4-H COMMUNITY SERVICE PROJECT

In 4-H, service is defined as the voluntary action of an individual or a group of individuals without pay. In this project young people learn caring, leadership, and civic engagement. Youth will:

- learn the value of helping others
- develop leadership, communication, organizational skills, and a sense of empowerment
- build self-esteem from the positive results of their service

### 4-H THRIVE

**Help youth:**

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<th>Light Their Spark</th>
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<td>A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.</td>
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<th>Flex Their Brain</th>
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<td>The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.</td>
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<th>Reach Their Goals</th>
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<td>Help youth use the GPS system to achieve their goals.</td>
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| Goal Selection: Choose one meaningful, realistic, and demanding goal. |
| Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal. |
| Shift Gears: Change strategies if you’re having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way? |

### Starting Out

**Beginner**

- Identify a service activity.
- Brainstorm and prioritize your service ideas, and select the best one.
- Contact an organization you wish to serve, and participate in a service activity offered by the organization.
- Keep a ledger of expenses or income you may have accrued.
- Document your activity.
- Ideas: river/beach/lake clean-up, food or supply donations, visiting seniors.

### Learning More

**Intermediate**

- Using your interests/spark, contact a related organization, and inquire about specific needs they may have.
- Identify one or two specific needs, and develop a timeline to carry out the needed service.
- Give a presentation to your club or county about your project’s success.

### Exploring Depth

**Advanced**

- Build on relationships you have developed with organizations, inquire what their needs may be, and identify service activities.
- Prioritize your ideas and select the best one.
- Develop a plan of action for your activity (identify a date to carry out the activities, what tasks, what resources are needed, who will do it, and by when).
- Submit an article to your local newspaper.
- Celebrate your accomplishments.

The activities above are ideas to inspire further project development. This is not a complete list.
Expand Your Experiences!

Civic Engagement

- Research and share historic contributions of African Americans, Asian Americans, Latinos and Native Americans in your community.
- Organize a voter registration drive in your community. Volunteer at a polling site.

Healthy Living

- Learn about water sheds, and test the quality of local lakes, rivers, and streams. Provide report to county supervisors, water district, or local leaders.
- Determine what the specific needs are for the food bank in your community.

Science, Technology, Engineering, and Mathematics

- Offer computer training to families for senior citizens with limited resources.
- Volunteer at a science museum.
- Develop ways for people with visual impairments to experience local parks.

Leadership

- Design and create a small discussion group of teens close to your own age.
- Organize a series of community speakers to educate your 4-H unit.
- Become an active member of a county or city youth commission or other group outside 4-H.

College and Career Readiness

- Contact a local university, and volunteer with them in your area of interest or major.
- Choose long-term volunteering and service rather than short-term “one off” service.
- Record and write about your experiences.

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<th>Connections &amp; Events</th>
<th>Curriculum</th>
<th>4-H Record Book</th>
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<tr>
<td><strong>Presentation Days</strong> – Share what you’ve learned with others.</td>
<td>Civic Engagement and Service Learning <a href="http://4h.ucanr.edu/Projects/CivicEngagement/">4-H UCANR</a></td>
<td>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning, and development.</td>
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<td><strong>Field Days</strong> – At these events, 4-H members may participate in a variety of contests related to their project area.</td>
<td>4-H Afterschool Resource Guide– Civic Engagement <a href="http://4h.ucanr.edu/files/124237.pdf">4-H UCANR</a></td>
<td>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</td>
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<td>Participate in California Focus or Washington Focus events.</td>
<td>Civic Engagement Curriculum Resources <a href="http://4h.ucanr.edu/Resources/Curriculum/">4-H UCANR</a></td>
<td>To access the 4-H Record Book online, visit <a href="http://ucanr.edu/orb/">http://ucanr.edu/orb/</a>.</td>
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<td>Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.</td>
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