



# 4-H YOUTH DEVELOPMENT PROGRAM

## Program Highlights

### 4-H Youth Members:

Placer: 738

Nevada: 468

### 4-H Adult Volunteers:

Placer: 204

Nevada: 143

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

Placer: 4,447

Nevada: 263

### 4-H Community Clubs:

Placer: 13

Nevada: 7

*The University of California 4-H Youth Development Program provides a wide variety of enrichment activities with the ultimate goal of giving youth the skills they need to thrive and succeed throughout their lives. The focus of all 4-H programs is positive youth development through activities in science literacy, healthy living, and citizenship. All 4-H programs are accessible and open to all youth.*

*The content of 4-H programs focus on science, engineering and technology; healthy living; and citizenship. These subject areas clearly describe program priorities and provide a framework to organize and focus program development, management, and implementation strategies.*

*Research shows that when youth are engaged and self-direct their own learning, the learning is optimized. Adult volunteers and teen educators are essential to this learning - facilitating the learning process using hands-on, experiential methods, where youth are free to explore. 4-H strives to create an atmosphere of positive youth development where youth are able to explore knowledge, share ideas and grow skills, and find their passion. Positive youth development experiences help youth to envision and work towards their full potential. Youth-adult partnerships engage both members and volunteers in equal learning experiences.*

*The 4-H program is based on a proven experiential learning model that creates an educational climate through planned learning by exploring, doing, and receiving feedback. By completing 4-H projects, 4-H members gain valuable experience while finding and nurturing their spark.*



*Placer County All Stars and their 4-H club friends with their awards at Presentation Day.*



# PLACER COUNTY 4-H

## EMBRYOLOGY

### ISSUE

The most recent data indicates that California ranks 49<sup>th</sup> out of all 50 states in 8<sup>th</sup> grade science literacy. Youth are struggling to develop the scientific knowledge and skills that will launch them into effectively preparing for the workforce and critically thinking through various science and consumer information.

### WHAT WAS DONE

The 4-H Embryology Program provides a hands-on opportunity for youth to engage in animal science. An in-person training was held for educators to learn more about embryology and how to use the tools and equipment to hatch chicks or ducklings. Reservations for incubators and fertilized eggs were conducted through an on-line system in order to supply classrooms, afterschool, preschool, and homeschool educators with the means to conduct the project. The webpage also offered video clips and answers to frequently asked questions. Locally developed “4-H Embryology...An EGGciting Adventure” curriculum provided numerous opportunities for youth to learn through observation and hands-on activities.

### IMPACT

The 4-H Embryology project successfully reached 186 classrooms, which surmounts to 4,297 youth in Placer County. A total of 134 incubators were rented by educators to engage youth in learning. Two hundred ten dozen fertile eggs were sold for hatching of chicks and ducklings. Results from the program indicate increases in science literacy among youth, as well as development of life skills such as critical thinking, managing, caring, and teamwork. All educators indicated that they were very likely to recommend this program to other educators. One educator shared, “Our students come from challenged lifestyles. They do not have many opportunities to do things like this. The effects are immeasurable.” Another educator shared that, “Students were very interested in the process. They particularly liked candling the eggs and talking about what stages the chicks were in during the growth process.”



*Educators from Placer County attend an in person training at the 4-H office.*



*Youth holds newly hatched chick.*



# PLACER COUNTY 4-H

## CITIZENSHIP & LEADERSHIP

### ISSUE

The communities we live in are in need of support from volunteers to engage in serving others. The 4-H Youth Development Program offers numerous opportunities for youth to participate and lead citizenship and service learning projects within their communities.

