

4-H Youth Development Initiatives and Trends for County Plan of Work 2016-2020

Core Curriculum: Health

Major Initiative: Adopting healthy lifestyle choices for overall well-being

Specific situation/trend description: The Centers for Disease Control found in a nationally representative survey that only 29% of high school youth participated in at least 60 minutes of physical activity on each of the seven days before the survey. Participation in physical activity decreases as we age.

Long Term goals/outcomes:

- Youth maintain positive health habits.
- Youth are at a lower risk for serious disease and illness.
- Youth are at a lower risk for physical and emotional distress.
- Youth are competent, capable, contributing adults as a result of their participation in 4-H Health programs.

Intermediate goals/outcomes:

- Youth adopt healthy behaviors that lead to a healthy lifestyle that include making healthy lifestyle choices, not engaging in risky behavior and handling stress.

Short-term goals/outcomes:

- Youth identify healthy lifestyle choices.
- Youth understand risky behaviors and their consequences.
- Youth aspire to have higher self-esteem.
- Youth identify healthy ways to handle stress.

Evaluation measures/Impact Indicators

- The number of youth that report making healthy lifestyle choices.
- The number of youth that report not engaging in risky behavior.
- The number of youth that report feeling good about themselves.
- The number of youth that report that they know how to handle stress.

Role of 4-H Youth Development Program-Inputs-

- **New efforts on the horizon planned for next Four Year Plan of Work**
 - Healthy Adventures for Teens In-service 2015
 - Steps to a Healthy Teen In-service 2015
 - Develop partnership with Southern United Dairy Association to implement Fuel Up to Play 60 2015
 - Develop Healthy Living Mentor Program for county teens-2016
- **Existing resources from Core Curriculum**

Bullying:

Activities for Building Character and Social-Emotional Learning Grades 3-5

In *Activities for Building Character and Social-Emotional Learning*, hundreds of user-friendly lesson plans help teachers build attitudes of respect and caring, reduce problem behaviors, empower students to solve problems, and educate the whole child socially, emotionally, and academically.

Source: Free Spirit Publishing at http://www.freespirit.com/catalog/item_detail.cfm?ITEM_ID=514, Free Spirit Publishing, 217 Fifth Avenue North, Suite 200, Minneapolis, MN 55401-1299, Ph: 1-800-735-7323; Fax: 1-866-419-5199

Free Spirit Publishing 23937W \$29.99

Activities for Building Character and Social-Emotional Learning Grades 6-8

In *Activities for Building Character and Social-Emotional Learning*, hundreds of user-friendly lesson plans help teachers build attitudes of respect and caring, reduce problem behaviors, empower students to solve problems, and educate the whole child socially, emotionally, and academically.

Source: Free Spirit Publishing at <http://www.freespirit.com/teacher-resources/professional-development-books-cd-roms/social-emotional-learning/activities-building-character-social-emotional-learning-grades-6-8/katia-petersen//>, \$29.99, Free Spirit Publishing, 217 Fifth Avenue North, Suite 200, Minneapolis, MN 55401-1299, Ph: 1-800-735-7323; Fax: 1-866-419-5199

Free Spirit Publishing 23944W \$29.99

Personal Safety:

Code Name: Home Alone

This curriculum addresses the issue of children being at home without an adult present. Children and parents learn about child self-care, safety and overall well-being when children are home alone and/ or with siblings without adult supervision. It stresses family communication through individual, group/classroom, parent/child activities, and parent newsletters. It is designed for use in the classroom, 4-H groups, youth groups, and family groups.

Intended user: Volunteers and classroom teachers working with youth in grades 3-6

Source: KY Cooperative Extension; download at: <http://www.ca.uky.edu/agcollege/4h/cnha/>
KCES Download at no charge

Keeping Fit & Healthy—First Aid in Action

In this project, youth design their own personal fitness plan and track it using their own fitness file. Through interviews & personal experiences youth discover benefits to being fit as they practice making decisions, speaking with others & managing themselves. Intended user: youth, ages 9-18

Source: National 4-H Supply Service. Order online at: www.4-hmall.org/ or phone: (301) 961-2934
N4-HS #08174 \$4.95

Physical Activity:

Centering on Me

This curriculum is a stretching, controlled breathing, and meditation curriculum for kids.

Intended user: Youth ages 5-13, may be adapted for older youth

Source: KY Cooperative Extension; Download at:

http://4hguide.ca.uky.edu/sites/4hguide.ca.uky.edu/files/deana_files/Centering_on_Me_curriculum.pdf

4-H Dancefit

Dancefit has been created to get youth moving! It teaches youth that physical activity can be fun. Youth learn easy dances, have fun and improve their health.

