

Community

“What should young people do with their lives today? Many things obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured.” This quote by Kurt Vonnegut Jr. shows why it is important to be involved in the community. Youth should be especially concerned with doing service to help their community. They should know that community service can help many people, can raise their self-esteem, and can help build a sense of community. These are all very important things that most people should strive for.

Perhaps the most important reason to be involved in the community is to make a difference in the lives of others. Children and youth are especially important to help. A difference can be made by volunteering at schools or a YMCA. Homeless adults need more help than most. Imagine how many you could help by just volunteering to serve food to the homeless. Nursing homes are also a good place to make a difference in people's lives. The elderly also have knowledge that they can share that can help you in the future. All these people who need help, in addition to benefiting from your work, will forever appreciate and remember you.

Another important reason to become involved in the community is that it will increase your self-esteem. You will gain this by knowing that you are improving people's lives. You will automatically see the effect you are having on their lives, whether in a smile or a “Thank you.” This is different than if you were to just donate money, because you will not personally see the benefit. Your self-esteem should also rise because you are gaining experience that will help you in your future. One skill you will learn is leadership, which is always a necessary skill. Self-esteem increases show that being involved in your community is not only for the people you help, but also for yourself.

A growing sense of community is one of the most beneficial outcomes of volunteering in your neighborhood. You will be able to meet new people that you perhaps would not have met normally. You will also be able to build connections. These may be with businesses where you volunteered, or with people you work with. These connections can last for a lifetime. You will also be able to better empathize with the people you help. This will show you that you perhaps are not as different as you thought you were. This new sense of community should stick with you for the rest of your life.

It is extremely important to be involved in your community. There are so many benefits, both for your community and yourself. Some of the most important reasons to help in your community are to help all kinds of people, raise your own self-esteem, and to build a sense of community. All these things, plus many more, are the products of making an effort in your community. Perhaps through becoming involved in their community, young people will be able to build a strong community and stave off loneliness.