



Youth TimeBank members participate via service exchanges to earn TimeBank credits in the following categories:

- **Person/Group-to-Person-** Providing a service to an individual, cooking a meal, doing yard cleanup, your ideas
- **Person/Group-to-Family-** Assisting a family affected by a hardship, moving into or out of the neighborhood, your ideas
- **Person/Group-to-Organization-** Helping an organization by volunteering, supporting an event, your ideas

**MAKE YTB YOUR COMMUNITY SPORT!
EARN BADGES TO BECOME A YTB ATHLETE.**

TIMEBANKING HISTORY

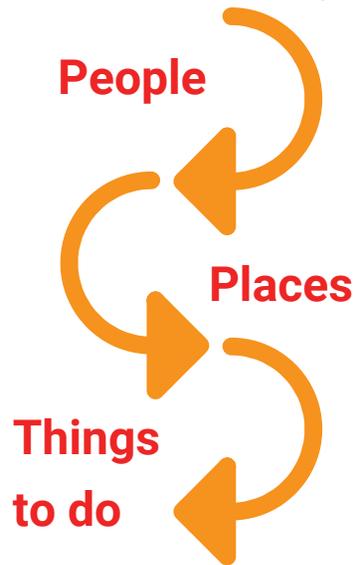
LIFE WORKS BETTER WITH INFORMAL SUPPORTS AND COMMUNITY CONNECTIONS

TimeBanking was created by Edgar Cahn in 1980 and is used worldwide by youth, community, and senior-serving programs.



Examples, research, videos, and stories of the *transformative power* of TimeBanking can be found at:

TimeBanks USA www.timebanks.org
hOurworld www.hourworld.org



YOUTH TIMEBANKING

www.ytbnj.org
info@ytbnj.org
Instagram: @ytb_nj

YTBNJ is a 501(c)(3) nonprofit organization
Donate: PO Box 474
Clarksburg, NJ 08510.



 **YTBNJ**
YOUTH TIMEBANKING (YTB)

YTB is a way for young people to earn credits for completing community service activities.

YTB is intended for transition-age youth (TAY). Peer supports or adult coaches can help kick start YTB.



CORE VALUES OF TIMEBANKING

1. WE ARE ALL ASSETS

2. SOME WORK IS BEYOND PRICE

3. WORKING "WITH" EACH OTHER IS BETTER THAN DOING THINGS "FOR" EACH OTHER

4. WE NEED SOCIAL NETWORKS & COMMUNITY

5. EVERY PERSON MATTERS & DESERVES OUR RESPECT

YTB IDEAS

YTB members agree to help another person or organization with a service activity.

Perform a Service

- Cook a meal, prepare food
- Write a notecard or essay
- Participate in park clean-up
- Help at library or foodbank

Experience Something New

- Obtain Government ID
- Participate in Talent Show
- Join a school club

Learn Something New

- Take photography course
- Learn CPR or first aid
- Achieve an exercise goal
- Attend a town meeting



Talk with your YTB Coordinator for specific ideas near where you live.

YTB.NJ.ORG

YTB.NJ.org works with individuals, groups & organizations having the shared vision of YTB: Civic engagement practices for youth to learn about the people, places & things that make a strong community.

YTB has 2 Rules:

1. Youth completes service activity.
2. Youth tracks their service activity with YTB Coordinator.

Youth earns 1 credit for each hour of service. At 10 credits youth receives YTB gift card.

GET STARTED WITH YOUTH TIMEBANKING

1. Try YTB

Review brochure, ask questions, understand rules.

2. Explore your Community
Ask for ideas.

3. YTB Activity
Meet people, go places, do things.

4. Earn YTB Credit
Enter hours online or in YTB log, approved by YTB Coordinator.

5. Collect Reward
Reach 10 credit hours. Receive a gift card.

6. Keep Going!
Fill your card with 10 people, 10 places, 10 things you did.