



The Promise of Opportunities to Contribute



The Alberta's Promise commitment of **Opportunities to Contribute** is the promise "to support children and youth to become active citizens, innovators and leaders in their communities."

By creating opportunities for young people to get involved in their communities, Alberta's Promise partners help children and youth become role models and take part in the decisions, policies, programs and environments that affect their lives.

Growing up and giving back

When children and youth volunteer, it benefits not only those that they are sharing their time with but also themselves. Research tells us that youth volunteers report:

- Better health and well-being;
- Increased self-worth and confidence;
- Improved employment and social skills;
- Better connection to school and community;
- Lower rates of substance abuse; and
- Continued volunteerism and greater civic engagement as adults.

Alberta's Promise agency partners offer many opportunities for young people to contribute and give back to their communities, including:

- Peer mentoring responsibilities in school;
- Coaching roles in the community;
- Leadership roles with non-profits;
- Entrepreneurial ventures to do good; and
- Work placements and internships.

Let's give young people more opportunities to contribute to their communities. Alberta's Promise can help.

Contact us at getstarted@albertaspromise.org or toll-free at 1-866-313-7500.

Create a positive volunteer experience for young people

Your organization can create meaningful opportunities for young people to develop their skills and give back. Consider these tips when working with youth volunteers:

- Match youth with tasks that fit their skills;
- Ensure youth are prepared for their volunteer role;
- Provide easy-to-understand volunteer role descriptions;
- Encourage youth to reflect on their experiences;
- Offer feedback on performance as a volunteer;
- Give incentives, such as reference letters;
- Create opportunities that help youth to gain skills for future employment;
- Give opportunities for youth to volunteer alongside their friends and/or meet other youth;
- Offer flexible tasks that can accommodate school schedules; and
- Help youth to see the impact of their volunteering.

The Five Promises

Alberta's Promise helps businesses direct financial, time and in-kind resources to five key developmental building blocks needed by children and youth to reach their full potential in school, work and community:

1. **A Healthy Start**
2. **Caring Adults**
3. **Child & Youth Friendly Communities**
4. **Lifelong Learning**
5. **Opportunities to Contribute**

Learn more at www.albertaspromise.org/FivePromises.