



### Inside the Issue

#### LIFE SKILLS: BEING

Through 4-H, we use clubs, programs and activities to teach youth about how to use "Health for Better Living."

#### CLUB PERFORMANCE STANDARDS

These standards help clubs reach specific standards of performance as a group in order to receive end of year recognition.

#### AGES & STAGES OF YOUTH

The Ages and Stages of Youth help you to know and understand your audience and what they need developmentally to be successful in your club or program.

## BUILDING SELF-ESTEEM

Self esteem is the confidence someone has in their own self-worth or abilities and directly correlates to self-respect. As a 4-H Leader, you can have a positive impact on how a child views and/or feels about themselves by taking deliberate steps to build positive self-esteem in youth. Watch this short video for 3 tips on building self-esteem in youth.



# CLUB PERFORMANCE STANDARDS



3.

Just as many club members will work to achieve standards, the clubs themselves may also strive to meet Standards of Excellence. There are four levels of standards available for clubs to achieve. These standards can be found on page 13 of the 4-H Club Planning Workbook that was mailed with your July newsletter for future reference.

Standards include:

1. Club/group had a planned annual program that includes group goals. (Ex: recruit 4 new members; 75% of members will attend camp; all members will choose one county learning activity to attend)
2. Club/group members were actively involved in planning the club/group's annual program.
3. Club/group selected an area of focus for their annual program. (Ex: health & fitness; environmental science; pet care; community service; intercultural understanding) OR club/group is represented in the community, by serving on a committee, council or board with adult partners.
4. Club/Group members were involved in implementing the annual program/activities.
5. A calendar for the year was printed and distributed to members, parents, volunteers, and the local Extension Office.
6. All members were invited and at least 75% of club/group members were involved in at least nine club/group activities during the year.
7. Club/Group officers were elected or appointed, and fulfilled their leadership roles.
8. Club/Group completed at least one (1) community service project.
9. Club/Group completed at least one (1) promotion activity that promotes 4-H visibility at the community or county level.
10. Club/Group has completed at least one (1) project that promotes 4-H visibility at the county, multi-county, district, state, multi-state, national or global level.
11. Club/Group recruited at least one (1) project volunteer for at least 75% of the member's project learning areas.
12. At least 75% of the members made progress toward individual 4-H project goals.
13. Group developed a method to communicate with families at least three (3) times per year regarding club/group activities, education, and achievements.
14. Club/Group planned at least one (1) activity to include parents and families in club/group activities.
15. Members took part in a variety of non-competitive activities and/or meetings beyond the 4-H club/group level.
16. A scheduled recognition event was held for members, volunteers and parents.
17. Club/group planned and implemented at least one multi-club activity.
18. Members participated in competitive 4-H events beyond the club/group level.
19. 4-H club/group consistently had a safety/supervision ratio of 1 adult to 10 youth.
20. The racial/ethnic composition of the club reflects the diversity of the surrounding community.

## RE-ENROLLMENT WHEN & HOW

September 1st is just around the corner. This year Florida 4-H is once again using 4-H Online as the one and only registration tool for youth and families. Please remember each year 4-H Online shuts down in August before re-enrollment can happen.

This year it looks like re-enrollment will start September 1. Both leaders and youth have to re-enroll each year. The link is [v2.4honline.com](http://v2.4honline.com).

Please remember it is important to NOT create a new profile, but to use your current family profile. If you need help resetting your password the 4-H Office can assist you.

When re-enrolling as a volunteer you will also need to complete the OYCS training under the training tab.

A screenshot of the 4-H Online login page. It features the 4-H Online logo at the top, which consists of a green four-leaf clover with the letters 'H', 'F', 'L', and 'E' on the leaves, and the text '4-H Online' in green. Below the logo are two input fields: 'Login Email' and 'Password'. A blue 'Sign in' button is positioned below the password field. At the bottom of the form, there are two links: 'Don't have an account?' and 'Reset password?'.



Do you know your audience and understand what each of them needs to be successful? As an educator whether you teach formally or informally, you have an important role in helping young people grow and learn. To do this effectively, you should know and understand the ages and stages of youth development.

These developmental stages group youth into four categories based upon age and assist educators in understanding how to engage learners in activities that are appropriate for their age and ability level. The developmental age groups identified include early childhood (5–8-year-old youth), middle childhood (9–11-year-old youth), early adolescent (12–14-year-old youth) and adolescent/teen (15–18-year-old youth). The Ages and Stages approach addresses the physical, social, emotional, and intellectual development of youth within each of these age ranges. When looking at each of these types of development, we need to understand what each of the types addresses. The physical development of youth addresses both the growth and maturity of the body whereas the social development of youth addresses how youth interact with others and how they respond in social settings. Emotional development identifies how youth react with their feelings and how they convey them to others and intellectual development addresses how youth learn both formally and informally.

Development in youth is orderly and happens in succession gradually and continuously and is evident as children evolve from birth until childhood. There are many factors that come to play in the development of youth including but not limited to their gender, trauma or life experiences, and physical, emotional, and mental needs. Although the Ages and Stages framework creates an organized structure to identify developmental stages, it is important to remember that not all children are the same and their development may be unique. Although all youth development is unique, there are still characteristics that children share at these certain stages of life, and these are identifiable through use of the ages and stages framework.

