

# THE HEAD, HEART, HANDS AND HEALTH OF YOUR COMMUNITY

## The Positive Development of Youth: Comprehensive finding from the 4-H Study of Positive Youth Development

Institute for Applied Research in Youth Development, Tufts University

The first-of-its-kind research defined and measured positive youth development. The result is a model that is driving new thinking and approaches to youth development around the world. For more than a decade, preeminent youth development scholars, Drs. Richard M. Lerner and Jacqueline V. Lerner, and the team at the Institute for Applied Research in Youth Development at Tufts University, Medford, MA, partnered with faculty at America's land-grant universities to conduct this groundbreaking research. The final report, The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development, reviews the multi-year research findings.

### Research shows 4-H Youth Excel Beyond their Peers

The longitudinal study discovered that the structured out-of-school time learning, leadership experiences, and adult mentoring that young people receive through their participation in 4-H plays a vital role in helping them achieve success. Compared to their peers, the findings show that youth involved in 4-H programs excel in several areas:

#### Contribution/Civic Engagement

- 4-H'ers are nearly 4 times more likely to make contributions to their communities (Grades 7-12)
- 4-H'ers are about 2 times more likely to be civically active (Grades 8-12)

#### Academic Achievement

- 4-H young people are nearly 2 times more likely to participate in Science, Engineering and Computer Technology programs during out-of-school time (Grades 10 - 12)
- 4-H girls are 2 times more likely (Grade 10) and nearly 3 times more likely (Grade 12) to take part in science programs compared to girls in other out-of-school time activities. (Data found in Science, Engineering and Computer Technology (SECT) section of report) Healthy Living
- 4-H'ers are nearly 2 times more likely to make healthier choices (Grade 7)

### THE POWER OF Positive Youth Development

The research is helping families, schools, communities and youth programs develop strategies to support children and adolescents. Effective youth development programs like 4-H are putting the research to work by focusing on three important areas:

- Positive and sustained relationships between youth and adults
- Activities that build important life skills
- Opportunities for youth to use these skills as participants and leaders in valued community activities

The study assessed the key characteristics of PYD - competence, confidence, character, connection and caring - followed by the impact of valued community programs, including 4-H.

#### Background

The 4-H Study of Positive Youth Development is a longitudinal study that began in 2002 and was repeated annually for eight years, surveying more than 7,000 adolescents from diverse backgrounds across 42 U.S. states. The first wave of research began with fifth graders during the 2002-2003 school year and ended with twelfth graders (Wave eight) in 2010. More recently, the Tufts research team examined all eight waves of data and conducted new and more rigorous analyses in order to produce the latest comprehensive report of findings. The new report, while sometimes diverging from earlier results, provides powerful evidence of the impact of 4-H participation throughout Grades 5-12. "The potential for change is a core strength of all youth - a strength that can be built upon. This strength is cause for optimism for it means we can positively influence the life paths of all children." Lerner et al., 2013

<https://4-h.org/wp-content/uploads/2016/02/4-H-Study-of-Positive-Youth-Development-Fact-Sheet.pdf>

December 2017



### Enrollment Deadlines

⇒Returning members and volunteers need to re-enroll in 4HOnline by **December 4, 2017**. **Returning members who miss the deadline will be subject to a \$20.00 late fee and will need to submit to the Extension Office, in writing, the circumstances in which they were unable to meet the deadline.**

⇒4-H Clubs need to pay for all confirmed club members/volunteers by **January 29, 2018**.

⇒Animal forms are due with payments: Show Ring Ethics (all members who wish to compete with an animal project), Animal Housing (all animals), Animal Lease (leased animals only) & Wholesome Meat (market animals) must be turned in when clubs come to pay at the Extension Office by **January 29, 2018**. You can find them at <http://elpaso.extension.colostate.edu/4-h-member-and-volunteer-resources/>

## SHOOTING SPORTS



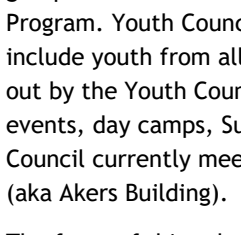
## T-shirt Design CONTEST!



