



### 4-H E-News Updates

#### October 2011

[Statewide 4-H Online Calendar](#)

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[4-H Healthy Living Updates](#)

### ASSOCIATE DIRECTOR UPDATES

As the new program year is underway, it is a good time to share with you some ideas on how we can increase our effectiveness when working with young people to help them reach their full potential.

Current research indicates that there are five youth development practices or supports and opportunities that young people should experience in all major settings in which they spend time, including 4-H. These five supports and opportunities include: 1) emotional and physical safety; 2) multiple supportive relationships with adults and peers; 3) meaningful opportunities for involvement and membership; 4) knowledge and ability to impact the community; and 5) challenging and engaging activities and learning experiences.

This month we will focus on the first support and opportunity – building safety. Creating a safe environment for young people is critical to their health and development. Young people feel physically safe when the surrounding environment is properly equipped with systems and procedures to protect them from physical harm. A young person feels emotionally safe when s/he is fully accepted and valued as an individual by adults and peers.

Establishing safety is critical as safety is the foundation of any quality environment. For example, without safety it is difficult to build relationships. Additionally, if young people do not feel safe they will not want to stay in the program. Here are five things you can do now to build safety:

1. Develop agreements regarding safety and regular group meetings
2. Include “no put-downs” in your agreements
3. Institute a regular group or “community” check-in at meetings
4. Assess the cultural, gender, ethnic and family structure background of your group
5. Expand the group’s knowledge of particular groups and cultures

How do you know if the environment is safe? Here are a few indicators of a safe environment:

- The emotional climate of the session is predominantly positive and any playful negative behaviors are mediated by staff or youth
- There is no evidence of bias but rather mutual respect for and inclusion of others
- The program space is free of health and safety hazards
- Written emergency procedures are posted in plain view
- Other appropriate safety and emergency equipment is available to the program offerings as needed
- All entrances to the indoor program space are supervised for security during program hours
- Access to outdoor program space is supervised during program hours

- Program space is suitable for all activities offered
- Available food and drink is healthy

Set at least two goals for building safety in your work with young people and assess whether these indicators of safety are present. All youth seek to learn and grow but they have needs that must be met – safety is one of those needs. Next month we will explore relationship building.

Stay Tuned!

Regards,

Shannon Dogan  
Associate Director of 4-H Program and Policy

## IDEAS THAT WORK

- There are many new stories of 4-H program success happening all across California. Visit: <http://www.ca4h.org/News/Media/> to read stories recently featured in the media.

## EVENTS & DEADLINES

- National 4-H Council has announced the annual **Youth in Action awards** opportunity. If you know of a 4-H youth between the ages of 14-19 who has made a significant impact in their community, consider nominating him or her today. A youth who is nominated will also need to apply for the award at <http://www.4-h.org/get-involved/sponsor/4-h-legacy-awards-gala/youth-in-action-awards/> by November 1, 2011. An application and more information is available at: <http://www.4-h.org/get-involved/sponsor/4-h-legacy-awards-gala/2011/>.
- **Measuring Success through the 4-H Online Record Book**—Win an iPad2!  
One of the features of the 4-H Online Record Book (ORB) is the “Boost Your Spark Score!” box. Through the Spark Score Questions we will be able to measure the impact of 4-H and track the progress of individual youth toward reaching their full potential, or in a word, to thrive.

Tracking youth progress allows us to continually improve 4-H programs based on real results. To incentivize use of ORB in this first year, both youth and adults have opportunities to be eligible to be entered into a drawing for iPad2’s and a Centennial commemorative pin.

### Youth Eligibility Requirements

- A. Chance to win one of four iPad2s, (16GB, Wireless)  
Drawing to be held in July 2012  
To be eligible, members must complete all of the following:
- 1) Boost Your Spark Score! Complete all five Spark Score Questions surveys in ORB plus at least one Bonus Score Questions survey by **January 31, 2012**
  - 2) Boost Your Spark Score-again! Complete all five Spark Score Questions surveys in ORB plus at least one Bonus Score Questions survey by **June 30, 2012**. As you complete the original five Spark Score Question surveys, they will disappear from your Boost Your Spark Score panel. In April 2012, these same surveys will reappear and you will answer the same sets of questions again.

