



EXTENSION

College of Agriculture,
Biotechnology & Natural Resources

Clover CLIPS



VOLUME 28 • ISSUE 9 • SEPTEMBER 2020

University of Nevada, Reno Extension • Carson City, Storey & Washoe Counties

4-H Adheres to Youth Program Quality Principles

4-H staff and dedicated volunteers strive to create programming that is always centered on a positive youth development philosophy. That philosophy recognizes that all youth have interests, abilities and strengths that can be enhanced by participating in a *quality* youth development program. Research has repeatedly shown that participation in a quality 4-H program increases thriving in youth, and thriving youth reach vital developmental outcomes such as academic motivation and achievement.

Staff and volunteers spend many hours developing quality programming for 4-H youth. From exploring topics in a Cloverbuds program, to learning quality science skills by building a robot, to helping youth attend National 4-H Conference, 4-H provides many varied and quality programs to meet the needs of youth as they grow and develop. What happens in those 4-H programs, how they are planned and led, makes a huge difference in the impact of the program on youth. In order to have the biggest impact, our programs need to adhere to eight critical principles of program quality:

- Physical and psychological safety- youth need to feel safe in 4-H programs and be able to interact positively with others.
- Appropriate structure- whether it is a club meeting or leadership camp, 4-H programs must have clear and consistent rules and expectations, with clear boundaries and age-appropriate monitoring.
- Supportive relationships- youth need to feel warmth from and closeness to others in 4-H. Youth need to feel others care about and support them. They also need to receive clear guidance and

communication from 4-H volunteers and staff.

- Opportunities to belong- all youth need to feel included in a meaningful way in 4-H, regardless of their gender, ethnicity, sexual orientations, or ability. Youth should have opportunities to share their culture and heritage with others and to forge a positive identity.
- Positive social norms- youth should experience clear rules and expectations for participating in 4-H, including the values, morals, and ethical expectations of being a 4-H member.
- Support for efficacy and mattering- youth in 4-H should be taken seriously and respected for their ideas and contributions.

Youth should be given opportunities to develop responsibility and be challenged to set and achieve goals.

- Opportunities for skill building- youth need to develop physical, psychological, intellectual, emotional and social skills as they grow and develop. 4-H provides opportunities for youth to develop these skills that support a young person into adulthood and the workplace.
- Integration of family, school and community- youth in 4-H do best when there is a connection to their 4-H experience with their family, school, and community. This is why 4-H programs begin at the local level, in the community where youth can practice their emerging leadership skills as they grow and develop.

“Research shows that youth programs must be done well if they are to make a positive difference in the lives of youth.”

Mary E. Arnold, Ph.D.
*Professor and 4-H Youth Development
Specialist College of Public Health
and Human Sciences*

*-Article derived from materials found at Oregon State
University College of Public Health and
Human Sciences*

Nevada State 4-H Virtual Opportunities for Fall

Thoughtful Thursdays (Every other Thursday):

5 to 10 minute clips-prerecorded and posted on social media. Done by faculty and staff. Topics that have posted since May have included Communicating Feelings, Financial Management for Youth, 4-H Service to Community ideas, Composting in the Home, and Rethink Your Drink. We are still looking at topics around mental health, civic engagement, etc.



September

4-H True Leaders to Service Month (September):

Every day, 4-H'ers across the nation pledge their hands to larger service. And every day, 4-H'ers are rolling up their sleeves and putting their pledge into action – leading positive change that empowers their peers and their communities. This September, join Nevada 4-H'ers as we pledge our hands to larger service all month long!

Get ready for the first annual Nevada 4-H True Leaders in Service initiative, a way for all 4-H members to say “thank you” to their communities, counties, and state for all the support they have provided to 4-H for over 100 years. The month-long community service activation will officially kick-off the first day of September.

We are encouraging our 4-H participants to find creative ways to provide service to their communities while following the University of Nevada, Reno Extensions Roadmap to Recovery.

For more information on how to plan and conduct a 4-H True Leaders to Service project, go to

<https://4-h.org/about/true-leaders-in-service/?ga=2.184883625.1478327112.1595698990-484672962.1576691139#!toolkit>

Virtual Clover Challenge 4K Fundraiser for the State 4-H Camp (September 13-26)

The Virtual Clover Challenge 4K Fundraiser will take place between September 13-26, 2020. To enter, use your favorite fitness tracker, smart phone, or good old-fashioned stopwatch to clock how long it takes you to complete this 2.5 mile challenge. You can do run, walk, rollerblade, skateboard, mountain bike, or skip around your neighborhood, on dirt road, on your favorite trail, or anywhere you can safely follow social distancing guidelines. You can compete as an individual or family!

