Latest from Youth Leaders

Welcome back to another issue of YouthWire! As the end of the school year is nearing, we encourage you to start thinking about your Red Cross Club leadership transition process. We have updated the Red Cross Officer Training Guide that you can use to plan for the transition. If you are a high school senior, we encourage you to check out our high school transition guide for opportunities to stay engaged with the Red Cross in college.

Did you know that there are several youth promotional materials available on The Exchange and Brand Central for registered Red Cross volunteers? Brand Central is a great resource through which you can access several customizable resources that you can use for your Red Cross Club and region. You can access them by logging into your Volunteer Connection account, clicking on “The Exchange” at the top right of the page, and searching “Youth Promotional Materials.” From there, you can access a variety of resources in editable Word format, as well as Brand Central. These handy promotional materials can elevate your club’s organization processes. Check out these awesome resources today!

Youth Volunteer Spotlight: Adarsh Jagadish

“I used to think that in order to truly help people, you had to be exceptional. But after working with the Red Cross for several years, I realized that the act of helping people, in any way you can, is what makes you exceptional.”

Adarsh Jagadish, a senior at William Fremd High School in Illinois, began his Red Cross journey when he joined his school’s Red Cross Club as a sophomore, attending meetings and planning service events, eventually becoming Treasurer, then President his senior year.

Adarsh’s proudest accomplishment is the fundraiser his Club planned, which ultimately raised over five hundred dollars for the Measles & Rubella Initiative.

Mental Health Resources and Volunteering

Given the pandemic, it is normal to feel discouraged or hopeless. It is important that we check in with ourselves and make sure that we stay both physically and mentally healthy. One great coping mechanism is to use a mindfulness application called Headspace, available for free to Red Cross volunteers. If you are interested, make sure to reach out to your region for more details.

The Red Cross has resources available to everyone for how to deal with stress during COVID-19. It is normal to feel anxious and fearful, but we are here with tips for coping.
Now is a very trying time for the world, but we can get through it together. Stay happy and healthy by taking care of yourself and remember to talk to your friends and family to combat feelings of social isolation.

Expand Your Knowledge
Keeping with the theme of mental health, we encourage you to check out the Disaster Mental Health: Introduction training on EDGE, where you can hear real-life stories on how Disaster Mental Health Workers help victims of disasters.

What is YouthWire?
Created by your National Youth Council, YouthWire is a monthly e-newsletter containing important Red Cross youth volunteer opportunities, stories, and resources for youth, young adults and youth champions! We are always looking to highlight great stories and want to hear what awesome things are happening in your region!

Let us know what’s new for you!
Questions about youth volunteering with the American Red Cross? Email YouthInvolvement@redcross.org

Get Social and Share!
Follow our Facebook and new Instagram page for updates, events and reminders!
Facebook: @AmericanRedCrossYouthNetwork
Instagram: @americanredcrossyouth

Share this newsletter with your peers and friends or have them email YouthInvolvement@redcross.org to subscribe to our newsletter.

June is National Safety Month, a time to revisit safety tips and determine how to change potentially harmful behaviors that can lead to injury or death. Maintaining good safety practices are important because injuries are a leading cause of disability for people of all ages. In fact, each year in the United States, one person dies from an injury every 3 minutes, resulting in 214,000 deaths.

A couple of good safety tips are to always keep a first aid kit on hand and a list of emergency numbers nearby. You never know when disaster will strike and it’s best to be prepared. We encourage you to make and practice emergency drills with your family so that everyone is on the same page if something were to occur. Visit these sites for health and safety training education and information about preparedness.

Questions about youth volunteering with the American Red Cross? Email YouthInvolvement@redcross.org

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