Spark Score Questions: complete all five, twice during the year. 1 <sup>st</sup> time by January 31, 2012 2 <sup>nd</sup> time by June 30, 2012	Bonus Score Questions : complete at least one, twice during the year (complete the same one(s) each time) 1 <sup>st</sup> time by January 31, 2012 2 <sup>nd</sup> time by June 30, 2012
Light Your Spark Flex Your Brain Reach Your Goals How I Feel Contribution	Caring Character Connection Confidence Competence

- B. Centennial commemorative pin  
All members who complete the five baseline surveys by January 31, 2011 and the end-of-year surveys by June 30, 2012 are eligible to receive the Centennial commemorative pin.

**Adult Eligibility Requirements**

- A. Chance to win one of two iPad2s, (16GB, Wireless)  
Drawing to be held in July 2012  
To be eligible, adults must complete all of the following:
- 1) Attend Thrive training in your own or a neighboring county.
  - 2) Attend Rubrics and Thriving Training. (multiple conference call training sessions offered October—November 2011).
  - 3) Implement and complete the iThrive Member Guide in a Leadership Project (club, county-wide or other).
  - 4) Complete evaluation surveys from UC Davis research team. (Two surveys, pre and post program delivery.)
  - 5) Complete baseline GPS Rubrics and Contribution Rubrics on at least three youth by January 31, 2012
  - 6) Complete end-of-year GPS Rubrics and Contribution Rubrics on the same three (or more) youth by June 30, 2012.
- B. Centennial commemorative pin  
All adults who complete all of the above requirements by the designated deadlines are eligible to receive the Centennial commemorative pin.

• **State Leader’s Forum**

**THE MAGIC OF 4-H: TRANSFORMATION-SLF November 11, 12, 13, 2011**

Come this November to the State Leader’s Forum in Pacific Grove. Stay at the historic Asilomar conference grounds, enjoy walks on the beach, meet new friends, and re-connect with old friends. Coming to any conference is always a rejuvenating experience – it gets you ‘revved-up’ for the year to come. You hear new ideas and get excited to try that ‘same ole’ project in an entirely new way. And this year’s conference is guaranteed to do all of the above, and more.

We have top-notch speakers lined up: Andrew Bosworth, former Diamond Star and current Director of Engineering at Facebook; Carolee Hazaard, who calls herself and ‘opportunist’ and community service activist; and Ralph Flynn, local businessman with a goal to keep everyone motivated to do the best they can. Plus you’ll hear from Sandy Cohen (the State 4-H Leader’s Council president); Shannon Dogan (our Associate Director of 4-H Program and Policy); Annette Leland (Executive Director of the 4-H Foundation); and Steven Worker (4-H SET Coordinator) – to name a few.

The workshops we have are terrific: communication, technology, project work, healthy living and much, much more. There will be time to visit with friends, time to ask your questions, and time to enjoy the day. Go to: [www.ca4h.org](http://www.ca4h.org); click on ‘programs’ and then ‘conferences’. Download the registration forms (one for the conference, and one for your room) and sign up today and be transformed!

