

University of California  
Agriculture and Natural Resources

100 Years  
and thriving



## 4-H Youth Development Program

### 4-H E-News Updates

August 2013

[Statewide 4-H Online Calendar](#)

#### ASSOCIATE DIRECTOR UPDATES

FIND 4-H RESOURCES ON:

**my4-H** Share.  
Discuss.  
Learn.

Looking for educational resources and materials for 4-H? Want to share your resources with others? Have you wondered why there isn't a central hub of 4-H curricula and other resources? If you answered yes....

It's time to share, discuss and learn about my4-H! Next Generation my4-H ([www.4-H.org/my4-H](http://www.4-H.org/my4-H)) debuted in March. To date, nearly 1000 resources are available on the site. The new my4-H serves as a central and collaborative

source for more of the 4-H resources you want – including the National Directory of 4-H Materials. 4-H professionals, volunteers and even youth leaders, from anywhere, can now upload, download, comment, even rank local, state and nationally produced 4-H resources. Whether it's training staff at a statewide event or supporting volunteers with project materials, my4-H is the tool for effectively engaging an audience around resources important to them, and to you.

*If you have local resources that you've developed for your projects and programs, marketing and promotion, volunteer and professional development, or evaluation please take a moment to upload them to this site so everyone in 4-H can benefit from what you've produced.*

To upload or download resources you will need to sign-up for an account. To do this go to <http://www.4-h.org/my4h> and click on the Log in | Sign Up tab.

With best regards,  
Shannon Horrillo

#### STORIES FROM THE FIELD:

*Authored by: Jenna Colburn, 4-H Citizenship/Leadership Program Representative*

#### Revolution of Responsibility: Resolve2Run

On January 1<sup>st</sup>, 2013, Nevada County's Chicago Park 4-H Club took their healthy living mandate to a whole new level. Partnered with Peardale/Chicago Park Fire Department and Chicago Park School, these health-conscious 4-Hers organized both a 5K & 10K race called Resolve2Run.

Get connected with 4-H!



WWW.CA4H.ORG



ONLINE RESOURCE BOOK



A resource site for our 4-H Thrive leadership



CALIFORNIA 4-H  
FOUNDATION

Over 80 people in the community, ages eight to seventy-eight, came together to start the new year off with a bang, racing through some of the most beautiful parts of Nevada County. Chicago Park 4-H's Revolution of Responsibility was to provide the community with a run available at the time when people are making resolutions, giving them the chance to begin right away and reinforce healthy habits.

Resolve2Run was so successful that they plan to do it again for 2014. Funds raised by the event help keep enrollment fees for Nevada County 4-H low, enabling more youth to join. The funds also provide scholarships for graduating seniors who have excelled in leadership and service within the community.

Providing health opportunities in your area is a great way to give back to the community AND fulfill the health "H" in 4-H. Check out 2014 Resolve2Run information [here](#).



## CA 4-H FOUNDATION UPDATES

### **Fundraising News from the field**

Many of you are the lucky recipients of support from businesses, foundations, and individuals. When we receive support from any of these entities, we strive to send a heartfelt letter of thanks. In fundraising lingo, this is also called "stewardship." Stewardship means that we not only thank people for their gift, we report on it, use it as it was intended, and keep them informed of the impacts their gift has made. The first and most important part of donor stewardship is always the thank you. See this [example of a great letter](#) created by Steve Orloff, the Farm Advisor and County Director for Siskiyou and Modoc counties. He has gone the extra mile by making a personal connection to this donor in his letter. We find this to be an excellent example of an acknowledgement letter and encourage you to think about crafting your own letters using a "personal" touch. We are always happy to provide assistance and encourage you to seek our help when writing thank you's to your donors!

## Foundation News

Speaking of support and thank you's, in July we sent out an end of year appeal letter. You'll find the [letter](#) as well as the [related thank you](#). We are also sending our centennial pins for donations of \$100 or more.

## Fundraising Tips

We have created templates for the Revolution of Responsibility for acknowledging gifts and recognizing donors. Here is the link: <http://www.ca4h.org/Support/RofR/Toolkit/Fundraising/#9>

These templates can easily be modified to fit your particular need and once again, I encourage you to seek our help. We are always happy to consult with you as you create your donor stewardship plan!



