



# 4-H YOUTH DEVELOPMENT PROGRAM

## Program Highlights

### 4-H Youth Members:

Placer: 684  
Nevada: 496

### 4-H Youth Adult Volunteers:

Placer: 217  
Nevada: 154

### Youth Enrolled in Group and Short-Term Activities:

Placer: 4,334  
Nevada: 253

### 4-H Community Clubs:

Placer: 14  
Nevada: 8

### Trainings & workshops:

Placer: 35  
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



## 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 were 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.
- 439 adult leaders guided 4,334 youth participating in the embryology program this past year.
- 98% 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 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.

## 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 a Record Book Workshop, a three hour training event for youth and adults on the proper way to complete the 4-H record book.
- 4-H Public Relations was accomplished by visiting and speaking at Placer County 4-H Council Meetings, as well as giving presentations at the club level and within individual communities.
- Trainings attended by the All Stars such as the 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 youth to “Make their Best Better.” Collaborating with local service organizations and businesses has opened new avenues for the 4-H program to expand.



*All Stars Amber Miller, Mia Zimmer, and Andrew Wood enjoy a break to discuss leadership strategies learned at the State Leadership Conference at UC Davis.*



# PLACER COUNTY 4-H COMMUNITY CLUBS

## 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

- 684 youth participated, involved in 2,000 projects.
- 120 youth served as club officers, presiding over meetings and performing the monthly duties of the club.
- 70 youth participated as junior and teen leaders in 170 projects, sharing their knowledge with younger youth.
- 25 County 4-H events and 35 County-wide training workshops were held.
- 217 adult volunteers provided over 18,000 hours of mentoring and support for these interactive activities.



*Youth participate in a Community Service Project for local Placer County Senior Citizens*



*Clubs participate in annual Still Exhibits Day, highlighting non-animal projects within Placer County 4-H*



# 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.

## 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-seven youth campers participated in activity sessions including:

- ◆ Astronomy
- ◆ Dutch oven cooking
- ◆ Hiking
- ◆ Archery
- ◆ Kayaking
- ◆ High ropes course
- ◆ Boat building
- ◆ Photography
- ◆ Candle making
- ◆ 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

Majority of youth that participated in camp reported they were able to find things they were good at, learned how to do new things, learned things they didn't think they were good at, and that they learned to value the natural world. Additionally, camp counselors showed significant gains in leadership development and decision-making.



*Youth learning about archery*



*Youth enjoying themselves on the ropes course*



# PLACER COUNTY 4-H CURRICULUM DEVELOPMENT AND LEADER TRAININGS

## ISSUE

Placer County 4-H is a volunteer based organization, and the adult and teen leaders that lead 4-H Projects come with varied education and teaching experience.

## WHAT WAS DONE

To prepare 4-H leaders to be confident, prepared, and knowledgeable in the projects they are leading, Placer County 4-H has begun to create adapted curriculum guides for both animal and non-animal projects and provide hands-on leader training. 4-H adapted curriculum guides have been developed for Small Animals and Large Animals. In the coming year, guides will be created related to outdoor education, cooking, sewing, and many additional topics.

Additionally, in early December, project leaders from both Placer and Nevada Counties were able to come together in a Bi-County Leader's Training to learn about 4-H, different developmental stages of youth, and effective teaching techniques.

## IMPACT

There has been an increase in new volunteers stepping forward to be leaders. One new leader said, "I feel less confused and better prepared for my role as a project leader." Past leaders have also begun to step forward, helping to develop mentoring relationships between experienced and new leaders.



*Project leaders from both Placer County and Nevada County 4-H collaborating on the goals they hope to achieve for the youth they lead, and for themselves as leaders.*



# NEVADA COUNTY 4-H COMMUNITY CLUBS



*A 4-H member designed and installed a new sign for the Nevada County 4-H Fair Food Booth as an Emerald Star Project.*

*According to Waves of the Future - The First Five Years of the 4-H Study of Positive Youth Development (2009), when compared to other youth, 4-H members excel and are 25 percent more likely to contribute to their families, themselves, and their communities; more likely to see themselves going to college; and 41 percent less likely to engage in risk/problem behavior.*

## ISSUE

Positive youth development occurs from an intentional process that promotes thriving components for young people. 4-H helps young people reach their full potential as competent, caring, confident leaders of character who contribute and are connected to their communities. The 4-H unique learn-by-doing model teaches essential skills that youth will use throughout their lives.

## WHAT WAS DONE

The Nevada County 4-H Program has 8 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, Foods and Nutrition, Computer Technology, Animal Science, and Citizenship.

## IMPACT

- 496 youth participated in the program.
- 156 adult volunteers provided many hours of support and mentoring.
- 60 youth served as club officers and 80 youth participated as junior or teen leaders sharing their project expertise with other youth.
- 15 County 4-H events were held.
- Projects and Clubs organized and participated in many community service activities.
- The 4-H Youth Development Program builds self-esteem and helps youth realize that they can make a positive difference in their communities.



# NEVADA COUNTY 4-H SUMMER CAMP



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



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



*Off to the lake for fun on Lake Day!*

## 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 five-day Summer Camp Program. Highly trained 4-H senior youth counselors organize and implement the camp program and activities with the support and guidance of adult volunteers.

Nature hikes, swimming, kayaking, high ropes course, first aid, 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.