### WHAT WAS DONE

4-H Citizenship is the knowledge, skills, attitudes and motivation that give youth the capacity to move beyond one's individual self-interest and to be committed to the well-being of some larger group. Youth are able to participate in or lead service learning projects as well as community service based projects in 4-H. This year, a countywide project connected to the President's Volunteer Service Award was established to encourage youth to learn more about community service organizations in our area and inspire youth to give back to a greater variety of community programs. Other youth lead outreach at community events, teaching the public about planting and informing them about 4-H. Additionally, 2 senior 4-H youth members identified ways that our community is currently impacted and built a 4-H project around making a difference. These youth began by serving the homeless meals and collecting needed items with a community program and then they got other 4-H youth involved in helping make a difference. Finally, Countywide Public Speaking was coordinated and led with the cooperation of an adult volunteer and senior 4-H youth.

### IMPACT

4-H strives to develop young people who are engaged and informed citizens. Through hands-on activities, members learn leadership, empathy, communication, and organization while expanding their role in decision-making processes. With intentional connection to their communities, youth come to understand "the big picture" and their role in civic affairs. Through these experiences, youth develop a sense of being responsible for their community and a sense that citizenship requires them to actively participate in their community. Youth learn the value of helping others, and develop leadership, communication, organizational skills and a sense of empowerment.

- Seven Placer County 4-H youth received a President's Volunteer Service Award for their volunteer hours from July 1, 2015 through June 30, 2016 with a combined total of over 500 hours served.



*A Teen Leader and Adult Volunteer work together to provide the countywide Public Speaking Project.*



*Placer County All Stars volunteer at the Feed My Starving Children event in Rocklin.*





# PLACER COUNTY 4-H COMMUNITY CLUBS



*Colfax sewing project was able to purchase 4 new sewing machines with help from our local Tractor Supply Company's Paper Clover Campaign fundraiser.*



*4-H youth raised funds for Easter Seals while helping a local feed store.*



*Youth Officers from Gold Country 4-H Club open a club meeting with the 4-H Pledge.*

## ISSUE

Youth are in need of positive youth development opportunities to engage with peers and adults. The 4-H Community Clubs Program provides these opportunities for youth.

## WHAT WAS DONE

4-H Community Clubs provide positive youth development opportunities that enable youth to reach their full potential as competent, confident, leaders of character who contribute and are connected to their communities.

## IMPACT

- 738 youth participated in the 4-H Program, partaking in a wide range of projects such as robotics, shooting sports, marine biology, animal science, cooking, and public speaking, among many others.
- Over 100 youth served as club officers, presiding over meetings and performing the monthly duties of the club. Youth held positions such as president, running the meeting using parliamentary procedures. The secretary takes meeting notes while the treasurer accounts for the club's budget and money.
- 204 adult volunteers providing more than 18,000 combined hours of mentoring and support to 4-H youth, and involvement in 4-H projects, activities, and events.
- Several Clubs reported a growth in enrollment numbers this year which resulted in additional adult volunteer involvement and new projects for the youth to be a part of.
- Clubs served their communities by participating in club-wide service learning such as a cleanup and beautification project and a club garden to grow food for the local foodbank.





# PLACER COUNTY 4-H SUMMER CAMP



*Campers hiking to the top of Red Mountain.*



*Youth overlooking Spalding Lake.*



*Camp Counselors guide youth in their archery skills.*

## ISSUE

Every summer millions of youth across the world participate in some type of camp setting. The experience of attending and participating in a camping program can help youth build self-confidence, meet new people and provide a safe environment to experience new opportunities.

## WHAT WAS DONE

Placer County 4-H held a weeklong Summer Camp Program in the Tahoe National Forest. Twenty-six highly trained 4-H senior youth members organize and implement the camp program, with support from 15 adult volunteers. With a high demand to attend camp, over 120 campers participated in activities such as astronomy, hiking, kayaking, high ropes course, and photography. For many campers this is their first experience with the 4-H Youth Development Program. Summer camp has shown to be a great way to introduce and recruit youth to participate in other delivery modes of 4-H, such as the 4-H Club Program. The 4-H Summer Camp provides an affordable outdoor experience for campers, allowing them to develop fond memories and friendships while engaging in science through nature.

## IMPACT

The majority of youth who attended camp reported they learned how to do new things and explored new activities they did not realize they enjoyed. Camp counselors showed improvement in leadership skills and decision-making. Youth build friendships and some of them join 4-H clubs in the coming year, and many of them return to camp over and over each summer.



