



4-H Youth Development Program

Program Highlights

- ◆ 4-H Youth Members:
Placer: 695
Nevada: 467
- ◆ 4-H Adult Volunteers:
Placer: 205
Nevada: 147
- ◆ Youth Enrolled in Group and Short-Term Activities:
Placer: 7,602
Nevada: 515
- ◆ 4-H Community Clubs:
Placer: 13
Nevada: 9
- ◆ 4-H Website Visits:
Placer: 86,466
Nevada: 36,844
- ◆ Training and Workshops:
Placer: 61
Nevada: 15

Assuring that all of our nation's young people develop into healthy, happy, and productive citizens is important to all of us. Unfortunately, many of today's youth are failing to develop the competencies and skills that are needed for lifelong success. Research continues to show that youth development programs, such as 4-H make significant contributions to positive youth outcomes, as well as prevent problem behaviors.

We know that families and schools cannot do it all. Caring communities and other out-of-school activities are important contributions to positive youth development. Through the 4-H Youth Development Program, youth and adults work closely and develop warm, caring, and long-term relationships that support growth in youth. 4-H also helps to improve youth's interpersonal relationships, self-control, problem-solving, cognitive competencies, self-efficacy, commitment to schools, and academic achievement.

Recent research on youth development documents the important role that programs such as 4-H play in the lives of young people. From this research, four Essential Elements that form the foundation of successful youth development programs have been identified. These include:

- Belonging
- Mastery
- Independence
- Generosity

These are essential elements of the 4-H Youth Development Program and are delivered in the context of:

- Citizenship
- Leadership
- Life Skills





Placer County 4-H Embryology



Ducks Hatching.



Circle of students around ducks.

Ophir School has become a STEAM school. This teacher is excited to find how well the Embryology program qualifies: “I incorporated technology (incubator), science (life cycle of the egg) and math (counting the days until hatch, talking about percentages of eggs that might/did hatch)”

ISSUE

Science literacy among school-age children in the United States is among the lowest in the developed world and the use of traditional teaching methods is a contributing factor.

WHAT WAS DONE

A webpage offers the ability to reserve equipment online, watch video clips, and find answers to embryology frequently asked questions. One hundred and twenty-five incubators, equipped with automatic turners and fertile eggs are available to supply hundreds of classrooms, afterschool, and preschool programs as well as home schooled families. Locally developed “4-H Embryology...An EGGciting Adventure” curriculum provides numerous opportunities to learn through observation and hands-on activities.

IMPACT

- Results indicate that the program increases science literacy and helps children develop a wide range of life skills such as critical thinking, managing, caring, and teamwork.
- Research shows that youth who report higher levels of these life skills lead happier, healthier, and satisfying lives.
- 983 adult leaders guided 7,751 youth participating in the embryology program this past year.
- 97% of teachers surveyed said that they would do the project again and 100% indicated that they would recommend the project to other teachers.



Placer County 4-H All Stars

ISSUE

All Stars, our County Ambassadors, are a major vital force in making the 4-H program happen. They are high school age youth who have met the prerequisites for applying for this position which includes Public Speaking training. 4-H is an all volunteer led program and requires much assistance to be able to offer the many enriching events.



All Stars provide snacks at "You-Make-It" Craft Expo.

WHAT WAS DONE

As County Ambassadors, the All Stars planned and facilitated all Countywide, Bi-County, and Sectional field days facilitated by Placer County 4-H which included:

All Stars planned and taught Jr/Teen Leadership Retreat,

- Achievement Night
- "You-Make-It" Craft Expo
- Still Exhibits Youth Fair
- County Presentation Day
- Sectional Presentation Day
- Bi-County Fashion Revue
- Animal Youth Fair
- Medalist Selection

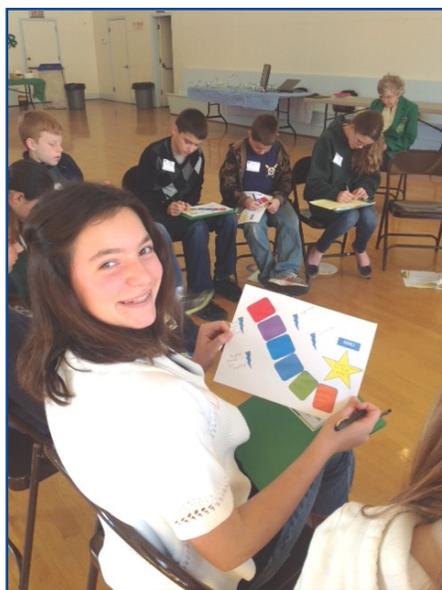
a four hour event for sixth grade through high school as well as the Bi-County Officers Training Day.