## FUNDING UPDATES

- **Home Depot Community Impact Grants**  
**Deadline: August 13**  
Grants, up to \$5,000, are available for using the power of volunteers to improve the physical health of a community. Grants are given in the form of The Home Depot gift cards for the purchase of tools, materials, or services. Priority will be given to volunteer projects that serve veterans and their families. More info: <http://bit.ly/Me5GzA>
- **Open Meadows Foundation Grants**  
**Deadline: August 15**  
The Open Meadows Foundation offers grants up to \$2,000 to projects that are designed and implemented by women and girls, reflect the diversity of the community served, promote building community power, promote racial, social, economic and environmental justice, and have limited financial access, or have encountered obstacles in their search for funding. Small and start-up organizations are strongly encouraged to apply. (Organizational budget should not exceed \$150,000.) More info: <http://bit.ly/1a99Tk3>
- **Ben & Jerry's Foundation Grassroots Organizing for Social Change Program**  
**Deadline: September 13**  
Proposals should align with the Foundation's broad interests in social justice, environmental justice and sustainable food systems. The process starts with the Letter of Interest (LOI). They fund organizations with budgets of \$500,000 or less. Grant awards are up to \$20,000 for a one-year period. More info: <http://bit.ly/14iYptl>
- **Campus Engagement, Civic Development Project Grants**  
**Deadline: September 15**  
Bringing Theory to Practice Project is accepting proposals from universities and colleges in the United States for projects aimed promoting the nexus of engaged learning, civic engagement, and psychosocial well-being among college and university students. Types of grants include:  
  
A) Seminar grants of up to \$1,000 for projects that bring together diverse members of the campus community to discuss the civic mission of the institution and how that mission can be achieved.

B) Program Development grants of up to \$10,000 to enhance or extend a program that promotes engaged learning, civic engagement, and the psychosocial well-being of students. More info: <http://bit.ly/13eltnv>

- **Project Learning Tree GreenWorks! Grants**

**Deadline: September 30**

Do you have an idea for a school/community native plant garden, a forest improvement project, a streamside restoration plan, a recycling program, or energy conservation project for your students? Need funds to implement it? Apply for a Project Learning Tree GreenWorks! grant. Grants are available in two award levels: 1) the popular and traditional GreenWorks! grants up to a maximum of \$1,000 and 2) GreenWorks! grants up to \$3,000 for registered PLT GreenSchools! (free online registration). More info: <http://bit.ly/13BDBHt>

- **Captain Planet Foundation Grants**

**Deadline: September 30**

Grants are made for activities that promote and support high-quality educational programs that enable children and youth to understand and appreciate our world through learning experiences that engage them in active, hands-on projects to improve the environment in their schools and communities. Preferential consideration is given to requests seeking seed funding of \$500 or less and to applicants who have secured at least 50% matching or in-kind funding for their projects. More info: <http://bit.ly/y1tPpz>

- **DoSomething.org Seed Grants**

**Deadline: Rolling**

A \$500 Do Something Seed Grant is given out every week to help young people just like YOU! These grants can be used towards project ideas and programs that are just getting started, or to jump-start your program and realize your ideas for the first time. These grants can also be used towards projects that are already developed and sustainable, towards the next steps of your project and organization to help you as you look to expand your project and grow your impact. More info: <http://bit.ly/PQYfTr>

- **California 4-H \$1,000 for 1,000 Service Learning Projects**

2013 Revolution of Responsibility - <http://www.ca4h.org/Support/RofR/>

2013 Application Deadlines:

September 15, 2013 & November 15, 2013

*Please note: University policy requires an Advisor or County Director to submit all grant applications and fulfill the requirements of UC ANR Contracts & Grants. If you plan to apply for any of the following opportunities, please notify the California 4-H Foundation ([aleeland@ucanr.edu](mailto:aleeland@ucanr.edu)) who will review your application prior to submission to ensure that it is as strong as possible.*