El Paso County 4-H Shooting Sports is looking for a new t-shirt design. All El Paso County 4-H youth members and volunteers are invited to submit 4-H Shooting Sports project themed t-shirt designs. You do not have to be enrolled in the 4-H Shooting Sports project to submit a design for consideration.

The Winning Design Will Receive a **\$50.00** Gift Card

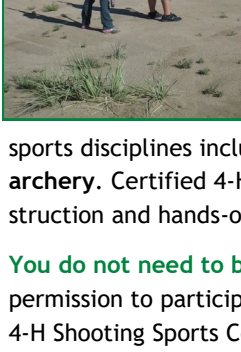
Designs should be submitted by **Friday, January 12, 2018**, to the CSU Extension Office, 17 N. Spruce St, Colorado Springs, 80905 or e-mail [tawniegraves@elpasoco.com](mailto:tawniegraves@elpasoco.com).



**Do you enjoy working with youth leaders? Want to gain experience in facilitating group activities?** The El Paso County CSU Extension Office is looking for some dynamic adult 4-H volunteer advisors to work with our local 4-H Youth Council.

**What is the El Paso County 4-H Youth Council?** The El Paso County 4-H Youth Council is a group of 4-H members, who come together to put on activities to benefit the county-wide 4-H Program. Youth Council participants represent 4-H members from all over El Paso County and include youth from all 4-H age divisions (Jr., Int., and Sr.). Past activities planned and carried out by the Youth Council include: achievement celebration, community service, leadership events, day camps, Super Saturday workshops, and 4-H promotional opportunities. The Youth Council currently meets the last Tuesday of the month at the County Transportation Complex (aka Akers Building).

The focus of this volunteer opportunity is to guide and facilitate a youth-led learning process for the Youth Council. Mentoring and facilitation skill training will be provided. Complete the attached application and submit to the CSU Extension Office by **Monday, January 15, 2018**, if you are interested. Future teachers and youth workers, this is a great opportunity to build your resume! Contact, Emily Killeen, 4-H Agent, if you have questions (719) 520-7685 or [emily.killeen@colostate.edu](mailto:emily.killeen@colostate.edu).



### Festival of Lights Parade

**Date:** Saturday, December 2, 2017  
**Time:** Starting at 5:50 PM  
**Place:** Downtown Colorado Springs

Come and cheer on the **Dog Drill Team** as they participate in the 33<sup>rd</sup> Annual Festival of Lights Parade happening this Saturday.

**We look forward to seeing you there!**



### “Try It” Day with 4-H Shooting Sports!

**Date/Time:** December 10, 2017, from Noon to 3:00 PM  
**Place:** Cheyenne Mountain Shooting Complex, 7790 Route 1, Fort Carson, CO 80913 (**Complex is just outside of Fort Carson Gate 20. Turn left before entering Fort Carson.**)  
**Cost:** \$6.00 Range Fee

The El Paso County 4-H Shooting Sports Project Committee and the CSU Extension El Paso County Office invite youth (ages 8 to 18 accompanied by an adult) to experience a selection of 4-H shooting sports disciplines including: .22 rifle, air rifle, .22 pistol, air pistol, muzzleloader rifle, and archery. Certified 4-H Shooting Sports volunteers will provide firearms/archery safety instruction and hands-on “try it” activities.

**You do not need to be a 4-H member to participate.** Please Bring: Parent/guardian permission to participate form (attached). Equipment will be provided by the El Paso County 4-H Shooting Sports Committee.

