



# 4-H CITIZENSHIP PROJECT



Learn how to make a difference in your community. Incorporate service and citizenship activities into every 4-H project. Understand your civic rights and responsibilities. Tap into the resources that are available in your community and school.

- Explore your own values and your relationship with others.
- Increase your sense of history and cultural heritage.
- Learn about your government and your leadership role.
- Investigate current issues in your community, state, country and world.

## 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.

#### Starting Out *Beginner*

- Recite the 4-H pledge and the Pledge of Allegiance.
- Find out where your parents and grandparents lived when they were your age and locate it on a map.
- Learn about each of the club officer positions.
- Learn the history of your town or city.
- Participate with your club in a service project.
- Set up a disaster plan for your home.

#### Learning More *Intermediate*

- Trace your family ancestry back to your great grandparents.
- Help plan a service project for your club.
- Tour your city or county administration building and meet with your council person or supervisor.
- Help with a safety program (swimming, biking, food).
- Learn what community means and help other design the communities they belong to.

#### Exploring Depth *Advanced*

- Help teach others in your club about your local city or county government.
- Develop and carry out a service-learning project.
- Identify three current issues in your community and discuss them with your peers.
- Apply for a service-learning grant with the California 4-H Youth Development Program.
- Tour the state Capitol and visit your legislator.
- Attend Washington Focus.

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

*Light Your Spark*

*Flex Your Brain*

*Reach Your Goals*

*Light Your Spark*

*Flex Your Brain*

*Reach Your Goals*



# Expand Your Experiences!

## Citizenship

- Present information about your club’s service project at a countywide event.
- Plan a special “Grandparents Day” and record stories of their school days.
- Join with other service groups to clean-up of trash or graffiti in your town.
- Organize an event to showcase people and the work they do at the local government level.

## Healthy Living

- Coordinate a walk-a-thon to raise money for a health-related non-profit.
- Develop an anti-smoking campaign for junior and senior high school students.
- Organize a history walk highlighting significant people & places in your community.
- Help a local food pantry develop simple recipes for events using available food.

## Science, Technology, Engineering, and Mathematics

- Present a science demonstration at the local elementary school.
- Develop a project to label storm drains and protect waterways.
- Deliver demonstrations on energy conservation or recycling at your school.
- Design, build, and plant a community garden.

## Leadership

- Plan an activity for your club with information about the 5 Focus Areas of Citizenship.
- Organize a driving safety program at your high school.
- Connect with local homeless shelters and collaborate to collect & recycle clothes.
- Create and give a presentation about your experience at California or Washington Focus.

## Resources

- Web Resources  
[www.ca4h.org/Projects/Citizenship/Citizenship\\_Web\\_Resources/](http://www.ca4h.org/Projects/Citizenship/Citizenship_Web_Resources/)
- *Citizenship Mini-Lessons*, Constitutional Rights Foundation, 601 South Kingsley Drive, LA, CA 90005, (213) 487-5590
- Mock Trials  
[www.civicallyspeaking.org/mock3.pdf](http://www.civicallyspeaking.org/mock3.pdf)
- Service-Learning Planning Guide and Coaches Manual  
[www.ca4h.org/Projects/Citizenship/](http://www.ca4h.org/Projects/Citizenship/)
- California Missions  
[www.escusd.k12.ca.us/mission\\_trail/MissionTrail.html](http://www.escusd.k12.ca.us/mission_trail/MissionTrail.html)
- Book: *Celebrate America, Learning About the U.S. through Crafts and Activities*
- Public Adventures  
[www.4-h.org/resource-library/curriculum/4-h-citizenship/guides-handbook/](http://www.4-h.org/resource-library/curriculum/4-h-citizenship/guides-handbook/)

### Connections & Events

### Curriculum

### 4-H Record Book

**California Focus** – A 5-day event in Sacramento with simulations of state political processes and government.

**Washington Focus** – Gather with 4-H members from all over the U.S. for government simulations and visits in the nation’s capitol.

**Presentation Days** – Share what you’ve learned with others through a presentation.

- California 4-H Citizenship  
<http://4h.ucanr.edu/Projects/Citizenship/>
- Project Citizen  
[www.civiced.org/index.php?page=introduction](http://www.civiced.org/index.php?page=introduction)
- The American Promise  
[www.farmers.com/AmericanPromise/guide\\_main.html](http://www.farmers.com/AmericanPromise/guide_main.html)

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.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit  
<http://ucanr.edu/orb/>

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

