

REALIZE
the DREAM



COMMUNITY SERVICE: UNIFYING YOUTH THROUGH ACTION INTRODUCTION

ORGANIZE A COMMUNITY SERVICE ACTIVITY WITH YOUR FRIENDS

Theme

EQUITY AND HUMAN RIGHTS

SDG Connection

 REDUCED INEQUALITIES

Skills

-  CRITICAL THINKING: ANALYZING AND EVALUATING INFORMATION
-  REFLECTION: COMPASSION
-  LEADERSHIP SKILLS: CONFLICT RESOLUTION
-  SOCIAL AND EMOTIONAL LEARNING: DEEPENING EMOTIONAL INTELLIGENCE



COMMUNITY SERVICE + ENGAGING YOUTH = AGENTS OF POSITIVE CHANGE

TOGETHER, LET'S CREATE A UNITED, JUST AND EQUITABLE AMERICA THROUGH SERVICE.

Community Service is not only a great way to help make the world a better place for everyone, but it feels good too! Encourage everyone around you to serve by sharing their time or skills. It only takes one person to take action before others are inspired to do the same.

Using the Community Service - Unifying Youth Through Service Campaign, we're empowering young people across America to do good, and take action through service.

FACT: COMMUNITY SERVICE
HAS BEEN SHOWN TO
IMPROVE ONE'S SENSE OF
BELONGING, INCLUSIVITY,
SKILL-DEVELOPMENT AND
OVERALL WELL-BEING.

ABOUT *REALIZE THE DREAM AND EDUCATION+*

Realize the Dream is a monumental initiative to unite America through service. Martin Luther King III, Arndrea Waters King and their daughter, Yolanda Renee King, are deeply passionate about enriching students' experiences to become conscientious and well-rounded citizens.

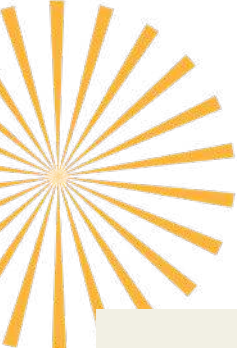
By realizing his father's dream of an equitable and united America through a service learning model, our goal is to educate and equip students to gain a deeper understanding of how their actions apply to real-world issues and promote a message of hope and unity, both locally and globally.



**“LIFE’S MOST
PERSISTENT
AND URGENT
QUESTION IS,
‘WHAT ARE YOU
DOING FOR
OTHERS?’”**

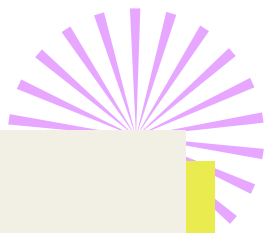


**DR. MARTIN
LUTHER KING JR.**



PARTICIPATING IN THE REALIZE THE DREAM PROGRAM.

Take part in this exciting program by following these steps below.



1

TAKE ACTION

Create a service-learning project designed to address an issue in your community.

2

DOCUMENT YOUR SERVICE PROJECT JOURNEY

Show us how you are carrying the vision of MLK forward.

- Take pictures and make videos. We want to see your acts of service and the reactions of others towards your service.
- Save samples of your work or items that you have created.
- Use the hashtag #RealizetheDream to inspire and motivate others to join you in your acts of service.
- Create a school service display or showcase to highlight and celebrate your acts of service!

3

LOG YOUR HOURS

Log your hours to be part of the 100M hours of service.

- Go to [this form](#) to track your hours.

4

SHARE YOUR STORY

Tell us about your service project.

[Submit your story here](#) to share photos, videos and samples of your work.

Each month we'll highlight a service story on our social media channels. Plus, there will be opportunities for exciting giveaways!

4

CELEBRATE YOUR SERVICE!

Celebrate your inspiring act of service!

Certificate of Recognition

- Complete 10+ hours of service in an academic year and receive a personalized certificate of recognition from your school or community based organization (we provide the recognition templates!).

Recognition Letter of Your Service Activity

- Receive a recognition letter from your teacher/principal outlining your incredible service achievement and the impact it's had on your community.

WAYS TO TAKE ACTION



- 1 Rally your group to collect items for a food pantry and help stock the shelves to support people in your community.
- 2 Organize a community clean-up initiative for your community!
- 3 Create a buddy tutoring program matching younger students with older students who are proficient in a subject or content area.