Source: Kentucky Cooperative Extension

KY CES

Email Jennifer Tackett Jennifer.tackett@uky.edu for a copy

Get Moving Kentucky – Youth Lessons

These lessons are part of the Get Moving Kentucky program and provide curriculum topics for youth. Each lesson contains: Facilitator's Guide; Lesson Evaluation in true/false format; Lesson Activity Sheet; Handouts; Family Take Home Sheet. The seven lessons include: A Safe Start (safety in physical activity); Moving for Fun; Hard-Working Hearts (heart health); Muscles in Motion; Stretch It Out (stretching and flexibility exercises); Fuel Up with Food; Building Bones. Intended User: volunteers working with youth ages 9 through 13

Source: KY Cooperative Extension; Download at <http://www.ca.uky.edu/heel/moving.htm> (Link)
KY CES Download

Headlines for Health

Children today will be exposed to more chemicals over their lifetimes than any previous generation. *Headlines for Health* teaches youth about the environmental hazards that may exist around them and helps youth to recognize the warning signs of these environmental hazards before the risks become serious. The project culminates in an student-created environmental health newspaper with a variety of articles and features to help keep youth and their families safe from environmental dangers.

Lesson plans and newspaper fact sheets are included on: Introduction; Hazardous Household Products; Mold; Lead; Radon; Air Pollution; Asthma Triggers.

Source: Florida Cooperative Extension 4-H Youth Development, Download at: http://edis.ifas.ufl.edu/TOPIC_SERIES_Headlines_for_Health. Questions: contact Joy Jordan at jcj@ufl.edu.

FL CES 4H HEL 70.1. Download

Jump into Food & Fitness (approved for NEP grant)

This curriculum outlines a seven-session series on nutrition, food safety, and physical fitness. Each session is 90 minutes. (134 pages) Intended user: volunteers working with youth ages 8-11

Source: Michigan State University Extension. Mail order to MSU Bulletin Office, 117 Central Services, Michigan State University, East Lansing, MI 48824-1001. Fax order and credit card info to 517-353-7168. Order by web at www.emdc.msue.msu.edu and search by publication title or number. For questions, call 517-353-6740.

MI CES 4-H 1602 \$13.50

Keeping Fit & Healthy—Staying Healthy

In this project, youth design their own personal fitness plan and track it using their own fitness file. Through interviews & personal experiences youth discover benefits to being fit as they practice making decisions, speaking with others & managing themselves. Intended user: youth, ages 9-18

Source: National 4-H Supply Service. Order online at: www.4-hmall.org/ or phone: (301) 961-2934
4-H Mall #08175 \$4.95

Keeping Fit & Healthy—Fitness Activities for Youth

In this project, youth design their own personal fitness plan and track it using their own fitness file. Intended user: youth, ages 9-18

Source: National 4-H Supply Service. Order online at: www.4-hmall.org/ or phone: (301) 961-2934
4-H Mall #08176 \$4.95

Literacy, Eating and Activity for Primary (LEAP) Youth Health Curriculum (approved for NEP grant)

The LEAP for Health curriculum is a series of 22 lessons using storybooks to teach children about staying healthy, being physically active, and eating more fruits and vegetables, low-fat dairy products, and whole grains. Each lesson consists of a facilitator's guide, family newsletter, and curriculum matrix.

Intended User: adults teaching children ages 3-8

Suitable for use with the following delivery methods: club, special interest group, school enrichment, camps, after-school programs

Source: Kentucky Cooperative Extension,
http://www.ca.uky.edu/hes/fcs/heel/leap/overview_and_planning_materials.pdf
KCES Download at no charge

Media-Smart Youth: Eat, Think, and Be Active! (approved for NEP grant)

This curriculum is an interactive after-school program designed to teach youth ages 11-13 about the complex media world around them and how it can affect their health, especially in the areas of nutrition and physical activity. It helps youth a) become aware of and think critically about how media can affect their nutrition and physical activity choices; b) build the skills to make good decisions about being physically active and eating nutritiously in daily life; c) establish healthy habits that will last into adulthood

Intended user: volunteers working with youth ages 11-13

Source: National Institute of Child Health and Human Development. To ask questions or order, contact NICHD Information Resource Center by phone: 1-800-370-2943 (TTY: 1-888-320-6942); mail: P.O. Box 3006, Rockville, MD 20847; fax: 1-866-760-5947; or email:

NICHDInformationResourceCenter@mail.nih.gov

Download free at: http://www.nichd.nih.gov/msy/program_materials.htm

NICHD Order or download at no charge

SPARK After School (Sports, Play and Active Recreation for Kids) (Active Recreation)

This curriculum was developed for out-of-school physical activity programs (e.g., after school, recreation center, day care center, or camps). SPARK After School philosophy: Include ALL youth, ALL youth ACTIVE, and ALL youth learning to enjoy movement. The binder of activities contains over 450 pages of games (cooperative, team building and aerobic); dances (line, square, multi-cultural); sports (frisbee, hockey, and more); useful management tips; fitness activities; social skills; equipment construction instructions; strategies for limited space, large class sizes and multiple grades levels; and more practical tools.