**Current shooting sports members may use the “Try It” days as regular practices to count towards county shoot participation requirements. Existing 4-H members should plan to bring their own ammunition and equipment if applicable.**



### The 4-H Achievement Awards

**Date:** January 13, 2018  
**Time:** Starting at 2:00 PM  
**Place:** Hotel Elegante, 2886 S. Circle Drive, Colorado Springs, CO

Everyone is invited to a celebration of all our 4-Hers achievements for the 2016-17 program year. It will be held on January 13, 2018, at Hotel Elegante. 4-H has the opportunity to work with Autism & Asperger Connections and to hear an outstanding speaker, **Dr. Temple Grandin**, who will give a presentation to the 4-H youth. All 4-H families are welcome to come.

The schedule for the 13th is as follows:

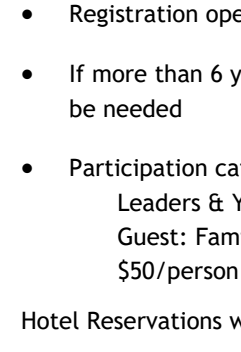
**4-H Awards – 2:00 to 3:00 PM**

**Dr. Temple Grandin Talk – 3:00 to 4:00 PM**

**Question and Answer – 4:00 to 4:30 PM**

**Please RSVP** with the number of people in your party to [tawniegraves@elpasoco.com](mailto:tawniegraves@elpasoco.com) or call 719-520-7698 by **January 5th**.

**You're Invited!**



### Leadership Development Conference (LDC)

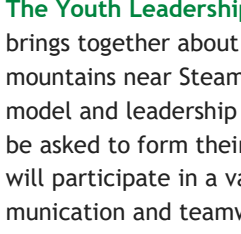
**Date:** January 26-29, 2018  
**Place:** Renaissance Hotel, 3801 Quebec Street, Denver, CO

LDC is a leadership development conference for **4-H members ages 14 to 19 years old** to provide educational and challenging experiences that enable young people to become knowledgeable and skilled in their selected areas. The event is held in Denver at the Renaissance Hotel, 3801 Quebec Street, Denver, CO.

- Registration opens December 4th in 4HOnline – Deadline is December 31, 2017
- If more than 6 youth attending from El Paso County, adult volunteer chaperones will be needed
- Participation categories include:  
Leaders & Youth – \$160 + Hotel Expenses  
Guest: Family member, friend, legislative representative attending banquet only \$50/person

Hotel Reservations will be made by the El Paso County Extension Office.

**Conference concludes with a tour of the Colorado State Capitol Building!**



### Awesome Summer Adventures Await \*

Colorado's electric cooperatives are now accepting applications for their 2018 summer youth programs. Students have the opportunity to attend the Washington, D.C. Youth Tour and the Youth Leadership Camp near Steamboat Springs, CO. **Each program is all-expenses-paid.** Current high school students between the ages of 16 and 18, as of June 2018, are encouraged to apply.

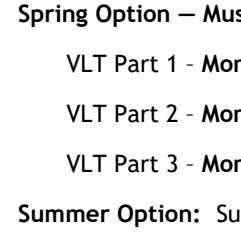
**The Washington D.C. Youth Tour** will take place June 7 - 14, 2018, in Washington, D.C. The week of activities begins in Denver where students from around the state visit the state capitol and are introduced to the electric cooperative program. The students then head to Washington D.C. with more than 1,800 of their peers for a week of learning and exploring. They will visit the Arlington National Cemetery, stroll through the Smithsonian museums, tour historic monuments, meet elected officials, and learn about the role of electric cooperatives in today's world.

**The Youth Leadership Camp** will take place July 14 - 19, 2018. This weeklong adventure brings together about 100 students from Colorado, Kansas, Wyoming, and Oklahoma to the mountains near Steamboat Springs, CO. Students will learn about the cooperative business model and leadership skills that will serve them well throughout their life. The students will be asked to form their own cooperative, electing board members and voting on issues. They will participate in a variety of activities designed to develop leadership skills, including communication and teamwork. There is also plenty of time set aside for campers to explore and enjoy the mountains including a raft trip on the Colorado River, a gondola ride to the top of Mt. Werner, and a camp that takes advantage Colorado's great outdoors.

