

A CLOSER LOOK

Young People in Service

For teens and young adults, volunteering is a common practice. In fact, two-thirds of respondents in Springtide Research Institute’s 2025 Survey of Young People and Organization Involvement say they volunteered in the past year. The most common reasons young people, ages 13–25, volunteer are because they enjoy it, it feels good to help others, and they are building their resumes for school or work. The majority say that volunteering strengthened their spiritual or religious values, and young people who are more religious tend to volunteer more frequently.



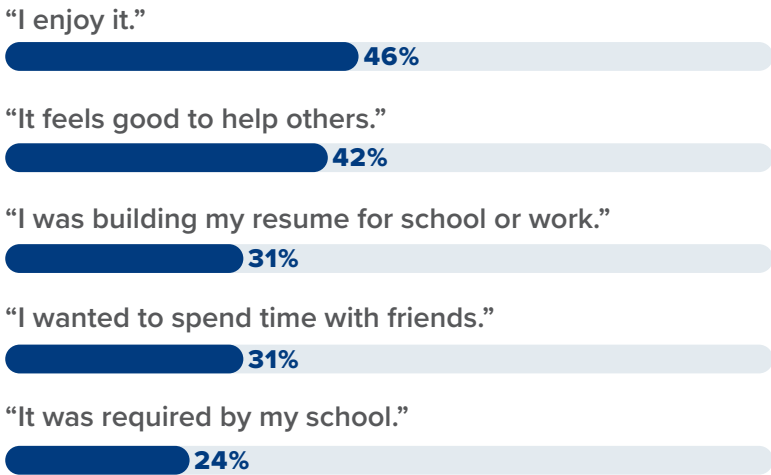
66%
of young people say they volunteered in the **last year**



40%
say they volunteer **occasionally** (monthly or a few times a year)

Top reasons young people volunteer

% of young people who say they volunteer for each reason.
Respondents could select up to three.



Young people say that volunteering . . .



56%
strengthened their religious or spiritual values.

22%
had no impact on their religious or spiritual values.



11%
weakened their religious or spiritual values.

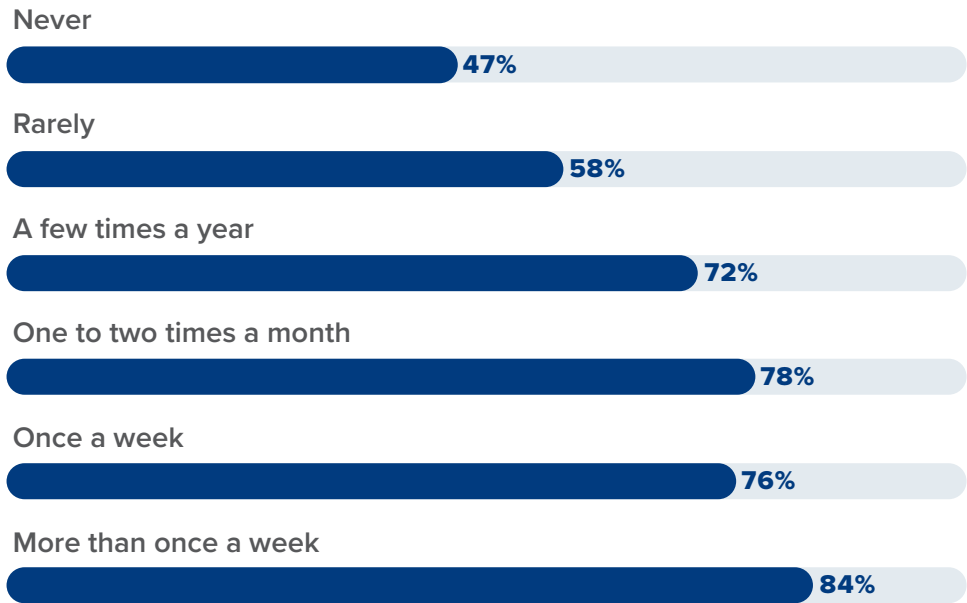
Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13 to 25, conducted between March and April 2025. **View topline survey results and methodology by scanning the QR code.** >



Religion & Volunteering

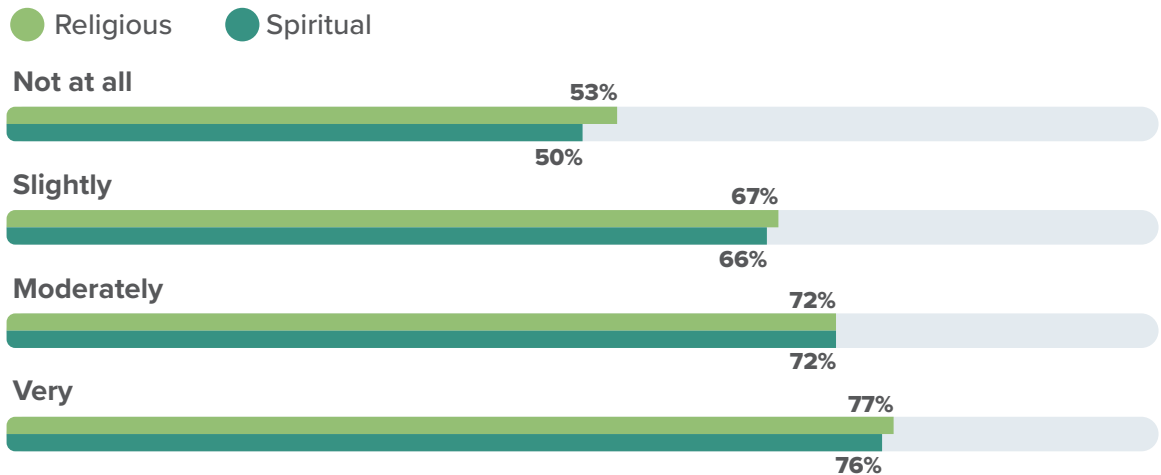
Volunteering by attendance at religious services

Among young people who say they attend religious services _____,
% who say they have volunteered in the past year



Volunteering by religiosity and spirituality

Among young people who say they are ____ religious/spiritual,
% who say they have volunteered in the past year



Volunteering by religious affiliation



71%
of religiously affiliated young people have volunteered in the past year

54%
of unaffiliated young people have volunteered in the past year

This closer look at faith and service was designed with feedback from young people in the 2025 Springtide Ambassador Program. Interested in learning more from the young people shaping our research? Visit springtideresearch.org/ambassadors or scan the QR code. >

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