

# GROWING TRUE LEADERS



Extension  
*University of Missouri*



**2018-19 4-H ANNUAL REPORT**

# Message from the Director



Dear Missouri 4-H Family:

We are pleased to present you with the 4-H Center for Youth Development Annual Report, which provides information on the 2018-2019 Missouri 4-H program, a national and statewide program which offers research based, high quality youth development programming.

This report addresses and reflects the efforts of more than 9,000 4-H volunteers, 140 academics and staff members who are devoted to develop and deliver 4-H programs around the state. During this cycle, 4-H serves more than 57,000 youth living in all our 114 counties and the City of St. Louis. 4-H in Missouri is offering youth development programs in three main areas: STEM (Science, Technology, Engineering, and Mathematics) including Agriculture and Natural Resources, Healthy Living and Civic Engagement.

The 4-H Model includes not only “hands on” experiences, but the opportunity to learn, reflect and give back to the community. During this period, Missouri 4-H contributed with more than 93,897 hours of community services in diverse projects, and in a statewide effort collected more than 103,750 meals during the 4-H Feeding Missouri campaign. 4-H empowers youth to be confident true leaders. 4-H’ers are four times more likely to give back to their communities, and two times more likely to make healthy choices and participate in STEM activities.

We are accepting the challenge of growing our program 10% every year to achieve the goal of serving 20% of the youth in the state by 2025. Reaching new audiences and diversifying our delivery modes will help us achieve this goal.

There are many ways to support Missouri 4-H, two of which are volunteering in your local 4-H program or donating to the Missouri 4-H Foundation.

This report is also available for you to review electronically by visiting the following web site: [4h.missouri.edu](http://4h.missouri.edu).

**Maria G. (Lupita) Fabregas Janeiro, PhD**  
Director, 4-H Center for Youth Development

### 4-H’ers are...



**4-H Club members are motivated to try new things, show compassion and generosity to those in need, and to be involved in activities that are larger than themselves.**  
— Club Leader, 4-H Adventures Club

# 4-H Membership

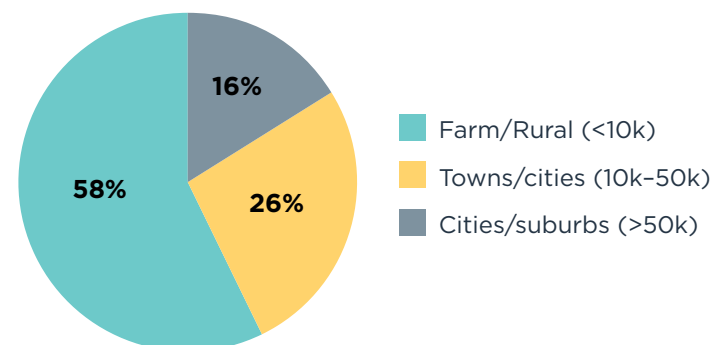
## Membership enrollment



## Where do they enroll?

Special Interest	6,022
Overnight Camps	418
Day Camps	454
<b>Total SHORT TERM Programs</b>	<b>6,894</b>
Military Club	140
Community Club	15,767
In-school Clubs	694
Afterschool Clubs	1,202
<b>TOTAL CLUB</b>	<b>17,803</b>
School enrichment	32,502
Family learning	203
After school programming	3,034

## Where do they live?



▲ The Crooked Creek 4-H Club in Bollinger County planted Bollinger County’s 3rd Liberty Tree and were led by alum Jennifer Wilkinson.

**“The community is strengthened by the enthusiasm of 4-H members taking interest in a cause/organization and making positive contributions to the community. The community benefits by seeing that youth care about their community, and realizing what they are capable of doing.”**  
— Leader, Boone County Adventurers 4-H Club

## What do they look like?

American Indian/Alaskan Native	0.5%
Asian	0.8%
Black or African American	8%
Native Hawaiian/Pacific Islander	0.3%
White	84%
More than one race	6%
Undetermined	0.1%
Hispanic/Latinx	8%

# Volunteers



▲ Boone County's Hallsville Go Getters are frequently lending their hands to larger service by helping keep their community clean, working at the local food bank, raising donations, and more!