## IMPACT

In Nevada County, 135 campers, including 35 youth camp counselors, and 18 adult volunteers attended camp. Camp counselors showed significant gains in leadership development and decision-making. Youth campers had fun, made friends, developed an affinity for nature, learned responsibility, and gained confidence. Adult volunteer leaders provided guidance, a safe environment, nutritious and tasty meals, and facility improvements. The Nevada County 4-H Youth Development Program provides an affordable educational experience for youth campers.



# NEVADA COUNTY 4-H PROJECT WORK



*Adult volunteer project leaders receive training in leading 4-H projects and youth development, bringing their expertise and experience to the projects they lead.*

*Youth benefit from meaningful experiences in learning and the unique hands-on educational activities and intentional youth development the 4-H Youth Development Program provides.*



*Members of the Tropical Fish Project learn about tropical fish breeding, care, and equipment.*

## ISSUE

Youth benefit from meaningful experiences in learning and the unique hands-on educational activities and intentional youth development the 4-H Youth Development Program provides.

## WHAT WAS DONE

Nevada County 4-H offers many projects that range from animal science projects to food science, horticulture, citizenship, arts, and community service projects. New projects were added, including a Tropical Fish Breeding project in the Grass Valley 4-H Club. The Countywide Horse project is another favorite where members learn horse care and skills like trail riding. The Countywide Sport Shooting and Archery projects are also popular offerings that provide Nevada County 4-H youth with safety training and skill development.

## IMPACT

The Nevada County 4-H Youth Development Program offers projects for youth members in an array of subject areas.

- 120 projects were offered in a wide range of subjects and activities.
- There were 156 adult volunteer leaders who provided many hours of volunteer time mentoring and guiding their project members.
- 80 junior and teen leaders shared their knowledge with other members.
- 165 youth participated in Archery.
- 190 youth participated in Sport Shooting.



# EATING HEALTY FROM FARM TO FORK

## 4-H CYFAR PROJECT: FARM FIELD TRIPS

### ISSUE

Many children do not know where their food comes from. There is a disconnect between what they eat and how it is produced.

### WHAT WAS DONE

An integral part of the CYFAR program is reconnecting kids with where their food comes from. In 2013-2014 children grades K-4 were sent on field trips to local farms. Approximately 125 children at Bell Hill Academy and Margaret Scotten Elementary attended a fall and spring farm tour. This both supported a local farmer and gave the children a direct connection to where and how food is grown. On the field trip they were taught hands-on lessons led by the farmers and volunteers. Children explored cover crops, mulched seedling fruit trees, discussed watering systems and drought, transplanted chard and kale, dug up potatoes, held goat kids, ate carrots and apples, fed pigs and goats. During the summer the 4-H CYFAR program coordinated with the Master Gardeners and had a tour of their demonstration garden. Approximately 60 children in the Scotten summer school program were taught about beneficial insects and garden pests, listened to a book on gardening, learned about composting and planted bean seeds they shelled themselves. All the lessons were taught by Master Gardener volunteers.



*Summer School Kids Shelling Beans to Plant with Master Gardeners*

### IMPACT

One hundred eighty five children in the afterschool & summer school program went to where food is grown and participated in growing, eating and working on the farm and in the garden. Children learned through hands-on participation about food – where and how it is produced.



*Farmer Tim Welcoming the Kids to His Farm*



*Feeding Pigs at First Rain Farm*



*Learning about Transplanting with Farmer Rachel*



# EATING HEALTHY FROM FARM TO FORK

## 4-H CYFAR PROJECT: TEEN TEACHERS



*Tasting Peas*



*Worm Compost Bottles*



*Teen Training*



*MyPlate 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 2013-2014 school year, 14 high school age youth were trained to teach a garden and nutrition curriculum to elementary age students. Each teen volunteered 1 ½ hours per week for 12 weeks, teaching 1<sup>st</sup> and 2<sup>nd</sup> 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, cooking and physical activity. Tasting fresh fruits and vegetables was an integral part of the program. Two teachers acted as mentors for the teens.

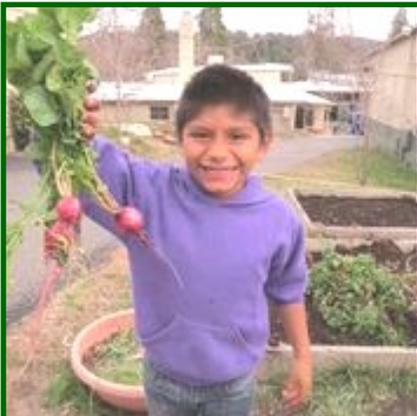
### IMPACT

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, learned new cooking techniques and tried new foods.



# EATING HEALTHY FROM FARM TO FORK

## 4-H CYFAR PROJECT: GARDEN CLUB



### 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 75 children at Bell Hill Academy and 130 children at Margaret Scotten Elementary were taught hands-on lessons in the garden. Children weeded, found worms, planted seeds, transplanted, harvested and ate produce they grew.

The 3<sup>rd</sup> and 4<sup>th</sup> grade students experimented to great success using some fun tools to document the state of the garden – PH meters, soil thermometers, moisture meters, a rain gauge, a camera and a digital microscope! The students took hundreds of fantastic photos and video clips throughout the season. At the end of the year they enjoyed a slideshow of the photos they had taken in the garden.

### IMPACT

One hundred 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 included, radishes, sugar snap peas, lettuce, strawberries, tomatoes, tomatillos, peppers, eggplant, cucumbers, onion flowers and more! Children planted over 30 types of vegetables. They learned about growing their own food, succession planting, composting and played with goat kids from a local farm.