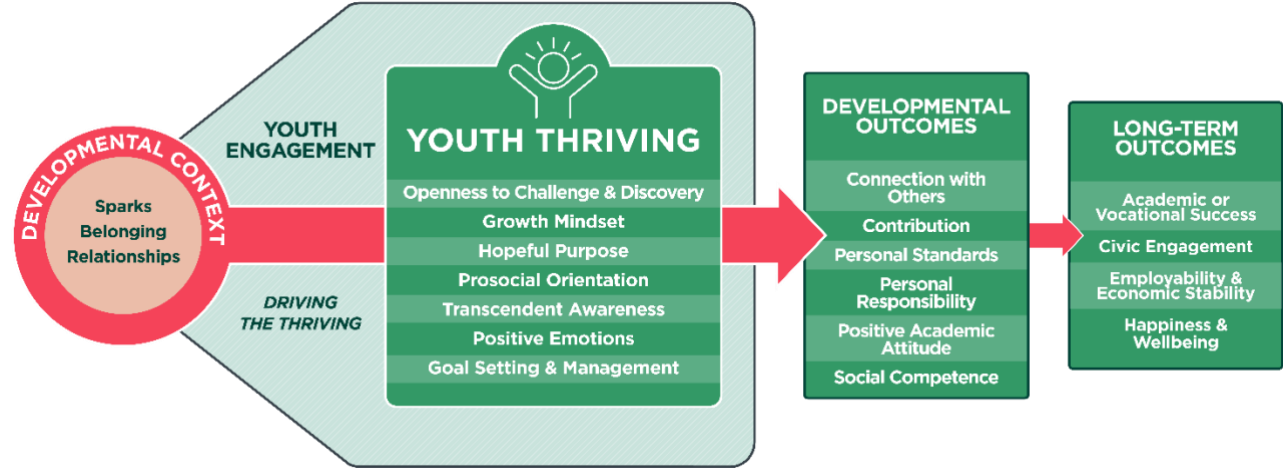




Kentucky 4-H: Thriving in Natural Resources

Positive youth development in 4-H doesn't just happen, the 4-H Thriving Model is used to predict the way that 4-H has its positive impact on youth development. This worksheet focuses on the developmental context and youth thriving portions of the 4-H Thriving Model. This resource is intended for agents and volunteers to use when intentionally designing programs to promote high quality positive youth development experiences in Natural Resources.



Developmental Context

Foundation of 4-H Programming

Context	Suggested Actions to Implement	Examples	County Program Opportunities
<p>How will you foster sparks? <i>A spark is a passion for a self-identified interest or skill, or a capacity that metaphorically lights a fire in a young person's life, providing energy, joy, purpose, and direction.</i></p>	<ul style="list-style-type: none"> Ask engaging/leading questions that showcase youth passions. Ask youth about their experiences in natural resources and what they would like to learn. Introduce youth to professionals in the natural resources field. 	<ul style="list-style-type: none"> Club/program experience (e.g., Natural Resources, Environmental, Bee Ambassador, Entomology, Geology, Stream Team, Forestry, Wildlife, Woodworking) Environmental Camp Forestry Field Day 	





Developmental Context

Foundation of 4-H Programming

Context	Suggested Actions to Implement	Examples	County Program Opportunities
<p>How will you promote belonging? <i>Feeling of inclusion regardless of gender, ethnicity, sexual orientation, or ability. Youth should have opportunities to share their culture and heritage with others and to forge a positive identity.</i></p>	<ul style="list-style-type: none"> • Provide opportunities for youth to develop “Club Rules” and foster accountability within the group. • Ensure all appropriate club management guidelines are used to ensure inclusivity. • Encourage youth to design swag items (e.g., t-shirts, cinch bags, water bottles, stickers). 	<ul style="list-style-type: none"> • Allow each group to create their own “Club Creed” or set of rules to agree on and follow. • Accommodate group needs. • Encourage youth choice through allowing club t-shirts, stickers, cinch bags, water bottles, etc. input and design. 	
<p>How will you support developmental relationships? <i>DRs begin by creating a secure attachment between the 4-H member and the adult, reflected in mutual warmth, respect and trust.</i></p>	<ul style="list-style-type: none"> • Include youth in decisions that affect their experience. • Hold club officer elections to foster youth leadership and voice. • Celebrate youth successes. • Provide youth opportunity to reflect and share at the end of the program year or event. • Ensure youth have a way to share emotions and concerns privately. 	<ul style="list-style-type: none"> • Hold club officer elections. • Have a specific time to allow youth to reflect, share, and evaluate the program and/or event. • Suggestion box format for youth to share concerns, etc. 	





Developmental Context
Foundation of 4-H Programming

Table with 4 columns: Context, Suggested Actions to Implement, Examples, and County Program Opportunities. The 'Context' column contains the question 'How will you encourage engagement or youth voice within programming?' and the subtext 'Ability to contribute in a meaningful way on subjects of importance to them.' The 'Suggested Actions to Implement' column lists three bullet points about research, events, and participation. The 'Examples' column lists three bullet points about project books, club promotion, and event promotion. The 'County Program Opportunities' column is empty.





