



4-H YOUTH DEVELOPMENT PROGRAM

Program Highlights

4-H Youth Members:

Placer: 612

Nevada: 362

4-H Adult Volunteers:

Placer: 192

Nevada: 138

Youth Enrolled in Group and Short-Term Activities:

Placer: 5,003

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.



Dry Creek 4-H Club volunteer leaders and youth on a wet December day participating in a local parade.



PLACER COUNTY 4-H

EMBRYOLOGY

ISSUE

The most recent data indicates that California ranks 49th out of all 50 states in 8th 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 201 classrooms, which surmounts to 4,718 youth in Placer County. A total of 128 incubators were rented by educators to engage youth in learning. 224 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, “My preschool students learned a vast amount of responsibility, patience and nurturing of others through the embryology unit. Forever grateful and can't wait to do it again!”



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



A class of First Graders observe two day old ducklings.



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.



Placer County All Stars and their advisor, Michelle Dodi.



Dry Creek 4-H and Gold Country 4-H clubs volunteered with Wreaths Across America.



PLACER COUNTY 4-H COMMUNITY CLUBS

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

- 612 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 80 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.
- 192 adult volunteers provided more than 15,000 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, community events and a club garden to grow food for the local foodbank.



A Placer County 4-H senior youth member teaches a group of local elementary children at the county's Farm Day.



Ophir 4-H Community Club youth member at the Annual Higgins Fire Department Open House.



PLACER COUNTY 4-H SUMMER CAMP



Youth Staffers train for several months, putting hours in to camp before the youth campers arrive that first day.



One of the things we hear is that at camp you meet new people and foster life-long friendships.



Camp counselor with youth taking a break during the hike to the lake.

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 Fun Fair event hosted by UC CalFresh at one of the counties elementary schools.



Placer County 4-H youth members volunteered to pack food for Feed My Starving Children.



Placer County 4-H Youth were invited to a local community event to share what they do and learn in the 4-H program. They also hosted a craft table for youth in the community to create something fun.



NEVADA COUNTY 4-H COMMUNITY CLUBS



4-H members participate in project skill activities.



Bi-County Fashion Revue is an annual event where 4-H members display and model their amazing creations.



Nevada County 4-H Club Leaders work hard to support their families and 4-H members.

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 seven Community Clubs and several county-wide opportunities. These clubs and county-wide projects offer experiences 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, Service Learning, Healthy Living, 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

- 362 youth participated in the program.
- 138 adult volunteers provided many volunteer hours of support and mentoring.
- 108 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.



NEVADA COUNTY 4-H SUMMER CAMP



Camp is a wonderful place to experience new things and make new friends.



4-H campers waiting for their turn on the zip line.

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.

Participating in camp programs help youth build self-confidence, meet new people, and experience new opportunities. 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, 129 campers, including 22 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 DEVELOPMENT



Nevada County 4-H youth participate in many service-learning projects throughout the year.



Nevada County 4-H youth serve their community by participating in community events.



The Nevada County 4-H Citizenship project hosts an annual Spaghetti Dinner and Cake Auction to support young leaders traveling to 4-H Washington Focus.

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.

- 49 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.
- 5 teen teachers were trained to lead the Food and Agriculture project.
- 22 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.



NEVADA COUNTY 4-H FOOD AND AGRICULTURE PROJECT



Teen teachers led the lessons and activities.



The youth planted their own garden.



Cooking demonstrations were a fun part of the Food and Ag Project.

ISSUE

Research indicates that 4-H teen teaching fosters skill development, personal development, the desire for community contribution, and relationship development in teen participants. Increased skills in public speaking, leadership, confidence, team work, handling the unexpected, and developing personal relationships are some of the outcomes of the teen teacher experience. In turn, youth taught by trained teen teachers benefit from educational enrichment experiences delivered by positive role models, especially in a community-based, service-oriented setting.

WHAT WAS DONE

4-H teen teachers were trained to teach younger 4-H members in a new Food and Agriculture 4-H Project. They were trained in the 5-step experiential learning process utilizing inquiry-based learning and open-ended questions to help youth Experience, Share, Process, Generalize, and Apply what they are learning. The curriculum used, called the Shaping Healthy Choices Program, was developed by the U.C. Davis Center for Nutrition in Schools. The Shaping Healthy Choices Curriculum incorporates nutrition education, garden-based learning, and hands-on activities.

IMPACT

- 5 teen teachers (ages 14 to 16) were trained to lead the project, teaching 9 younger 4-H members (ages 9 to 13).
- The project established a garden area in Penn Valley in partnership with the Food Bank of Nevada County.
- The project also worked in partnership with the U.C. Davis Center for Nutrition in Schools and included the assistance of U.C. Davis Nutrition student interns.
- Teen teachers and older project members helped at the annual Bell Hill Family Fun Health Fair offering a salad planting activity.