Kentucky 4-H Youth Development Update
March 2015

As you begin new programs this spring, bring some to closure and plan for opportunities in the future, don’t forget to focus some attention to the impact you are making on the youth in your county. We have four Featured Programs in 4-H-Speeches and Demonstrations, Leadership, Youth Physical Fitness and Healthy Lifestyles, and Robotics. There are evaluation instruments located on the Program and Staff Development website at http://www2.ca.uky.edu/psd/reports_reporting.php for you to use as you gather impact of these programs. I also want to remind you that we have Uniform Evaluation Tools for each of the Core Curriculum Areas in the 4-H Agent Resource that will allow you to customize your evaluation to the specific program which will help you determine the impact of your program.

4-H Grown Alumni Campaign
Help spread the word and win $10,000 for Kentucky 4-H! HughesNet and 4-H are calling alumni nationwide to help bring these experiences to 4-H youth in their state by checking in. States with the most checked in 4-H alum could win a $10K “Innovation Incubator” Science Sponsorship! Learn More: www.4-h.org/4HGROWN Delaware is in the lead! I am sure we have many alumni that would be willing to help with this effort.

Charlene Jacobs, Assistant Director for 4-H Youth Development

UPCOMING EVENTS AND PROGRAM INFORMATION
Dog Program Updates
4-H Dog Camp Canine will be held May 15-17, 2015 at the J.M. Feltner 4-H Camp in London, KY. Cost will be $80.00 per person, state deadline is April 17. We will have the online system for registration available in early March, however, a paper copy is available on the 4-H Agent Resource Guide, under “Dog program”. Please note that the Dog committee (volunteers) voted last year on two major changes that will begin in 2015 for the 4-H Dog Program. 1) 4-H’ers must “declare” what dogs will be used in the current program year by April 1st annually (submitted to county extension office). A Declaration Form is on the Agent Resource Guide. 2) State Dog Show (Louisville, KY) will be August 15-16, 2015. Registration is through the St Fair online system and follows the animal deadline of July 10 annually. A volunteer/club leader “Expectation” form should be signed and submitted to the county extension agent. On this form a “new” change will be for the county dog club to declare what adult leader will be allowed in the “ring” area during the show. Only club leaders with a ratio of 1:5 (adult/youth) will be allowed on the ring floor during the show. This is to protect the child and animals from too much distraction which might cause damage to both the child and animal. All family members will be asked to stay outside the ring fence area or in the stands during the show.

Jan Burks, Extension Specialist for 4-H Youth Development

4-H SET Teen Leadership Board
To develop teen leadership in the Kentucky 4-H Science, Engineering, and Technology Program, Kentucky 4-H will be forming a State 4-H SET Teen Leadership Board this year in June, 2015.

**Objectives:** To develop an educational program that provides youth opportunities to: master technical skills and creative abilities, explore careers in the science, engineering and technology industry, develop leadership abilities and character, build self-confidence, improve public speaking and presentation skills and share knowledge with others.

**Purpose:** Give teens an opportunity to put leadership skills into action while providing a youth voice to the direction of the 4-H Science, Engineering & Technology program in Kentucky 4-H

**Eligibility: Youth**
Youth applicants must be in grades 8-11 (in good standing) at the time of application so that they are in grades 9 through 12 during their year of service.

**Requirement-During the course of the one year term, SET Teen Leadership Board Members are expected to:**
- Attend SET Day at the Kentucky State Fair (August, 2015).
- Promote National Youth Science Day (county and/or district event).
- Attend 4-H Summit (if asked to do a workshop) (March, 2016).
- Attend Teen Conference, and host a track and/or Workshop (June, 2016).

**Eligibility: Adult Mentors/Volunteers applicants:**
- Must be over age 19 and no longer eligible as a 4-H member.
- Must have the endorsement of the agent in his/her county.
- Be approved by the local Client Protection Committee.
- Commit to attend the events listed above.

**Application Deadline:** Youth Ambassador—May 1; Adult Mentor—April 3
Send this application to Torey Earle, UK College of Engineering, Extended campus, 210 Crisp Bld, 4810 Alben Barkely Dr., Paducah, KY 42002-7380 (PH-270-534-3105; Fax-270-534-3071) or as an email attachment to tearle@uky.edu so that it will arrive no later than the deadline. Incomplete applications will not be considered.

Final selection will be announced at the State Teen Conference, 2015.
Complete information, applications, etc. can be found under SET in the Agent Resource guide.

