How Does 4-H Develop Life Skills in Youth?

Research has shown that there are certain elements (domains) present in effective youth programs. These “domains” are: A safe environment, a supportive environment, interaction, and engagement. Last month the safe environment domain was explained.

A Supportive Environment

A welcoming atmosphere
Meeting flow is planned, presented and paced for youth
Activities support active engagement
Youth are supported in building skills
Youth receive ample encouragement
Youth-centered approaches are used to re-frame conflict
New 4-H Year and Report Forms

As we start a new 4-H year, I would like to remind you how important Report Forms are. We have many businesses and people that sponsor awards that are determined by your Report Forms. If we don’t have enough report forms turned in the sponsors may decide to stop supporting that award. With that said be thinking now what you can do to prepare for your end of year Report Forms. And also remember if you wish to receive your project pin you must do a Putnam County Project Report Form. This report form can be found at: http://extension.missouri.edu/putnam/4h

As you are doing your projects throughout the year print out a copy of the Report Form and use it to keep track of what you are accomplishing with your project so at the end of the year you can use it to make the final report.

I would like to remind you that you have worked hard on that project and by doing the Report Form you are letting other people know how proud you are of your work!

Just give me a call and I would be glad to help you with your Report Forms.

Mary

ATTENTION SHOOTING SPORTS LEADERS

This year, rules regarding the pre-requisite safety class for Shooting Sports has changed. I thought the information had been pretty well distributed through the Shooting Sports pipeline, but I want to make sure. Please pass this information on to your 4-H SS certified instructors and county coordinator. I am sure most are aware – but there may be a few that are not.

The Missouri Hunter Education safety class (and card) is no longer accepted as the safety pre-requisite. The new policy is that all first time 4-H Shooting Sports members must enroll and complete the 6 hour 740 SS Safety class….before participating in the discipline practices and before allowed on the firing line.

Local certified 4-H SS volunteers are to conduct the 6 hours of safety instruction. Work as a team. All instructors participate.

All shooting disciplines are to be covered in the safety class.
The curriculum (still in draft form) that has been in the leader notebooks for the past 8 years must be used.

And is available on the Share drive. 740 SS Safety curriculum

It is strongly suggested that 8 and 9 year olds repeat the class a second time.

Merry Christmas

HAVE A SAFE AND HAPPY HOLIDAY
FROM
ANNETTE, MARY AND JOE
Missouri 4-H Equine Career Tour
4-H Members Ages 14-18
Missouri-Illinois-Wisconsin-Michigan
May 23 – 29, 2015

Do you dream of combining your equine passion with a future career, love to learn more about the horse industry, and enjoy making new 4-H friends who share your love of horses? The University of Missouri Extension 4-H Annual Equine Tour may be just for you! The 2015 tour, May 23-29, will be exploring the horse industry in Missouri, Illinois, Wisconsin, Canada and Michigan and is open to Missouri 4-H teens, ages 14-18.

Tour highlights will include collegiate equine education departments, harness racing, visiting a variety of equine farms, meeting 4-H horse members in Wisconsin and Canada, and touring Mackinac Island. Participants will learn from leading equine professionals in the fields of equine therapy, dressage, entertainment, training, art, harness racing, equine facility management and equine welfare. In its ninth year, the tour has proven to be a great opportunity for participants to expand and clarify their possible equine related career paths.

A completed application containing the following 5 requirements must be postmarked by March 1, 2015:

(Applications prioritized by completeness and date received)
- Both pages of application completed
- Reference Letter
- MO 4-H Health Form
  (http://mo4h.missouri.edu/resources/materials/docs/Y640FILL.pdf)
- $300 Deposit (or full amount of $600) Checks payable to Clinton County Extension

Photo (Head Shot), School Photo or similar
Final payment of $300 before May 1.
Questions? Debbie Davis (816) 539-3765 davisdd@missouri.edu
Return to: Debbie Davis, 4-H Youth Specialist
Clinton County Extension

PUTNAM COUNTY 4-H RECOGNITION
SUNDAY, DECEMBER 7, 2:00 PM
AT 4-H BUILDING
POSITIVE YOUTH DEVELOPMENT
Research Shows 4-H Helps Young People Excel Beyond Their Peers http://www.4-h.org/about/youth-development-research/positive-youth-development-study/
The structured learning, encouragement and adult mentoring that young people receive through their participation in 4-H plays a vital role in helping them achieve success in life. For more than a decade, preeminent youth development scholars, Drs. Richard M. Lerner and Jacqueline V. Lerner, and the team at the Institute for Applied Research in Youth Development at Tufts University, Medford, MA, partnered with faculty at America’s land-grant colleges and universities to conduct this groundbreaking research. The results are influencing research and practice around the world.
The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development is a longitudinal study that began in 2002 and was repeated annually for eight years, surveying more than 7,000 adolescents from diverse backgrounds across 42 U.S. states.
Highly regarded as the first-ever research project of its kind, the study defined and measured positive youth development. Compared to their peers, the report shows that youth involved in 4-H programs excel in several areas.

