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4-H Thrive Approach to Positive Youth Development

Our vision in 4-H is to create healthy, happy, thriving people who make a positive difference in their communities. So what is 4-H Thrive and how does it fit into what we do in 4-H?

Thriving is “a forward, purposeful motion towards achieving one’s full potential.”

In our view, thriving is based on achieving the optimum rather than on the avoidance of negative outcomes. And, at its core, the relationship between caring adults and young people are critical to youth realizing their full potential, or thriving.

The principles of thriving are woven throughout all aspects of the 4-H Youth Development Program.

Our approach offers young people both the support and opportunities necessary to reach their full potential.

There are youth development practices that promote thriving:

- **Safety** – young people feel physically, emotionally, and culturally safe.
- **Relationship Building** – young people experience emotional and practical support from adults and peers, experience guidance from adults, and build knowledge of adults and peers. **Youth Engagement** – youth are in positions of responsibility and leadership, are engaged in meaningful decision making, and develop a sense of belonging or ownership.
- **Community Involvement**- youth build knowledge of their community beyond the program, have opportunities to give back to their community, and experience a sense of connection to a larger community.
- **Skill Building**- youth are motivated to learn because activities interest them, have a chance to stretch their skills and abilities, and internalize a sense of mastery or competence.

Theory behind the practice

In 4-H we build communities by intentionally creating environments which research has proven to be both positive and successful in developing youth into healthy, thriving young adults. Thriving focuses on building core youth development practices (from this framework) in all areas of 4-H. This is best done through developing staff and adult volunteers’ knowledge and skills in the principals of

thriving.

4-H Thrive is a skill building and personal development project.

4-H offers opportunities for youth to realize their full potential through a series of age appropriate educational materials. The series builds skills in 4-H members by:

Identifying and nurturing their **Spark**. Identifying the inner passions, interests and talents of young people inspires them on the path to thriving. Sparks are what help youth see the potential within themselves.

Sparks are what help youth see the potential within themselves. Sparking the inner passions, interests and talents of young people that inspire them on the path to thriving is central to youth development work.

Volunteers partner with youth in the discovery process by encouraging young people to participate in and take on leadership roles through 4-H’s learning-by-doing approach to program delivery. Sparking the passions and interests of youth goes beyond project and club program involvement.

Learning and practicing **Goal Management** skills: Expanding on their self-reflection exercises, youth develop goals, create a plan to reach them and make adjustments and adaptations to the goal or plan as challenges arise.

In 4-H, adults facilitate the process of empowering youth to practice goal management skills. Establishing goal management habits creates communities of people who thrive and succeed throughout their lives.

Young people in 4-H have extensive opportunities to plan, organize and coordinate projects, activities and events. The growth gained through these opportunities is part of a larger effort to ensure that youth are intentionally moved toward a trajectory of thriving.



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4-H Thrive Model

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Youth learn goal management skills by:

- Acquiring knowledge that goal setting involves a conscious shift in behavior.
- Selecting goals that are meaningful, realistic and that will require stretching their skills and abilities.
- Creating strategies for pursuing their goals.
- Changing the strategies or goals when the original goal is unattainable.

Developing a growth **Mindset**: Youth who can view challenges as opportunities to learn and grow are more likely to thrive. When young people possess a growth mindset they are more resilient, better able to adapt to challenging situations and tend to get better grades in school.

In 4-H youth and adults partner together to develop a mindset of success. This growth mindset is defined by the ability to rise to the challenges of life. Current brain research tells us that through practice and effort both youth and adults increase their potential to learn and develop across the lifespan.

Volunteers are central to the process of helping youth to recognize the opportunities within 4-H to learn and grow from successes as well as setbacks. When youth might be otherwise tempted to limit themselves based on past failures, a growth mindset encourages youth to view their potential capabilities as limitless.

Developing youth **Self-Reflection** skills: Youth and adult partners engage in meaningful conversations about the strengths and challenges of individual young people. Through dialogue and internal evaluation exercises, youth develop goals toward increasing indicators of thriving.

The concept of self-reflection is at the core of the 4-H club program delivery model. Guiding youth toward reflecting on self is inherent in 4-H Record Books, club-based activities and youth leadership development components of programming, but the largest opportunity for growth through self-reflection is within the context of a strong youth-adult partnership.

Adults facilitate dialogue in the project setting around the "Six C's" of youth development defined by the research of Dr. Richard Lerner at Tuft University's Institute for Applied Research in Youth Development.

