

Number	Action
#1	Tutor a younger child or provide homework assistance before or after school. Website
#2	Recycle your batteries and electronics, and teach others how to do so. Website
#3	Visit, thank, and honor hospitalized veterans at a Department of Veterans Affairs medical center, clinic, or nursing home. Website
#4	Participate in Best Buddies or e-Buddies (email pen pal program) where students with an intellectual disability are paired up with college, high school and middle school students. Website
#5	Write notes to older friends, siblings, school mates or neighbors reminding them not to drink on Prom Night. Notes can be attached to gift bags or flowers and handed out after the Prom. Activity can also be modified for New Year's Eve, Spring Break or Graduation. Website
#6	Rake leaves, shovel snow, clean gutters or wash windows for a senior citizen.
#7	Go beyond Reduce, Reuse, Recycle. Refuse to use products, such as styrofoam, that harm the environment. Create or sign a petition that urges companies and institutions to stop using products that harm the environment. Website
#8	Learn about another culture and participate in a collaborative service project with youth from another country by getting your school or group involved in One World Youth Project. PS -- This organization was founded by youth! Website
#9	Work with school staff and administrators to ensure that the school cafeteria and vending machines offer healthful options. Website
#10	Give blood. Website
#11	Write letters to the editors, local politicians and businesses describing a community need and what each community member and stake holder can do to address the need. Website
#12	Teach younger youth about savings, credit, and debt using Saving Our Futures: A Financial Responsibility Program for Young People. Website
#13	Serve as a coach or referee for a local youth sports league. Website

