

Sometimes, the hardest part of volunteering can be finding an opportunity that fits your interest and personality. Below are some great tips to help you get involved, and to make your volunteer experience a more enjoyable and rewarding one.

Tips To Help You Volunteer with OATH

Research the issues important to you. Look for an area that focuses on the issues about which you feel strongly. Share your ideas with us... there is no end to the creative avenues for how volunteers can help, just as there is no end to our need for volunteers.

Consider the skills you have to offer. If you enjoy detailed research work, you have a knack for public speaking, or you just enjoy interacting with people, you may want to look for volunteer work that would incorporate these aspects of your personality. Your previous experience at work may be very helpful, even if it seems ordinary to you.

Don't over-commit your schedule. Make sure the volunteer hours you want to give fit into your already busy life, so that you don't frustrate your family, exhaust yourself, shortchange the organization you're trying to help or neglect your job. Better to start out slowly than to commit yourself to a schedule you can't or don't want to fulfill.

Nonprofits may have questions, too. While most nonprofits are eager to find volunteer help, we have to be careful when accepting the services you offer. Please don't be offended by our asking you to fill out a volunteer application, or asking you to come in for an interview. Also because of the nature of what we do and whom we work with, everyone is asked to submit to a background check and possibly a Polygraph test before working directly with victims and clients.

Virtual volunteering? If you have computer access and computer skills or graphic design, even a love for social networking, and able to volunteer from home, we certainly need some dependable individuals to help with design projects, social networking promotions and distant data entry computer work.

Emotional commitments that all volunteers share? This issue of crimes against women and children involves strong emotions and often invoke strong emotional commitments to help... then life happens, we get distracted or busy and before we know it we did not follow through with our promise to help. We have all done it! Don't beat yourself up ☺ Plug back in and start helping when you can. Please don't feel bad and avoid us because you went through a time or season of being unavailable. You are needed and your feelings of personal disappointment can quickly be replaced with wonderful feelings of personal satisfaction after re-connecting with us and helping where you can.

Volunteer Assessment Questionnaire

Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Age: _____ under 18 _____ 18-29 _____ 30-49 _____ 50-64 _____ 65 and above

Occupation: _____

Other work experiences: _____

Educational fields: _____

Clubs, Groups, Associations: _____

Time for Volunteering (list hours):

Monday _____ Tuesday _____ Wednesday _____

Thursday _____ Friday _____ Saturday _____

Sunday _____ Some Evenings _____ YES _____ NO _____ OCCASIONALLY

Specialized: _____ Speakers Bureau _____ OATH Office _____ Web site help

OATH Community Action Teams are made up of activist like you that team up to help bring awareness about Immigrant and domestic U.S. human trafficking here in Oklahoma by contacting agencies and organizations to set up awareness presentations, movie nights, special events and fundraisers... by doing research or by participating on an outreach team.

Community Action Teams:

Awareness _____ Schools _____ Universities _____ Social Service Agencies
_____ Awareness Events _____ Health Agencies _____ Law Enforcement Agencies
_____ Churches _____ Non-profit Organizations _____ Local Businesses

Research _____ Laws _____ Treatment _____ Multi-media _____ Grants

Outreach _____ Printed Material Distribution _____ Online Relationship building
_____ Run-A-Way Follow-up _____ VOSTA Team _____ Field Investigating

Skills I have that might be helpful: _____

My volunteer experience includes: _____

My personal history that could be meaningful in helping others with similar experiences:

I would be willing to permit state and federal law enforcement to review my background for approval to provide direct services to victims ____ YES ____ No