**Kentucky 4-H Culinary Challenge**
This year’s Kentucky 4-H Culinary Challenge is set for June 9-10, during Teen Conference. Each district may send one team made up of 3 to 5 teens in grades 9-12 (current program year). All members of the team must be from one county. The deadline to register the district team in
the state contest is May 1, 2015. Information is available on the public site at: http://4-h.ca.uky.edu/Food_Challenge and in the Resource Guide under “Culinary Challenge.”

**Qualifying events:** Within each Extension district, agents need to discuss and determine how the team will be selected to compete in the Kentucky 4-H Culinary Challenge coming up in June. Some districts may host a district challenge but other districts may come up with other unique methods. Regardless of the method, the district team will need to be fully prepared for the challenge at the state competition. Contact agents (who also serve as planning committee) are: D1: Sherrill Bentley; D2: Crystal Osborne; D3: Christy Eastwood; D4: Rachel Abney; D5: Roberta Hunt and Kindra Ewing Jones; D6: Martha Arterburn, Stephanie Thomas; D7: Tracey Tashjian.

*Martha Welch, Extension Specialist for 4-H Youth Development*

**Lync Session for Newer Agents and Other Interested Agents**
On the first Monday* of the month, newer agents participate in a one hour Lync session. While newer agents are required to participate for the first year of employment, other agents at any level of experience are welcome to join the session. A link will be sent to all agents by email several days before the session. In-service credit is not given for these sessions.

- **March 2, 2015**—Topic: Teen Boards and International Opportunities
- **April 7, 2015** (Tuesday)—Topic: State Communications Day and Volunteer Forum of the Southern States
- **May 4, 2015**—Topic: Teen Conference and the Country Ham Project
- **June 1, 2015**—Topic: Preparation for State Fair
- **July 7, 2015** (Tuesday)—Topics: Southern Region Teen Leadership Conference and Poultry projects & resources
- **August 3, 2015**—KY 4-H Volunteer Forum

*When there is a conflict with the 1st Monday, most likely the session will be held the next day, on Tuesday.

*Martha Welch, Extension Specialist for 4-H Youth Development*

**KSU Cooperative Extension 4-H Youth Development Summer Programs**
Please share the website information with youth in your county. These programs are open to all youth in Kentucky. http://kysu.edu/academics/cafsss/cafsss-research-areas/cafsss-4-h-youth-development/

In past years, several 4-Hers from across the state have attended. Please contact Shawn with any questions, comments or concerns.

*Ms. Shawn M. Moore, Youth Program Director, 4-H Youth Development, Kentucky State University*

**4-H Issues Conference – 2015 Grant Recipients**
Congratulations to our 2014-2015 4-H Issues Conference Grant recipients. The winners, along with the title of their projects, are:
• **Devyn Martindill** (Nelson County/D5) – “Teen Chill” – teaching teens how to relax in a safe supportive environment where they can be themselves. Devoted to teens helping teens, this program’s goal is to provide an outlet for the regular pressures faced by this age group.

• **Amanda Moberly and Jessamine County Teens** (Jessamine County/D4) – “Steps to Success Fair” – this is an opportunity for youth in the county to obtain a higher level of understanding about their future goals. Using experienced volunteers, teens will be mentored in test taking, professionalism and other areas that will support their future success.

• **Deborah Meyers and Kelly Cropenbaker** (Campbell County/D3) – “Energize with 4-H” – this is a program that promotes healthy lifestyle habits in elementary school aged youth. There will be healthy snacks, hands-on health education and active programming that encourages the participants to move and become energized!

• **Rebecca Hayes** (Scott County/D4) – “Breaking the Barriers of 4-H” – This program will work to strengthen the relationships between organizations within Scott County that have traditionally been viewed as competitors for youth time. This will help increase awareness for 4-H and create important county relationships that benefit all agencies and youth.

• **Calvin Andries** (Franklin Count/D4) – “Weekend Backpack Snacks Program” – this program uses the grant funds to support the Franklin County public schools backpack program that provides snacks to youth who might not receive adequate food when away from school. This program is supported the 4-H Teen Club in Franklin County and through the efforts of a dedicated group of teens.

• Congratulations to all of these outstanding youth. They will receive a $500 grant so support their program.

*Mark Mains, Extension Specialist for 4-H Youth Development*

**Table Talk with Teens**

Over 50% of Americans say that spending more time with family and friends is one of their New Year’s resolutions. Spending quality time with your teen can be difficult due to teens’ busy schedules. Meal times, however, can be a perfect time to connect with your teen. Today’s post is full of tips for holding enjoyable dinner conversations with your teen. Bon appétit! The full post is at: [http://myparenthetical.com/table-talk-with-teens-and-preteens/](http://myparenthetical.com/table-talk-with-teens-and-preteens/). “Table Talk” is a Parenthetical Archives post and was first posted on Parenthetical in July 2013.

