



4-H AND YOUTH PROGRAMS

EMPOWERING YOUTH TO REACH THEIR FULL POTENTIAL

SARAH KLEINMAN
STATE 4-H
PROGRAM DIRECTOR
UVM EXTENSION

Youth Ag Project - Grows community, leadership and local food security, and offers food-based learning opportunities for youth through mentoring, summer work and learn program, educator workshops and school enrichment programming. This includes the **Youth Ag Individual Development Account (IDA)** program which provides free financial and agricultural education, and networking. New farmers learn from experts and experienced farmers, while saving money towards the purchase of a productive farm asset. The **Tri-State Ag Tour** brings 4-H'ers into contact with lesser known food system careers and raises awareness about future career opportunities and education needed.

Youth Farm Safety: Raises awareness and builds agricultural safety skills for youth through tractor training certification, safety camps and safety days. A dedicated website helps youth and educators learn diversified farm safety.

Teens Reaching Youth (TRY) for the Environment: An environmental leadership opportunity for grades 7-12. This teen-led environmental education program includes a service learning component designed to teach environmental literacy and responsibility to younger youth. TRY connects young people to real-world environmental problems, where they can be change agents and help create real-world solutions, through four program areas: renewable energy, waste solutions, food systems and forest and trees.

Becoming an Outdoor Family: For 21 years, UVM Extension has collaborated with the Vermont Departments of Fish and Wildlife, and Forests, Parks and Recreation, to offer a weekend-long camping experience for families. Workshops include foraging for edible plants, wildlife tracking, firearm safety and related disciplines, outdoor cooking and more. The goal of the weekend is for families to gain comfort exploring and using our natural resources for recreation and conservation.

National 4-H Livestock Trips: 4-H members have the opportunity to qualify for national opportunities such as National 4-H Dairy Judging and National 4-H Dairy Conference in Madison, Wis., and National 4-H Dairy Quiz Bowl and Eastern National 4-H Horse Round-Up in Louisville, Ky. These contests and conferences include opportunities for practicing knowledge, career exploration and networking with youth with similar passions.

Natural Resources Management Academy: In collaboration with Vermont Department of Fish and Wildlife, this program is for teens in grades 9-12 who are passionate about the environment and ready to explore Vermont's

The percentage of youth involved in out-of-school activities that contribute to themselves, their families and their communities

41% 4-H CLUBS

28% OTHER ACTIVITIES

17% NO ACTIVITIES

natural resources in-depth. Experts from around Vermont lead workshops and skill-building activities.

4-H Shooting Sports Jamboree: A camping weekend for shooting sports clubs and families to compete in various disciplines, learn from one another and build that 4-H sense of belonging.

4-H State Day: 4-H State Day is a capstone experience for 4-H club members, where those who compete at the county or regional level may be chosen to move forward for competition as well as display at the state level. This event highlights much of the club effort throughout the year in the areas of communications, stage presentations, photo and posters, as well as tabletop and action exhibits. State Day attracts over 200 4-H'ers, parents and community members. This event also serves as the selection for The Big E participation that is held in Springfield, Mass. in September.

4-H LEAD (Leaders Emerging And Developing): 4-H is about developing leadership skills in young people and providing opportunities to use these skills in meaningful ways. 4-H LEAD is a series of different programs designed for learning and practicing leadership skills throughout the year.

TRY Science Café: Teen Science Cafés are informal, interactive programs which promote exploration, curiosity and lifelong learning about current and cutting-edge science and technology ideas. Teens engage in lively discussions and hands on learning with experts.





4-H AND YOUTH PROGRAMS

EMPOWERING YOUTH TO THRIVE

SARAH KLEINMAN
STATE 4-H
PROGRAM DIRECTOR
UVM EXTENSION

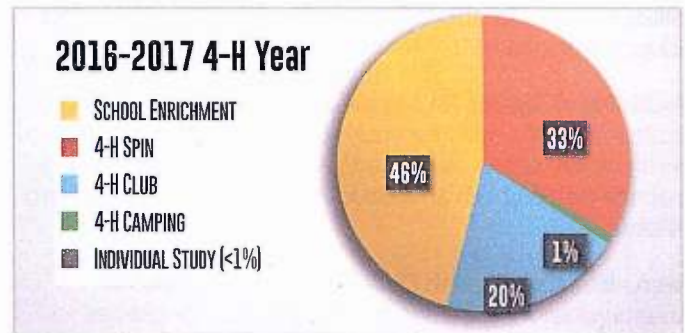
UVM 4-H Mission: Provide positive youth development opportunities which allow school age youth to develop both life and job skills necessary to contribute to society as responsible, capable and caring citizens. To accomplish this, UVM Extension:

- Delivers non-formal, experientially based educational programming to foster a sense of belonging, opportunity for mastery, and practice generosity and independence;
- Provides educators, volunteers and parents with professional development opportunities, empowering them to learn educational skills and tools which aid in developing life and job skills;
- Replicates evidence-based or research-based programs where appropriate to maximize impact; and
- Collaborates with organizations and individuals to enhance capacity and increase sustainability that benefits Vermont youth.

4-H Overview

4-H focuses on three primary content areas to meet its mission: civic engagement, healthy living and science. These mandates reiterate Extension's founding goals—community leadership, quality of life and technology transfer—in the context of contemporary challenges and opportunities. This builds both life and 21st century career skills such as communication, decision making and leadership. Programs in these content areas are delivered through four primary modes as well as by expanding capacity through grant programs.

- **4-H Clubs:** where youth belong to a group, elect officers, plan and attend meetings, conduct community service, participate in competitions or other events and make friends. Typically the club picks a project, with a learn-by-doing approach, that serves as a vehicle for learning both subject matter skills and life skills.
- **4-H Special Interest:** short term opportunities where youth come together to learn a specific skill or knowledge area; often delivered as part of an after-school program or perhaps 6 Saturday mornings.
- **4-H School Enrichment:** hands on programming offered as part of the traditional school day experience. Embryology is our most well-known program.
- **4-H Camping:** A hands-on learning experience that allows youth to experience outdoor activities and form lifelong friendships.



PROSPER - This evidence-based delivery system features a menu of tested and proven programs for sixth and seventh graders. These programs have a successful track record for preventing risky behaviors in youth, promoting positive youth development, and strengthening families. Working with community teams and schools, we bring family and youth programming which builds positive assets to prevent or delay the onset of substance abuse and fosters better family function.



Research shows that youth in PROSPER communities are better at problem solving, less likely to hang out with classmates who get into trouble, and are more likely to refuse offers of alcohol and other drugs. Those who participate in the family program tend to be more engaged in school and have higher academic success than youth who did not participate in the programs. For preventing risky behaviors in youth, promoting positive youth development, and strengthening families. Working with community teams and with schools, we bring family and youth programming that builds positive assets to prevent or delay the onset of substance abuse and fosters better family function.



THE UNIVERSITY OF VERMONT
EXTENSION

www.uvm.edu/extension/youth