4-H'ers are about:
- Four times more likely to make contributions to their communities (Grades 7-12);
- Two times more likely to be civically active (Grades 8-12);
- Two times more likely to make healthier choices (Grade 7);
- Two times more likely to participate in Science, Engineering and Computer Technology programs during out-of-school time (Grades 10 – 12); and
- 4-H girls are two times more likely (Grade 10) and nearly three times more likely (Grade 12) to take part in science programs compared to girls in other out-of-school time activities.

2015 MOVE Across Missouri

4-H Move Across Missouri (MOVE) is back for 2015! Enrollment for new and re-enrollment for current MOVERs begins January 1, 2015. As you know, MOVE promotes physical activity and encourages youths to engage in a broad range of activities such as walking, biking, running, swimming, dance, taekwondo, gardening and more.

Using a paper tracking system, youth and their families can “log” the number of minutes they accumulate throughout the year and during the competitive component of the MOVE program from February 1 – April 30. 4-Hers can enroll as individuals and/or as part of a team. An individual MOVEr may also be a part of a team. A team can consist of a family or members of a 4-H club or group. MOVE awards will be provided.

If your region is hosting a regional energizer between now and March and you want to have a MOVE kick off I would be more than happy to help facilitate. Thank you for encouraging youth and families to join MOVE! To sign up visit - http://www.4h.missouri.edu/programs/move/
MISSOURI 4-H LEGISLATIVE ACADEMY February 16-18, 2015
Jefferson City, Missouri

Legislative Academy is a one-of-a-kind learning opportunity for promising 4-H youth leaders. The goal is to strengthen relationships between Missouri 4-H and key lawmakers and donors, and for youth participants to acquire skills in legislative advocacy. The Academy was founded by Lowell Mohler and the Missouri 4-H Foundation Board of Trustees.

Eligibility
Applicants must meet these criteria to be eligible to attend:

☐ Youth between ages 14-20 on Dec. 31
☐ Able to attend the entire 3-day Academy
☐ In one of these categories: -State 4-H council member -State award winner (National 4-H Conference or National 4-H Congress) -Youth Futures delegate -Mizzou 4-H member -4-H member nominated as eligible by local 4-H youth specialist
☐ State and/or national 4-H citizenship experience is highly preferred

Applicants must not have already attended 4-H Legislative Academy

Selection
Between 8-12 young people will be selected for the Missouri 4-H Legislative Academy. Selection will be based on...

1. Satisfactory completion of the application and health form.
2. Demonstrated 4-H leadership/citizenship experience in written narratives.

Ability to positively represent Missouri 4-H to state-level decision-makers and contributors. The selection committee will select up to 5 alternates to participate in the event should selected members be unable to attend.

Legislative Academy forms can be found at http://4h.missouri.edu/events/academy/

TEEN CONFERENCE
Ages 11-13 · March 28-29, 2015
Columbia, Missouri

TEEN CONFERENCE is a fun-filled, two-day event for ages 11-13, planned by your State 4-H Council teens, to promote Belonging, Independence, Generosity and Mastery by:

* Creating opportunities to make 300 new friends from across Missouri,
* Building leadership skills through quality learning experiences,
* Connecting youth with older peer leaders on the State 4-H Council,

Taking a look at the exciting opportunities that await as a 4-H teenager!

REGISTRATION will be available through 4HOnline in the coming weeks. The announcement will be made when the Teen Conference Registration Module goes live!
## What’s Going On!!!!!!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 1</td>
<td>4-H Council Meeting, 5:15 pm, Courthouse</td>
</tr>
<tr>
<td>December 7</td>
<td>PC 4-H Recognition, 2:00 pm @ 4-H Building</td>
</tr>
<tr>
<td>February 14, 2015</td>
<td>Krispy Kreme Doughnut will arrive</td>
</tr>
<tr>
<td>February 14, 2015</td>
<td>Murder Mystery Theatre at 4-H Building</td>
</tr>
<tr>
<td>February 16-18, 2015</td>
<td>Missouri Legislative Academy, Jefferson City</td>
</tr>
<tr>
<td>May 23-29, 2015</td>
<td>Missouri 4-H Equine Tour</td>
</tr>
<tr>
<td>June 20-29, 2015</td>
<td>Washington Focus Trip</td>
</tr>
</tbody>
</table>

### Mary’s Office Hours*

**Tuesday, Wednesday & Thursday**  
9am—3 pm each week  
(*note: Although the posted work schedule will remain fairly consistent, there will occasionally be times where Mary may not be in the office during posted times. Please remember, Mary’s position is limited to 20 hours per week. Any hours worked outside the posted work schedule, requires hours to be deducted from the scheduled office hours.) Please feel free to call Mary at the Putnam County Extension Office (660-947-2705) or email odenm@missouri.edu. If you have an urgent need outside established office hours, you may contact Mary via cell phone 660-216-2926.