# PLACER COUNTY 4-H COMMUNITY PARTNERSHIPS

## ISSUE

4-H is a community based program, looking to build and enhance partnerships in the local community.

## WHAT WAS DONE

4-H has grown over the last year to be a part of the broader community. Placer County 4-H reached out to new community businesses, organizations, schools and programs to get involved in community events. Placer County 4-H was a part of the Colfax Career Faire, Higgins and Cal Fire Open House, the Gold Country Rodeo, Nevada County Farm Day, Placer County Ag Day and many more. Youth also volunteered at Tractor Supply Company to raise money to help underprivileged youth participate in 4-H as a part of the bi-annual Paper Clover Fundraiser.

## IMPACT

Through these events, the Placer County 4-H program has built stronger relationships and become more visible in our community. 4-H was able to inform the general public about what the 4-H Youth Development Program has to offer and provide enrollment and club information for families interested in joining. Several families joined Placer County 4-H as a result of the involvement at community events. Placer County 4-H also provided an increased amount of social media information about the events on the Placer County 4-H Facebook, Twitter, and blog page as well as press releases.



*Two Placer County 4-H Youth planned and lead an outreach table at a local fire station event.*



*Placer County 4-H hosted a table at the Colfax High School Career Faire.*



*Placer County 4-H Youth were invited to help hold the American flag at the Gold Country Rodeo.*





# NEVADA COUNTY 4-H COMMUNITY CLUBS

## 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 7 Community Clubs. These clubs offer projects that provide youth with hands-on learning opportunities designed to promote citizenship, leadership, and life skills, within a structure that is developmentally appropriate and planned. Adult volunteer leaders work with youth members in many project areas, including Clothing and Textiles, Foods and Nutrition, Computer Technology, Animal Science, and Citizenship.

Young people benefit from a sense of belonging and the club and project group settings are where the sense of belonging can be nurtured.

## IMPACT

- 468 youth participated in the program.
- 143 adult volunteers provided many volunteer hours of support and mentoring.
- 120 projects were offered in a wide range of subjects, interests, and activities.
- 16 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.



*4-H members participate in project skill activities.*



*The Nevada County 4-H All Star Ambassadors serve as leaders and representatives of 4-H.*



# NEVADA COUNTY 4-H SUMMER CAMP



*Campers can learn archery and experience the ropes course.*



## ISSUE

High-quality, affordable 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. Healthy living, physical activity, caring for others, and appreciation for nature are part of daily camp activities.

## IMPACT

Research shows that 4-H camp experiences benefit youth in the areas of leadership, character development, self-esteem, decision-making skills, independent living skills, and citizenship. (*Journal of Extension, December, 2009.*)

In Nevada County, 151 campers, including 26 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 YOUTH LEADERSHIP

## ISSUE

Youth benefit from meaningful opportunities and experiences in leadership 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 opportunities for youth to develop leadership skills. Opportunities for youth leadership development are offered through club officer leadership, committee involvement, event planning, All Star Ambassadors, Junior and Teen Leader project leadership, Citizenship Program participation, and the Camp Counselor program. Youth and adult partnerships encourage cooperation and mentorship, and give youth leadership roles within their projects, clubs, and county. The 4-H Youth Development Program engages young people with opportunities to lead and initiate action.

## IMPACT

The Nevada County 4-H Youth Development Program offers meaningful leadership opportunities for youth members in an array of subjects and frameworks.

- 40 youth served as officers within their clubs.
- 44 youth participated as junior or teen leaders sharing their enthusiasm and expertise with other youth.
- 4 teen members served as Nevada County 4-H All Stars.
- One teen member received the President's Volunteer Service Award.
- 26 teens served as camp counselors.
- Youth had many opportunities to develop public speaking skills at the project, club, and county levels, as well as within the larger community.
- Leadership skills developed in the 4-H program have lasting positive impacts on career and personal goals and opportunities as youth mature into adults.