4-H Public Relations was accomplished by visiting and speaking at each club in Placer County regarding future opportunities for youth. They spoke to service organizations such as the Rotary Club and the Placer County Board of Supervisors.

Trainings attended by the All Stars such as Thrive Training and State leadership Conference helped them acquire knowledge of how youth learn and how best to inspire young leaders to flourish.

IMPACT

The All Stars have empowered youth and volunteer adults to be effective leaders. The many leadership trainings empowered the youth to "Make their Best Better." Collaborating with the local service organizations and the Placer County Board of Supervisors has opened new avenues for the 4-H program to expand.



Setting goals at Junior/Teen Leadership Retreat.



Placer County 4-H Community Clubs



4-H'ers express their artistic side decorating different kinds of bowls. All of the bowls will be going toward the "Empty Bowls" benefit for Placer County Food Bank. The Empty Bowls event is a fundraiser to help raise funds and awareness for the growing demands of emergency food aid in Placer County.



For the past 18 years, Placer County 4-H has hosted the "You Make-it" Craft Expo. Each club hosts four craft projects and helps teach the public to make one of the 50 unique crafts.

ISSUE

Young people need opportunities to develop skills, knowledge, and a variety of other personal and social assets conducive to healthy development.

WHAT WAS DONE

4-H Community Club Programs provide a community-based learning environment where youth participate in projects, activities, and events that promote leadership, citizenship, community service, and other essential life skills. Caring, supportive adults plan and carry out the program in partnership with youth.

IMPACT

- Over 1,250 community members attended the "You-Make-It" Craft Expo.
- 13 Community Clubs offered 242 different projects.
- 682 youth participated, involved in 2,016 projects.
- 121 youth served as club officers, presiding over meetings and performing the monthly duties of the club.
- 73 youth participated as junior and teen leaders in 177 projects, sharing their knowledge with younger youth.
- 26 County 4-H events and 35 County-wide training workshops were held.
- Over 175 community service activities were held.
- 205 adult volunteers provided over 18,000 hours of mentoring and support for these interactive activities.



Placer County 4-H

Revolution of Responsibility

ISSUE

2013 marks the centennial for 4-H in California, an important milestone for an organization that is deeply connected to communities throughout the state. Core to the 4-H experience is service learning, which takes the form of youth-designed, youth-led projects, where participants learn leadership by leading, collaboration through collaborating, and the importance of civic engagement by seeking opportunities to make a difference in their communities.

WHAT WAS DONE

The California 4-H State Revolution of Responsibility Centennial Campaign is celebrating the power of California 4-H youth taking action through an ambitious statewide program that offers grants of \$1,000 to California 4-H clubs who have designed and complete service learning projects within their community.

IMPACT

Several Placer County 4-H Clubs joined in this great Community Service project. They are:

Alta Dutch Flat 4-H Club beautified the landscape in front of the Dutch Flat Community Center.

Flatlands 4-H Club helped Placer County Fair during their dire financial challenges with no money for facilities maintenance. The club restored the bathroom facilities in the Barn area. They painted, refinished floors, put in new plumbing and fixtures and made a very nice bathroom facilities in time for the June 2012 fair.

Ophir 4-H Club helped Gold Country Fair by building a shelter over the sheep scales, paving around the scales, and planting flowers making the area easier to navigate and more attractive.

Placer Hills 4-H Club helped the community complete a mosaic project that had been started years ago. They assembled the mosaic water designs on metal backing frames and mounted them at the local Placer Hills pool.

Sheridan 4-H Club created benches in the Placer County Fair Livestock barn areas as well as educational information centers.

Gold Country 4-H Club made heavy benches and created a gravel area at the new Hidden Falls Park area.



Alta Dutch Flat 4-H'ers work on the planting project at the old historic schoolhouse.



Placer Hills 4-H'ers work on the mosaic for Placer Hills swimming pool.



