



HELP SOMEONE ©

Value #3 (Help the Most Needy)



Description:

What kinds of people need help?

- the hungry
- the poor
- the lonely
- people who don't know how to read or write

You can probably think of more examples.

Even if you're very young, you can help others in a big way.

Helping others is the right thing to do. But it also makes you feel good.

When you're feeling blue, **helping someone else** is the very best cure. Why? Because it makes you forget about your own problems for a while. By thinking about the needs of others, you'll realize what good things you have in your own life.

You feel good and strong when you make a difference in someone 's life.

Best of all, when we help each other, it makes the whole world a better place. The person you've helped will return that kindness someday – if not to you, then to someone else. It starts a “ripple,” like the waves on water after you throw a stone. That's how you help change the world.

Example from Cesar's Life:

Cesar Chavez believed in helping the most needy. While he was growing up, he noticed the suffering of other farmworkers and their families.

Most of them were **migrant workers**. They didn't work or live in one place for long. They followed the **harvest** (the picking of crops.) Once the workers



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finished **harvesting** the grapes in the south, they moved north to pick more grapes.

Moving around made their lives harder. It made it hard to buy a house, and their kids had to keep changing schools. Farmworkers were harder to **organize** (or join) into a Union than other kinds of workers, because they weren't all together in one place for long. So their working conditions were among the worst. That's why Cesar thought they were the most important people to help.

Examples for Your Life:

Say you're having a bad day at school. You wake up late and miss breakfast, and you forget to bring your math homework to school, so the teacher gives you a zero for the day.

Then, during lunch, you notice the new girl, sitting by herself. You sit down beside her, and her smile tells you how happy she is for company. And while talking to the new girl, you almost forget your own problems.

Activities: (These are things that will give you practice in helping the less fortunate.)

- Are there any kids with disabilities in your school? Someone in a wheelchair, for instance? Ask how you can help. Maybe you can open a door or carry some books.
- Get a grown-up to help you donate clothes you've outgrown to a thrift shop or a clothing drive.
- Contribute a little of your allowance to a program that helps the needy. Your parents, teachers, or religious leaders can help you find a good one.
- Be extra kind to a classmate who's going through a tough time.

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The Ten Values of Cesar Chavez

1. **Teach Someone** (Service to Others)
2. **Sacrifice for Others** (Sacrifice)
3. **Help Someone** (Help the Most Needy)
4. **Si Se Puede** (Determination)
5. **No Violence** (Nonviolence)
6. **We're All Different** (Accepting of All People)
7. **Respect Others** (Respect for Life)
8. **Be Proud** (Celebrating Community)
9. **Knowledge Is Power** (Knowledge)
10. **Be Creative** (Innovation)



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HELP SOMEONE PLEDGE

“I will become aware that many people in the world need a hand, and that I can help the ones who live in my corner of the world. I will look for ways to help people who are poor, who are lonely, who have disabilities, or who struggle in other ways. I'll pay special attention to kids my own age, because I can probably help them the best.”

Sign here after saying pledge: X.

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