- “Save the Date!” - The **2012 California 4-H Camping Conference** will be held **March 23 – 25<sup>th</sup>, 2012** at Camp Campbell in Boulder Creek, CA. There will be hands-on training for adult and teen leaders who help plan and administer 4-H camping programs. More details will follow in the next edition of Updates.
- The **State 4-H Fashion Revue** committee announces categories and service projects for **2012!** Entry categories returning from 2011 will be Traditional, Consumer Science Purchased (with \$100 limit), and Wearable Art-Embellished. The Recycled category will not be offered at State Fashion Revue for 2012; counties may choose to include it at local events only. The \$15 Challenge was so popular in 2011, it will become the \$19.99 Challenge for 2012. It has the same rules (shoes and sales tax don't count, receipts required) but the limit is increased to \$19.99 to allow more creativity. We are adding a second challenge, called the Bag Up Fashion Challenge. Sew a tote bag from Simplicity #7161, view A only, and model it with a garment or garments that coordinate with the tote bag. SFR will be coordinating two service projects. The Quilts for Wounded Warriors is returning because the American Legion needs more quilts. Statewide, 4-H created sixty quilts in 2011 and we look forward to even more in 2012. Our second service activity is the Million Pillowcase Project, for handmade or decorated pillowcases. If you, your project, or your county would like more information about SFR, these categories and service projects, or would like to join our committee, please visit our website at <http://www.ca4h.org/Programs/Events/SFR/>
- The **National 4-H Conference** is a working conference in which youth and adults develop recommendations to help guide 4-H Youth Development Programs nationally and in their communities. This event brings together youth, volunteer leaders, and state and county extension staff members from across the United States, the U.S. territories, and the Canadian provinces. Applications are now available at: <http://www.ca4h.org/Programs/Conferences/N4-HC/> For more information please contact Quang “Hogan” Tong at [qtong@ucdavis.edu](mailto:qtong@ucdavis.edu)  
**Important dates to remember:**  
 2012 National 4-H Conference  
 March 24 – March 29, 2012  
 October 31, 2011 Applications due  
 November 14, Notifications out to applicants  
 December 10, Team Meeting State Office  
 February 11, Team Meeting State Office

## FUNDING OPPORTUNITIES

- The **2011-2012 Junior Master Gardener** program is offering a fundraising opportunity for any youth group to take part in at any point during the '11-'12 year. This is a green fundraiser that features Growums theme garden starter kits. An FAQ is available [here](#) on the fundraiser for more information.
- **Lowe's Charitable and Educational Foundation - Community/School Projects Funded**, <http://www.toolboxforeducation.com/>. Application deadline: **October 14, 2011**. The Toolbox for Education Grant Program, offered by Lowe's Charitable and Educational Foundation, provides grants of \$2,000 to \$5,000 to public K-12 schools and school parent-teacher groups associated with public schools throughout the U.S. that develop projects that encourage parent involvement and build stronger community spirit. Preference is given to funding requests that have a permanent impact such as facility enhancement (both indoor and outdoor) and landscaping/clean-up projects. This year the program is seeking ways to provide the tools that help educators and parent groups through these challenging times efficiently and with the greatest impact.
- **E-Waste Drive Campaign Scholarship** is being presented as an opportunity from DoSomething.org and BestBuy with EnergyStar. Teams will collect e-waste items, turn them into Best Buy stores and complete a report. Reports are to be submitted by **October 1, 2011**. More information is available at: <http://bit.ly/qgU13a>.