As you begin to plan lessons and activities, you must take the Ages and Stages of youth into consideration. Prior to planning your lessons or activities, make sure that you are aware of or determine what age group you will be teaching and/or if the group may contain multiple age groups. Once the ages of the participants are determined, you will be able to easily determine the implications of working with these specific youth as well as which techniques you should apply within your teaching. These implications and techniques will address physical, social, emotional, and intellectual aspects of the learner.

Use the chart below to better understand the different Ages and Stages of Youth Development.

## Stages of Youth Development

Developmental Stage	Sample Characteristics and How to Plan for those Characteristics
Early Childhood (Ages 5-8)	Youth in this age group are still practicing large and small motor skills. They may not be physically able to complete some tasks, and others will be messy as they have a harder time manipulating materials.
Middle Childhood (Ages 9-11)	Youth in middle childhood have shorter attention spans and enthusiasm for trying new things. It is important to plan several shorter activities during program time rather than one longer activity.
Young Teens (Ages 12-14)	Young teens have the skills to plan and evaluate their own work. Encourage these youth to take a larger role in planning activities.
Middle Teens (Ages 15-17)	Youth at this stage are often interested in the well-being of the greater community. Adult facilitators can help them create opportunities to address some of these needs.
Older Teens/Young Adults (Ages 18-19)	At this stage, youth are preparing for major life changes. They are thinking about moving out on their own, deciding what to do after they graduate, etc. Provide youth with opportunities to explore different options. Invite them to have conversations with adult sounding boards.



# ENGAGING YOUR CLUB MEMBERS

When engaging youth in learning, they should be actively engaged in different learning environments and should be challenged to pursue their own learning. Engaged youth are mindful of the subject that you are covering and work to build relationships and connections in order to develop a better understanding. These youth are able to self-reflect and learn from their experiences.

Active learning strategies keep youth engaged and interested in what is being taught. As you work to engage youth in learning, think about how you can involve youth in the learning process and how to vary teaching techniques. Just as adults, youth learn more when they are actively engaged in a topic and can actively meet challenges and solve problems. By providing this opportunity, you as a leader are helping them to develop self-confidence and feel that they are truly capable of succeeding. How can you actively engage your club members?

- Provide experiential learning opportunities where youth can follow the process of discovering knowledge and finding solutions to problems.
- Provide a variety of activities both whole group and small groups
- Include games with your lessons
- Go on a "field trip." either in person or virtually
- Ask youth to present on a specific topic during the year
- Encourage older or more experienced youth to become mentors for new or younger members.
- Use assessments to gauge what students know
- Use rewards or incentives

A 4-H club or activity provides you with the opportunity to create a spark in youth and get them excited about learning. Simply having a learning experience is not enough; knowledge is created through the transformation of experience and is a hands-on and minds-on process.



Information derived from The essential elements of 4-H Youth Development Programs

## 4-H EMBLEM BASICS

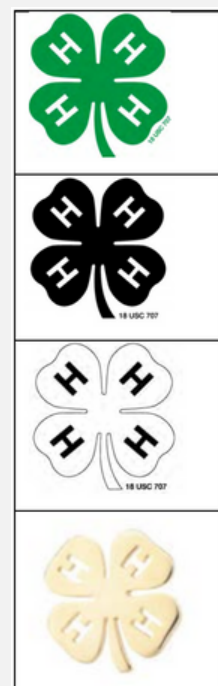
The official 4-H Emblem is a four-leaf clover with a letter "H" in each leaf and the stem turned to the right.

The Emblem may be two-dimensional (flat) or three dimensional (with shadows that show depth and perspective).

Authorized users of the 4-H Emblem must ensure the following:

