SESSION ONE

Volunteerism

**Presentation Slide**

F.I.I.V.E.

Fostering Intergenerational Inclusive Volunteer Engagement

**Script**

“Hello everybody and welcome to the F.I.I.V.E. Volunteer Club! Thank you again for coming. We are so excited to begin this journey with you. My name is [provide a short introduction for yourself]. Today we are going to talk about the F.I.I.V.E. volunteer club, have a general discussion about what volunteering involves, and brainstorm ways you can help. Our hope is that you leave this session excited and informed about what is to come.”

“Today we’ll begin with quick introductions and a warm-up activity so that we can get to know one another. After our warm-up activity, I’ll tell you about the F.I.I.V.E. volunteer program and we’ll discuss some of the activities that we can look forward to completing together in the near future!”

**SLIDE 2 – Today’s Agenda**

- Welcome – Thank you for being here!
- Objectives:
  - Introductions
  - Warm-up activity
  - Overview of F.I.I.V.E. program
  - What is F.I.I.V.E.
  - Importance of volunteerism
- Next Steps
- Q&A
[Have each participant and volunteer introduce themselves by sharing their name, where they are from, and an interesting fact about themselves. Next, choose a warm-up activity for the group to do from Appendix A.]

“We know our communities need more volunteers! We also know that many youth and older adults like to stay active and are seeking opportunities to give back to their communities. F.I.I.V.E. provides an opportunity for youth and older adults to work together for a common goal.”
“A volunteer is a person who helps to benefit a community and the people living there without compensation. Anyone who wants to show compassion and lend a hand can be a volunteer!”

“Volunteers don’t just benefit their communities, they also gain valuable rewards themselves for the volunteer work they do. For example, being a volunteer is actually good for your health! People who volunteer are happier and healthier than those who do not volunteer. Volunteering provides us with opportunities to be physically active, make new friends, and learn new skills. All in all, volunteering is good for everyone involved.”
“Let’s go over the expectations we hold for our volunteers. We ask that volunteers attend one activity each month. The project coordinator will call you each month to tell you about the time, date, and location of the volunteer activity. Please let him or her know if you can’t make it. Volunteers are expected to demonstrate appropriate behavior at volunteer activities, which means being courteous and considerate to others. Cooperate with other volunteers and get to know one another - the F.I.I.V.E. Volunteer Club is a great place to create new friendships!”

“Before we start thinking about some ideas for volunteer activities we can do, let’s talk in general about the gifts we have to offer. Every volunteer has gifts of the head, hands, and heart that they can contribute!”

- **Gifts of the Head**
  ~ Things I know something about and would enjoy talking about with others (e.g., art, history, movies, birds)

- **Gifts of the Hands**
  ~ Things or skills I know how to do and would like to share with others (e.g., carpentry, sports, gardening, cooking)

- **Gifts of the Heart**
  ~ Things I care deeply about (e.g., protection of the environment, civic life, children)

“Most of the volunteer activities we decide to do will appear to be gifts of the hands, however, remember that while working with your hands you can engage with others to share gifts of the head and heart as well.”
“There are lots of activities we could do to help our communities. What are some ideas you have for volunteer activities? Think about the gifts you have to offer.”

If the group struggles to think of ideas, share some of the following:

~ Building/painting flower boxes for Habitat for Humanity
~ Making blankets for foster children or the Fire Department
~ Creating Adopt-a-Pet posters for animal shelters
~ Making dog and cat treats for animal shelters
~ Cleaning up beaches, parks, neighborhoods
~ Painting over graffiti
~ Planting trees and flowers
~ Creating a patriotic garden using red, white, and blue flowers
~ Making place mats and preparing food for soup kitchens
~ Making activity/craft kits for children in homeless shelters
~ Volunteering at a museum
~ Making foot stools for residents of senior communities

“Thank you everyone for your attention! To wrap things up, let’s discuss any questions you have about the volunteer club and the activities we will do.”
SESSION TWO

Armed Forces

**Presentation Slide**

“Hello everyone! Welcome back to the F.I.I.V.E. Volunteer Club. We are happy to see that you have come to volunteer with us today. Before we start today’s activity, I want to tell you about the cause we will be supporting, the Armed Forces. Some of you may be very familiar with the armed forces, whereas others may not know as much. Let’s get started with a brief introduction about the group we’ll be helping today.”