Youth Thriving

Facilitating the Process of Growth Through the Seven Indicators

Indicator	Suggested Actions to Implement	Examples	County Program Opportunities
<p>Growth Mindset <i>A growth mindset supports effort in learning over innate ability.</i></p>	<ul style="list-style-type: none"> • Use encouraging language when youth try new projects and/or skills. • Ensure that youth goals are realistic and reachable so they can work toward completing set goals. • Make sure youth know that any progress is good progress when working towards goals. • Assign youth accountability partners for the length of the program/project. • Encourage youth to progress through and complete the project of their choice. • Encourage youth to take their acquired skills to the next level. 	<ul style="list-style-type: none"> • Examples of encouraging language: “I believe in you. I think you’ll learn a lot from this experience.”; “I know you have it in you! Keep trying!” • Encourage youth to track their progress through use of a project book, nature journal, or other similar means. • Assign youth accountability partners and provide them opportunities to meet and discuss their projects. • Encourage youth to teach other 4-H members the skills/knowledge they have acquired through completing their project. 	





Youth Thriving			
Facilitating the Process of Growth Through the Seven Indicators			
Indicator	Suggested Actions to Implement	Examples	County Program Opportunities
<p>Openness to Challenge & Discovery <i>Thriving youth have the desire and ability to try new things and challenges.</i></p>	<ul style="list-style-type: none"> • Provide a safe environment for youth to feel comfortable with exploration and attempting new challenges. • Encourage youth to explore natural resource opportunities at the area, regional, or state level. • Expose youth to a wide variety of natural resource opportunities. 	<ul style="list-style-type: none"> • Encourage youth to participate in the Natural Resources and Environmental Sciences Academy. • Encourage youth to participate in area, regional, or state level programs/events: <ul style="list-style-type: none"> ○ Forestry Field Days ○ Win with Wood ○ Envirothon ○ Communications Day (natural resources related speech or demonstration) 	
<p>Hopeful Purpose <i>Thriving youth have a sense of hope and purpose and see themselves on the way to a happy and successful future.</i></p>	<ul style="list-style-type: none"> • Help youth identify specific activities related to natural resources and how those activities can benefit their spark. • Expose youth to careers of their interest. • Provide job shadowing opportunities. • Schedule college tours based on youth interest and goals. 	<ul style="list-style-type: none"> • Invite guest speakers who are leaders in their field to speak to youth. • Promote field trips in a variety of career fields. • Encourage youth to research careers of their choice. • Provide job shadowing opportunities. • Schedule a college tour for senior level 4-Hers. 	





Youth Thriving

Facilitating the Process of Growth Through the Seven Indicators

Indicator	Suggested Actions to Implement	Examples	County Program Opportunities
<p>Prosocial Orientation <i>Thriving youth see helping others as a personal responsibility, and live up to the values of respect, responsibility, honesty, kindness, and generosity. Thriving youth care about and give back to their communities.</i></p>	<ul style="list-style-type: none"> Encourage youth to help younger 4-Hers in their club. Ensure that the group establishes their rules and expectations for the year. Challenge club to identify a natural resources community issue and create a plan of action to address. 	<ul style="list-style-type: none"> Encourage youth to lead demonstrations for younger 4-Hers (e.g., how to do a leaf print; how to pin an insect). Allow each group to create their own “Club Creed” or set of rules to agree on and follow. Do service-learning projects that correlate with the topic being learned in the club/program (e.g., tree plantings, litter cleanups). 	
<p>Transcendent Awareness <i>Thriving youth are aware of a reality bigger than themselves from which meaning and purpose are derived. This transcendent awareness shapes everyday thoughts and actions.</i></p>	<ul style="list-style-type: none"> Start each program/event with the 4-H pledge. Provide opportunities for members to function as a team. 	<ul style="list-style-type: none"> Record keeping Project books Forestry Judging Team Envirothon Team 	
<p>Positive Emotions <i>Thriving youth are positive and optimistic and can manage emotions in a way that leads to health and well-being.</i></p>	<ul style="list-style-type: none"> Encourage “I Statements” to express their feelings about their goals. Hold each other accountable based on their group rules established early in the year. Utilize Mindful Me and GEMS curriculum. 	<ul style="list-style-type: none"> Provide youth an opportunity to discuss their emotions. Review group rules as needed. Do Mindful Me activities throughout the year as a club. 	



Youth Thriving <i>Facilitating the Process of Growth Through the Seven Indicators</i>			
Indicator	Suggested Actions to Implement	Examples	County Program Opportunities
Goal Setting & Management <i>Thriving youth set goals and persevere in achieving their goals. They also make self-regulatory decisions that lead to better short-term and long-term success.</i>	<ul style="list-style-type: none"> Encourage youth to set goals for their personal growth and for their 4-H career. Encourage youth to complete a specified project of interest. Focus on all aspects of 4-H leadership they can participate in. 	<ul style="list-style-type: none"> Achievement records emphasis for club members. Leadership opportunities such as Natural Resources and Environmental Sciences Academy, camp counselors, club officers, and joining 4-H council. 	

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