Your electric cooperative covers all costs to participate in either program, including travel, lodging, and food. Each program is all-expenses-paid, with the only costs to the students being spending money for souvenirs or extra snacks.

Interested students must complete an application form and short essay. For more details go to your electric cooperative's website or call 720-407-0700 and ask for information about who to contact at your electric cooperative for details. [www.crea.coop](http://www.crea.coop)

\* This is not a 4-H sponsored event.



### Attention New 4-H Volunteers Who Need to Complete the Volunteer Leader Training (VLT)

The VLT training may be taken as an all-day Saturday session or on three consecutive evenings. Volunteers may mix and match training dates/times to complete all three parts. There is no cost to attend VLT but **volunteers must pre-register to attend** and training dates/times are subject to cancellation if too few pre-registrations are received (fewer than 8 pre-registrations). New clubs with several volunteers needing training may request to schedule a VLT opportunity that is convenient to the new club (at the club meeting location).

**Location:** El Paso County DOT Building (Akers), 3275 Akers Drive, Colorado Springs, CO 80922

**Winter Option – Saturday – All Day, January 6, 9:00 AM to 3:30 PM** (half hour lunch break)

**Spring Option – Must attend all three parts:**

VLT Part 1 - **Monday, April 16, 6:30 to 8:30 PM**

VLT Part 2 - **Monday, April 23, 6:30 to 8:30 PM**

VLT Part 3 - **Monday, April 30, 6:30 to 8:30 PM**

**Summer Option:** Summer training will be scheduled only if necessary. Please attend VLT at your earliest convenience to maintain 4-H volunteer status.

**Please RSVP** to [tawniegraves@elpasoco.com](mailto:tawniegraves@elpasoco.com) or call 719-520-7698. Training dates with too few pre-registrations will be cancelled or rescheduled.



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Volunteer Orientation, Ext. Office <b>Please RSVP!</b>	2
3	4 4-H Re-enrollment Deadline	5	6	7 Small Animal Committee 6:30 PM, Akers	8	9
10 Shooting Sports "Try It" Day, CMSC	11 * Fair Superintendent Committee Meeting, 7:00 PM, Akers <b>Please RSVP!</b>	12	13	14	15	16
17	18	19 Horse Committee 7:00 PM, KCRC	20	21	22  CSU Extension Office is Closed	23
24	25  CSU Extension Office is Closed		27	28 26 Youth Council Fun Bowling Night	29	30

\* If you cannot make the meeting on 12/11/2017, you can attend the meeting on 1/9/2018. **Please RSVP**

Akers DOT Building located at 3275 Akers Drive, Colorado Springs, CO 80922

### Reminder to all 4-H Club Reporters:

It is important to protect the identity of 4-H members. Please use first name and last initial with entries such as newspaper articles or other public announcements. Thank you!

Questions or comments? Email us at [csu4h@elpasoco.com](mailto:csu4h@elpasoco.com) or call 719-520-7698.

The deadline for submission to the newsletter is on the 20th of each month. Colorado State University Extension in El Paso County reserves the right to include, refuse or edit any newsletter submissions.

#### CSU Extension in El Paso County

17 North Spruce Street  
Colorado Springs, CO 80905

Phone: 719-520-7698

<http://elpasoco.colostate.edu>



**Office Hours:** Monday–Friday, 8:00 AM to 12:00 PM and 1:00 to 5:00 PM. **12 PM to 1:00 PM by appointment only.**

Colorado State University, U.S. Department of Agriculture and El Paso County cooperating.

Extension programs are available to all without discrimination. If you have a disability for which you seek an accommodation, please notify the CSU Extension El Paso County 4-H Office ten days prior to the event.