



# Why is volunteering important?



Jay has recently started volunteering at a care home. It started as part of his D of E Award, but he has stayed longer than his allocated time as he is really enjoying it there.

Jay's friend Freddie can't understand why he is bothering to work for free; 'There is literally nothing in it for you, mate, what is the point!?' There is no money!

Jay disagrees, 'Well, I feel like I'm getting a lot from volunteering - even if I'm not being paid.'

**Discuss: What do you think Jay means when he says he is getting a lot from volunteering?**



What skills and attributes do you currently have that you know would be valuable to an employer?

*One skill / attribute I have is...*

*This is valuable because...*

# Why is volunteering important?



## Learning outcomes:

Describe different types of voluntary work.

Explain the skills and attributes that are appealing to employers and how volunteer work can help develop these.

**Voluntary work:** willingly offering your time and effort for a cause without financial gain.

**Employment:** being in a position of paid work.

**Attributes:** a quality, feature or characteristic of a person. For example, being helpful or curious.

**Skill:** The ability to do something well.



## What are the benefits of volunteering?

1. What do are the benefits of volunteering?
2. What do you think are the challenges of volunteering?
3. How can peer pressure influence you negatively when pursuing a goal?
4. How can peer pressure influence you positively when pursuing a goal?
5. Why might volunteer experience be appealing to future employers?

**Watch the clip.  
Afterwards complete  
the reflection  
questions using the  
story of Mya and  
Ahmed, as well as  
your discussions  
from the Do Now.**

## What are the benefits of volunteering?

### **What do you think are the main benefits of volunteering?**

*You meet other new people, learn new skills, feel good about helping people and it's also beneficial for future job opportunities as the experience is valued.*

### **What do you think are the challenges of volunteering?**

*Some feel they could be spending time doing other things, e.g. seeing friends or studying.*

### **How can peer pressure influence you negatively when pursuing a goal?**

*Ahmed gave up on volunteering, when really this was very beneficial to him. We saw from the starter that Jay was teased about it too.*

### **How can peer pressure influence you positively when pursuing a goal?**

*You may be able to convince a friend to join in, which benefits them in return, for example with skills such as communication, which will eventually help with job opportunities.*

### **Why might volunteer experience be appealing to future employers?**

*You can become better at talking to new people, explaining complex things, making people feel at ease and also show maturity. You will also stand out from your peers with no volunteering experience.*

**Watch the clip. Afterwards complete the reflection questions using the story of Mya and Ahmed, as well as your discussions from the starter activity.**



Now that you know a little more about volunteering in the UK complete the reflection questions below in your books:

- **What type of volunteering do you think would suit you most and why?**
- **What skills and/or attributes do you already have that you can bring to a volunteer role?**
- **What skills and/or attributes would a volunteer role develop for you?**
- **Why do you think it is important to volunteer if you are able?**
- **How might volunteering encourage community and a sense of belonging?**



## Year 9 Summer 2 Knowledge Check – Living in the Wider World

### Theme: Workplace Skills, Online Presence, and Community

1. On a scale of 1 to 5, how confident do you feel that you can describe the key workplace skills employers look for in young people?
2. On a scale of 1 to 5, how confident do you feel that you can explain how communication, teamwork, and time management are demonstrated in a workplace setting?
3. On a scale of 1 to 5, how confident do you feel that you can assess how your own skills and attributes would help in a job interview?
4. On a scale of 1 to 5, how confident do you feel that you can define what an online reputation is and why it is important?
5. On a scale of 1 to 5, how confident do you feel that you can evaluate how your social media activity might impact future education or employment opportunities?
6. On a scale of 1 to 5, how confident do you feel that you can identify positive ways to contribute to your local community?
7. On a scale of 1 to 5, how confident do you feel that you can explain what anti-social behaviour is and how it negatively impacts individuals and communities?
8. On a scale of 1 to 5, how confident do you feel that you can describe the purpose and benefits of volunteering for both individuals and society?
9. On a scale of 1 to 5, how confident do you feel that you can recognise how volunteering and positive community involvement can enhance your employability?



**Please  
complete  
this on  
Satchel  
this week**

## Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
  - A friend you are worried about
  - Someone being unkind to you
  - Something you have heard and think we should know



### How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

# Need Support? You're Not Alone



If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

## **Mental Health & Low Mood**

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

## **Talk to Someone**

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

## **Healthy Lifestyle**

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

## **Apps That Can Help**

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

## **Eating Concerns**

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>