- This Article is adapted from University of California 4-H Youth Development Website. To get more information, go to the Thrive Educational Series Resources at:

http://4h.ucanr.edu/Resources/Curriculum/4-H_Thrive_Educational_Series_Resources/

Washoe County Weigh-in at RLEC

Washoe County tagging and weigh-in for sheep, goats and swine is March 1, 2020 at 9 a.m. in the Reno Livestock Events Center cutting arena (1350 N. Wells Ave. in Reno)

For information, please call Joelle Mackay at 775-336-0273 or email jmackay@unr.edu

Looking for New Adult Volunteers

Do you have a hobby or skill you would like to share with Carson City youth? Consider becoming a 4-H Adult Volunteer.

We will walk you through the process and get you started on this amazing journey. Volunteer leaders tell us this experience teaches them as much new and exciting knowledge as they share with youth. 4-H projects can be a day, a week, a month or a year, it's all up to you and your schedule.

Give us a call and get ready for the time of your life sharing your special knowledge or skill with area youth. Call 775 887-2252 and ask for Sandy or Jim.

Sew 4 Fun, Carson 4-H Club

Sew 4 Fun, the Carson City 4-H sewing club, kicks off 2020 with meetings February 15 and 29, 9:30 am to noon at the Carson Extension office 2621 Northgate Lane, Suite 12. Returning members need to bring their supplies and ideas of what project they wish to begin this year.

All completed projects will be eligible to enter the 2020 Carson City Fair. New members need to be prepared to pay a \$35 fee for supplies which will be purchased by the leader. All members need to register at www.4honline.com.

Please call the office 775-887-2252 if you are not able to attend. Sewing machines are available for use during meetings/workshops.

Mounted 4-H Horse Clinic at RLEC

Washoe County 4-H Horse Leaders present the First 4-H Mounted Horse Clinic of 2020, February 22-, starting at 9 a.m. at the Reno Livestock Events Center (1350 N. Wells Ave in Reno) Enter off of Sutro St. at Gate 6. All area 4-H Horse members are invited. Horseless kids are welcome, too!

There will be a morning presentation on Draft Horses, plus a Shoeing Demonstration. There are two stations as well. The first is Seat and Balance, focusing on equine bone and muscle structure. The second is Grooming: Mane and Tail Braiding. Be sure to bring your grooming tools for this one.

4-H dress (white long sleeve shirt, green tie or scarf, long pants or jeans and boots) are required, as well as a ASTM-SEI approved equestrian helmet.

A flyer will be emailed to all 4-H horse families. For more information, please contact Sam Mitchell at samm@unr.edu or 775-336-0259.



Washoe Co. 4-H Seeks Club Leaders

The Washoe County 4-H Youth Development Program is looking for community members to volunteer as 4-H club leaders. Leaders have the opportunity to encourage youth ages 5 to 19 to pursue hobbies and gain skills in communications, leadership, citizenship and healthy living.

Leaders conduct weekly or monthly meetings where they teach from a curriculum or lead activities that relate to the club's subject matter. Club leaders can either start a new club using pre-existing researched-based 4-H curriculum, such as photography or robotics, or they can start clubs that focus on a hobby or skill without an existing 4-H curriculum. Extension 4-H instructors will find new researched-based materials to help the leaders conduct the club's activities.

Extension 4-H staff in Washoe County are particularly interested in starting clubs focused on fine arts, including photography, painting, sculpture and music. In addition, they're looking for a new leader for the sewing club, and they would like to be able to offer a second cooking club, since the Whipstirs club is currently at capacity.

In 4-H clubs, youth learn skills beyond the subject matter, such as learning math when doubling a recipe, learning responsibility when caring for an animal, and learning business skills when serving as a club officer. 4-H clubs also provide youth with a chance to build positive relationships with peers and adults.

In Washoe County, 4-H clubs working with animals usually run for the entire 4-H club year, which runs from October 1 to September 30 each year. Other clubs may run for about three to six months. Club leaders are encouraged to attend monthly project leader meetings and a quarterly Leaders' Council meeting.

For more information on becoming a 4-H club leader, please contact Joelle Mackay at 775-336-0273 or jmackay@unr.edu.

Changes Coming to 4-H Camps

The Nevada State 4-H Office is considering some changes to the 4-H Summer Camp programs. The new formats would make camps built around specific subjects rather than geographic areas.

Possible subjects would include Adventure, Leadership, STEM (Science, Technology, Engineering and Applied Math) Exploration, and Wild Life and Outdoors. Each camp would be four- or five-day overnight camps

The camper ages would change as well. While some camps would stick with 9-12-year-old campers, as has been the case for years. Other camps would be geared for youth 13-15 years old.

Once finalized, details for the camps will be made available.