## SCHOLARSHIPS & AWARDS

- **\$5,000 Safe Driving Scholarship**

**Deadline: August 2**

Tell your friends about the dangers of texting and driving to enter to win a \$5,000 scholarship. After entering, we'll send you a free pair of "thumb socks" - a physical reminder to stop texting and driving. Send us a picture of you with your thumb socks and you'll double your chance of winning the \$5,000 scholarship. [Get started today.](#)

- **\$4,000 Heart Health Education Scholarship**

**Deadline: August 16**

Head to your local drug store and get your dad's blood pressure tested and you'll be automatically entered to win this \$4,000 scholarship. Make dad proud by checking his blood pressure and you'll enter to win a scholarship. Submit pictures of you and dad getting his blood pressure taken and you could win \$4,000 for school. No minimum GPA. No essays required. [Learn More and Apply](#).

## DATES & DEADLINES

- **Become a National 4-H Council Board of Trustees**

Two youth seats will be available this fall. Must have at least 5 years of past involvement in 4-H and be between the ages of 16-23. Visit [www.4-h.org/youth-trustees](http://www.4-h.org/youth-trustees) for nomination information and an application.

- **Gift cards, pins and new iPad Mini!**

4-H Thrive is awarding \$20 gift cards (iTunes, Target or WalMart) and a Centennial hat pin (youth) or Centennial commemorative pin (adults) to every 4-H volunteer and member that completes all SPARKS Score Questions and adult observation tools in the 4-H Online Record Book (ORB). **Hurry – surveys close on August 31, 2013.**

Sparks Score Questions appear twice a year; you must complete both time points to be eligible for these incentives. In addition, these same individuals will automatically be entered into a drawing to win a new iPad Mini. The second set of Sparks Score Questions will appear in ORB beginning May 1st and they must be completed by **August 31, 2013** to be eligible for the incentives.

- **Win a FREE Dutch Oven & Curriculum!** – For all 4-H Camp Programs. Have your adult camp director, youth camp director, and one other camp adult fill out the 13 short camp surveys at the link below (under Assessment Areas) **before August 31, 2013**. Once 3 complete surveys of all the assessment areas are entered, your county will be on the list to receive a Dutch Oven with Curriculum, compliments of the State 4-H Camping Advisory Committee. Ovens will be awarded at the State 4-H Camping Conference in the spring of 2014. If you have any questions contact John Borba, [jaborba@ucanr.edu](mailto:jaborba@ucanr.edu). Access the survey here: <http://www.ca4h.org/Programs/Camps/CampToolkit/>

- **Extend the Impact of 4-H  
SLF 2013, November 8-10**

**Early bird registration (form and fees) due Sept. 1.**

As you are aware 4-H members, volunteers, and staff are engaged broadly in local, regional, and national work. They are recognized as exceptional teachers, mentors, and helpers, who contribute widely to many fields of learning, and as participants in a wide variety of communities. 4-H has embraced the changing world around us, and we are leaders in those changes as we teach, learn, discover, create, and build.

The California State 4-H Leaders' Forum 2013 will showcase many of these incredible people as we continue making the connections that extend the impact of their expertise. The Sacramento Crowne Plaza Hotel is the place. **November 8 – 10, 2013** are the dates. Join your fellow 4-H friends and make use of the many opportunities to continue forging the connections that extend the impact of the workshops. The list of workshops will be available next month. Your 'tool box' of methods, ideas, and links will be refreshed and understanding gained when you participate in these workshops.

Through the educational, social, and celebratory experiences at **SLF 2013**, CA 4-H has the opportunity to bring people together for collaboration, inspiration, and sheer joy, and send them out to share the incredible treasures of 4-H, and promote the 4-H mission. Registration information is found at: <http://4h.ucanr.edu/Programs/Conferences/SLF/>.

Get connected with 4-H!



