Pathways to Leadership

LEADERSHIP THROUGH

# Service

TIDEWATER LEAD

LEADERSHIP • EDUCATION • DEVELOPMENT

TEEN RESOURCE BOOK

2026

# About this Book

## PURPOSE

The Leadership Through Service - Teen Resource Book is published annually for the Tidewater LEAD community as a central resource of teen leadership development and service learning opportunities in the Hampton Roads, Virginia area.

Information is provided based on each organization's public information and is subject to change. Please contact each organization directly for the most current information about their programs, including application deadlines.

## ADDITIONAL RESOURCES

In addition to the organizations and  specialized programs listed in this book, don't forget to check:

- Clubs you are involved in, like Scouts or 4-H
- Local government youth commissions
- Your local library, schools, and church
- Other volunteer and nonprofit organizations

Don't forget that Tidewater LEAD is always available to support you on your leadership journey and service projects. Feel free to reach out to director@tidewaterlead.org any time.

# Leadership Through Service

## WHY?

Volunteering isn't just about helping others; it's about growing yourself, too. By getting involved, you'll develop skills like communication, teamwork, problem-solving, and empathy – all crucial for effective leadership. **Through service, you'll discover your passions, find purpose, and build connections with others who share your interests.** Working alongside peers and mentors towards common goals will help you develop meaningful relationships and support networks.

In addition to skill development, engaging in service provides real-world experiences that test and strengthen your leadership abilities. You'll learn to adapt to different situations, take initiative, and make decisions under pressure – all essential traits of effective leaders. Service opportunities also offer a platform for you to **innovate**, **collaborate**, and **lead by example**, empowering you to enact positive change in your community. As you navigate the challenges and successes of service projects, you'll gain confidence in your leadership potential and discover new facets of your capabilities. You will also increase your exposure to potential careers, discovering what you like *and* don't like!

Embrace these opportunities as stepping stones towards realizing your full leadership potential and making a lasting impact on your community!

# BON SECOURS HOSPITAL & MEDICAL CENTER

## JUNIOR VOLUNTEER PROGRAM

https://www.bonsecours.com/jobs-education/volunteer/volunteer-in-hampton-roads/student-junior-volunteer-programs

"This program offers teens an opportunity to engage in a service project that is both rewarding and educational... junior volunteers are a valuable resource and an asset to our job of caring for the sick and suffering. For that reason, volunteers are expected to be the kind of person who has the desire to be of service to others, shows compassion for others, and shows patience in all situations."

# CIVIL AIR PATROL VIRGINIA WING

## CAP CADET PROGRAM AND ADVISORY COUNCIL

https://vawg.cap.gov/programs/cadet-programs

"The Cadet Program transforms youth into dynamic Americans and aerospace leaders. CAP accomplishes its Congressionally-mandated Cadet Program (Title 36, U.S.C. 40302) through a curriculum of leadership, aerospace, fitness, and character. The program follows a military model and emphasizes Air Force traditions and values."

# CHESAPEAKE BAY FOUNDATION

## STUDENT LEADER PROGRAM

https://www.cbf.org/join-us/education-program/student-leadership/

"The mission of CBF's Student Leadership program is to connect, educate, and inspire the next generation of environmental stewards to become critical thinkers and environmental problem solvers by advancing advocacy, raising awareness, and taking action to help Save the Bay...Student Leaders select an issue impacting their community, then develop and implement evidence-based solutions."

# CHILDREN'S HOSPITAL OF THE KING'S DAUGHTERS

## JUNIOR VOLUNTEER PROGRAM

https://www.chkd.org/support-us/volunteer/junior-volunteers/

"Each year, teenagers who turn 15 on or before June 1 and are still in high school can apply to participate in the Summer Junior Volunteer Program Service areas include:

- Patient Interactions (in playroom and at bedside)
- Staff support in various clinics and offices
- Gift Shop
- Surgical Services"

# GIRLS ON THE RUN OF HAMPTON ROADS

## JUNIOR COACH

https://www.gotrhr.org/junior-coach

"Serving as a Junior Coach is a fun and rewarding way to get involved with Girls on the Run! This volunteer position is for high school girls aged 16-18 years old who want to grow their leadership skills. Paired with a Mentor Coach, Junior Coaches receive support to develop their own skills while serving as role models to program participants."