There will be a registration fee of \$35, which will include a souvenir t-shirt, which will go to support the State 4-H Camp. As a result of COVID-19 and the restrictions put in place, Nevada 4-H had to make the difficult decision to suspend summer camping this summer. This decision impacted the State 4-H Camp financially and has made it difficult to do some of the everyday maintenance at the facility. We need your help until we can welcome our groups back in the summer of 2021. Over the years, the State 4-H Camp has positively impacted thousands of campers and now is your opportunity to support the camp, plus get outside and enjoy the fresh air!

This Clover Challenge 4K will run for 2 weeks and times need to be in by 8:00 a.m. on September 27, 2020. Registration materials will be available the first week of September.

More Activities from Around the Country (4-H.org)

Solar Oven S'mores

In this activity, kids will learn about how engineers harness the power of solar energy. Kids will use tin foil to convert energy from the sun into conductive heat to cook s'mores in a cardboard box.

This activity requires access to an outdoor space. For optimal results try it when the sun is most intense. The higher angle the sun, the faster you get your s'more!

Topic: Engineering

Grades: 3-5

Estimated Time: 1 Hour

Messy Meter at Moderate

Brought to you by Hughes Net and the University of Florida.

Find instructions at <https://4-h.org/about/4-h-at-home/solar-oven-smores/>



Butterfly Adventures! 4-H Virtual Butterfly Program

Follow along with Livingston 4-H as we embark on a virtual butterfly adventure! Caterpillars to butterflies is an amazing life experience for everyone watching!

This series of 18 videos can be done in stages or all at once. Join the University of Illinois Extension at https://www.youtube.com/playlist?list=PLYhucyM_THKy7liXraF0m_IHVnee-HsT9 or at their Facebook page by searching @LivingstonCountyExt4H for daily updates, fun facts, activities, and much more!

Visit 4-H at Home 4-h.org/about/4-h-at-home/ to explore great STEM activities, plus more hands-on activities for your family, students, or 4-H club.

How Teens are Coping with the Pandemic

By National 4-H Council

A [new survey](#) shows that teen mental health has suffered from social distancing and the widespread uncertainty brought by the coronavirus outbreak. The survey, commissioned by National 4-H Council and conducted by the Harris Poll, reveals the majority of teens are experiencing mental health issues *right now* — and are often unsure of where to turn to for support.

Seven out of 10 teens revealed they are struggling with mental health in this stressful climate, and 81% said they believe mental health is a significant issue for their peers nationwide. Many teens are experiencing or have experienced anxiety (55%), excessive stress (45%), and depression (43%). The survey, which assessed young people's perceptions of mental health issues both in their communities and across the country, shows that 64% of teens think their generation will experience long-term mental health effects from the pandemic.



The survey also reveals that teens feel pressure from outside forces to succeed in school and life. As schools shifted to online learning, 71% of the teens said school-work made them feel anxious or depressed. But rather than sharing their vulnerabilities with one another, approximately two-thirds of the teens said they felt pressure to keep their feelings to themselves, pretend to feel better so as not to worry anyone, or deal with their feelings on their own.

Feelings of loneliness, anxiety, and depression may continue to rise as teens seek alternative ways to cope. Forty-five percent of respondents said they try to ignore their feelings or spend more time alone when mental health issues arise, and 46% say they turn to social media to learn about coping techniques. Between social media, school-work, and virtual gatherings, teens currently spend about 75% of their waking hours (9 hours a day) engaging with a screen, which may not make up for the real-world connections they have lost since early spring.

The good news? Teens *know* mental health is a problem — and they have ideas for what needs to change. For example, over 80% of teens would like to see Americans talk more openly about mental health and 79% would like a safe space where people their age can have open conversations.

In 4-H, we believe that youth mentorship programs can be invaluable to helping teens cope with stress, both now and in a post-COVID world. 4-H Healthy Living programs provide youth with a better understanding of how their choices can help themselves, their families, and their communities. With programs focused on issues such as [substance abuse prevention](#) and mental health, 4-H helps youth build a firm foundation that encourages good decision-making and strong interpersonal skills. Social-emotional health is the cornerstone to confident, caring young leaders who understand how to take care of themselves both mentally and physically, which is key to [holistic well-being](#).

For more information on the state of teen mental health, view the [full survey results here](#).

Animal Science Webinar Series Available

South Dakota State University, is inviting you to join in on its Animal Science Webinar Series. The next webinar is September 2. It is an Intro to Small Animal Projects.

Small animal projects continue to gain interest by youth and 4-H advisors alike. Tune in to hear what you need to know for successfully implementing a rabbit, poultry or other small animal project.



Join the webinar:

<https://sdstate.zoom.us/j/3092142807>

Or connect by iPhone one-tap (USToll):

+16699006833,,3092142807# US (San Jose)

+1 312 626 6799 US (Chicago)

+19292056099,,3092142807# US (New York)

Meeting ID: 309 214 2807

There will be four total webinars in 2020. The March 4 and June 3 webinars have been recorded, and are available on YouTube. Save the remaining webinar dates for 2020.