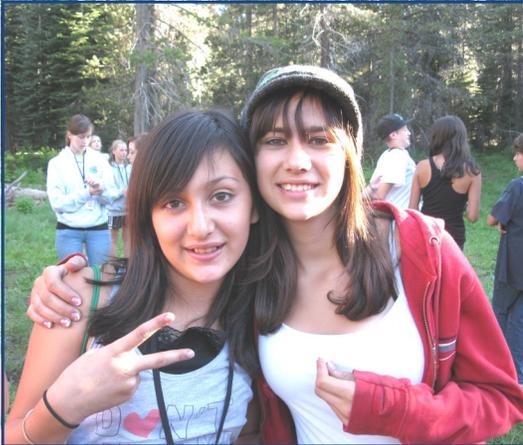
Gold Country 4-H'ers working on a bench for the new Hidden Falls Park.



Placer County 4-H Summer Camp

ISSUE

Every year millions of youth spend at least part of their vacation in some camp setting. High-quality camp and outdoor adventure programs are beneficial in providing positive youth development experiences during out of school hours.



*New Adventures + New Friends
= Great Memories.*

WHAT WAS DONE

Placer County 4-H held a week-long Summer Camp Program. Twenty-six highly trained 4-H senior youth members organize and implement the camp program with the support and guidance of 26 adult volunteers. One hundred fifty-three youth campers participated in activity sessions including:

- Astronomy
- Hiking
- Kayaking
- Boat building
- Bridge building
- Candle making
- Dutch oven cooking
- Archery
- High ropes course
- Digital photography
- Soap making

For as many as 50% of the campers, this is their first introduction to the 4-H Youth Development Program. Summer camp has proven to be a great way to introduce and recruit youth to participate in other delivery modes, such as the 4-H Club Program. This affordable camp gives the campers outdoor experiences to develop life-long fond memories.

IMPACT

In a post-camp program evaluation of youth:

- 99% reported that they were able to find things they were good at.
- 98% learned how to do new things.
- 74% learned how to do things they did not think they could do.
- 86% reported that they learned to value the natural world.
- Camp counselors showed significant gains in leadership development and decision-making.



Junior Camp staff training in the sessions they will teach at camp. This session being bread on a stick baked over the campfire.



Y.E.S. in Afterschool



ISSUE

The United States continues to face a decline in proficiency in science, engineering, math and technology. For over a decade, national and international assessments of science education and literacy have shown that U.S. youth perform at levels below those achieved by their peers in many developed countries. Youth need a range of fun, engaging, hands-on opportunities to develop and practice science skills.

WHAT WAS DONE

The 4-H YES (Youth Experiences in Science) in Afterschool Project was delivered at 3 local afterschool programs in Placer County providing hands-on science opportunities drawn from the YES curriculum which was developed by the University of California Cooperative Extension, specifically for 5-8 year olds. The program ran for one session from September through November 2012.

“I think the most important thing I learned was how to make the teaching material fun and accessible for the children so that they can grow to like or even love science.” - quote from a teen teacher

IMPACT

- 14 high school youth were trained as Teen Teachers, participating in an extensive 10-hour training focused on child development and the 4-H YES science curriculum.
- Over 400 school-age children participated in the topics of Kitchen Science, Recycling, and Energy.
- Three adult volunteers from the afterschool programs were trained as Project Coaches and provided nearly 90 hours of mentoring support.
- 100% of the Teen Teachers reported an increased interest in science.
- 56% plan on taking more science classes.
- 75% reported a greater interest in a career in science.





Nevada County 4-H Community Clubs



The Nevada County 4-H Citizenship group visited the Nevada County Board of Supervisors to inform them of their community service efforts.



Youth members support and mentor one another in the 4-H Youth Development Program.

*Research from the
Tufts University:*

*4-H Study of Positive Youth
Development shows that 4-H
youth make more healthy
choices, have higher educational
achievement, and have a
commitment to improving their
communities.*

ISSUE

Positive youth development occurs from an intentional process that promotes positive outcomes for young people by providing opportunities, choices, relationships, and the support necessary for youth to fully participate in families and their communities.