*Mark Mains, Extension Specialist for 4-H Youth Development*

**Social Media Information You Can Use! A Look at If This, Then Than**

Communicating their message is a key component of a 4-H professional’s job. Whether that message is about an upcoming meeting, information on project work or recognition of outstanding community leadership, 4-H professionals are spending a significant amount of time using email and social media. Many agents make regular use of Twitter, Facebook and email while others have added Snapchat, Instagram or Pinterest to the list. Covering your bases on
social media can be a time consuming effort! The website If This, Then That (IFTTT) can help make that a little easier (https://ifttt.com/). On this website you can create recipes that automate certain actions across various social media platforms. For example, when you upload a video to YouTube, you can set it to post to Facebook and Twitter. Or when you post a photo on Instagram, you can have it automatically uploaded to a Facebook album. A recent Journal of Extension article (Skrabut, 2014) called Save Time and Increase Social Media Reach by Using IFTTT has more information. Check out this article or the website to find out how you can start automating some of your daily social media efforts!

Mark Mains, Extension Specialist for 4-H Youth Development

Civic Engagement/Citizenship

Although gratitude provides a multitude of benefits for everyone – ranging from physical health to mental health – there may be particular advantages for teenagers. Grateful teens are more likely to be happy, less likely to have behavior problems, and less likely to abuse drugs or alcohol, according to a 2012 report by the American Psychological Association. Grateful teens also tend to be more hopeful about the future which can influence their college and career choices. Despite the benefits, the words grateful and teenagers often don’t go together. In fact, the younger generations have frequently been referred to as “spoiled,” and “entitled.” But that doesn’t mean you have to raise an ungrateful teenager. Everyone has the opportunity to become more grateful in life – including teens. Here are nine things we can do to foster gratitude in teenagers:

1. Role Model Gratitude
2. Talk About the Good in Difficult Situations
3. Create a Gratitude Bulletin Board
4. Discuss Gratitude Regularly
5. Write Thank-You Notes
6. Help Your Teen Finding Meaning and Purpose
7. Focus on Intrinsic Motivation
8. Make Helping Other People a Habit
9. Support Your Teen’s Independence

Mark Mains, Extension Specialist for 4-H Youth Development

Social Media/Facebook Pages

Are you using social media such as Facebook in your counties? This is a great way to promote, recruit and inspire your 4-H members and volunteers. However, please make sure you are following the established UK and UK CAFE guidelines. These can be found at: http://marketing.ca.uky.edu/facebook. All Facebook pages must receive approval through UK Public Relations. This approval email or message should be retained in your records. All Facebook or Social Media pages that represent the county’s extension program or 4-H program are the ultimate responsibility of the 4-H agent. Please make sure you account for these when teens or adult volunteers are creating pages. The state 4-H office requests that all county 4-H pages “like” the Kentucky 4-H Facebook page and send an email to Mark Mains with a link to your page. Please contact Mark Mains if you have any questions.
Mark Mains, Extension Specialist for 4-H Youth Development

UPCOMING IN-SERVICES FOR 2015

Be sure to pre-register for in-services that are of interest to you or youth in your county. Here’s a quick list of sessions specifically planned for 4-H agents but refer to the catalog in KERS for additional sessions targeted to all Extension agents. (4-H agents are not limited to the sessions below.)

- **Home Energy Detectives**: offered via Lync--Mar. 26; Apr. 16; May 21; June 18 (part of FCS—Home Environment Core)
- **Basic Training for New 4-H Agents**: date changed to Mar. 17-18, Weldon Suite, Lexington
- **Robotics—Incorporating 4-H into Science Classrooms**: Mar. 24-25, Hopkins CES; Mar. 30-31, Madison CES
- **Healthy Adventures for Teens**: April 27, Hiking, Pennyrile State Resort Park; April 29, Kayaking, Franklin County
- **High Ropes Training for Facilitators**: April 30-May 1, West KY 4-H Camp; May 7-8, Feltner 4-H Camp
- **Environmental Certification over the River and through the Woods**: FULL, May 7-8, Kentucky River and KSU Environmental Education Center in Henry Co.
- **It’s Your Reality**: May 14, Fayette CES (this replaces the Feb. 18 session cancelled due to weather)
- **2015 Series of In-Services**: Dec. 1-3, 2015, Hyatt Regency Downtown, Lexington

Martha Welch, Extension Specialist for 4-H Youth Development