

# HOW TO help



*Start a conversation about being generous in your family.*

- If your kids get an allowance, ask if they would like to donate part of it. If they say yes, ask them how they feel about their choice.
- During spring cleaning, talk about why you donate your gently used clothes and ask if your kids want to too.
- Next time you forego buying something you wanted, tell your child. Mention what you'd rather do with the money.
- Volunteer for a cause, and talk about why you want to spend your leisure time helping others.
- Talk about why you wanted to spend your vacation helping others in Guatemala.
- If you sponsor a student, talk as a family why you are doing this and why it's important.

*Studies show that sharing with others makes you happier and healthier. Research has also shown that having a generous attitude improves the immune system, extends lifespan, and acts as an antidote to pain.*

*You can help foster a lifetime value of generosity in kids with your actions and words. Look for opportunities to teach generosity (in many forms) within your family, and show your children the joy that comes from giving.*

# HOW TO *help*

## Ideas for Adults and Families

- Organize a party to share stories about your trip and get your friends involved. Set a goal, such as sponsoring a student.
- Follow Cooperative for Education on social media (Facebook, Instagram, etc), and like and share posts that speak to you.
- Donate a sponsorship in honor of Mother's Day, Father's Day, a birthday or other family or personal milestone.
- Spread the word at work – plan a happy hour or put up a photo from Guatemala in your workspace and get people talking.
- Come back on tour with friends – take advantage of our Bring 3, Go for Free promo for Snapshot and GLP tours!
- Ask about your company's matching gifts policy.
- Come to Fall Fiesta (CoEd's fundraising gala in Cincinnati) and invite your friends.

## Ideas for Students

- Instead of birthday presents, get friends and family to sponsor a student or donate Cincinnati-area gift cards to Fall Fiesta.
- Write a note to family members (using a CoEd postcard, if you want) and ask them to sponsor a student.
- Get your class involved – give a presentation at school, and ask your teacher if you can organize a school-wide Penny War!
- Buy friendship bracelets in Guatemala to sell to classmates as a fundraiser and way to talk about Guatemala.
- Fundraise with a carwash, spaghetti dinner, or pancake breakfast.
- Start (or join) a club at your school to raise awareness about poverty and education in the developing world.



## Ideas for Rotarians

- Ask your club to give to the GLP or sponsor a program.
- Give a presentation at a neighboring Rotary Club and get them involved in the GLP.
- Staff a GLP table at a Rotary Conference.
- Find out how to request matching funds from your district.

## Cooperative for Education's *Top 3 Needs*

### Sponsor a Program

Help give schools access to the tools and training they need for *quality* education.



### Sponsor a Student

Help make sure *one individual student* continues through high school and receives the support he or she needs.



### Spread the Word

Tell your friends, family, neighbors, and networks about Guatemala and how *they* can help. Better yet, invite them to sponsor a child themselves – word of mouth is our best way to find sponsors to reach a thousand girls with scholarships.