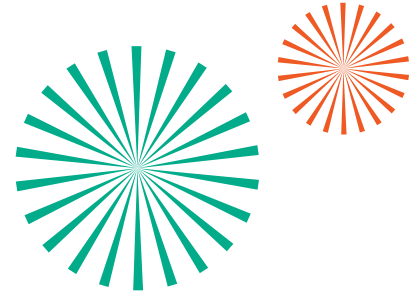


BLENDDED EDUCATION IDEA:

Community Service doesn't mean you physically need to complete a task in-person, there are many ways to volunteer your time online like supporting organizations with your social media skills, creating digital art or editing content.

GRADES 4-6	GRADES 7-8	GRADES 9-12
■ Learn about important issues that are affecting your community by doing research, and then discuss what you can do to help. Commit to one of the strategies discussed as a class and set realistic goals for taking action. ■ Visit a senior home to learn from and engage with the people in your community. Share your experiences with your family to get them excited about donating some of their time to people who are in need.	■ Research soup kitchens and other resources in your community that provide prepared food to those in need. Offer your skills as cooks or servers for a day or on a regular basis. ■ Organize a clothing and personal hygiene drive for those in need. Create posters for your school and community, requesting donations of gently used clothing and personal hygiene products such as deodorant, mouthwash, tissue, etc. Create packages to be distributed in your community or dropped off at a shelter.	■ Investigate different community service opportunities and put together a game plan to become involved. Journal about your community service experiences and share these experiences with your peers to get them excited about getting involved in a cause they care about. ■ Organize an online tutoring program at your school pairing student volunteers with students seeking support in a subject area. Or, offer tutoring to a neighborhood school seeking support. This can help break down barriers by targeting the communities and students that need support trying to catch up! Check out TeensVolunteer for more inspiration!

CLASSROOM RESOURCES



COMMUNITY SERVICE - UNIFYING YOUTH THROUGH SERVICE

With our Classroom Resources, educators can integrate service-based learning into their curriculum to broaden students' understanding of issues they are passionate about. Download lesson plans and educator guides at educationplus.org for ideas to learn more about the power of community service.

GRADE LEVELS	SUBJECT CONNECTIONS	LEARNING GOALS	SKILLS DEVELOPED
1-8	- Language - Social Studies - Sciences/STEM	- Learn about the history and importance of community service in the United States. - Research and discover an organization to get involved with, or plan your own community service experience.	- Action planning - Research and writing - Argument formation - Organization - Reflection - Information literacy
9-12	- English - Social Sciences and the Humanities - World Studies - Sciences/STEM	Understand and demonstrate ways to spread awareness. everyone back at home!	- Critical thinking - Leadership skills - Self-awareness

GET DOING

STEP
1

INVESTIGATE & LEARN

What local issues are you and your group passionate about? Before taking action, learn more about the issues you care about and research organizations where you would like to engage in community service.

Here are some other topics you may want to discuss with your group.

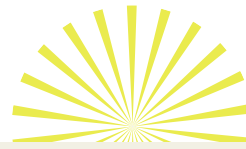
COMMUNITY SERVICE	DIVERSITY, EQUITY AND INCLUSION
■ Volunteering at assisted living/senior homes ■ Planting or maintaining a community garden ■ Collecting resources for the community (canned food drives, collecting warm clothing) ■ Peer to peer mentoring or tutoring programs ■ Community clean-ups ■ School-based beautification projects ■ Awareness-raising activities for different causes at school or in the community ■ Volunteering at a local non-profit organization, such as a public library or SPCA ■ Fostering a culture of understanding and empathy	■ Understanding universal human rights ■ Access to literacy or STEM ■ Promoting diversity and inclusion ■ Exploration of civil rights ■ Loss of tribal languages ■ Effects of civic disengagement ■ Gender equality ■ Effects of racial bias ■ Access to multilingual resources ■ Effects of immigration ■ Voter participation among minorities
MENTAL HEALTH	ENVIRONMENT/CONSERVATION
■ Anti-bullying awareness and behavior change ■ Month-long behavior challenges (gratitude, empathy, mindfulness, altruism, etc.) ■ Creating mental health first aid kits to help youth support their well-being ■ Access to health care and resources ■ Identifying and creating safe and positive environments	■ Access to government resources ■ Changes in the natural environment ■ Preserving historical landmarks ■ Climate change and politics ■ Access to clean water ■ Loss of biodiversity ■ Effects of pollution

STEM AND INNOVATION	FINANCIAL LITERACY
■ Digital accessibility ■ Effects of artificial intelligence ■ Promoting sustainable solutions ■ Incorporating green chemistry ■ Sustainable innovation	■ Effects of social entrepreneurship ■ Access to economic opportunity ■ Acquiring appropriate wages ■ Developing budgets ■ Spending within your means ■ Understanding currency and various ways to purchase and save
FOOD SECURITY	
■ Volunteering at local food banks or pantries ■ Establishing and maintaining community vegetable gardens for sustainable food sources ■ Organizing food drives to collect non-perishable items for those in need ■ Peer-led initiatives for educating the community on nutrition and budget-friendly meal planning ■ School-based programs promoting awareness of food insecurity and fundraising for local hunger relief organizations ■ Hosting community events to raise awareness about the importance of food security ■ Volunteering at soup kitchens or community meal programs	