[www.ca4h.org](http://www.ca4h.org)



**4-H VOLUNTEER CAFE**  
A resource site for our 4-H Thrive leadership



**CALIFORNIA 4-H  
FOUNDATION**

- **Twelfth Biennial Coalition for Education in the Outdoors Research Symposium**  
**January 10-12, 2014**  
 Indiana University's Bradford Woods  
 The call for abstracts is attached and will also be posted at <http://www.outdooredcoalition.org/>. **Abstracts are due by September 12, 2013.**

## PROGRAM UPDATES

### POSITIVE YOUTH DEVELOPMENT

- **iDevelop Virtual Training Site**  
 A new online training center for 4-H staff, volunteers and youth leaders is available now. The purpose of the site is to provide online access to high-quality trainings around positive youth development:  
[http://4h.ucanr.edu/Resources/Volunteers/4-H\\_Thrive\\_Resources/4-H\\_Thrive\\_Virtual\\_Trainings/](http://4h.ucanr.edu/Resources/Volunteers/4-H_Thrive_Resources/4-H_Thrive_Virtual_Trainings/)
- **Inquiry-based Learning Methods Course** (web-based learning modules)  
 This course will provide some basic information about inquiry-based learning, its benefits and challenges, and how to incorporate it into activities. The course includes three lessons:
  - 1) Introduction to Inquiry-based Learning
  - 2) Assessing Curriculum and Participant Roles
  - 3) Adapting Curriculum

Each lesson will take about 15-20 minutes. You will read text, watch videos of 4-H professionals and youth, and answer questions. After you finish all three lessons, you will be able to use inquiry-based learning with activities you facilitate. Log in to the [4-H Online Learning Center](#) and find this course in the catalog.

- **New Online Program for Divorced or Separated Fathers**  
***Apart Not Broken: Learn, Connect, & Create*** is being pilot tested and evaluated through the University of Wisconsin-Madison. Interested fathers can register at [www.DivorcedDadInstitute.com](http://www.DivorcedDadInstitute.com). This 12-session online program has videos, a discussion forum, current and concise information, engaging activities, online interactive tools, and additional resources for building a parenting toolbox. Go to the newsletter site at [www.DivorcedDadInstitute.com/newsletter](http://www.DivorcedDadInstitute.com/newsletter).
- **Innovative and Engaging Older Youth Programming**  
 The webinar highlights programs throughout California and innovative and engaging best practices:  
<http://www.afterschoolnetwork.org/innovative-engaging-older-youth-programming>
- The **National 4-H History Preservation Program** June newsletter is available [here](#).
- **2013 Thrive Professional Development Opportunities – Save-the-Date:**
  - **4-H Thrive Master Trainer, Train-the-Trainer Workshops**  
 This year we will be offering 3 professional development opportunities for Thrive Leadership Development Projects. The full details and registration information will be coming shortly. The travel and development expenses are fully covered for each county to send up to five (5) people. Each county will determine the best configuration of the team. For example, it may be that County XYZ decides that their local program is best served by sending one Program Representative and one Key Leader. At the same time County ABC may decide that one Key Leader plus another volunteer and two youth are the best team.

- |                          |   |
|--------------------------|---|
| 1. August 24-25, 2013    | Davis, CA   |
| 2. September 7, 2013     | Visalia, CA <b>(FOR RETURNING MASTER TRAINERS ONLY)</b> |
| 3. September 14-15, 2013 | Anaheim, CA   |

- **iThrive for Jr. & Teen Leaders**

Are you looking for ways to continue to develop your Jr. & Teen Leaders in effective leadership skills? iThrive takes the principles of positive youth development and organizes them in a fun and engaging way to develop the leadership skills of our 4-H youth. The accompanying iChampion Adult Volunteer Leader Guide provides an easy to follow resource to make project leaders successful in using this curriculum. Using the experiential learning cycle, iThrive provides opportunities for youth to realize their true and full potential and shows them how they can help their peers do the same. The curriculum is free and available to any project leader of a Jr. & Teen Leadership Project. To find out more about Thrive, check out the state website at <http://www.ca4h.org/About/Thrive/>. If you are interested in bringing Thrive into your Jr. & Teen Leadership Project for the 2013-2014 program year, contact your county office to find out how you can get started.

