

Three ways YOU can help Syrian refugees

1. Donate supplies. Many refugees lack basic supplies such as toothbrushes, sunblock, and socks. [Operation Refugee Child](#) has created a program called “Refugee Hope Box,” which helps you provide these types of items to refugees. All you have to do is fill a shoebox with some items from this [checklist](#). (You probably have a lot of these items at home already.) Then you just send in your box. Or, you can organize a drive at your school and volunteers from the organization will come pick up all the boxes. [Click here](#) for more information.

2. Write a letter. Although you may not be able to fix the situation in Syria, you can lend your support by letting Syrian refugees know that they are not alone. The organization [care](#) allows you to send a message of hope to Syrian refugee children. Find out more [here](#).

3. Share their stories. Sharing stories like the one you read in “[Swimming For Her Life](#)” helps bring attention to the challenges that refugees face, and helps promote empathy for refugees who are suffering. Simply talking about Syrian refugees with others spreads awareness about the Syrian refugee crisis and can make a huge difference.