CHECKLIST

- ☐ Get inspired! Watch the Realize the Dream video
- ☐ Read the Realize the Dream Educator How To Guide
- ☐ Explore the Issue Card
- ☐ Create an Action Plan
- ☐ Share your service with us at #realizethedream





WHAT DID YOU LEARN?

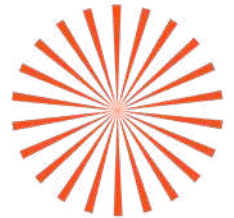
What local issues are you passionate about? _____

What local organizations would you like to volunteer for? _____

What value would you bring to an organization as a volunteer? _____

NOW ZONE IN ON YOUR OWN COMMUNITY!

Learn about the issues in your own backyard by taking a walk around your neighborhood and mapping out the issues.



What social issues are apparent in your local community? _____

What issues were you most surprised by? _____

What organizations or businesses have been impacted the hardest by COVID-19 and how can you help?

How can you help address these issues? _____

STEP 2

ACTION PLAN

You can plan multiple small community service actions throughout the year or put all your effort into planning one big event! Remember community service doesn't always need to be in-person – indirect service like resource collection or advocating for others can be done at school, at home, or in the community.



SET YOUR GOAL

What will your community service be? _____

When will your community service take place? _____

How many hours of community service do you plan to do? _____

How will you measure your positive impact? (e.g., hours, actions, events.) _____

More people means more impact! How will you increase participation in your community service project?

CREATE A TIMELINE

Create a timeline to help plan your actions! Plot the steps your group will take to gear up for your community service around the school or community, including how you will rally people together to participate.

1 _____

2 _____

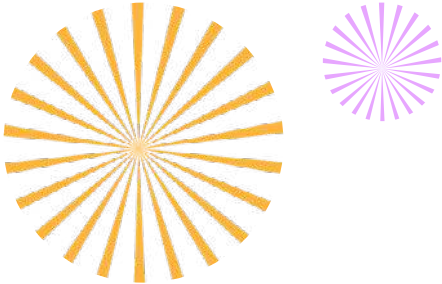
3 _____

MATERIALS

What supplies will you need?

STEP 3 TAKE ACTION

IT'S TIME TO TAKE ACTION! Rally your friends and community members together to become agents of change. By engaging in community service, you will be making a positive difference not just in your community but also in your own life!



TIP: GET CREATIVE AND FIND A FUN WAY TO RALLY PEOPLE TOGETHER SUCH AS MAKING A CATCHY NAME TO RAISE AWARENESS OR HOSTING AN EVENT ONLINE OR IN-PERSON!

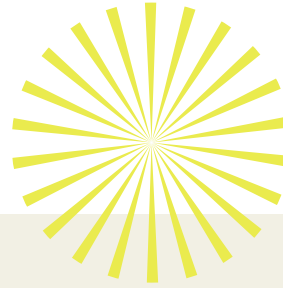
Share your pictures, progress and community service actions on social media with **#RealizetheDream.**

REFLECT

How did it feel to help others? Do you feel like you had an impact? _____

Why is it important to ask others to join you? _____

How will you take your community service actions further or continue your actions? _____



SUMMARIZING YOUR COMMUNITY SERVICE IMPACT

How many different activities did you plan? _____

How many people did you get involved in community service actions? _____

How many hours, on average, did each person serve? _____

How have your thoughts on community service changed? _____

REPORT YOUR COMMUNITY SERVICE HOURS

Don't forget to log your Realize the Dream community service hours!

[Click here to log your hours!](#)



SHARE YOUR SERVICE STORY

We want to recognize and celebrate your inspiring service!

Share your service story with us! We want to know:

- What service action did you take?
- Why is it meaningful to you?
- How did it benefit your community?

Plus, we love photos, videos, artwork, or anything else you can share to tell your story!

[Click here to share your story!](#)

You can even receive special recognition opportunities and incentives for sharing it with us.



**THANK EVERYONE WHO SUPPORTED
YOUR COMMUNITY SERVICE!**

REALIZE
the **DREAM**



100
— FOR —
100

an initiative of

MARTIN
LUTHER
KING III
FOUNDATION

LEGACY+