

4-H YOUTH DEVELOPMENT

All Educational Program Chairmen are expected to work together to integrate their program of work when possible. This program should address the youth of Kentucky and KEHA's bond with those youth. The State KEHA 4-H Youth Development Chairman attends Kentucky 4-H Council meetings and events. (Usually held in the 2nd week of January and July.) The KEHA 4-H Youth Development chairmen at all levels should consider the following when planning the program of work:

- Provide a link between KEHA and Cooperative Extension Service (CES) 4-H Youth Development Program.
- Become knowledgeable and encourage participation in county, district and state 4-H Programs such as:
 - 4-H Public Speaking
 - 4-H Demonstrations
 - County, District, and State Communications Day
 - 4-H Speeches and 4-H Demonstrations Publications
 - 4-H Communication Curriculum
- Encourage KEHA members to serve as 4-H volunteers leaders.
 - Volunteer to judge county, district and state 4-H Communications Competitions.
 - Volunteer to assist in teaching speeches and demonstrations in county clubs and school clubs.
 - Prepare senior level 4-H members in mock interviews.
 - Practice with local, district and state 4-H members in speeches and demonstrations.
- Encourage KEHA Members to be involved with 4-H events such as: judges, sponsors, or coordinators.
- Promote youth membership in KEHA.
- Encourage all KEHA members to be involved in youth activities such as: Project Graduation, family nights, violence prevention, teenage pregnancy prevention, mentoring, tutoring, drug and alcohol prevention.

Note: Specific Program of Work on following pages.

KEHA 4-H Youth Development Chairman – 2019-2022

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Kentucky Extension Homemakers Association
4-H Youth Development
2020-2023 Program of Work

CURRENT SITUATION:

As the 4-H program looks to the future and grows in Kentucky, it is important that the entire community is engaged in teaching, building successful outcomes and offering youth direction that will assist them as they grow with our fast-paced changes in America. While some youth are still living in the rural areas of Kentucky and appropriately learning and supporting agriculture; other youth are finding many new roads and paths to travel as they journey through a new society that is techno savvy and instant in all it does. While this “instant” society offers challenges, it does not offer our Youth all the skills and activities needed to grow as a healthy developed youth that can navigate the instant changes, the global connection while providing them skills, confidence, and supportive direction. Without the involvement of family, friends and the community, the journey and guidance is not there. To assist we are asking the KEHA Homemakers to share their many skills and talents as mentors and helpers for 4-H. Assisting in giving our youth guidance and direction through the 4-H Youth Development programs guarantees we are doing our part as Kentucky Homemakers to grow our children, our community, and our state. We can be the mentors that guide, demonstrate and share established knowledge with 4-H.

The volunteer work of the KEHA Homemaker will make a difference in the 4-H program that will assure our Kentucky Youth are ready, self-assured and ready to bring their talents and skills to our growing Kentucky society, our country and the world. Your many contacts, your understanding, and your participation in the culture of your community, will enable you to guide and assist with resources, activities and learning experiences.

To accomplish this objective, our goal is to nurture you as a **HOMEMAKER VOLUNTEER** helping and supporting the Kentucky 4-H program, its agents, its youth and its program needs. As a volunteer you will have the guidance needed through the partnership of the Kentucky 4-H Program Agents and KEHA which is supported by the University of Kentucky Department of Agriculture, Colleges of Agriculture, Food and Environment (CAFE) to navigate our Kentucky 4-H youth toward a confident and productive future.

In Conclusion, to be a success in this 4-H / Homemaker partnership:

YOU choose, as an individual, club, county, or district what will inspire you, is doable, and motivates all involved. Choose one or more among the nine, (9) identified 4-H project areas listed below. It is your choice. Only you will know what will work in this partnership. We need your help to grow this relationship.

Based on a recent statewide Community Assessment, areas of concentration for the 2020-2023 years shall be:

- **Building projects, programs and activities that demonstrate Economic Development & Workforce Development.** This shall be done by choosing project work and experiences that educate, provide experiences and decision-making for our 4-H’ers.
- **Promoting Community Leadership, Engagement & Pride** as a guide for 4-Hers toward self-confidence and action that promote 4-H youth readiness to become productive citizens.

GOAL:

Continue Development of 4-H Youth toward becoming self-sufficient, productive 4-Hers who are ready to challenge him/herself toward growth that will prepare them for future life activities.

ACTIVITIES:

Assist 4-H'ers to grow their self-esteem and productivity via of activities that will build their skills to become a productive member of their community. Build 4-H'ers self-esteem and readiness to assimilate into community, school and society via of identified projects listed below: Choose one activity or as many as you want under these current project areas:

- A. **Communication Project:** Continue implementation of Mock Interview project.
- B. **Consumer Learning Project:** Earning Money and its Management to direct real-life decisions. Collaborate to assist with 4-H Budget Project (components of Savings, Income & Expenses; sharing, etc.). Homemakers can assist in presenting and participate in **4-H Reality Story** as a volunteer at a participating school.
- C. **Grow 4-H'ers self-esteem and readiness** to be a community 4-H leader. Organize and conduct the 4-H Manners project. Use 4-H lesson Plan. Meeting & Greeting; Cell Savvy use: online etiquette; Appreciation & Thank You; Set the Table; mealtime manners, job seeking etiquette.
- D. **Understand the role of Agriculture** production in Kentucky that affects your community. Participate in countywide "Food to Table" initiative with 4-H'ers. Establish a cooking Establish a cooking "Culinary Challenge Chefs" team.
- E. **Know your Community: 4-H Citizenship project.**
 - Meet your county officials and Judge Executive get to know him/her and their duties. Share the 4-H Program with them.
 - Identify at least 10 community organizations and what they do to affect and build your community. Present your findings to your County 4-H Advisory Committee.
- F. **Design a Daily personal Plan of Health** (Ages 9-12/13-15/16-19) (4-H Food Project)
 - Get to know your local **county Snap-Ed program** and discuss different cultures
 - Include food, physical exercise, mental health, emotional health
- G. **Initiate a basic Sewing project** with a 4-H group to build skills and discussion of Fashion, Trends, Body Image, Body Image and Media; Color, Personal Clothing Style, body type & Life style.
- H. **Promote 4-H Camp Attendance** for your County with counselor recruitment, camp scholarships, and number youth attending.