



Inside the Issue

LIFE SKILLS: LIVING/HEALTH

The 4-H program focuses on teaching youth life skills. The living/health life skill focuses on living a healthy lifestyle, making good choices, personal safety and more.

CLUB PLANNING

Take a look at how to plan an effective club calendar/program. This process is broken up into a few manageable steps for you to complete throughout the summer.

RISK MANAGEMENT

It is important to employ risk management procedures in your program. Learn how to protect the safety of participants, sponsors, property, finances and more.

TIPS TO HELP ERASE STRESS

Stress is often very difficult and overwhelming. Stress is a normal reaction the body has in response to any change either positive or negative, that requires a response or adjustment. Find a coping strategy or strategies that work best to help you relieve your stress. Watch this short video to find out more ways to erase the stress in your life!
<https://tinyurl.com/pr8nk4wz>





RISK MANAGEMENT

Creating an environment where youth feel safe takes planning. As you plan field trips and topics for your club for the upcoming year you also need to think about managing the risks of those activities.

Planning the Activity

1. What is the Event
2. Who is in Charge
3. County, District or State Level Event
4. Type of Event/Activity
5. Scheduled time and date of Event
6. Locations
7. # attending
8. How does this promote 4-H
9. Description of planned Event/Activity

Managing the Risk

1. List all activities that could cause damage, injury, & financial loss, and goodwill/reputation
2. Identify the type of risk associated with the activity - people, property, finances, and goodwill/reputation.
3. Use Matrix below to assess the current level of risk. Name each activity from step 1 and give it a score.
4. Brainstorm methods to manage risks & reduce initial score (list out modifications to event/activities include how to reduce, avoid, transfer, or assume the risk.
5. Return to the matrix to re-assess the risk with using the methods to manage the risks .
6. Determine whether or not to conduct event and/or modify activities.

Post Event Assessment

1. Was the Event/Activity a success? Why or Why Not
2. Did you encounter any unforeseen problems? Yes or No - If yes, how can you better prepare in the future?
3. Are you going to continue this event or activity? Yes or No - If yes, what changes would you recommend for the future?

Levels of risk/severity	Probability that something will go wrong			
	A Likely to occur	B Probably will occur	C May occur	D Unlikely to occur
I. Severe/ critical	High 5	High 5	High 4	Medium 3
II. Significant/ medium	High 5	High 4	Medium 3	Medium 2
III. Minor/ low	High 4	Medium 3	Medium 2	Low 1
IV. Insignificant/ very low	Medium 3	Medium 2	Low 1	Low 1

AMERICAN INCOME LIFE INSURANCE

Did you know all 4-H youth that are enrolled and approved as Community Club members are covered by the Florida statewide 4-H policy through American Income Life or AIL for short. It is important to note that this policy does not cover illness or practice/informal group at a home. AIL also offers specialty insurance that your 4-H agent can apply for when needed.

A good risk management plan will also include if specialty insurance is needed.

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Good risk management fosters vigilance in times of calm and instills discipline in times of crisis.

-Dr. Michael Ong

Times when Specialty Insurance is needed.

- Field Trips - when it is not a regularly scheduled calendar meeting.
- Year End Parties/Banquets
- Some Workshops and Fundraisers

If your club has something planned that may require specialty insurance your agent can help you purchase a plan.

Note:

All FL 4-H Insurance Policies are intended to supplement and compliment personal insurance coverage and considered secondary insurance, as it does have specific limits of coverage.



CLUB PLANNING

Creating an educational program for your 4-H club may seem like a daunting task, but it can be easily broken up into several smaller tasks completed over the course of a month or the summer. Use these tips to create a successful club plan for the 2021-2022 4-H year.

When creating an educational program for your 4-H club, make sure to complete the following tasks:

- Set meeting dates, times and locations. Remember that some clubs benefit more by visiting various locations for a variety of experiences.
- Determine what topics will be covered at each meeting.
- Identify speakers who you can contact to speak at your meeting on the determined topic. Often times they can bring literature or other handouts for the youth and may be able to provide a hands-on experience related to your meeting topic.
- Identify/plan a hands on activity or game that will help re-enforce the knowledge gained during the meeting.

As you become more intentional in your efforts to provide a positive environment for youth development, remember that you are creating an environment where youth can learn while building a positive relationship with peers and adults. This positive relationship should extend to the parents/families of the youth that you work with.