Youth Alumni Advisory Committee Nominations Open Now

National 4-H Council seeks nominations to identify dynamic, proven leaders from across the country to serve on the Young Alumni Advisory Committee. The YAAC serves as a bridge to the young alumni community, informing National 4-H Council's Board of Trustees & working closely with National 4-H Council associates to provide counsel, work on strategic initiatives and help grow our network of young 4-H alumni. Nominees should be between the ages of 18-22 as of July 1. Submit your nominations online by February 27.

More information and the online nomination form can be found at 4-H.org.



Quality Assurance for NJLS

Need to meet your Nevada Junior Livestock Show (NJLS) quality assurance requirement? Attend the YQCA Training Monday, March 9, 2020 at 6 p.m. at the Washoe County Extension (4955 Energy Way in Reno. Please use the entrance at the back of the building)

This training is for all new 4-H Livestock members and those who are required to update their Quality Assurance, which was required every three years, and will be required annually starting in 2021. The deadline for NJLS entry is April 1 (April 10 for rabbits).

This training is open to all Nevada 4-H, FFA, Grange and Independent Livestock project members.

Youth for the Quality Care of Animals (YQCA) is a national multi-species quality assurance program for youth with a focus on three core pillars: Food Safety, Animal Well-being and Character Development.

The purpose of YQCA is to continually provide a current, peer-reviewed, quality curriculum for youth quality assurance training and certification.

Participants must pre-register for the training through YQCA.org's 4-H Online portal, and pay the \$3.00 registration fee. A \$9.00 per person fee to cover materials will be charged at the training. Only exact cash or check made out to Board of Regents will be accepted.

For more information or to RSVP, please call Joelle Mackay at 775-336-0273 or jmackay@unr.edu

Youth Livestock Conference and Workshop in White Pine County

White Pine County 4-H Youth Development Program presents its first annual Youth Livestock Conference & Workshop February 15. The event will be held 8 a.m. - 5:30 p.m. at the Bristlecone Convention Center (150 W 6th St.) and White Pine County Fairgrounds in Ely, Nevada.

It will prepare youth for fair and ranch events by providing classroom instruction and hands-on learning in the areas of Youth for the Quality Care of Animals (YQCA), livestock nutrition and feeding, animal handling and showmanship, meat quality, and carcass grading.

The event's workshops will be conducted by Amilton de Mello and Mozart Fonseca, with University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources; Juan Carlos Cervantes, with the College's Extension; and Haden Davis, with Utah State University.

4-H youth and families are invited to attend. The event is also open to FFA youth and others, including adults. The event cost is \$65 and includes snacks, lunch and materials. Advanced registration is encouraged. To register, contact Alexandra Santaella at 775-293-6597 or santaellaa@unce.unr.edu.

Northern Area/ Western February Dates to Remember

Feb. 1-2 – 4-H Fabric Sale Fundraiser,
Fuji Exhibit Hall in Carson City

Feb. 16 – Annual 4-H Tack Sale at RLEC

Feb. 17 – Presidents' Day Holiday (Offices
Closed)

Feb. 22 – 4-H Horse Clinic, at RLEC

29th Annual 4-H Tack Sale is Here

The 29th Annual 4-H Consignment Tack Sale is Sunday, February 16, 2020, from 8 a.m. to 3 p.m. It will once again be at the Reno Livestock Events Center Pavilion- 1350 North Wells Avenue in Reno.

Silver Knolls Spurs 4-H Club is sponsoring the event to benefit the Washoe County 4-H Program. If you are looking to buy, come browse through the great selection of horse-related items.

For more information, please call Linda at 775-972-7241 or 775-560-0612; Amy at 775-972-7241 or 775-276-0942; or email silverknollsspurs@yahoo.com.

4-H Healthy Living Activity Guide Now Available for Download

Teaching kids the importance of staying healthy is one of the pillars of 4-H. To help families with that, National 4-H has created the 4-H Healthy Living Activity Guide as part of the Inspire Kids to Do™ program.

You can download a copy of this 20-page guide for free from the 4-H.org website. Just go to: <https://4-h.org/about/inspire-kids-to-do/#main-form>.

Try one or all 30 of these fun, skill-building activities to help your child live a healthy life.

4-H in Action

This January, the Nevada Hippology team, four 4-H members from Western Nevada competed at the Western National Roundup in Denver, Colorado.

Each year Nevada 4-H picks the four individuals with the highest horse judging and hippology scores from 4-H Horse Judging contests. The four begin training for the Western National Roundup in the fall; studying equine science and husbandry in preparation for the tough competition.

This year, 4-H members Delaney Bohach, Chloe Mattice, Shelbie Nail and Chloe Young competed in stations, exams, judging and problems in Denver. They placed fifth in the Problems competition, and eighth in Overall High Point.

Congratulations to the team.

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