



# Service & Youth

## How Service Shapes You(th)

Getting involved in service helps you discover who you are and what you can contribute. And service doesn't just feel good—it helps you grow.

### Research shows that when youth serve, they:



Build confidence and self-esteem



Strengthen friendships and sense of belonging



Develop leadership and teamwork skills



Experience better emotional well-being



Feel greater happiness and purpose



Ready to get involved?  
Find ways to serve—and lead—at  
**JustServe.org**