Creating open communication with these families is important. A positive step in this communication would be a club calendar provided at the beginning of the 4-H year with meeting dates, times and locations as well as other important dates and deadlines.

**Sometimes you just need a place to keep all of your plans organized. Use the Club Planning Guide included with this month's mailed newsletter to organize all of your ideas. **

LIST OF POTENTIAL TOPICS OR FIELD TRIPS FOR PROJECT CLUBS

The options for your club meeting topics and activities are endless. Here are some sample topics that might be of interest to you:

All clubs can include:

- Careers
- Budgeting
- Goal setting

Livestock

- Health/Care
- Housing
- Feed routines/nutrition
- Reproduction
- By-Products
- Equipment & its use
- Showmanship
- Animal ID
- Record Keeping

Horse

- Making a jump
- Setting up a pattern
- Fitting & showing
- Types of riding
- Showmanship

**Engage your livestock club youth in other projects for example:

Culinary Arts: Horse treats, dog treats, bbq/Tailgating contest. Include table setting, manners, table decor etc.



CLUB GOALS

If you have a goal in mind are you more motivated to follow through with the activity so that you can meet that goal? Setting a meeting goals gives us milestones that we can work to reach within our 4-H clubs. As we know all successful endeavors start with a goal in mind.

Life skills are the building blocks of the 4-H program these life skills represent the qualities that help youth become confident capable caring and responsible citizens life skills represent great targets towards which club goals can aim towards. Once you identify club goals you can plan club activities to reach those goals.

When we are setting goals it is important to attempt to set SMART goals. SMART goals are specific, measurable, attainable, realistic and time bound.

A sample goal may be that *this year your club members will engage in activities other than showing their animal at the fair.* Activities that you may plan to help reach this goal may include a skill-athon conducted by leaders, youth Creating a presentation to give to the group, and at least one in person hands on workshop. Once you determine your goal, you can ask yourself the following questions to determine if it is a SMART goal for your club.

Specific: who, what ,when, where & why?

Measurable: How many/how much

Attainable: what steps are involved to complete?

Realistic: what knowledge, skills and abilities are necessary? Do those participating have those?

Time Bound: Can we meet the deadlines? What are they?

Check out this sample Club Planning (Goals & Activities) Sheet:



SAFE ENVIRONMENT

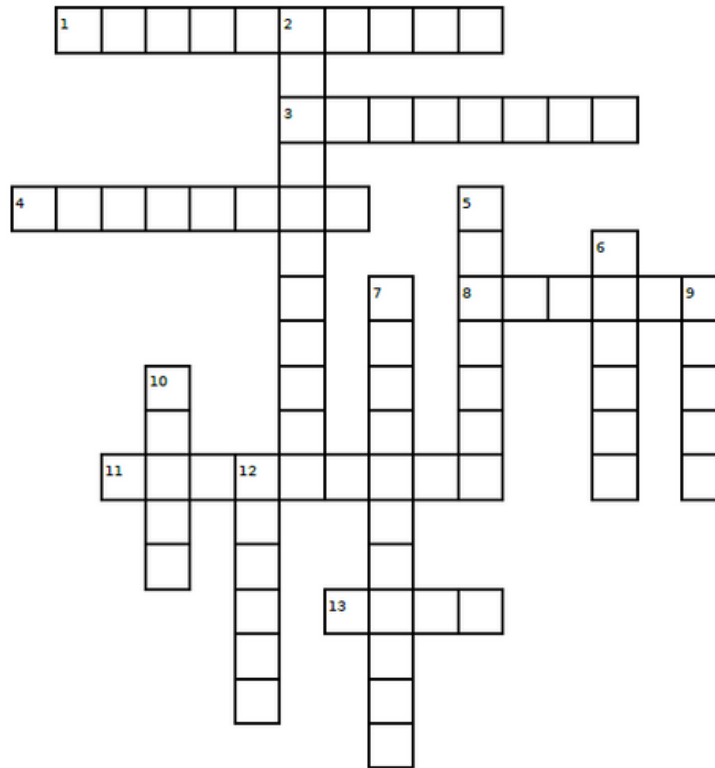
Youth should not fear physical or emotional harm while participating in a 4-H experience, whether from the learning environment itself or from adults, other participants or spectators. Is your club an emotionally and physically safe place for all of our members?