- **4-H Volunteer Café**

Are you a club or project leader who is tired of doing the same old activities month after month? Maybe you need something designed just for you to be encouraged and encourage your own personal growth. The 4-H Volunteer Café is a place designed just for you providing encouraging and thought-provoking articles of how the principles of positive youth development translate into your 4-H experience, it offers tons of resources for you as a 4-H volunteer that you can use immediately in your meetings and gives you a place where you can contribute your own experiences and challenges. To check out the 4-H Volunteer Café, use the following link: <http://4hvolunteercafe.wordpress.com/>

## HEALTHY LIVING

- **Welcome New Healthy Living Officers!**

Congratulations to all our newly elected Healthy Living Officers!

The Healthy Living officer will serve as the club's ambassador for health! By choosing to elect a Healthy Living officer your club is taking an active role in promoting healthy lifestyles. The Healthy Living officer will be the leadership for all health activities including: Providing ideas on how to incorporate physical activities and healthy eating into each club meeting, write Healthy Living articles for the club newsletter, and adopting and promoting a club Wellness Plan. Please help ensure that the health "H" of 4-H is at the forefront of all our meetings, consider electing a Healthy Living officer!

The Choose Health Officer Guide developed by Cornell University Extension can be found at:

<http://www.ca4h.org/Resources/Publications/>

\*To receive your Healthy Living Officer pin please email the name of your officer and club to Anne Iaccopucci at [amiaccopucci@ucanr.edu](mailto:amiaccopucci@ucanr.edu)

- **Teens take on Health**

We are excited to announce that 4-H has partnered with Molina Healthcare to bring a national campaign *Teens take on Health* to California. As part of this campaign, 4-H California youth will host a Town Hall event for teens and other stakeholders to discuss their solutions to the current health issues of our nation. The Teens take on Health Town Hall Meeting will be on October 12th 2013 in Sacramento. We are currently soliciting teen leaders to participate in the planning of the Town Hall. If you are an interested teen please contact Renata Atayeva at [renata.atayeva@gmail.com](mailto:renata.atayeva@gmail.com).

- **4-H Healthy Living Programs of Distinction**  
**Ohio 4-H CARTEENS**

The Ohio 4-H CARTEENS program has annually served more than 10,560 first time juvenile traffic offenders

in 48 of Ohio's 88 counties. The program began in 1987 with the unique feature of teens serving as the primary facilitators for their peers. 4-H CARTEENS' objective is to reduce the number of second time traffic offenders in Ohio. Numerous delivery methods and teaching resources have been utilized to reach teen drivers. Teens attend a two hour traffic safety program conducted in collaboration with law enforcement and the juvenile court system, plus collaboration with the Safe Communities program of Ohio sponsored by the Ohio Department of Public Safety. The Ohio 4-H CARTEENS curriculum includes 10 skill stations used by the teens in their presentations. Formative and summative evaluations have been conducted. Results indicate positive experiences by participants who increased their driving knowledge and skill levels. In addition, one study found a significant reduction in second time driving offenses (72% decline) and another study indicated a significant reduction in risky driving behaviors after completing CARTEENS (63% reduction). The program has long-term implications for helping teen drivers navigate through their early driving years into adulthood by improving safe driving skills and reducing risky driving behaviors.  
[http://www.nifa.usda.gov/nea/family/res/pdfs/4\\_h\\_database/carteens\\_7-12.pdf](http://www.nifa.usda.gov/nea/family/res/pdfs/4_h_database/carteens_7-12.pdf)

- **PROSPER: PROMoting School-Community-University Partnerships to Enhance Resilience in Pennsylvania and Iowa**

PROSPER (PROMoting School-community-university Partnerships to Enhance Resilience) is an innovative model for bringing scientifically-proven prevention programs to communities to strengthen youth and families. The PROSPER program's main purpose is to reduce rates of youth substance use and problem behavior and foster positive youth development. This is accomplished by teaching skills that foster improved family life and parent-child communication and providing students with skills for planning, problem-solving and peer resistance against problem behaviors. <http://www.prosper.ppsi.iastate.edu/>

- **New National 4-H Curriculum: [Theatre Arts Curriculum](#)**

This curriculum opens the world of theatre to youth in grades 5-8 (can be adapted for younger and older youth). Revised and new, these materials offer extended activities in communication, improvisation, pantomime, script writing, cultural and historical influences, stage design, and costume design. Life skills and workforce development concepts are woven throughout the curriculum, as youth master more sophisticated theatre techniques and ideas. This curriculum includes three books, each for the facilitator of a group in beginner, intermediate, and advanced levels.