# NORFOLK BOTANICAL GARDEN

## TEEN VOLUNTEER PROGRAM

https://norfolkbotanicalgarden.org/learn/teen-volunteer-opportunities/

"The NBG Teen Volunteer Program is a summer program that provides teens between ages 14-18 with the opportunity to learn about nature, develop work and leadership skills, make new friends, and earn volunteer hours for college applications and resumes."

# VIRGINIA BEACH RESCUE SQUAD

## JUNIOR RESCUE SQUAD

https://vbvrs.org/volunteer/

"Students from around Hampton Roads are introduced to the exciting world of emergency medicine and pre-hospital care. Experience the life of an EMT firsthand, learn first aid and life savings skills while building your self-confidence, and develop leadership and social skills through unique career experiences and volunteer service opportunities."

# VIRGINIA BEACH FIRE DEPARTMENT

## FIRE CADETS

https://fire.virginiabeach.gov/get-involved/volunteer-opportunities#FireCadets

"The VBFD Fire Cadet program exposes participants to many career experiences, leadership opportunities, and community service activities... Cadets' core purpose focuses on assisting the youth in developing leadership skills. They also help to cultivate professionalism, build new personal skills, establish knowledge of fire dynamics, and an understanding of emergency call protocols."

# VIRGINIA AQUARIUM

## YOUTH VOLUNTEER PROGRAM

https://virginiaaquarium.com/youth-volunteer-opportunities

The aquarium accepts teen volunteers as young as 13.
Applications open and close in the spring for the summer volunteer season.
Volunteer positions include:

- Aquarium Store Assistant
- Guest Engagement Ambassador
- Guest Engagement Docent
- Watershed Warrior
- Youth Programs Assistant

# VIRGINIA ZOO

## CONSERVATION YOUTH TEAM

https://virginiazoo.org/school-programs/conservation-youth-team/

“CYT participants educate zoo guests about animals, support Safari Camp programs, visit local organizations, and participate in service projects benefiting the community... As a member of the Conservation Youth Team, teens will develop important job and life skills, build self-confidence, earn community service hours, and learn about what they can do to help our environment!”

# WHRO PUBLIC MEDIA

## STUDENT ADVISORY BOARD

https://whro.org/student-advisory-board

"WHRO's SAB is a diverse group of 9th-12th grade high school students that share their perspectives about online course content and their online learning experiences. Ultimately, the SAB has the opportunity to create content that is distributed in WHRO's online courses and the state-wide digital learning repository, eMediaVASM."

# VIRGINIA STATE PARKS

## YOUTH CONSERVATION CORPS

https://www.dcr.virginia.gov/state-parks/youth-conservation-corps

"The mission of YCC is to connect Virginia's youth with the natural world through a structured program of meaningful service projects on public lands. Youth build trails, friendships, environmental literacy and self-confidence as they work to preserve access to the outdoors for generations to come."

# YOUTH VOLUNTEER CORPS HAMPTON ROADS

## TEEN SERVICE LEARNING & YOUTH ADVISORY BOARD

https://www.yvchr.org/

"Youth Volunteer Corps of Hampton Roads engages youth (age 11-18) in meaningful volunteer opportunities that positively impact the lives of others. Every project is organized and led by trained team leaders who are there to motivate and inspire our local youth volunteers."

Opportunities include year-round programming, Summer of Service camps, and Youth Advisory Board.

# TIDEWATER LEAD

## STUDENT ADVISORY COUNCIL

https://www.tidewaterlead.org

Tidewater LEAD provides leadership education and development opportunities to teens through student leadership conferences, workshops, and mentorship opportunities.

The Student Advisory Council provides guidance and support to the organization's leadership team.

# MILITARY AVIATION MUSEUM

## TEEN VOLUNTEER PROGRAM

https://www.militaryaviationmuseum.org/volunteer/

"The Museum accepts youth aged 16 to 17 years as volunteers working on guest briefings, hangar security, assisting with tours, and supporting the museum's hands-on educational STEM programs. Complete the application and receive an invitation to the next available monthly volunteer orientation class."

# VIRGINIA BEACH SPCA

## JUNIOR VOLUNTEERS

https://vbspca.com/junior-volunteers/

"Staff and volunteers work together to create a positive and productive shelter environment, providing quality care to our animals and humane education to our community. Junior volunteers assist staff with daily shelter tasks & cleaning and support animal care operations. Limited animal handling during the first 6 months with increased responsibility over time"

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