WHAT WAS DONE

The Nevada County 4-H Program has 9 Community Clubs. These clubs offered projects that provide youth with hands-on learning opportunities designed to promote citizenship, leadership, and life skills. Adult volunteer leaders work with youth members in many project areas, including Clothing and Textiles, Rocketry, Computer Technology, Animal Science, and Citizenship.

IMPACT

- 467 youth participated in the program.
- 147 adult volunteers provided many hours of support and mentoring.
- 60 youth served as club officers and 85 youth participated as junior or teen leaders sharing their project expertise with younger youth.
- 15 County 4-H events were held.
- Projects and Clubs organized many community service activities, totaling over 50.
- The 4-H Youth Development Program builds self-esteem, helps youth realize that their opinions count, and they can make a positive difference.

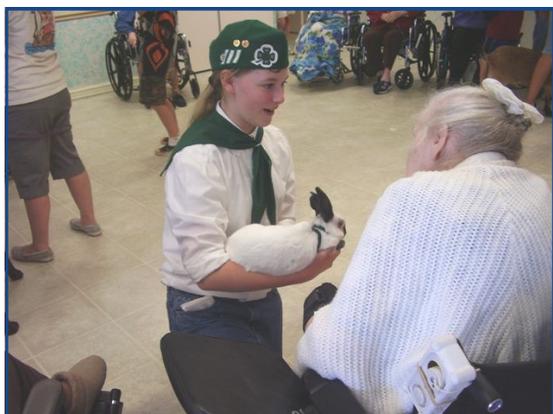


Nevada County 4-H

Revolution of Responsibility



The Resolve-to-Run event in Chicago Park, which emphasized healthy habits like exercise.



4-H members bring cheer by sharing their animal projects.



4-H youth, volunteer leaders, and contractors worked together to install tile and landscaping at a Habitat for Humanity home.

ISSUE

There are unmet needs in every community. The 4-H Revolution of Responsibility seeks to engage youth in finding out what those needs are and then designing community service efforts to address them.

WHAT WAS DONE

Five \$1,000 4-H Revolution of Responsibility grants were awarded to Nevada County 4-H youth. Grants were used to:

- Purchased floor tile to be used in a Habitat of Humanity home. 4-H members worked with local contractors to install the tile and help with landscaping.
- Help train youth to safely intervene to prevent bullying and to make a training video to share with others.
- Produced a professional video in partnership with the Fire Safe Council to train people how to create defensible space around homes. The group also worked to clear defensible space around the home of a needy senior citizen.
- Organized Resolve2Run, a new 5K-10K running event in the Chicago Park community, which benefits a local school and a firemen's association.
- Produced and printed a cookbook for the Nevada Food Bank. The youth collected recipes using the foods distributed by the Food Bank.

IMPACT

Through these grants and many other 4-H community service activities, 4-H youth pledge their "hands to larger service" in Nevada County.



Nevada County 4-H Summer Camp

ISSUE

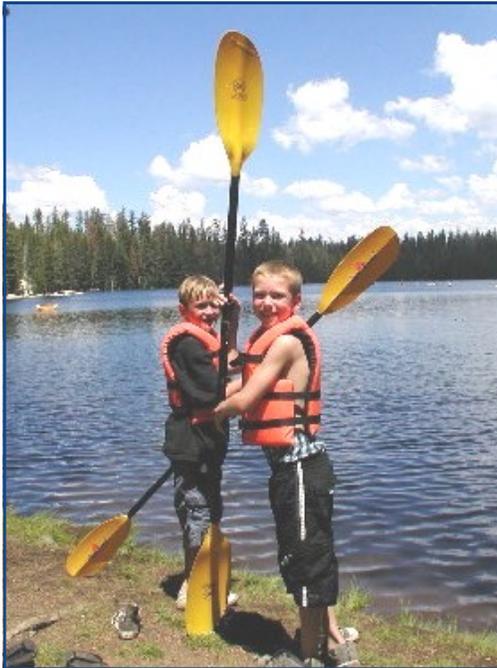
High-quality camp and outdoor adventure programs are beneficial in providing positive youth development experiences during out of school hours.

WHAT WAS DONE

Nevada County 4-H held a week-long Summer Camp Program. Highly trained 4-H senior youth members organize and implement the camp program with the support and guidance of adult volunteers.

Nature hikes, swimming, kayaking, high ropes course, archery, arts and crafts, team-building games, and astronomy were just a few of the fun and educational activities for youth.