- **Cornell's *Choose Health: Food, Fun, and Fitness* youth curriculum**

*Choose Health: Food, Fun, and Fitness* (CHFFF) is a newly developed curriculum aimed at 8-12 year olds that uses experiential learning to teach healthy eating and active play, targeting behaviors research shows to be most important for preventing childhood obesity and chronic disease. Each lesson includes interactive nutrition activities, food preparation, active games, a goal setting challenge, and a family newsletter. CHFFF supports the 2010 Dietary Guidelines for Americans and USDA's MyPlate.

- **Cornell *Choose Health Action Teens* (CHAT)**

*Choose Health Action Teens* (CHAT) is for teens help teach the CHFFF curriculum to younger youth in after-school programs, summer camps, schools and other settings. Using the CHAT Facilitator Guide and detailed teen training modules, educators recruit teens and provide them with 12 hours of training, followed by ongoing mentoring and support.

**To access CHFFF and CHAT, including introductory webinars:**

[https://fnec.cornell.edu/Our\\_Initiatives/Youth.cfm](https://fnec.cornell.edu/Our_Initiatives/Youth.cfm)

## **CITIZENSHIP**

- **Host an international high school exchange student** and help us spread the word about hosting!  
The U.S. Department of State invites you to make a difference by hosting an international high school

exchange student in your home starting this fall. Approximately 2,000 Department of State-sponsored exchange students from over 50 countries, all of whom have undergone a competitive, merit-based selection process, will spend the 2013-14 academic year in communities across the United States. Learn more or submit an interest form at [hosting.state.gov](http://hosting.state.gov) and please share this announcement with others.

- **California 4-H \$1,000 for 1,000 Service Learning Projects**  
*2013 Revolution Of Responsibility*

**JOIN** | THE REVOLUTION  
OF RESPONSIBILITY

<http://www.ca4h.org/Support/RofR/>

Application Deadlines: September 15, 2013 & November 15, 2013

## **SCIENCE, ENGINEERING, and TECHNOLOGY (SET)**

- **2013 4-H National Youth Science Experiment**  
*Maps & Apps*

[www.4-H.org/NYSD](http://www.4-H.org/NYSD)

4-H Maps & Apps will introduce youth to the power of geospatial technologies and their unique ability to help us understand and improve our communities. Participation in 4-H National Youth Science Day is meant to help spark an early passion for STEM education and to encourage young people to consider these paths of study and future careers. The 2013 National Science Experiment kit will be available for pre-sale beginning on Wednesday, **June 26th** on the 4-H Mall website, [www.4-HMall.org](http://www.4-HMall.org).



- **Earth Science Week, October 13-19, 2013**

"Mapping Our World"

<http://www.earthsciweek.org/>

Take part in Earth Science Week 2013! ESW 2013 will promote awareness of the many exciting uses of maps and mapping technologies in the geosciences.

- **Technovation: Engage Girls in Technology**

<http://iridescentlearning.org/programs/technovation-challenge/>

Are you looking for curriculum to engage girls in technology? Technovation teaches girls how to code and design apps, using a simple visual language called App Inventor. We provide all the curriculum you need, as well as trained volunteers who can teach your students everything from programming concepts to how to write a business plan and take their app to market. Technovation is run by a 501(c)3 nonprofit and there is no cost to participate. Email [annalise@iridescentlearning.org](mailto:annalise@iridescentlearning.org) for details!

- **Young Maker Digital Camp**

<https://plus.google.com/+MAKE/posts>

Maker Camp starts tomorrow: Monday, **July 8th**, as we launch into six weeks of awesome projects (both low- and high-tech) and epic field trips (Pixar, NASA, America's Cup Oracle Team, and more!) You can follow along from anywhere in the universe.

- **Bay Area Science Festival**

**November 2, 2013, ATT Park**

<http://www.bayareascience.org>

Our mission is to celebrate the Bay Area's scientific wonders, resources, and opportunities by exploring the role of science, engineering, and technology locally & in the world.

