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## Help teens do something

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It's not that teens don't want to volunteer. Much of the time, there's an age requirement — 18 or older — that keeps them from helping out.

[DoSomething.org](http://DoSomething.org) is a Web site that helps teens find volunteer opportunities and get involved in (or start) local projects.

It's designed to help teens find volunteer work that is right for them.

You can get it on your cell phone, too; just sign up for a regular text message that will point you in the right direction.

How it works: Search by ZIP code on the Web site, just to see what's available. You'll find volunteer opportunities that require a regular commitment (such as weekly visits to nursing home residents) as well as things you can do just once or twice (such as providing cupcakes or decorations for a birthday party at a shelter).

If you think you're interested, keep the ideas coming. Sign up for a monthly text message that will send opportunities in your area directly to your phone.

Find it: Go to [www.dosomething.org](http://www.dosomething.org) or text "Do Something" to 30644 to sign up for the text service.