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- #14 Plan and host an Empty Bowls dinner to raise funds for an organization that is addressing hunger in your community.
[Website](#)
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- #15 Be a volunteer juror, attorney, or judge in your local youth court or start a local youth court in your community.
[Website](#)
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- #16 Apply for a leadership position within a school club or local organization or become a member of a local or national non-profit's Youth Advisory Board.
[Website](#)
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- #17 Plan a Kids Caring 4 Kids dance marathon to raise awareness and funds for schools in Zambia. PS – This organization was founded by a teenager!
[Website](#)
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- #18 Start and maintain a community garden.
[Website](#)
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- #19 Participate in or help organize walk-, run- or bike-a-thons to raise money for community organizations.
[Website](#)
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- #20 Make your birthday party a service party. Plan a service project for your party.
[Website](#)
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- #21 Create holiday and birthday cards for nursing home or shelter residents.
[Website](#)
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- #22 Bring sunshine to a cancer patient undergoing chemo treatment. Sign up to be a Chemo Angel.
[Website](#)
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- #23 Attend a club, church, school board, or town hall meeting.
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- #24 Support efforts to improve the health of babies and prevent infant mortality by organizing a Miles of Dimes for the March of Dimes fundraising event.
[Website](#)
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- #25 Plant trees in public areas where the whole neighborhood can enjoy them.
[Website](#)
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- #26 Register to vote and vote in local, state, and federal elections.
[Website](#)
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- #27 Start an education campaign in your school to teach peers about the language of sexual orientation and gender identity.
[Website](#)
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- #28 Host a Night of Nets, an event to raise funds for bed nets and to encourage friends and family to take action to end malaria.
[Website](#)
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- #29 Pledge to replace incandescent light bulbs with compact fluorescent (CFC) light bulbs.
[Website](#)
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- #30 Plan and host an in-school conference on preventing youth violence.
[Website](#)
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- #31 Join the fight against extreme poverty and preventable disease, such as AIDS and malaria, by organizing and hosting local ONE campaign events.
[Website](#)
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- #32 Want to put your driving skills to good use? As a volunteer with the International Rescue Committee, you can take refugees to appointments, help them run errands or pick up donated goods and deliver them to refugees' new homes.
[Website](#)
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- #33 Participate in the Great American Bake Sale. Funds raised go towards ending child hunger.
[Website](#)
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- #34 Wear a button, sticker or ribbon that promotes one of your beliefs or displays support for a cause that is important to you.
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- #35 Host a free portrait event for your community. Take and develop portraits for shelter residents or victims of natural disasters.
[Website](#)
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- #36 Reduce consumption and waste by sharing resources with your community. Start a community toy library. [Website](#)
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- #37 Take a walk through your neighborhood and make a list of all the things you like about your community, such as the parks or the handicap-accessible curbs. Send your list to your local elected officials. Thank them for creating or funding these programs, projects and policies and encourage them to continue to do so.
[Website](#)
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- #38 Sort and pack food at a local food bank.
[Website](#)
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- #39 De-junk your block. Reduce waste by teaching your neighbors how to remove themselves from junk mail lists.
[Website](#)
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- #40 As a volunteer at your local library, lead a story hour for young children.
[Website](#)
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- #41 Make blankets for children who are seriously ill.
[Website](#)
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- #42 Teach at an adult literacy center.
[Website](#)
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- #43 Connect with youth from around the world by becoming pen pals or e-pals.
[Website](#)
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- #44 Create stickers or posters for your school reminding everyone to turn off lights when they leave the room.
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- #45 Support global education and literacy by participating in The Big Read.
[Website](#)
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- #46 Use an online database to find volunteer opportunities. Bring family members or friends with you when you volunteer.
[Website](#)
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- #47 Learn about maternal health and child mortality from the Mothers Day Every Day campaign.
[Website](#)
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- #48 Do you love Facebook? Are you an eBay PowerSeller? Join the National Youth Advocacy Coalition's Web 2.0 Corps and use your skills to help LGBT organizations.
[Website](#)
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- #49 Download and use the National Poison Prevention Jingle and lyrics to teach children about how to prevent and respond to poisonings.
[Website](#)
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- #50 Create Always Ready Kids disaster preparedness kits and participate in the Preparedness Promise. PS -- This organization was founded by a teenager!
[Website](#)
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- #51 Cook and/or serve a meal at a shelter for youth and families who are experiencing homelessness. Make and bring table decorations, such as place mats or floral centerpieces, to create a warm, cheerful environment for the guests.
[Website](#)
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- #52 Want more music in your life? Support equal access to music education by signing the petition and organizing a "Change Drive to Change Education" fundraising event.
[Website](#)
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- #53 Bake cookies and bring them to your local police and fire stations.
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- #54 Watch Facing History and Ourselves student videos to learn about students who took a stand against intolerance and discrimination. Create a campaign at your school to teach your peers about tolerance and equality.
[Website](#)
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- #55 Organize and participate in intergenerational activities at school such as choirs, spelling bees, and bingo games.
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- #56 Get CPR and First Aid certification.
[Website](#)
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- #57 Help register people to vote by participating in voter registration drive or by explaining the voter registration process.
[Website](#)
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- #58 Protect sea turtles from extinction and promote conservation by teaching others using the "Turtle Talks Activity Book." PS - This program was created by a teenager! [Website](#)
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- #59 Measure your carbon footprint and calculate how much energy and money your family or school could save by switching to eco-friendly products and practices. Talk with your family and classmates to decide how you will reduce your carbon footprint. [Website](#)
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- #60 Support the troops by sending them messages of thanks and encouragement or donating phone cards.
[Website](#)
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- #61 Did you have a strong reaction to an article in your school or local newspaper?! Write a letter to the editor of the newspaper to express your support or concern about the article and post a link on your blog or social networking site.
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- #62 Start a neighborhood Welcome Committee.
[Website](#)
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- #63 Do your part to end childhood hunger. Sign the No Kid Hungry pledge.
[Website](#)
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- #64 Help build affordable homes in your community.
[Website](#)
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- #65 Care for veterans while learning about nutrition, ambulatory care, or physical therapy as a Veterans Affairs medical center volunteer.
[Website](#)
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- #66 Participate in Volunteen Nation's Challenge to America. Encourage local organizations to post teen-friendly volunteer opportunities in Volunteen Nation's database.
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- #67 Organize a sports equipment donation drive. Collect sports equipment to donate to children around the world.
[Website](#)
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- #68 Contact a local radio station and create a Public Service Announcement to spread the word about youth violence prevention.
[Website](#)
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- #69 Talk with a local leader (politician, business owner, non-profit director) about the process of changing local school and neighborhood policies.
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- #70 Enjoy plants and flowers in your neighborhood, but don't pull them out of the ground. The plants could be an animal family's food or home.
[Website](#)
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- #71 Donate produce from your community garden to a local shelter or community kitchen.
[Website](#)
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- #72 In lieu of birthday or holiday presents, ask friends and family to make a donation to an organization of your choice.
[Website](#)
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- #73 Start a buildOn chapter in your community to help raise funds to reduce the rates of illiteracy and poverty around the world.
[Website](#)
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- #74 Host a Human Rights Campaign House Party to promote equality and to educate community members about critical issues in the GLBT community.
[Website](#)
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- #75 Volunteer at a local animal shelter.
[Website](#)
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- #76 Paint a mural over graffiti.
[Website](#)
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- #77 Help maintain or build local hiking and biking trails.
[Website](#)
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- #78 Organize a Penny Harvest. Collect pennies and use the pennies to make grants to community organizations. Add a twist to your project and honor Lincoln's Bicentennial (his birthday!), by donating the pennies to an organization that you and your friends think President Lincoln would support. PS -- Common Cents Penny Harvest was founded by a child!
[Website](#)
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- #79 Volunteer at a Special Olympics event.
[Website](#)
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- #80 Become a role model or mentor for a younger youth.
[Website](#)
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- #81 Raise money for maternal health and gender equality while getting fit! Participate in a I Am Powerful workout.
[Website](#)
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- #82 Start a Unite For Sight Eye club at your school. Collect eye glasses and raise funds to help provide eye care to individuals in Africa and Asia.
[Website](#)
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- #83 Give manicures and pedicures to residents at a nursing home or shelter.
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- #84 Test the health and quality of the water in your local lakes, rivers and streams. Send the information to a local newspaper or university.
[Website](#)
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- #85 Share facts with friends and family to dispel myths about HIV and AIDS.
[Website](#)
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- #86 Work with a local leader to change a school or neighborhood policy.
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- #87 Host a Hunger Banquet to educate your peers about hunger issues.
[Website](#)
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- #88 Write a note to someone in your community that has had a positive impact on you.
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- #89 Collect towels and blankets and donate them to a local animal shelter.
[Website](#)
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- #90 Treat everyone with dignity and respect and promote tolerance. Speak up when you hear a racist or stereotypical comment.
[Website](#)
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#91 Pledge to "spread the word to end the word" and encourage people to stop using the word "retard."

[Website](#)

#92 Teach a senior citizen how to use the internet or a smart phone.

#93 To promote healthful living and to reduce pollution, plan a Walk to School event.

[Website](#)

#94 Walk a neighbor's dog or pet sit while they are on vacation.

#95 Learn about homeless youth in your state and support homeless youth by signing the "Declaration to End Youth Homelessness."

[Website](#)

#96 Teach at Sunday school.

#97 Help active duty military members and veterans connect with their loved ones. Become an official collector for Cellphones for Soldiers by setting up a collection drive or drop-off site.

PS – This organization was founded by two teenagers! [Website](#)

#98 Educate others about GLBT issues by sharing your story and experiences.

[Website](#)

#99 Sing or perform a dance routine for residents at a nursing home.

#100 Create safe places for everyone to play. Replace, build, and maintain playground equipment.

[Website](#)