- **Tractor Supply and Del's Paper Clover promotion** is going to be held **Sept. 21<sup>st</sup> – Oct. 2<sup>nd</sup>, 2011**. 4-H clubs, volunteers, or staff near a TSC/Del's Store should register online to be in their local TSC/Del's store at least one day during the Paper Clover fundraising promotion by visiting [www.tractorsupply.com/4-H](http://www.tractorsupply.com/4-H). This is also one more way that you can spread the word about National 4-H Week and National Youth Science Day!
- KaBOOM! has announced the **Let's Play Spruce Grants**, which will award \$750 each to communities working to make the playgrounds cleaner, safer and more welcoming. Visit: [http://kaboom.org/build\\_playground/get\\_funding/grants#spruce](http://kaboom.org/build_playground/get_funding/grants#spruce) for more information. The next deadlines to apply are **October 15** and **November 15, 2011**.
- **Come Join the Revolution of Responsibility!** 2013 marks the centennial for 4-H in California and the 4-H YDP will celebrate by giving back to their communities with youth-designed, youth-led projects where participants learn leadership by actually leading, collaboration by forming relationships with other groups and agencies, and citizenship skills by actively seeking opportunities to make a difference in their communities. The Revolution of Responsibility will celebrate the power of youth taking action and will consolidate all the various funding programs that are provided by the State 4-H Office. Chartered 4-H clubs/units can apply for funding (up to \$1,000) to support service-learning projects related to either club or project activities. An on-line application is available at: <http://ucanr.org/join/>. The first deadline for applications is **October 15, 2011** with additional due dates of January 15 and April 15, 2012. For more information, check out the website at: <http://www.ca4h.org/Support/RofR/> or contact Pat English at: [penglish@ucdavis.edu](mailto:penglish@ucdavis.edu).
- **UnitedHealth HEROES** program is offering grants to assist youth ages 5-25, build local programs to combat childhood obesity. The deadline for grant submission is: **October 17, 2011**. More information is available at: [www.YSA.org/HEROES](http://www.YSA.org/HEROES).
- **Build-A-Bear Workshops** have announced their 2011 grant opportunities, with grants ranging up to \$10,000 each. Organizations working to support such causes as children's health and wellness, animals, and literacy and education will be considered. Click [here](#) for more information. The grant applications may be submitted through **October 28, 2011**.
- **Home Depot Community Impact Grants Program** – The deadline to apply is **October 31, 2011**. For more information, visit: <http://bit.ly/elis5T>. Individuals and groups working to make repairs and improvements to housing and community facilities in their neighborhood, as well as developing local parks and making greener spaces in the community are encouraged to apply for this funding opportunity. Grants of up to \$5,000 will be made in the form of The Home Depot gift cards for the purchase of tools, materials, and services.
- The **2011 4-H National Youth Science Day Innovation Awards** are available to 4-H programs that hold National Youth Science Day events. There are multiple award categories of: \$4,000 for the Creativity Award, \$3,000 for the Revolution of Responsibility Award, and \$3,000 for the Promotion and Media Outreach Award. Events occurring between **7/1/11 – 10/31/11** are eligible to participate. For more information on submitting your event, click [here](#).
- **2011 Promise Neighborhoods Program** – Through the U.S. Department of Education, grant opportunities for this program and applications have recently been made available. Grant recipients will be selected no later than **December 31, 2011**. For more information, visit: <http://www2.ed.gov/programs/promiseneighborhoods/index.html>.

## INCENTIVES & RECOGNITION

- The **Everyday Young Hero Awards** are offered and awarded on a weekly basis to youths from around the world, ages 5-25, who exemplify commitment to service. If you know of a youth that is deserving of nomination for this award, visit: [www.YSA.org/awards/hero](http://www.YSA.org/awards/hero) today.
- **NYLC Youth Leadership for Service-Learning Excellence Award** – If you are or know of a service-learning program that is working to build youth leadership skills, please share this opportunity. The deadline to apply is **October 21, 2011**. For more information, visit: <http://bit.ly/n9fvNY>.
- The **NYLC Service-Learning Practitioner Leadership Award** is also concurrently being offered to recognize adults who have shown exemplary work in teaching youth to lead and serve others. The deadline to apply is also **October 21, 2011**. For more information, visit: <http://bit.ly/p5w9cX>.
- The **Prudential Spirit of Community Awards** offer an opportunity to recognize volunteers who have made a significant difference in their community over the past year. If you would like to nominate someone deserving of this award, the deadline for submission is **November 1, 2011**. More information is available at: <http://bit.ly/pb4Fbb>.