**Script**

“There are several branches of the military. You may have heard about all of these. They are the Army, Navy, Marine Corps, Air Force, and Coast Guard.”
I’m sure you’ve heard about the importance of our military. Members of the military are those who defend the freedom of our country. You may have served in the armed forces, or have friends or family members who have served. Does anyone want to share a story about military service?”

[Provide time for group sharing]

“Sometimes members of the armed forces have to travel far away from home and stay away from their families for a very long time. They fight very hard for our nation and risk their lives every day to keep us safe. As you can imagine, they probably get lonely and miss their friends and family.”

“There are many ways we can show our appreciation for our troops deployed overseas. We can write thank you cards and letters, or send them care packages full of supplies that are hard to access overseas. Today we will specifically be making thank-you cards for [insert your mission here; e.g.: 15th Marine Expeditionary Unit]. Is everyone ready to begin?”
SESSION THREE
Animal Care

› Presentation Slide

“Thank you F.I.I.V.E. volunteers for joining us today! Today we are discussing the important topic of animal rights. By a show of hands raised, how many of us have ever owned a pet? Many of you know the love and friendship that a pet provides. However, there are cats and dogs and other pets that do not have someone to love them. Animal abuse and neglect is unfortunately common in every community. Animal shelters, however, provide care for pets who don’t have a family to live with. We’d like to share with you a few facts about animal shelters today, and why we are going to help them out!”

“Animal shelters are in grave need of our help today for a large number of reasons. The shelters are often overcrowded with too many pets. The shelters are also often under-staffed and under-supplied because there are so many animals to provide care for, and they do not have enough resources to give the pets all the comforts they need. They need more hands to walk the dogs, feed them, play with them, and provide love and care for them.”
“I’m going to share a few quick facts with you about pets. Did you know that….

~ About 62 percent of all households in the United States have a pet.
~ Owned cats and dogs generally live longer, healthier lives than strays.
~ The average cost of basic food, supplies, medical care and training for a dog or cat is $600 to $900 annually.
~ It is impossible to determine how many stray dogs and cats live in the United States; estimates for cats alone range up to 70 million.”

“We can help support the animal shelters in many ways. Donations of supplies, money, time, and effort keep dogs and cats alive and well long enough to find them a loving family and home. Here are a few examples of volunteer activities or donations that can help animal shelters meet the needs of the pets they care for.

[Read slide text]

As for today, our volunteer activity is going to involve making dog treat bags to donate to the shelter. These doggie treats will provide well-deserved comfort to the animals in the shelter. Let’s begin!”
Thank you, everyone, for coming to Volunteer Club today. Today we’re going to learn about homelessness. To begin, I’m going to pass out some paper and ask each of you to draw a picture of your home and who you share your home with.”

“Let’s each take a moment to share with the group what we drew. I’ll start.”

[Explain what /who you drew in your picture and ask everyone to take turns doing the same.]

“What are some similarities and what are some differences between your drawings? Who drew a house? Why did you draw a house? What do you think someone would draw if they were homeless?”
Homelessness is a huge problem all over the world and the United States. In 2011, there were 636,017 homeless people in America; 4 in 10 homeless people in the United States are unsheltered. This means they live on the streets, in cars, or abandoned buildings. There are homeless children and families right here in our own community.

[Share some statistics about homelessness in your own community.]

The root causes of homelessness are twofold:
~ Lack of affordable housing for those with low incomes or disabilities.
~ A lack of living-wage jobs, or jobs that will pay at least 30% of one's rent or mortgage.

It doesn’t matter whether we are comforting them or providing nourishment, there are many ways we can help individuals who are homeless.