- **New National 4-H Curriculum: [Exploring Beef Health and Husbandry Curriculum](#)**

This curriculum is designed as the guide for a project facilitator (grades 5-8). The activities and background information in this curriculum will help youth develop the requisite knowledge and skills associated with raising and showing beef cattle. Activities are youth centered and include opportunities for the application of knowledge and skills at three different levels of experience: beginner, intermediate, and advanced.

- **National 4-H offers [camp curriculum bundle](#)**

This Curriculum Bundle contains every book from the Entomology, Amphibian, and Butterfly Curricula for an amazing learning experience that covers a variety of subjects in an in depth way! Great for ages 8-16 although programming can be modified to accompany older and younger youth.

- **Want to learn more about citizens science in 4-H contexts? List to the following webinar:**

<http://CitizenScience.org/contexts/youth-development/4-h/webinars>

- **Upcoming Conferences Of Interest**

- North American Association for Environmental Education Conference, October 8-12, 2013, Baltimore
- Association of Science-Technology Centers, October 19-22, 2013, Albuquerque, NM
- California Science Teachers Association Conference, October 25-27, 2013, Palm Springs
- Beyond School Hours XVII Conference, February 12-15, 2014, Atlanta
- International Technology and Engineering Educators Association (ITEEA) Conference, March 27-29, 2014, Orlando, FL
- National Association for Research in Science Teaching (NARST) Conference, March 30-April 2, 2014, Pittsburgh, PA
- American Educational Research Association (AERA) Conference, April 3-7, 2014, Philadelphia
- National Science Teachers Association (NSTA) Conference, April 3-6, 2014, Boston
- National AfterSchool Association (NAA) Conference, April 2014, New York
- Best of Out-of-School Time (BOOST) Conference, April 30 – May 3, 2014, Palm Springs
- International Society for Technology in Education (ISTE) Conference, June 29 – July 2, 2014, Atlanta

## RESEARCH UPDATES

- **Embracing Scientific and Engineering Practices**

*Worker, Steven M.*

<http://www.joe.org/joe/2013june/iw3.php>

The 4-H Science Initiative has renewed efforts to strengthen 4-H programmatic and evaluation efforts in science and engineering education. A fundamental component of this initiative is to provide opportunities to youth to aid in their development of science process skills; however, emerging research stresses the importance of engaging youth in authentic practices of science and engineering. Refocusing 4-H efforts on a sociocultural framework of science education that emphasizes a participation-oriented framework towards learning scientific and engineering practices ensures 4-H programs are affording youth high-quality learning experiences.

Get connected with 4-H!



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- **Digital badges in 4-H**

*Barker, Bradley S.; Valentine, Nancy; Cook, John A.*

<http://www.joe.org/joe/2013june/iw4.php>

The awarding of digital badges has become pervasive across social media systems. Digital badges are visual representations of individual accomplishments and/or competencies and skills. If done properly, the awarding of digital badges following the recommendations of the 4-H Recognition Model may attract a new generation of 4-Hers and convey to others the value of the 4-H experience.

- **Developing a Parent-Centered Obesity Prevention Program for 4-H Families: Implications for Extension Family Programming**

*Benke, Carrie J.; Bailey, Sandra J.; Martz, Jill; Paul, Lynn; Lynch, Wesley; Eldridge, Galen*

<http://www.joe.org/joe/2013june/a8.php>

Planning youth and family programming in the 21st century is daunting given family members' busy schedules. This is even more challenging when planning programs in rural areas, where there are vast distances between communities. This article discusses a research and educational outreach project that uses best practices in program development in order to create an obesity prevention program for parents of 4-H youth in a rural state. Practices discussed include the development of an interdisciplinary team, information gathered and implemented from focus groups, and the use of evaluations during the pilot-stage of the project. Implications for Extension programming are discussed.

