



Star Search Leadership

"Creating Leaders and Champions – On Court and Off"

The Power of Giving and Receiving Help

Giving help to others is not only good for them and a good thing to do, it also makes us happier and healthier too. Giving also connects us to others, creating stronger communities and helps build a happier society for everyone.

Can Kids Give Help and Making a Difference? I met Ana Dodson when she was 11 years old. She had an idea of helping orphans in Peru and needed help in making her dream come true. But first, she needed some help. She had some questions to "ask." She needed to receive help first. She asked: How can I help? What do they need? How do I raise money so I can help the orphans? How much will I need? How do you start a non-profit? What difference can I make, I am not even a teenager yet? I can't vote and I can't even drive. She asked for help and has been giving help in very **BIG** way. Ana started Peruvian Hearts, a non-profit to help orphans and girls in Peru - and she has helped hundreds, maybe thousands of children. It all started when she was just 11 years old. You can read more about Peruvian Hearts and Ana at <http://www.peruvianhearts.org>



How can you give help? Helping out at an animal shelter, serving food to the homeless, collecting books for less fortunate children, giving your old coats to a family shelter, helping someone with homework, or helping a younger tennis player - all ways to help.

Asking for Help - There are lots of different ways to get help. Sometimes we just want to hear an encouraging word. Other times we need advice or a different point of view on things. Help can be very specific like getting help with a homework assignment. Or it can go on for a while, like tutoring or coaching to get better grades or improve your tennis game. Sometimes you might be experiencing a stressful situation or going through a rough time and the people in your life can help you cope. When someone who cares and they know what you're going through, it can help you feel understood—and not so alone.

Friends, parents, teachers, coaches and other adults can be a great resource when you need help. Turning to the right people for help pays off. You just have to ask.

My List of Receiving and Giving Help

Write down some times that someone helped you and what help you received.

1.

2.

3.

4.

5.

How did it make you feel to receive help?

Write down times you have given help to someone and how did you help?

1.

2.

3.

4.

5.

How did it make you feel to give help?