Intended audience: Volunteers and youth leaders leading activities for youth ages 5-14.

Source: The SPARK Programs, 438 Camino Del Rio South, Suite 110, San Diego, CA 92108; Download order form at: <http://www.sparkpe.org/binderOrderForm.pdf>

Place order by email to spark@sparkpe.org, by phone at 619-293-7990 or 1-800-SPARK PE, fax at 1-619-293-7992 or contact KY's training contact Jeff Mushkin, Project Specialist, jmushkin@sparkpe.org

SPARK # 201381-201 \$96.99

The OrganWise Guys (approved for NEP grant)

This curriculum includes a series of four Power Point presentations with leader's guides, and storybooks, teaching students four basic health concepts: eat a low fat diet, eat a high fiber diet, drink plenty of water, and exercise. Additional materials include plush toy caricatures of organs (the OrganWise Guys), videos featuring the OrganWise Guys in health related stories, and Little Organ Annie, a stuffed doll who can be used to demonstrate the placement of the organs. Presentations include: Smart From the Inside Out (K-2nd grade); Basic Training for Better Health (3rd-5th grade); The Healthy Heart Challenge (3rd-5th grade); The OrganWise Guys Gardening Kit (K-5th grade)

Intended User: agents, assistants or volunteers teaching youth in grades K-5

Suitable for use with the following delivery methods: clubs, special interest groups, school enrichment, camps, after-school programs

Source: The OrganWise Guys, Inc., www.organwiseguys.com, see prices. Order at 1-800-786-1730.

Steps to a Healthy Teen (approved for NEP grant)

The National 4-H Curriculum, STEPS to a Healthy Teen: Segments To Emphasize Physical activity and nutrition Steps, consists of 10 activities for youth ages 14 to 19. The purpose of the curriculum is to help youth develop skills and knowledge in physical education and nutrition. Participants experience a variety of learning methods and tools such as games, case scenarios, computer software programs, cooking demonstrations, and fitness challenges. Most activities range from 45 to 60 minutes and include accompanying handouts.

Each activity includes a Teen Research (TR) Challenge take-home task. The TR Challenge encourages healthier lifestyles through thought-provoking activities for teens to solve themselves or with their families. It is strongly recommended to utilize the Facilitator Guide with the Youth Notebook to have full access to all curriculum content.

Source: 4-H Mall at <http://www.4-hmall.org/Product/steps/steps-to-a-healthy-teen-set-of-2/08395.aspx>

4-H Mall #08395 \$18.95

Substance Abuse:

Health Rocks!® (MSU Version)

This curriculum is designed to engage youth and adults as partners in developing and implementing community strategies and to understand the decision making process to reduce tobacco, alcohol, and illegal drug use among youth. This curriculum has been revised. Materials and incentives are free but are extremely limited. One copy is available for check out from Jennifer Tackett.

Intended user: volunteers and teens working with groups of youth ages 8-12.

Source: Mississippi Extension Service website: http://msucares.com/4h>Youth/health_rocks/ For questions, contact Dr. Susan Holder (susanh@ext.msstate.edu), Dr. Rae Wilkinson (raew@ext.msstate.edu) or

Landon Summers (landons@ext.msstate.edu) or phone 662-325-3350. For ordering information, call Betty Rawlings (rawlings@ext.msstate.edu) or phone 662-325-3350

MS CES

No Charge

Health Rocks!® (National 4-H Council version)

This curriculum is a prevention and decision-making program, which provides key health messages. Special emphasis is placed on tobacco use prevention. The program includes components that bring youth and adults together as partners in developing community strategies that prepare young people to make healthy lifestyle choices. Developing life skills, such as critical thinking, communicating with others, managing change, and dealing with stress and peer pressure, help youth develop internal strength to resist risky behaviors. The series allows participants to experience activities that help them learn and adopt skills, and understand the issues and effects of tobacco use and other risky behaviors. Curricula is taught by teen/adult leadership teams (142 pages)

Intended user: teen/adult leadership teams working with youth, ages 8-12.

Source: National 4-H Supply Service. Order online at: www.4-hmall.org/ or phone: (301) 961-2934

N4-HS

#08380

\$9.95

Specialist responsible: Jennifer Tackett