

Help make someone's day with Youth100+

Did you know volunteering in adolescence is associated with positive outcomes during the teen years as well as in adulthood? Teens who volunteer are more likely to have positive academic, psychological, and occupational well-being.

At Iowa Big which is an initiative-based high school, we have an organization called Youth 100+. Youth 100+ helps connect the youth (8-18) with non-profit organizations around the City of Cedar Rapids. If you would like to join the Youth100+ team go to the website listed below. It is a great opportunity to get involved in.

This year we are hosting an event called "Do-Gooders Competition" that will be held the week of March 7th. The objective of this event is to do as many random acts of kindness in our community as possible within the seven day frame. With these random acts of kindness we are encouraging people to post their random acts on social media with the hashtag #youth100plus.

This a great opportunity for the students of Prairie and their families to get out and do great things for our community. Have a question about the "Do-Gooder's Competition"? No worries! Just shoot us an email and a team member will contact you.

Youth100+
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[***http://100youthcr.weebly.com/***](http://100youthcr.weebly.com/)