

# Volunteering helps young people overcome stereotypes

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Giving young people the support to undertake their own volunteering projects helps them feel trusted and overcome stereotypes, according to research published this week.

A three-year study by the Youth Action Network, in partnership with the Centre for Social Action at De Montfort University, revealed 78 per cent of young volunteers said the experience helped them to open up and trust other people.

[The study](#), funded by the Big Lottery Fund, involved a group of eight young people who helped collect and analyse the data.

Through surveys and discussion groups with 920 young people aged 14 to 25, youth workers and community members the group found that 84 per cent of young people agreed that volunteering led to a higher sense of influence and being trusted.

Youth Action Network is recommending volunteering organisations should enable young people to set their own agendas for projects and develop clearer processes for young people who do not traditionally engage in volunteering.

Youth Action Network's chief executive Davina Goodchild said: "The research highlights the crucial difference that workers are making to the lives of young people every day and the trust that builds as a result of working together."

"It also confirms Youth Action Network's long-held belief that providing workers with opportunities for quality development, training, good practice and networking will mean that young people have amazing volunteering experiences through the support of well-trained and supported workers."