*Placer and Nevada County Club Officers are ready to get to work after learning about their new leadership roles at the annual Bi-County Officer Training event.*



*Junior and Teen Leaders provide help and guidance to other youth in project skill experiences and take the lead on program activities.*



# YOUTH CARCASS CONTEST EDUCATIONAL ACTIVITIES



*The Placer Nevada Cattlemen Beef Ambassadors help with the presentation given at the Beef Carcass Awards dinner.*



*Ann Vassar of Superior Farms discusses carcass quality at the Sheep Carcass Awards Dinner.*



*Over 200 people combined attended the Beef and Sheep Carcass Awards Dinners.*

## ISSUE

Youth development programs such as 4-H and FFA are able to provide youth with the experience of raising livestock for showing at the Placer, Nevada, and Gold Country Fairs. The Tahoe Cattlemen's Association and Gold Country Fair felt it was important to provide youth exhibiting beef and sheep at the Fair with carcass data to help them better understand the product they were producing, improve genetic selection, and produce a more consistent product for those buying at the auction.

## WHAT WAS DONE

UCCE worked collaboratively with Tahoe Cattlemen's Association and Gold Country Fair to compile carcass results, provide an educational program, and present awards to the youth members with superior carcass characteristics. UCCE compiles the results from all three fairs and develops the educational programs. Tahoe Cattlemen's Association and gold Country Fair provides the meal and the awards at each of the events.

## IMPACT

- Over 125 youth and adults attended the Beef Carcass Awards Dinner.
- Over 80 youth and adults attended the Sheep Carcass Awards Dinner.
- TCA Beef Ambassador Teen youth gave the carcass presentations prepared by UCCE at each awards dinner.
- Each awards dinner presented belt buckles to the youth who had the top carcasses at the Placer, Nevada, and Gold Country Fairs.
- 22 beef carcasses met the Carcass of Merit Criteria.
- 1 beef carcass met the Gold Seal Criteria.
- Tahoe Cattlemen's Association supported these awards along with three belt buckles for a total of over \$2,000.
- The educational efforts and awards have resulted in more consistency with the beef and sheep carcasses.





# EATING HEALTHY 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 2015-2016 children grades K-4 were sent on field trips to local farms. Approximately 180 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 adventured through the farm and surrounding forest, found acorns to feed to the adult pigs, got up close to the piglets feeding them apples, walked through pardon peppers and ate them, helped spread mulch, and had a picnic lunch near the pond.

### IMPACT

180 children in the afterschool 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.





# EATING HEALTHY FROM FARM TO FORK

## 4-H CYFAR PROJECT: TEEN TEACHERS



### 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 2015-2016 school year 8 high school age youth were trained to teach Garden and Nutrition curriculum to elementary age students. Each teen volunteered 1 ½ hours per week for 10 weeks teaching 2<sup>nd</sup> grade students in the afterschool program at Margaret Scotten Elementary School. The teens volunteered additional time outside of the regular program hours to teach in the garden. 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 children in the afterschool program were taught weekly by teens through hands-on Nutrition curriculum. Children were engaged by teen teachers and eager for the weekly MyPlate lesson. 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.

### HEALTHY LIVING SUMMIT

Two teens attended and taught teaching skills to peers at the 4-H Healthy Living Summit in Washington D.C. During the trip the teens had the privilege of being one of the few teen presenters at the summit where they demonstrated a lesson on Phytochemicals. They had the opportunity to see many different presentations of how they could impact the health of their community. They also enjoyed a tour of the nations capital. They were challenged to develop a plan to change or improve something in their community. The teens decided they would get a salad bar started at their high school and within one month they had participated and become advocates in a new salad bar!





# 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 69 children at Bell Hill Academy and 155 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, rain gauge, cameras and 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

224 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, salad turnips, fava beans, lettuce, strawberries, tomatoes, ground cherries, peppers, potatoes, onion flowers and more! Children planted over 30 types of vegetables. Most importantly they learned about growing their own food!