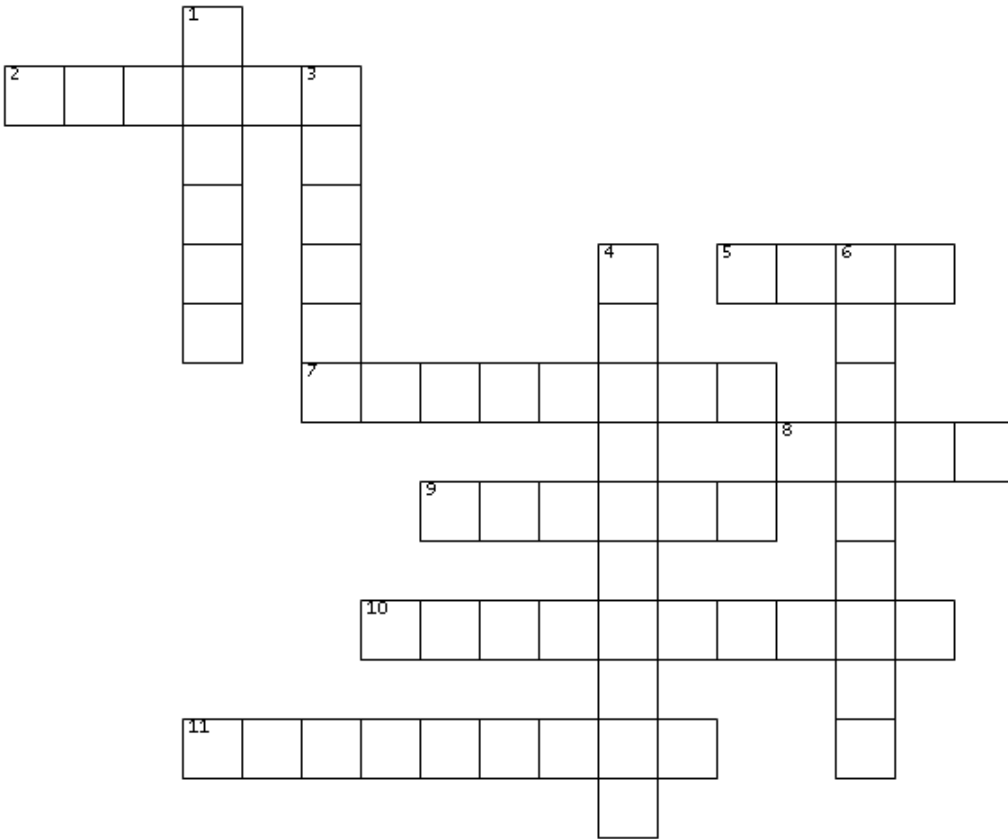
- They have obtained the official 4-H Emblem and are using it in its entirety.
- They do not "flip" the image to create a framed look. The stem on the 4-H Emblem must point to the right as you look at the image.
- They are familiar with resizing graphics through the software application being used, and do not distort or warp the dimensions of the Emblem.
- The 4-H Emblem is never used to imply endorsement.

The clover can be green, white, black, or metallic gold. Below are the examples of official clovers in each color.





# AUGUST 4-H VOLUNTEER CROSSWORD PUZZLE



## ACROSS

- 2. \_\_\_\_\_ learning strategies keep youth engaged.
- 5. The \_\_\_\_\_ training in 4-H online is mandatory every year for volunteers.
- 7. The Clover can be green, white, black, or \_\_\_\_\_ gold.
- 8. Each \_\_\_\_\_ should do at least one community service project each year.
- 9. There are \_\_\_\_\_ Club Performance Standards.
- 10. Development in youth is orderly and happens in \_\_\_\_\_ gradually and continuously.
- 11. The Ages and Stages \_\_\_\_\_ create an organized structure to identify developmental stages.

## DOWN

- 1. \_\_\_\_\_ Teens are often interested in the well-being of the greater community.
- 3. Self \_\_\_\_\_ is the confidence someone has in their own abilities.
- 4. Both youth and \_\_\_\_\_ must re-enroll every year.
- 6. Early \_\_\_\_\_ youth may not be physically able to complete some tasks.



# AUGUST 24TH IS NATIONAL PEACH PIE DAY. WHAT IS YOUR FAVORITE PEACH PIE RECIPE?

## Peach Pie

★★★★★

Prep	Total	Servings
25 MIN	3 HR 10 MIN	8



## Ingredients

- 2/3 cup sugar
- 1/3 cup Gold Medal™ All-Purpose Flour
- 1/4 teaspoon ground cinnamon
- 5 to 5 1/2 cups sliced peeled fresh peaches (5 to 6 medium)
- 1 teaspoon lemon juice
- 1 package (12 oz) frozen Pillsbury™ Deep Dish Pie Crusts (2 Count)

## Steps

- 1 Place cookie sheet on oven rack. Heat oven to 400°F.
- 2 In large bowl, mix sugar, flour and cinnamon. Stir in peaches and lemon juice. Spoon into frozen crust. While second crust is still in pan and frozen, remove crimp with sharp knife. Remove crust from pan and center frozen crust upside down on top of filled pie. Let thaw 10 minutes; crimp edges together. Cut 2 or 3 slits in top crust. Cover edge of crust with pie shield or foil strips.
- 3 Bake on cookie sheet about 45 minutes or until crust is golden brown and juice is thick and bubbly. Cover entire top of pie loosely with foil if crust is getting too brown. Cool on cooling rack at least 2 hours.

## AUGUST VOLUNTEER CHALLENGE

COMPLETE THIS SURVEY FOR A CHANCE TO WIN A 4-H PRIZE.



**Congratulations to our July winner!**  
**Kristie Lawson**

## COMMUNITY SERVICE OR SERVICE LEARNING?

Learning to serve is an essential part of being an engaged citizen. The 4-H Program strives to teach youth to serve their communities. There are many ways to serve, and two common types of service in youth development programs are community service and service learning. What is the difference between the two?

**Community Service:** The primary goal is doing something for the community

**Service Learning:** The goal is twofold. First participants learn about their community and develop life skills. Second, the project meets a need in the community.

What will your club decide to do?

### Contact Us

## KRISTIE POPA

Charlotte County  
4-H Extension Agent II  
(941)833-3836  
kpopa@ufl.edu



## TYCEE PREVATT

Glades County  
4-H Extension Agent/CED  
(863)-946-0244  
tyceerprevatt@ufl.edu