

Volunteering and Certification Tips from a parent based on her two teens' experiences:

- Best source to find volunteer opportunities for teens in our region: Volunteer Waterloo Region
<https://volunteerwr.ca/index.php?MenuItemID=179>
 - Filter for age.
 - Keep checking back weekly for more opportunities for younger teens. They are more posted about every week, but there are only so many for ages 13-15.
 - For a volunteer opportunity that lasts for several months (not all of the opportunities on their site are long like this), Volunteer Waterloo Region's recommendation to teens is to gather their friends together, and they can then take turns to complete the longer volunteering opportunity so that an individual teen doesn't have to volunteer as often (if they don't want to)
 - Parent tip: I emailed my teens the opportunities that I found on this site and on other websites. Then, my teens contacted the places directly. Volunteer Waterloo Region has the volunteer events' contact info included in their postings.
- Some of my teens' experience with volunteering in the region:
 - Food4 Kids: good experience, though this place does not have as many volunteering opportunities available for young teens. They have some.
<https://food4kidswr.ca/volunteering/>
 - Cambridge and Guelph Canada Day celebrations: they offer a lot of hours at one time; my oldest loved these.
 - Cambridge: <https://www.cambridge.ca/en/your-city/Volunteer.aspx>
 - Guelph: <https://rotaryguelph.ca/stories/canada-day-2022#:~:text=The%20Rotary%20Club%20of%20Guelph's,Join%20the%20fun!>
 - The Museum: not exciting to volunteer at, but they had lots of hours available every week.
 - Silverheights' Neighbourhood Association and Hespeler Neighbourhood Association: close by and you don't have to drive your kids all over the region as much to get volunteering opportunities. My teens biked to Hespeler Neighbourhood Association and walked to Silverheights'.
 - Volunteering for their summer camps allows your teen to collect a lot of hours.
 - Your teen can gain various certifications for free. Read the certification section in this document for more info.
 - The Guidance office at your local high school will share many volunteer opportunities with your teens. You will also see some in your weekly Google Classroom updates.
 - Tip: One of my teens enjoyed doing larger events and longer hours at a time. My other teen, at first, wanted to do many events that were frequently shorter in duration. However, when he was around 14, he started to want longer volunteering experiences ie. entire weeks helping at summer camp because he knew that his time to volunteer was going to be limited when he got his first job at 15.
- Volunteering helps with jobs, scholarships for university, etc:
 - Various scholarships for university are available if your teen volunteers. The more they volunteer, the more likely they are to get the scholarship. If you have access to *The Scholarship Report* (Jacob Hespeler Secondary's school council pays for it for their

students -- so far each year), then you can check out the criteria for various scholarships available in Ontario. <https://seekingscholarships.com/the-scholarship-report/>

- o Volunteering helped with getting my teen's job, and personal contacts helped as well. The interviewer became quite excited when he saw my son's hours. She hired him on the spot.
 - o Volunteering helps get your teen the best on-campus jobs at university (according to a talk that I attended)
 - o Increases the likelihood of admission to teacher's college if your child switches from a 4 year degree at a local university instead of starting with concurrent education; universities select people based on the most volunteering
 - o Volunteering as an assistant lifeguard helps you get a city job as a lifeguard/swim instructor
https://www.google.com/search?q=city+of+cambridge+lifeguard+jobs&rlz=1C1SQJL_enCA865CA865&oq=city+of+cambridge+lifeguard+jobs&aqs=chrome..69i57j0i22i30i3.6847j0j7&sourceid=chrome&ie=UTF-8&ibp=htl;jobs&sa=X&ved=2ahUKEwjGtNgTvab-AhWukIkEHbqxD88Qkd0GegQIFRAB#fpstate=tldetail&htivrt=jobs&htiq=city+of+cambridge+lifeguard+jobs&htidocid=6Yw0yL7BRfYAAAAAAAAAAAAA%3D%3D&sxsrf=APwXEdckA_9sxlJ505yT_NkMFrUWmNwLxQ:1681375853195
- Tip: Getting started volunteering ASAP (as soon as teen is done Gr 8) because some teens will choose to start working at 15 (my teen's experience), and some jobs at 14 (other people's experience). It is harder to juggle school, working, and volunteering all together, especially if they are in the IB program at Glenview (other people's experience). Also, your teens will need those hours to graduate high school.
 - Tip: How to keep volunteering affordable: My teens did not have data on their phones, so they emailed me (when they had Wi-Fi service) when they were done at a volunteering event. If they didn't have Wi-Fi service available, they asked another volunteer to call us to say that they needed to be picked up. Some volunteering events have unpredictable end times.

Other examples of volunteering opportunities:

- Idea Exchange: sign up for volunteering is possibly still really early. Sign up in Jan/Feb for the upcoming summer
- Possible volunteering to be a tutor: Kinbridge. chadm@kinbridge.ca
- Carizon volunteering 16+: Email: kmcarthur@carizon.ca Apply: volgistics.com/appform/1744906274

Certifications your teen can acquire for Grades 7-10:

- Lead certificate: **free** at HVNA by volunteering at summer camp
- Silverheights Neighbourhood Association (SNA): Lead certification was offered in the past, you can check for availability (as early as Grade 7, I think)
- SNA: High Five **free** certification to volunteers (Grade 8+, ask if you can get at younger ages)
- CPRC + AED from St. John's Ambulance (can take as early as the first semester of Grade 10)
<https://www.sja.ca/en/first-aid-training/cpr-c-aed?>
 - o need this for lifeguard certification (teens might have all their lifeguard and swim instructor training completed by the age of 15)

- o helpful knowledge for the future to have as a parent
- Leader in Training Camp (ages 13-16 volunteers) through the city: can get certified through High Five and Standard First Aid & CPRC
<https://www.cambridge.ca/en/parks-recreation-culture/Camps.aspx>
- Some city jobs for students require High Five and at least Standard First Aid & CPRC certifications ie. a lifeguard and a swim instructor:
https://www.google.com/search?q=city+of+cambridge+lifeguard+jobs&rlz=1C1SQJL_enCA865CA865&oq=city+of+cambridge+lifeguard+jobs&aqs=chrome..69i57j0i22i30l3.6847j0j7&sourceid=chrome&ie=UTF-8&ibp=htl;jobs&sa=X&ved=2ahUKEwjGtNqTvab-AhWukIkEHbqxD88Qkd0GegQIFRAB#fpstate=tldetail&htivrt=jobs&htiq=city+of+cambridge+lifeguard+jobs&htidocid=6Yw0yL7BRfYAAAAAAAAAAA%3D%3D&sxsrf=APwXEdckA_9sxIJ505yT_NkMFrUWmNwLxQ:1681375853195