



# 4-H HEALTH PROJECT



In this project, youth learn about their physical, social and/or emotional health. Topics may include safety education, hygiene, physical activity, nutrition, physical growth and development, stress management, bullying prevention, drug and alcohol education, disability awareness and other health topics.

- Learn how to take care of your own physical, intellectual, emotional and social health.
- Practice a healthy lifestyle and share what you have learned with others.
- Make decisions that positively affect your health, your family's health and your community's health.

Starting Out <i>Beginner</i>	Learning More <i>Intermediate</i>	Exploring Depth <i>Advanced</i>
<ul style="list-style-type: none"> <li>• Demonstrate basic safety and first aid skills.</li> <li>• Identify common poisons and learn how to keep you and your family safe.</li> <li>• Develop a family safety plan.</li> <li>• Identify safe places to play in your community.</li> <li>• Learn how to be safe around livestock, companion animals and wildlife.</li> <li>• Learn about fire safety.</li> <li>• Identify one way to take a stand against bullying.</li> <li>• Reflect on what makes you feel stressed.</li> </ul>	<ul style="list-style-type: none"> <li>• Create a personal health and wellness care plan.</li> <li>• Learn about germs and how they affect health.</li> <li>• Learn how to choose food for fuel.</li> <li>• Discover new ways to add physical activity to your life.</li> <li>• Explore new foods to keep you healthy.</li> <li>• Explore environmental health issues that might be in your community.</li> <li>• Learn about careers in the health field.</li> <li>• Identify personal resources that help manage stress.</li> <li>• Create a strategy for resolving conflict.</li> </ul>	<ul style="list-style-type: none"> <li>• Become certified in CPR/ First Aid.</li> <li>• Learn about sports supplements and their effects.</li> <li>• Explore how hydration affects the body.</li> <li>• Learn how to avoid sports injuries.</li> <li>• Explore what nutrient-rich foods are and how they benefit your body.</li> <li>• Explore careers in the fitness and nutrition fields.</li> <li>• Investigate community health issues like bullying, safe spaces, safe driving, and disaster management.</li> <li>• Create a plan for coping with stress.</li> </ul>

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

## 4-H THRIVE

Help youth:

### Light Their Spark

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.

### Flex Their Brain

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.

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

- 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?

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.



# Expand Your Experiences!

## Healthy Living

- Coordinate a countywide bike ride. Invite a local agency to discuss bicycle laws and safety.
- Discuss limiting sugar-sweetened beverages at 4-H events, and work with a local nutrition educator to identify healthier options.
- Use online mapping tools to identify safe places to play in your community.

## Science, Technology, Engineering, and Mathematics

- Research the physiology of stress and identify ways to reduce stress in your life.
- Increase awareness of online safety and create policies in your club to protect members against cyber bullying.
- Conduct a food safety experiment to measure microorganism growth in various settings.

## Citizenship

- Create a video that identifies places in the community that make youth feel unsafe. Share your video along with recommendations for change at a County Board of Supervisors meeting.
- Conduct a playground safety check in your community.
- Organize a sports equipment drive and donate the supplies to a low-income housing site.

## Leadership

- Volunteer to be the club health and safety officer.
- Lead a park clean-up day, so that other youth have a safe outdoor space to play.
- Organize a community health fair that showcases the risks associated with substance abuse.
- Demonstrate how to make healthy snacks at a club meeting.

## Resources

- American Heart Association [www.heart.org](http://www.heart.org)
- We Can! Reduce screen time <https://www.nhlbi.nih.gov/health/educational/wecan/reduce-screen-time/index.htm>
- Stop Bullying <https://www.stopbullying.gov/prevention/at-school/index.html>
- Tobacco prevention [https://www.cdc.gov/tobacco/basic\\_information/youth/index.htm](https://www.cdc.gov/tobacco/basic_information/youth/index.htm)
- Alcohol prevention <https://www.ncadd.org/about-addiction/underage-issues/ten-tips-for-prevention-for-youth>
- Disney Healthy Living <http://citizenship.disney.com/healthy-living>
- Sleep <https://sleepfoundation.org/sleep-topics/teens-and-sleep>
- Stress & Mindfulness <http://www.mindfulschools.org/>
- Nature [www.childrenandnature.org/](http://www.childrenandnature.org/)

Connections & Events	Curriculum	4-H Record Book
<p><b>Presentation Days</b> – Share what you’ve learned with others through a fitness-related presentation.</p> <p><b>Field Days</b> – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.</p>	<ul style="list-style-type: none"> <li>• Keeping Fit and Healthy <a href="http://www.shop4-H.org">www.shop4-H.org</a></li> <li>• Health Rocks <a href="http://www.shop4-H.org">www.shop4-H.org</a></li> <li>• 4-H Healthy Living Activity Guide <a href="http://4h.ucanr.edu/Projects/HealthyLiving/activities/">http://4h.ucanr.edu/Projects/HealthyLiving/activities/</a></li> </ul>	<p>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.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p> <p>To access the 4-H Record Book online, visit <a href="http://ucanr.edu/orb/">http://ucanr.edu/orb/</a></p>

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### Publication 8611

ISBN-13: 978-1-62711-041-9

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An electronic copy of this publication can be found at the ANR Communication Services catalog website, <http://anrcatalog.ucanr.edu/>. This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by ANR Associate Editor for Human and Community–Youth Development Lynn Schmitt-McQuitty.

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