ABOUT HABITS OF THE HEART®

_Habits of the Heart®_ is a program designed to involve young people actively and thoughtfully in philanthropy and voluntary action.

Developed by Indiana Humanities through generous support from Lilly Endowment, Inc., _Habits of the Heart_ aims at transmitting the American philanthropic tradition to the next generation. _Habits of the Heart_ asks and seeks to answer the question: **How can we create a philanthropic ethic -- an ethic of serving, giving, and caring -- in our children?**

_Habits of the Heart_ is an active and stimulating program for youth. Using an experience/reflection model of learning, _Habits of the Heart_ seeks to involve young people in structured activities of serving, giving, and caring so they can learn about philanthropy by doing it. The program drives home experience-based learning by involving young people in active reflection, thereby integrating experience and learning. In short, _Habits of the Heart_ aims to teach young people about philanthropy by helping them to develop positive habits that support serving and giving.

_Habits of the Heart_ is designed for middle and high school youth. The program is rich, varied, and flexible with activities designed to meet the needs of various learning styles. The curriculum package contains everything needed to deliver the program to a group of young people and to train the program leaders.

Loren Mead, former Executive Director of the Alban Institute, said that the materials are "the most imaginative, both in content and process that I have seen in this whole money area. _Habits of the Heart_ has comprehensive resources, logical development, and creative use of design. This is first-class."

If you want to help youth learn to give as well as to consume, and if you want to see the great American tradition of philanthropy passed on to future generations, you will be interested in _Habits of the Heart_. We hope that you will positively considering acquiring the program for your organization, after-school program, or community.

Kits are available for $50 (originally $299!) and are available in two versions: One for youth-serving organizations and one for faith-based organizations. Contact Nancy Conner at nconner@indianahumanities.org or 800.675.8897, ext.128 for more information.

Frequently Asked Questions:

1. **What is the goal of _Habits of the Heart_?**
   - To engage young people actively and thoughtfully in developing habits of serving, giving and caring. _Habits_ aims to help pass on the American tradition of philanthropy to future generations. The program:
     - builds youth leadership
     - informs young people about their community
     - helps young people begin to think about money, budgeting and planning for contributions
     - encourages young people to actively serve in the community
2. **How did *Habits of the Heart* begin?**

   Habits of the Heart was developed through five years of research and development funded with $5 million in grants from the Lilly Endowment, Inc. The program was coordinated with the "Learning to Give" program of the Michigan Council on Foundations, with support from the Kellogg Foundation. Indiana Humanities oversaw the final evaluation and development of the program and its publications.

3. **Who worked with Indiana Humanities to develop the program? Has it been tested?**

   Indiana Humanities worked with leaders in the fields of youth, philanthropy, and research, including the Center on Philanthropy at Indiana University, Community Partnerships with Youth, the Search Institute, the Hudson Institute and the Michigan Council on Foundations as primary partners. The program was developed through field-testing and reviewed by experienced national and regional youth trainers and writers.

4. **How does *Habits of the Heart* benefit adopting organizations?**

   Habits of the Heart provides a successful model for engaging young people and members of your organization in enjoyable and productive activities. Habits will help your organization to create new ways for your members and youth to work together. The program is a win-win for youth and youth leaders.

   **Dorothy Linthicum, The Episcopal Children’s Curriculum:**

   "Young people completing this program will have a clearer view of themselves and their responsibilities to make this world a better place. The focus on giving, caring, and serving is positive and very much needed in our culture. Skills that young people acquire while planning and implementing service projects will be useful throughout their lives."
WHAT’S UP WITH OUR COMMUNITY?

Purpose
The purpose of this activity is to have Learners compare their own community with the ideal and to generate a list of its strengths and weaknesses. From the list of strengths and weaknesses, Learners will then develop a list of community needs, which will be used to develop a service project in the next Unit.

Materials
Flip chart and markers

Time
One to 1.5 hours

Process

1. **Group discussion:** Ask Learners to think about their “Idealtown, USA.” Then ask, “How does your own community measure up? What are the strengths of your community? What are some things that need to be improved? What are needs that are not being met? What changes do you think need to be made?”

2. Using the brainstorming process introduced in this Unit, Learners will then generate a list of needs they have seen in the community.

Brainstorming Instructions

**Individual Activity**

1. “**Brainstorm** (without talking) for 10 minutes all of the needs you see in our community. Needs can be strengths that can be made stronger or weaknesses that must be addressed. Ask yourself: What changes need to take place in our community to make the vision of the group a reality? Make your list as long as possible. Write down everything you can think of. Begin.”

2. Time is called.

3. Ask Learners to *rank* all of the identified *needs*, beginning with the one they would most like to work on and ending with the one they would least like to work on.
Group Activity

1. Each person in the group writes his or her #1 idea, in turn, on the flip chart.

2. Then each person in the group writes his or her #2 idea, #3 idea, etc., until everyone has given ALL of their ideas.

3. If an idea appears on the list of more than one person, record the number of additional times it is mentioned with a checkmark.

