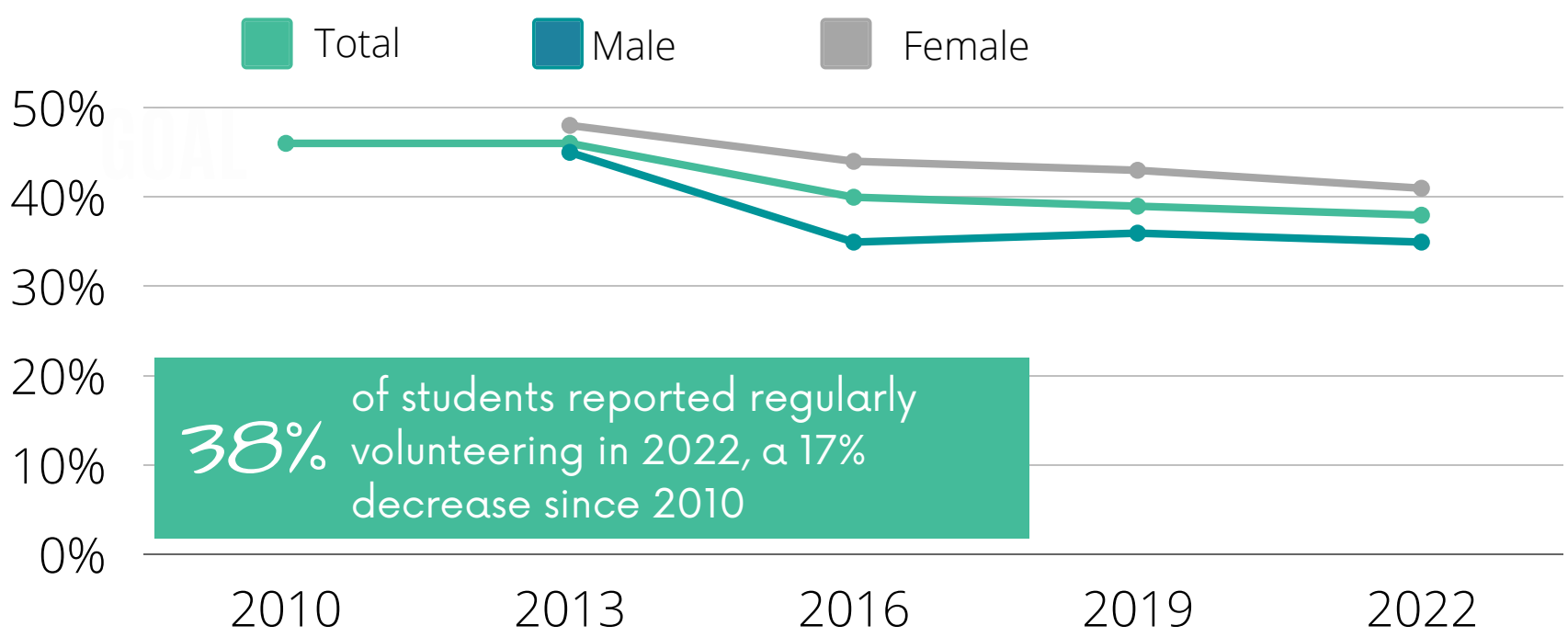
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HOW WE ARE DOING

Service to Others

% of Alexandria City Public Schools students who report serving in the community one hour or more per week

Source: *Developmental Assets: A Profile of Your Youth, 2010-2022*



CYCP STRATEGY

Strategy #41: Create more and expand opportunities for youth to volunteer in their community

CHAMPION



PARTNERS

- [AlexRenew](#)
- [ALIVE!](#)
- [Community Lodgings](#)
- [Covanta](#)
- [Department of Community and Human Services](#)
- [National Park Service](#)
- [Meade Memorial Church](#)
- [Office of Emergency Management](#)
- [Friends of Guest House](#)

WHAT DID WE DO?

Between June 2021 and May 2022, youth volunteers have:



- Bagged 100 groceries for a food pantry



- Over 80 youth volunteers have assisted in repairing and cleaning up a playground



- Cut invasive species from over a dozen trees



- Collected 2 dozen bags of trash at local parks



- Packed 150 hygiene kits for ALIVE



- Filled over 30 backpacks with school supplies for Community Lodgings.



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HOW MUCH DID WE DO IN 2021?



100+

Youth participated in volunteer projects in Alexandria

83

Students who enrolled in Breaks with Impact (BWI)

10

Sites were visited by BWI participants during the Spring and Summer breaks

HOW WELL DID WE DO IT?

91% of students said they are likely to volunteer again



IS ANYONE BETTER OFF?

85% of BWI participants said they feel more valued in the community after volunteering with Volunteer Alexandria

92% of participants reported they learned more about the issues facing Alexandrians

92% of youth learned how they can make their city a better place

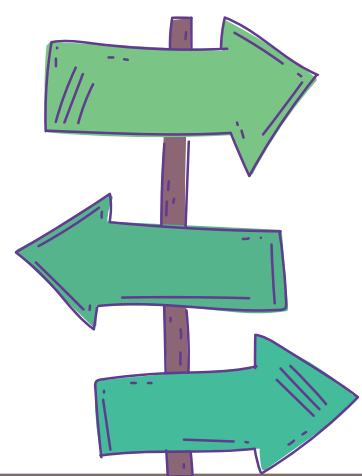
90% of students learned more about how nonprofits work to change Alexandria



WHERE WE ARE HEADED

Volunteer Alexandria plans to provide:

- 12 youth volunteer days this summer, including two 3-day programs;
- Family Volunteer Day in the fall;
- and more opportunities to volunteer during the 2022-23 school year.



RESOURCES

Tips for building this asset...

- **In your home and family:** 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.
- **In your neighborhood and community:** Join or support an organization that teaches (and provides opportunities for) serving others. Some possibilities to consider: [Volunteer Alexandria](#), [Breaks with Impact](#), [Alexandria 4-H](#), [Key Club](#), [Best Buddies](#), and other [ACPS Afterschool Clubs](#), [Boy Scouts](#), [Girl Scouts](#), and [joining the Children and Youth Community Plan initiative](#).
- **In your school or youth program:** Seek learning opportunities for students and group members to engage in community service projects. Also bring community resources into the classroom or program setting.

