

## Youth Volunteering

### Tips for 13 to 18 year olds looking for a volunteer role

Due to safeguarding policies some charities won't take young people under the age of 18. Therefore, it can be difficult to find a volunteer role if you're a teenager, however it's not impossible, below are some helpful hints to find a volunteer role.

#### 13 to 15-year-olds

- Some organisations for young people will take regular volunteers on who can speak for that age range. Have a think about organisations such as:
  - Youth sports groups
  - Community youth groups
  - Beavers/Scouting/Girl guiding UK/Cadets
  - Young people campaign groups (Young Carers Herts, Viewpoint, Young Minds)
- Talk to friends and family members who may have connections to an organisation where you can volunteer.
- Have a think about what type of experience you want to get, and approach organisations. Make sure you have an idea on how you would like to support them. Activities which you organise at home but have an impact on the organisation maybe considered E.G Approach with your own plan for a social media campaign or fundraising event.
- Some organisation will take under 16's as long as they have a parent/guardian with them, so keep this in mind when speaking with the Volunteer Manager.

#### 16 to 18-year-olds

All the above plus:

- Have a look at the #TeamHerts Volunteering website ([www.teamherts.org](http://www.teamherts.org)) and search for an organisation with opportunities for 16+ on the website database
- Have a look at [#TeamHerts Flexible Volunteering](#) site. All roles will state if the organisation takes young people between the ages of 16 plus.
- Have a chat with friends and family members to see if they have connections with any organisations you can volunteer with.
- Charity shops will sometimes take over 16's – go and speak to the shop manger about volunteering with them. Remember to think about your commitment.
- The national Do-it.org website states if an organisation takes under 18's

### **Useful websites and links**

[www.teamherts.org](http://www.teamherts.org) – a countywide website which signposts people to volunteering involving organisations and events to find out more.

[www.flexiblevolunteeringherts.org](http://www.flexiblevolunteeringherts.org) – a list of one-off volunteer roles where charities need a small amount of support

Facebook - /teamhertsvolunteering

Twitter - @teamherts

### **Other sites**

[www.do-it.org](http://www.do-it.org) – The national volunteering site.

<https://vinspired.com> – A site designed for youth social change to help young people support their community.