“How can you help those who are homeless?
~ Serve at a local soup kitchen
~ Help deliver food to homeless shelters
~ Create blankets and mats
~ Donate your time or supplies to a local homeless shelter”
“One of the most important lessons to take from this discussion is to have compassion for the homeless because they did not choose the situation life dealt them. There are many ways we can show compassion for those who are homeless, and today we are going to show our compassion by creating mats/blankets out of recycled plastic bags for homeless individuals in our community.”
Thank you, everyone, for coming to Volunteer Club today. Today we are going to learn about a service for terminally ill individuals called hospice.”

“Hospice providers consist of nurses, social workers, and religious clergy members who work together to provide emotional, physical, and spiritual support for terminally ill individuals who are no longer able to get well again.”
A hospice team makes sure that their patients are comfortable and painfree during their last few days of life. They also provide the same care to the family members of the patients. Family members need support too. Accepting death is hard for patients and their families, and it brings about feelings of anger, sadness, and loneliness. Family members are often unsure of what to expect regarding their loved ones’ final days, and the hospice team educates them about the end of life, and provides them with emotional support and comfort. Hospice social workers and clergy members also provide bereavement care to the family members of a patient after the patient has passed away. Bereavement care involves counseling that is specifically provided to individuals who have lost a loved one.”

“There are several ways volunteers can support hospice and the patients and families they serve. Here are a few ways volunteers can help:

- **Respite care** - sometimes families need a break, so hospice welcomes volunteers who will sit and visit with the patients.
- **Gifts of comfort** - Hospice providers appreciate having joyful pictures, poems, and cards or care packages to give to patients and their families.”

“Today we are going to make a gift of comfort to give to hospice patients. We will be creating pressed flower frames for hospice patients to display in their rooms. The pictures will provide something beautiful for the patients to look at – hopefully helping to brighten their days!”
SESSION SIX
Environment

PRESENTATION SLIDE

SLIDE 1 – ENVIRONMENT

SCRIPT

“Thanks everyone for coming to Volunteer Club today. Today we are discussing the reality of environmental destruction, and what we can do to protect our environment. Being environmentally conscious can mean many things, and we can all do something to keep our world a safe and healthy place to live for many generations to come.”

SLIDE 2 – TYPES OF POLLUTION

“Oftentimes when we talk about saving the environment and “being green,” we talk about eliminating pollution. There are three types of environmental pollution: Air, Land, and Water.

~ Pollution of the air can cause climate change. Many scientists argue that the climate change caused by air pollution leads to all sorts of environmental and weather problems that affect Earth’s natural cycle. When toxins are released into the air, this causes air pollution.

~ Land pollution relates to the trash we create. All the trash we produce goes to landfills and these landfills can even impact air and water pollution! A good way to help combat land pollution is to recycle and limit your use of plastics. Water pollution occurs when toxins or chemicals leak into the water.
PRESENTATION SLIDE

Types Of Pollution

- Air pollution
- Land pollution
- Water pollution

SLIDE 2 – TYPES OF POLLUTION

SCRIPT

~ Water pollution contaminates and kills fish and other water-dwelling animals. The animals and humans that consume fish from contaminated waters can become sick. Water pollution can even impact the water you drink from the tap in your kitchen!"

Caring For The Environment

- Reduce
- Reuse
- Recycle

SLIDE 3 – CARING FOR THE ENVIRONMENT

“As you can see, pollution is a problem that impacts all of us. In order to enjoy the earth and maintain its beauty, we need to treat it with respect. If we don’t, our pollution and excess use of precious resources, like water, can cause serious problems that alter human life. You can do your part to respect the earth by recycling, conserving water, planting trees and other greenery, picking up trash off the ground, and limiting your use of plastics and other hazardous and polluting materials.”

Ways You Can Help

- Think Globally.....
- Act Locally!

SLIDE 4 – WAYS YOU CAN HELP

“Every little bit of our help counts. A great way to start is to, ‘Think globally, act locally.’ As volunteers, you can take small steps in your home or community to contribute to a larger movement to halt pollution and its negative effects on our earth. What are some ideas you have for ways we can make an impact locally to help our global environment?”