1. Does your club have clear and consistent rules and expectations for positive behavior?
2. Are the rules communicated annually?
3. Do leaders and members watch for hazards and eliminate them as they surface?
4. Do you encourage members to reflect upon what is to happen when you are at club functions.
5. Are all of the adults working with your club familiar with the youth protection policy?
6. Do adults and youth periodically discuss ways to improve the club environment?
7. Are members closely supervised so that they feel physically and emotionally "safe" at all times?
8. Are conflicts handled as they arise?





July 4-H Volunteer Crossword



Down:

- 2. Your club program should be ____
- 5. Resistance bands serve as a great way to stretch
- 6. Level 1 Risk
- 7. As a club leader, your must be ____ in your efforts.
- 9. Club goals should be ____
- 10. When watching the stress management video, the second tip is to get enough
- 12. When learning about personal safety youth should discuss how to avoid _____.

Across:

- 1. ALL insurance is meant as a ___ to personal insurance
- 3. Probability that something will go wrong D
- 4. Safe environments should be both mentally and _____ safe
- 8. Response to any change either positive or negative, that requires a response or adjustment
- 11. When making sure a goal is time bound it is important to have _____.
- 13. ____ Event assessment should be done after the event

THE MONTH OF JULY IS NATIONAL ICE CREAM MONTH. WHO DOESN'T LIKE ICE CREAM AFTER A STRESSFUL DAY. HERE IS A FUN RECIPE THAT YOU CAN MAKE AT YOUR NEXT CLUB MEETING.

ICE CREAM IN A BAG

YIELDS: 1 SERVING	PREP TIME: 0 HOURS 5 MINS	TOTAL TIME: 0 HOURS 15 MINS
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INGREDIENTS

- 1 c. half-and-half
- 2 tbsp. granulated sugar
- 1/2 tsp. pure vanilla extract
- 3 c. ice
- 1/3 c. kosher salt
- Toppings of your choice

DIRECTIONS

- 1** | In a small resealable plastic bag, combine half-and-half, sugar, and vanilla. Push out excess air and seal.
- 2** | Into a large resealable plastic bag, combine ice and salt. Place small bag inside the bigger bag and shake vigorously, 7 to 10 minutes, until ice cream has hardened.
- 3** | Remove from bag and enjoy with your favorite ice cream toppings.



JULY VOLUNTEER CHALLENGE

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

[HTTPS://FORMS.GLE/I3D72DNJNH5WTJYU6](https://forms.gle/I3D72DNJNH5WTJYU6)



EXERCISE BANDS

INCLUDED WITH THIS NEWSLETTER, YOU WILL FIND AN ORANGE EXERCISE BAND. YOU CAN USE THIS RESISTANCE STRETCH BAND TO BUILD STRENGTH WHEN EXERCISING. IT CAN ALSO BE USED TO STRETCH MUSCLES, IMPROVE FLEXIBILITY AND MOBILITY. THESE BANDS CAN SERVE AS A REPLACEMENT TO OTHER EXERCISE EQUIPMENT AND CAN BE EASILY TAKEN ON THE GO. USE THE RESISTANCE STRETCH BANDS INSTRUCTIONS AND EXERCISES GUIDE INCLUDED TO START USING YOURS TODAY! DON'T FORGET THAT EXERCISE IS A GREAT WAY TO RELIEVE STRESS!

PERSONAL SAFETY

AS WE CONTINUE TO ADDRESS THE IMPORTANCE OF YOUTH LEARNING LIFE SKILLS, WE FOCUS ON LIVING/HEALTH. YOUTH SHOULD BE ABLE TO MAKE HEALTHY LIFESTYLE CHOICES, BE AWARE OF THEIR PERSONAL SAFETY AND MORE. IN ORDER TO DO THIS, 4-H LEADERS SHOULD PROVIDE YOUTH WITH THE OPPORTUNITY TO DISCUSS HOW THEY CAN AVOID DANGER, HOW THEY SHOULD HANDLE AN EMERGENCY AND MORE. YOU CAN EASILY INCLUDE THIS INTO YOUR CLUB MEETINGS. INCLUDED IN YOUR PACKET THIS MONTH IS A SIMPLE FIRST AID KIT. MAKE SURE THAT YOUTH KNOW WHAT SHOULD BE INCLUDED IN A FIRST AID KIT AND HOW TO USE THESE ITEMS.

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