## YOUTH DEVELOPMENT RESEARCH

- Please visit the **4-H Center for Youth Development's** website, <http://www.ca4h.org/Research/CYD/> for the latest research findings and updates of ongoing studies in the field of youth development.
- The **Federal Interagency Forum on Child and Family Statistics** was created to develop priorities for collecting data on children and youth, improve the communication of information on the status of children to the policy community and the general public, and produce more complete data on children at the Federal, state, and local levels. The Forum has issued its 15th report, *America's Children: Key National Indicators of Well-Being, 2011*, as part of an ongoing series, and presents 41 key indicators on important aspects of children's lives. The key indicators are in seven domains: family and social environment, economic circumstances, health care, physical environment and safety, behavior, education, and health. The report also presents a special feature on adoption. The report is available at <http://www.childstats.gov/americaschildren/index.asp>.
- The **Journal of Youth Development: Bridging Research and Practice**, sponsored by the National Association of 4-H Agents, has published its summer issue. Some of the topics examined in this issue include childhood obesity, why youth join or leave youth programs, poverty stimulation and an innovative program for at-risk youth. In *Parenting Practices that can Prevent or Reduce Childhood Obesity*, the authors review research related to parenting and childhood obesity and describe food-related parenting practices that may be helpful to promote health and prevent obesity in children. These include modeling healthy eating behaviors, making sure healthy food is available and accessible and limiting soda and fast food intake. The authors also discuss food-related parenting practices that may not work to help prevent obesity: pressuring to eat, using food rewards to encourage children to eat healthy foods, being too permissive or too restrictive about what kids can eat, and modeling poor eating behaviors. The journal is available at <http://data.memberclicks.com/site/nae4a/JYDfinal0602.pdf>.
- A recent article published in **The Forum for Family and Consumer Issues**, reports on the effectiveness of an EFNEP program focused on eating behaviors, food resource management, and food safety practices. The curriculum, *Eating Right is Basic*, consists of a six-week series of one-to-two-hour classes per week, and was offered to adults participating in English as a Second Language (ESL) and English Language Learners (ELL) classes. There were 81 participants (45 intervention; 36 control), with an

average age of 35 years. Participants were asked to complete a questionnaire in the beginning of the study, approximately two months later (after completion of the classes), and at the three-month follow-up. Results indicate that significant behavior changes were found between Time 1 (the beginning of the study), and Time 3 (the three-month follow-up). At the three-month follow-up, participants in the intervention group were more likely to shop with a list, practice safety measures while thawing frozen food, plan meals, compare food prices while shopping, think about nutrition, read food labels, feed children in the morning and exercise or participate in some form of physical activity, then they were at the beginning of the study, indicating that some skill-based behaviors appear to have a desired effect for at least a three-month period following the intervention. The study can be located at <http://ncsu.edu/ffci/publications/2011/v16-n1-2011-spring/mcdonald-kranch-hongu.php>.

- A study by Haddad, Chen & Greenberger (2011) recently published in **Journal of Youth and Adolescence**, examined the role of important non-parental adults (VIPs) in the lives of older adolescents. The purpose of the study was to learn whether VIPs play the same important roles across ethnic groups and whether VIPs remain influential when adolescents are older and involved in romantic relationships. The VIPs of 355 Hispanic, Asian, and European American older adolescents (age range = 17 – 19 years) were compared in background characteristics (i.e., education, employment status and occupational prestige), self-esteem, warmth and acceptance, depressive symptoms and problem behaviors. VIPs were found to be similar in psychological characteristics (e.g., warmth and acceptance, depressive symptoms, and problem behavior.) VIPs were reported to have higher levels of warmth and acceptance than parents and peers, and lower levels of depressive symptoms and problem behaviors than peers among all three groups of adolescents. When compared to romantic partners, VIPs were reported to have lower levels of depressive symptoms across all three groups and lower levels of problem behaviors among Hispanics. VIPs' perceived characteristics made unique contributions to adolescents' self-esteem and problem behaviors. The findings from this study support other research that indicates VIPs have a unique niche in the lives of adolescents. Adolescents experience certain peer-like relations with their important non-parental adult and also benefit from the VIP's positive adult qualities. This study found that VIP characteristics appear to be equally important to adolescent outcomes regardless of ethnicity and that VIPs continue to be important in adolescents' lives, even when adolescents are involved in romantic relationships. The study can be found at <http://www.springerlink.com/content/0047-2891/40/3/>.

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