DISCUSSION DIRECTIONS:
Have everyone come up with ways to reverse the impact of pollution and prevent future pollution. Brainstorm ways to preserve water, preserve energy, reduce garbage, reduce green house gas emissions, etc.
[Depending on the size of your group, you can split your participants and volunteers up into three groups and assign a topic to each group: air pollution, land pollution, and water pollution.]

Activity ideas:
~ Pick up trash at a community park
~ Plant flowers, trees, or shrubs at a community park
~ Create a butterfly garden
~ Clean up a community beach
~ Teach friends and family about water conservation
~ Use reusable water bottles
~ Contact your city council about recycling options
~ Distribute recycling containers throughout the neighborhood

“In honor of the upcoming [INSERT HOLIDAY OR EVENT] we are going to work together to plant a garden in [INSERT LOCATION OF COMMUNITY PARK, ETC]. Not only will the garden be good for the environment, but it will brighten up the community!”

NOTE: TIP: Plant a patriotic garden full of red, white and blue flowers for Independence Day in July!
SESSION SEVEN
Domestic Violence and Abuse

**Presentation Slide**

**Script**

“Thank you all for coming to Volunteer Club today. Today we are going to talk about a very serious issue: domestic violence and abuse.”

**Slide 1 – Domestic Violence & Abuse**

“Oftentimes we think of abuse as physical abuse, however, there are several types of abuse and all are very harmful. Abuse occurs when someone physically, emotionally/psychologically, sexually, or economically (i.e., financially) harms someone else. Millions of adults and children are abused every year. Abuse is never okay, no matter where or who it is coming from. Today we are going to have an opportunity to show our compassion to some victims of domestic violence.”
“Domestic violence involves all types of abuse: physical, emotional, sexual, and or financial abuse. According to the United States Department of Justice, domestic violence is defined as a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Physical abuse is the most common form of domestic violence. Emotional and psychological abuse is often overlooked because it is sometimes harder to identify. However, emotional and psychological abuses often do the most damage because they cause serious and possible irreversible damage to an individual’s self-esteem and mental health.”

“Domestic violence is more common than you might think. Here are some important facts about domestic violence and abuse in today’s society:

- Both men and women are victims. Most reported cases of domestic violence involve men as perpetrators and women as victims.
- Every 9 seconds in the US, a woman is assaulted or beaten.
- Domestic violence is the leading cause of injury to women – more than car accidents, muggings, and rapes combined.
- Studies suggest that up to 10 million children witness some form of domestic violence annually.
- Domestic violence is the third leading cause of homelessness among families.”
The Recovery Process

The recovery process for those who have been abused is long and hard. It is important that we not only support victims of abuse, but also the organizations that provide services to victims of domestic violence and abuse.

SLIDE 5 – PREVALENCE & STATISTICS

Services For Victims

- Emergency and transitional housing.
- Advocacy, counseling and support to help victims live violence-free and self-sufficient lives.

SLIDE 6 – SERVICES FOR VICTIMS

How Can We Help?

Compassion and many types of donations help victims immensely while on their road to recovery.

SLIDE 7 – HOW CAN WE HELP?

“Listed on the presentation slide are services available to help victims of domestic violence.”

NOTE: TIP: Have the names and contact information of local domestic violence services and resources already written out on cards to distribute to your participants and volunteers.

“The women and children residing at domestic shelters often arrive with nothing but the clothes they are wearing. Providing any common necessity is a welcome donation to a domestic violence shelter. Hygiene products like shampoo, toothbrushes, soap, and deodorant for both women and children are important and useful donations. Donations of toys, books, and activity and craft kits are appreciated as well. We are going to support the [INSERT NAME OF LOCAL WOMEN’S SHELTER] by providing a donation of bath and shower spa kits that we will be putting together today. We will also be making tissue paper flowers for the shelter to use to decorate their space and create a cheerful environment that will hopefully help boost the spirits of the residents.”
SESSION EIGHT
Drug and Alcohol Abuse

**Presentation Slide**

**Script**

“Thank you to all our volunteers who have joined us again for today’s worthy cause. Today we are supporting those in our community that are struggling with drug or alcohol addiction.”

