

Helping **PEOPLE, COMMUNITIES** and the **PLANET**



**AMBASSADORS**

**Want to make a  
difference in the world?**

Join *Friends for Change* and  
*Free The Children* to become  
an Ambassador for Change  
in your community!

## **FIVE STEPS TO BECOMING A VOLUNTEER**

### **STEP 1: WHAT DO I CARE ABOUT?**

Is it hunger, the environment, making the world  
a better place? Pick something that is personal.

After you've picked a cause, get the info by:

- Talking to your parents and teachers
- Researching ideas at the library or on the internet



**FREE THE CHILDREN**  
children helping children through education

Free The Children is  
the world's biggest  
network of kids helping  
kids—inspiring each  
other to become global  
citizens and agents for  
change around the world.  
[freethechildren.com](http://freethechildren.com)



To find out more ways you can be a  
Friend for Change, visit: [Disney.com/friends](http://Disney.com/friends)

## STEP 2: CREATE A FRIENDS FOR CHANGE VOLUNTEER TEAM

Round up family and friends to create a volunteer team! Together, you can make a plan. Have at least one older family member on your team.



## STEP 3: BRAINSTORM IDEAS

Here are some everyday actions YOU can take to be a Friends for Change Ambassador in your community:

- **Wear it. Share it.** Organize a family clothing drive and donate clothing to your local community center.
- **Map your food. Shop local.** Encourage your family to find items that are grown closer to your home versus far away.
- **Bookmark the Story.** Create 10 bookmarks that illustrate what you are doing to help your community and encourage others to get involved and give them to the librarian to put in books that other kids sign out.
- **Be a Reading Buddy.** Help someone who is younger than you by reading with them once a week.

Keep brainstorming  
– the possibilities are endless!

## STEP 4: MAKE A PLAN

Brainstorm ways to complete these tasks and create a plan.

Here are some things to think about:

- What is your goal?
- Who can help you?
- How can the team reach the goal?
- What are the challenges?
- How can you meet these challenges?

## STEP 5: VOLUNTEER!

Now you and your team have a plan and you're ready to go! Remember that to make a difference, you need to get involved AND have fun!

Get creative and draw how YOU will volunteer in your community at [disney.com/volunteer](http://disney.com/volunteer)

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