- March 4 – [Equine Parasite Control: Keep Current with Targeted Treatment](#) – Marci Crosby, University of Missouri-Columbia - Equine Instructor
- June 3 – [Livestock Disease: Balancing the Threat of FAD's with the Everyday Drag of Endemic Diseases](#) – Dr. Russ Daly, South Dakota State University Extension - Veterinarian
- September 2 – *Intro to Small Animal Projects: Rabbits, Poultry, and Others* – Andrew Jensen, Chester Area Agriculture Teacher, South Dakota Rabbit Breeders Vice-President
- December 2 – *Show kid and lamb diets* - Ms. Susan Schoenian, University of Maryland Extension - Sheep and Goat Specialist

Recorded webinars from 2019 and earlier are archived at: <http://animalscience.unl.edu/animal-care-resources>. Starting this year all recorded webinars will be on our YouTube Channel. More information below.

All new recordings will be managed on the **Animal Care Wednesday Webinar YouTube channel**. Please subscribe to the channel to keep up with the most current webinar recordings! YouTube channel here: <https://www.youtube.com/channel/UCxq0qdZNY7qKJLmKSfKDoHQ>.

Topic suggestions are always welcome.

Radon Poster Contest Returns

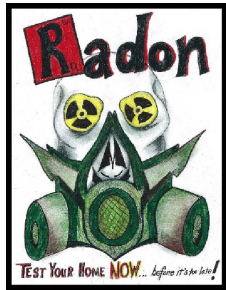
The Nevada Radon Education Program (NREP), a program offered through the University of Nevada, Reno Extension, has the mission of informing Nevada residents about the dangers of Radon.

Radon is a radioactive and lung cancer-causing gas that comes from the ground and gets trapped in buildings and homes. Testing is the only way to know one's radon level and if a home has a level of 4 pCi/l (picocuries per liter) or greater it should be fixed to reduce the occupants' chances of developing lung cancer.

One of the ways NREP gets their message out is the Nevada Radon Poster Contest. Any students ages 9-14 are eligible to enter the contest. The winners of the radon poster contest receive a \$75, \$60 or \$45 gift card of their choice, radon-related promotional items, an award ceremony, and win similar prizes for the educator that helped them enter.

Winners are also invited to enter the national contest to compete against other state winners.

Deadline to submit posters is October 31. For more information, and an event flyer, go to the Radon website at <https://extension.unr.edu/radon/>



Strike It Rich 4-H Horse Shows

The Strike It Rich Silver Show on August 15 was a success. It also proves that horse shows are possible even under current conditions.

The next scheduled Strike it Rich show is the Gold Show. The date for the show has been changed to September 26. The show will follow the guidelines used in the Silver show concerning masks, social distancing and group size.

This is the last show in this summer's series. Points from this show will be added to points from the Silver show to decide overall winners. Besides the competition, it is a chance to have fun in some beautiful Fall weather.



Roadmap to Recovery Released

The Washoe Office Roadmap to Recovery plan, the Extension and 4-H office COVID-19 operation plan, has been approved by the University of Nevada, Reno. It is available to download at <https://www.4honline.com/FileServices/Fetch/85224615-bbe8-ea11-b6eb-000c299596f1/View>

The first few pages are the Extension's plan, which is then followed by the Washoe office plans.

If you have any questions, please contact us at Washoe 4-H, Sam Mitchell at SamM@unr.edu, or Sarah Chvilicek at SarahC@unr.edu.

Northern Area/ Western September Dates to Remember

Sept. 7 – Labor Day Holiday
(Offices Closed)

Sept. 26 – Strike It Rich 4-H Horse Show
UNR Equestrian Center

4-H in Action

4-H Online is used in most states. It has been used in Nevada since 2012. In all that time features have been added, but there has not been a major upgrade. Starting in October however you will be seeing **4-H Online 2.0**.

The new system will be installed in Nevada during September. Once the conversion is complete, all 4-H families will get instructions on new features and how to use them.

Although 4-H staff have yet to see the final version of the software, it will have an enhanced animal section and a phone app for certain functions.



4-H is a program of University of Nevada, Reno Extension

WESTERN AREA OFFICES

**Carson City/
Storey County**
(775) 887-2252
2621 Northgate Lane
Suite 15
Carson City, NV 89701

Washoe County
(775) 784-4848
4955 Energy Way
Reno, NV 89502

The University of Nevada, Reno is committed to providing a place of work and learning free of discrimination on the basis of a person's age, disability, whether actual or perceived by others (including service-connected disabilities), gender (including pregnancy related conditions), military status or military obligations, sexual orientation, gender identity or expression, genetic information, national origin, race, or religion. Where discrimination is found to have occurred, the University will act to stop the discrimination, to prevent its recurrence, to remedy its effects, and to discipline those responsible.