Camp provides a safe environment for hands-on experiential learning, as well as developing citizenship, leadership, and life skills.



Summer Camp is a great way for youth to meet new friends, learn new skills, and have fun.

IMPACT

In Nevada County, 115 youth including 37 youth camp counselors, as well 24 adult volunteers attended camp. In a program evaluation of youth:

- 97% reported that they were able to find things they were good at.
- 94% learned how to do new things.
- 88% learned how to do things they did not think they could do.
- 78% reported that they learned to value the natural world.
- 97% made new friends.
- Camp counselors showed significant gains in leadership development and decision-making.



The ropes Course is one of the big highlights at 4-H Summer Camp.



Eating Healthy from Farm to Fork

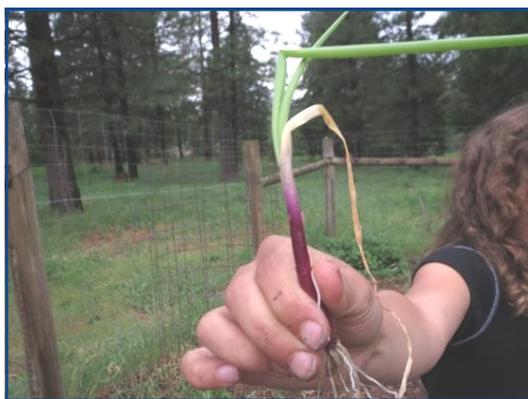
CYFAR 4-H Project: Garden Club



Strawberry - photograph by 4th grader.



*Field Trip to Food Love Farm:
Harvesting Sunflower Seeds.*



Planting Onions - student photo.

ISSUE

Studies have shown that garden-based nutrition education can significantly increase children's knowledge of, preference for, and consumption of fresh fruits and vegetables. Garden based learning combined with nutrition education is more effective than nutrition education alone.

WHAT WAS DONE

Children grades K-4 spent time weekly or bi-weekly in the school garden doing hands on gardening activities. Approximately 50 children at Bell Hill Academy and 130 children at Scotten Elementary were taught hands on lessons in the garden. Children weeded, found worms, planted seeds, harvested and ate produce they grew. Children also went on a field trip to a local farm where they explored with worms, learned about cover crops, watched chicken wrangling, and tasted food on the farm.

The 3rd and 4th grade students experimented to great success using some fun tools to document the state of the garden – PH meters, soil thermometers, moisture meters, rain gauge, and the most popular a camera! The students took hundreds of fantastic photos and video clips throughout the season.

IMPACT

One hundred and eighty children in the afterschool program were taught through hands on Gardening curriculum. In the garden children practiced social skills, plant identification, tasting vegetables & fruit. Produce eaten by the kids in the garden include fava beans, radishes, sugar snap peas, lettuce, strawberries, tomatoes, tomatillos, peppers, squash cucumbers, and more! Children planted over 30 types of vegetables. They learned about soil composition, played with goat kids from a local farm, and received a lesson on grains from another local farmer.



Eating Healthy from Farm to Fork

CYFAR 4-H Project: Teen Teachers



Teen Training.



Tasting Root Vegetables.



Protein Lesson.

ISSUE

Obesity is epidemic in the United States and onset is occurring in children and teens at an alarming rate.

WHAT WAS DONE

Over the course of the 2012-13 school year 14 high school age youth were trained to teach a Garden and Nutrition curriculum to Elementary age students. Each teen volunteered 1½ hours per week for 12 weeks teaching 1st and 2nd grade students in the afterschool program at Margaret Scotten Elementary School. The children were taught using hands on activities around MyPlate food groups, worm composting, plant parts, food safety, and physical activity. Tasting fresh fruits and vegetables was an integral part of the program. Four teachers acted as mentors for the teens.

IMPACT

Twenty-five to fifty children in the afterschool program were taught by teens through hands on Nutrition curriculum. Children were engaged by teen teachers and retained the MyPlate lesson information well. Teens reported extremely high retention of the lesson materials among the elementary students. Children and teens increased their knowledge of the curriculum materials. Teens learned teaching skills as well as expanded information on the nutritional value of foods in all the food groups. Teens were eager to take home fresh food after lessons and discussed recipes and cooking techniques with each other.