Group Discussion

Once you have a list of prioritized ideas, discuss them and try to get the group to come up with 2-3 ideas that could be developed into a service project. Focus the discussion on those ideas that were (1) mentioned by a number of people and that (2) appear toward the top of the list. These ideas will be the group’s best ideas and will have the widest appeal.

End the activity with a discussion of the following question:

• What could our group do to address the top five needs that we identified?

Keep the flip chart paper listing the community’s needs. It will be used in a future activity.
First, Some Surprising News

• The average 16-17 year-old in America spends $94 a week;

• Only 41% of American teens contribute some money to a charitable organization each year;

• Only 22% of religious youth workers believe the churches are nurturing a commitment to serve “very well.”

But…..

• Among teens who do not volunteer, the #1 reason they give for not serving is “no one asked.”

Habits of the Heart asks!

What’s happening here? In a time when Americans are increasingly prosperous and generous, we are neglecting the task of training our children in the attitudes and habits of serving, giving, and caring. But the best-kept secret is: They want to help. They want to give. They do care. All they need is the right kind of encouragement.

Habits of the Heart teaches!

We take as our watchword the ancient maxim of Aristotle: “We acquire the moral virtues by continually exercising them; we become what we repeatedly do.” HOH creates change in young people by giving them the direct experience of forming the new habit of philanthropy.

Habits of the Heart makes a difference!
The Complete HOH Package

HOH is designed in two versions, one for Youth-Serving Organizations and one for Faith-Based Organizations. Each package contains:

Program Handbook
Leader's Guide and Learning Units
Trainer's Guide
Videotape of Youth Philanthropists

PROGRAM HANDBOOK

The Program Handbook for Youth-Serving Organizations provides overviews of what the HOH program has to offer youth. It has three sections, each targeted to meet the needs of: (1) persons in staff positions of national programs who decide what projects support their organization's mission; (2) community leaders who support community-wide youth initiatives; and (3) "street level" youth leaders looking for a program to use with their own group of young people.

The Program Handbook for Faith-Based Organizations is likewise also for three audiences: (1) the national staff of faith-based communities; (2) community level religious leaders (e.g., councils of churches, synods, presbyteries, dioceses, and parallel bodies); and (3) local religious institutions (e.g., congregations, temples, mosques) seeking meaningful programs for their youth.
LEADER’S GUIDE AND LEARNING UNITS

These materials are packaged in loose-leaf binders and contain all the materials needed to implement a HOH program. Nine Units guide young people through the discovery of what kind of philanthropic action is needed in their community and how to take action in the basic areas of serving, giving, and caring.

The Leader’s Guide and Learning Units for Faith-Based Organizations differs from the version for youth-serving communities in that it incorporates and draws on the wisdom of the Christian, Jewish, Buddhist, and Islamic traditions.

TRAINER’S GUIDE

One Trainer’s Guide serves both audiences. It was designed to provide suggestions on how to train local leaders of youth programs to use the HOH materials. Several formats for delivering training are suggested.

VIDEOTAPE

Youth Who Are Philanthropists

A 30-minute video presents three vignettes of actual young people, who have undertaken remarkable philanthropic activities of their own. Their inspirational quality strongly reinforces the basic messages of the program about serving, giving, and caring. Video segments are suitable for young people in both youth-serving organizations and faith-based organizations.

Ordering Information

For information on pricing the complete package or individual components, contact:

Habits of the Heart
Indiana Humanities Council
1500 North Delaware Street
Indianapolis, IN 46202
1-800-675-8897
Comment from the Trenches

“Cultivating the habits of giving and serving among young people is a vital task for our society. Habits of the Heart turns strong theory and models into practical lessons that youth-serving organizations and congregations can use not only to teach about philanthropy, but to give young people hands-on experience in generosity.”

—Eugene C. Roehlkepartain
Search Institute, Minneapolis

“I think [these materials are] the most imaginative, both in content and process, that I have seen in this whole money area. Habits of the Heart has comprehensive resources, logical development, and creative use of design. This is first-class.”

—Rev. Loren Mead
Former Exec. Director, Alban Institute

“I like the sections that the learners can fill out—like a workbook.”

—Cynthia Belliveau, Ph.D.
Director—Pa. Alliance for Character Education

“I appreciate the ecumenical and interfaith messages…”

—Robert J. McCarty
Exec. Dir., Nat’l Fed’n for Catholic Youth Ministry

“The connection between personal spending and community well-being challenges consumerism and empowers youth to make good choices...Makes clear the connection between faith and practice.”

—The Rev’d Jonathan T. Glass
Assoc. Dir., Nat’l Assn. of Episcopal Schools