Introduction:
At Grow Dat, we run this workshop after youth have done community service work together as a group. Although it has an individual focus, but it is also possible to use results from this workshop to outline what future community service work will be undertaken by the group. Although a broad context for social justice is important, we are also exploring ways that this workshop can be made more specific to food systems and food justice.

Goals:
• To help youth develop a deeper sense of social awareness.
• To teach crew members how to think critically about charitable efforts, both broadly and personally.
• To encourage youth to find ways to engage in service and ask how that service could be most impactful.

Objectives:
• Youth will learn what distinguishes charity from social justice work.
  Youth will be able to analyze their own past and present service efforts.
• Youth will inventory their skills and passions to see how they could be contributing to others.

Time:
1 hour

Materials:
Flip chart
Markers
Charity vs. Social Justice definition sheet for each crew member
Copy of Dr. MLK quote on service for each crew member
Procedure:

- Write the words “charity” and “social justice” on a flip chart. Have people shout out the first words that come to mind when they hear these words. Write all comments down and circle any words or phrases that particularly clarify the difference between the two words. Ask people whose words are circled to tell the group why they said the word.
- Handout Charity vs. Social Justice definition sheet – educator leads a discussion.
  - Ask for positives and deltas for both concepts.
  - Ask, Is there more charity work or social change work? Why? Ask youth where they think Grow Dat falls. Why?
  - Note: it is important with young people not to diminish charity work. Often, one leads to another as people come to see, feel and experience the needs of others through volunteerism.
- Ask youth to pair up with a partner. With these definitions in mind, ask youth to describe to their partner the service work they have done that fits each definition. If they have not done any service, ask them to talk about receiving either type of assistance. Have them tell a partner about the different experiences from their own life and why they categorized them one way or another.
- Lead into more personal reflections by sharing the Dr. King quote about service and greatness. Handout a copy to each crew member and ask for a volunteer to read it out loud.
  
  “Everybody can be great... because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You don’t have to know about Plato and Aristotle to serve…. You only need a heart full of grace. A soul generated by love.”
- Handout journals and ask everyone to list their personal talents that they do well or love to do (such as dancing, computers, public speaking or flower arranging), leaving a few lines between each talent. Youth then write below each talent how that talent could be used for charity or social justice work.

Closing: Ask the crew members to share the one talent they realize has the greatest potential for social change to the group.

Background: Lesson adapted from Growing Together, Gale, 2006.