“People experiment with drugs for many different reasons. Many first try drugs out of curiosity, to have a good time, because friends are doing it, or in an effort to improve athletic performance or ease another problem, such as stress, anxiety, or depression. Not everyone who experiments with drugs or alcohol will become addicted. Many factors explain why one person may be more likely to become addicted than another person. Several of these reasons, like family history or mental illness, may not be an addicted person’s fault - a person’s biology may make him or her more vulnerable to addiction.”
More than 22 million Americans, age 12 and older, abuse drugs including alcohol. Most people use drugs for the first time when they are teenagers. In 2011, 16.7 million Americans were dependent on alcohol or had problems related to their use of alcohol. In 2011, an estimated 21.6 million Americans needed treatment for a problem related to drugs or alcohol, but only about 2.3 million people received treatment at a specialty facility.

“We know that the harmful effects of addiction spread beyond the addict, impacting their families, friends, and co-workers. However, it’s important to be supportive toward someone who is struggling with an addiction. Recovering from drug addiction is much easier for the addict when he or she has someone to lean on for encouragement, comfort, and guidance.”

“Many individuals try to overcome their addictions by attending support group meetings, going to rehab, or kicking the habit on their own. No matter what the addict’s chosen path to recovery may be, support from family, friends, and the community is an essential part of their recovery process. Today, we are going to support individuals in drug and alcohol rehab by making meditation beads.”
SESSION NINE

Crime

Presentation Slide

“IT’S GOOD TO SEE ALL OUR VOLUNTEER CLUB MEMBERS AGAIN FOR TODAY’S ACTIVITY! TODAY WE ARE GOING TO TALK ABOUT A TOPIC THAT IS UNFORTUNATELY TOO PREVALENT IN OUR SOCIETY: CRIME.”

Script

“A CRIME OCCURS WHEN SOMEONE BREAKS THE LAW BY AN OVERT ACT, OMISSION OR NEGLECT THAT CAN RESULT IN PUNISHMENT. A PERSON WHO HAS VIOLATED A LAW, OR HAS BREACHED A RULE, IS SAID TO HAVE COMMITTED A CRIMINAL OFFENSE. THERE ARE TWO MAIN CATEGORIES OF CRIME: PROPERTY CRIME AND VIOLENT CRIME.

“A PROPERTY CRIME IS COMMITTED WHEN SOMEONE DAMAGES, DESTROYS OR STEALS SOMEONE ELSE’S PROPERTY, SUCH AS STEALING A CAR OR VANDALIZING A BUILDING. PROPERTY CRIMES ARE THE MOST COMMONLY COMMITTED CRIME IN THE U.S.

“VIOLENT CRIMES OCCUR WHEN SOMEONE HARMs, ATTEMPTS TO HARM, THREATENS TO HARM OR EVEN CONSPIRES TO HARM SOMEONE ELSE. VIOLENT CRIMES ARE OFFENSES WHICH INVOLVE FORCE OR THREAT OF FORCE, SUCH AS RAPE, ROBBERY, OR HOMICIDE.”

Slide 1 – Crime

Slide 2 – What is Crime?
“Omission can be a crime as well. Running a stop sign is a crime, because it puts the public in danger. Some crimes can involve no action at all, but rather not taking action. Withholding medication or neglecting someone who needs medical care or attention can be considered a crime.”

“Police officers are the ones whose job it is to keep our communities safe and free of crime. They have a very tough and sometimes dangerous occupation. Police officers are usually the first responders when a crime has been reported.”
SLIDE 5 – SUPPORTING OUR POLICE FORCE

“When police officers enter a crime scene and find a child survivor they will often offer the child a small stuffed animal or a blanket to provide the child some comfort. Today we are going to support our police force in their efforts to provide comfort to the youngest survivors of crime by making stuffed animals. We will then deliver the stuffed animals to the local police force that will use the stuffed animals to provide comfort to the smallest and most innocent victims of crimes, infants and young children.”
SESSION TEN
Foster Care

PRESENTATION SLIDE

“Thank you everyone for coming out for today’s Volunteer Club activity. Today we will be engaging in an activity that will help support children in foster care. First, let’s learn a few things about foster families so that we can understand how best to support them.”