- **Personal Problems Among Rural Youth and Their Relation to Psychosocial Well-Being**

*Phillips, Tommy M.; Randall, Brandy A.; Peterson, Donna J.; Wilmoth, Joe D.; Pickering, Lloyd E.*

<http://www.joe.org/joe/2013june/a9.php>

To understand stressors experienced by rural adolescents and their relationship to psychosocial well-being, high school students completed the Personal Problems Checklist for Adolescents and three measures of well-being. The most frequently reported problems were in social/friendship and parental domains. The most commonly reported individual problem was "Not having any privacy." Analyses indicated significant associations between problems reported and well-being. As age increased, problems reported in parental, dating, and crisis domains decreased. Girls reported more problems than boys in the parental domain, as did participants in stepfamilies. Extension and 4-H programs may help ease the effects of stressors on rural youth.

- **Growing Youth Food Citizens**

*Wright, Wynne; Nault, Katherine*

<http://www.joe.org/joe/2013june/iw2.php>

How can youth be educated and empowered to become responsible food citizens? Evidence from a university-community partnership with youth in Michigan is presented to illuminate participatory approaches to youth engagement in food systems. We found that youth have valuable knowledge to enhance our understanding of food environments. At the same time, obstacles such as an ethos of individualism may stand in the way of youth seeing themselves as food citizens capable of improving their food environment. Cultivating youth food citizens must take into consideration youths' particular knowledge, while also helping them uncover their social responsibilities.

- **Teens and Tobacco**

*More Than 5 Percent of Teens Use Smokeless Tobacco*

While the rate of U.S. teens and young adults who smoke cigarettes has steadily declined, the number of youngsters using snuff, chewing tobacco, and dipping tobacco has held stubbornly at just over 5 percent for the past decade, according to a recent study. The failure to stem the tide of smokeless tobacco users is worrying to health officials. Read more at: <http://www.hsph.harvard.edu/news/hsph-in-the-news/rate-of-smokeless-tobacco-use-among-youth-has-leveled-off/>

Get connected with 4-H!



- **Dating Violence**

*Parents Urged to Watch for Signs of Abuse, Discuss Issue with Children*

Nearly 10 percent of teens experience some form of dating violence, leaving them at greater risk of serious long-term impacts, including binge drinking, depression, and suicide. Health officials are urging parents to be watchful for signs of trouble and to talk to their children about the issue. Read the full article at:

<http://healthfinder.gov/News/Article/671878/when-teen-dating-turns-abusive-and-violent>

- **Relating Research to Practice Website**

<http://relatingresearchtopractice.org/>

Relating Research to Practice is a free, open-access website containing dozens of short summaries of current education research relevant to the informal science education field. All research briefs are sortable and searchable by keywords and topic areas that help both researchers and practitioners conceptualize and contextualize their work.

- **Children with Incarcerated Parents**

The [Children's Mental Health eReview](#) summarizes children's mental health research and implications for practice and policy. In this issue, learn about children of incarcerated parents, who are often overlooked in our schools, clinics and social service settings. You'll also learn about some new programs focused on improving the lives of children of incarcerated parents and their families. The most recent issue features [Children with Incarcerated parents - Considering Children's Outcomes in the Context of Complex Family Experiences](#).

- **New Journal of Human Sciences and Extension**

The inaugural issue of the Journal of Human Sciences and Extension is now available online. To access the journal, visit <http://www.jhseonline.com/#/current/cjg9>. The journal is a peer-reviewed, open-access, online journal focused on disseminating knowledge and information to academicians, educators, and practitioners. Topics addressed include human development (e.g., early care and education, youth development); family studies; agricultural education; leadership development; extension; health and wellness; apparel, textiles, and merchandising; agricultural economics; nutrition and dietetics; family resource management; and program planning and evaluation.

- **[Interagency Task Force on Military and Veterans Mental Health: 2013 Interim Report](#)**

The Departments of Veterans Affairs (VA), Defense (DoD) and Health and Human Services (HHS) released the new that details the progress made by the Federal inter-agency to date on initiatives called for in President Obama's August 31, 2012, [Executive Order](#) to Improve Access to Mental Health Services for Veterans, Service Members, and their families.

- **Social capital: Its constructs and survey development**

Authored by 2 California 4-H academics, Richard Enfield and Keith Nathaniel, this article reports on experiences and methods of adapting a valid adult social capital assessment to youth audiences in order to measure social capital and sense of place. Access the article here:

<http://onlinelibrary.wiley.com/doi/10.1002/yd.20055/abstract>

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