SLIDE 1 – FOSTER CARE

“Foster care is a temporary living arrangement for abused, neglected, and dependent children who need a safe place to live when their parents or another relative cannot take care of them. Often their families face issues such as illness, alcohol or drug addiction, or homelessness. Children in need of foster care live with foster parents or in a group care facility. Sometimes they live with other foster children, or the biological children of the foster parents.”

SLIDE 2 – WHAT IS FOSTER CARE?
“Children enter foster care because they cannot remain in their homes and be safe. The children have unique strengths and needs. Some are experiencing a variety of social, emotional, and behavioral or physical difficulties because of abuse or neglect. Children in foster care range in age from birth to 18. Most children are in foster care temporarily, but some children remain in foster care until they are adopted or become an adult.”

“Here are some current statistics about children in foster care:
- In 2010, 408,425 children were estimated to be in foster care.
  • Almost half (48%) of those children were in the care of non-relative foster parents
  • 26% were in relative foster homes (e.g., living with grandparents or aunts and uncles)
  • 9% were in institutions
  • 6% were in group homes
  • 50% of the children who enter foster care do so by the age of 6.”

“Remember, some foster children need special care due to abuse or neglect that they may have suffered prior to his or her move to a foster home. It can take a long time for a foster child to trust that they will be safe in their new foster family.”
“Can anyone think of ways we can show love and care to children in foster families to help them feel safe and secure in their foster homes?”

Examples to help facilitate discussion:
~ Hold a toy drive
~ Host a walk event that raises money for a local agency
~ Raise money for Court Appointed Special Advocates
~ Make fleece blankets for foster children

“Let’s get started on the volunteer activity. Today we are going to create no-sew pillow covers to cover pillow inserts that we will donate to foster children through a local foster care agency.”
SESSION ELEVEN
Hospitalized Children

PRESENTATION SLIDE

Thank you everyone for coming out today to participate in today’s Volunteer Club activity. How many of you have ever been sick or injured and had to stay in the hospital? Today we will be donating our time and talent to show hospitalized children how much we care as they fight to recover from their illnesses or injuries.

SLIDE 1 – HOSPITALIZED CHILDREN

People of all ages are hospitalized due to a variety of different illnesses or injuries. According to the National Center for Health Statistics, 3.5 million children below the age of 15 are hospitalized each year. Although this seems like a big number, thankfully hospitalization is an infrequent occurrence for most children and their families.

SLIDE 2 – HOSPITALIZATION RATES

SCRIPT

Thank you everyone for coming out today to participate in today’s Volunteer Club activity. How many of you have ever been sick or injured and had to stay in the hospital? Today we will be donating our time and talent to show hospitalized children how much we care as they fight to recover from their illnesses or injuries.”
“Hospitalization is a significant event in the life of a child and his or her family. If any of you have had to go to the hospital when you were sick or hurt, you know how scary it can be! Whereas most children are hospitalized for an acute illness or injury, some children are hospitalized for chronic disorders. Chronic disorders are those that are persistent and long-lasting, like asthma, heart disease or cancer. Hospitalization for children with chronic disorders is on the rise.”

“Hospitalized children spend considerable time away from their parents, friends, siblings, and school. Long hospital stays can be both lonely, and boring. Children with chronic diseases, like cancer, can become very exhausted by having to endure repeated procedures or surgeries. Sometimes it can be hard to stay positive. What are some ways we can help children in the hospital stay positive while they are trying to get healthy? Are there things we can do to make their hospital stay more comfortable, less boring, and less lonesome?”

Some examples to facilitate discussion:
- Visit a children’s hospital and read a book to a child or play a game with them.
- Hold a toy and art supply drive for a children’s hospital.
- Write cards of encouragement to hospitalized children.
- Make fleece blankets for hospitalized children.
“For today’s activity, we will be creating books of encouragement to bring to hospitalized children at [INSERT NAME OF LOCAL CHILDREN’S HOSPITAL].”