## Total volunteers

**2,281**  
TOTAL YOUTH VOLUNTEERS

**6,770**  
TOTAL ADULT VOLUNTEERS

Missouri 4-H programs help young people learn leadership, citizenship and life skills; meet key developmental needs; and pursue educational goals. Nearly 200,000 Missouri youth are touched by 4-H programs annually, an accomplishment only possible through the passion and perseverance of our Missouri 4-H volunteers. About 9,000 Missouri 4-H volunteers contribute on average 200 hours of volunteer service to young people each year — an economic benefit to the state of nearly \$40 million.

“Our 4-H club does these activities in order to teach our members to be good citizens, neighbors and friends. We also learn how to work together for a common cause.”

— Leader, St. Charles County Daniel Boone 4-H Club

“Youth gain ownership in their community by helping various organizations in the community with needs and realize the value of volunteers. Positive relationships are built between the 4-H youth, the local city government, and various local organizations and leaders. The community recognizes the importance of involving our youth, as they are our future.”

— Leader, Bates County, County Line 4-H Club

# Community Service-Learning

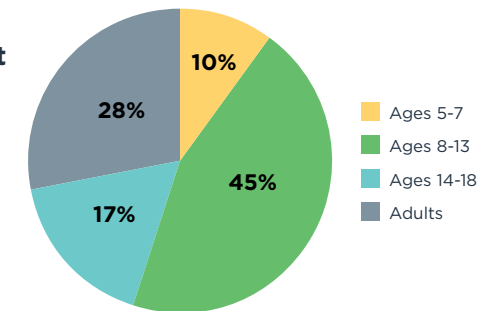
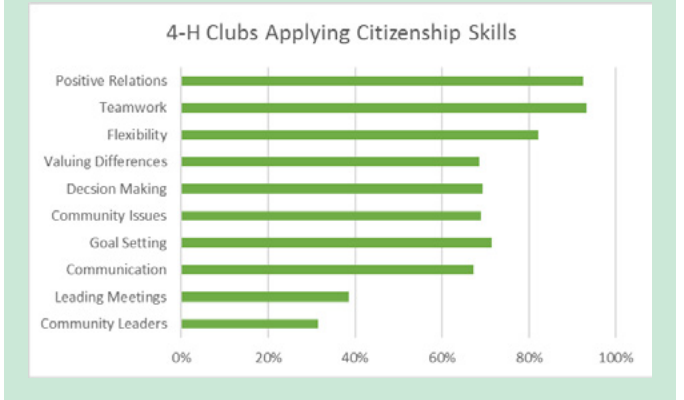
4-H clubs enjoy helping out their neighbors and strengthening their communities through service-learning! Adult club leaders support 4-H members in planning and doing meaningful work that meets a local need or opportunity, and accomplishes a learning objective set by youth. 4-H members reflect and think critically about the influence service has had on them and others. As 4-H “Inspires Kids to Do,” clubs provide service to their communities year-round, engaging youth and adults in leadership development, creating strong intergenerational ties, and locally meeting needs.

## By the Numbers

- **280 clubs from 70 counties** reported community service-learning activities for 2018-19. These clubs reported more than **\*93,897 hours of service**, a contribution valued at **nearly \$2.25 million** to Missouri communities (Independent Sector).
- **The average Missouri 4-H club engaged 26 youth and 7 adults in over \*335 hours of service**, a “giving back” contribution valued at over \$8,000 per club to their rural and urban communities.
- **Youth ages 8-13 made up the largest portion of 4-H volunteers serving their communities (45.3%)**, with adult volunteers (27.6%), teen 4-H members (16.9%), and Clover Kids ages 5-7 (10.2%) rounding out the base of participants in organized service projects.
- Clubs reported 7,142 club members and 1,969 adult leaders participating in **1,476 organized service activities**.
- **\*Reported hours include time clubs spent in conducting service projects**, but may not fully include time spent planning, preparing, and reflecting on service.
- **With 850 clubs in 2018-19, Missouri 4-H members spent an estimated total of 285,000 hours in service-learning, a contribution of \$6.8 million back to communities.**

## Citizenship Skills

4-H club leaders reported on citizenship skills they observed 4-H members demonstrating through planning and conducting service-learning projects. The table below summarizes the percentage of respondents who observed and commented on specific skills in action:



# Missouri AfterSchool Network (MASN)

The Missouri AfterSchool Network (MASN) builds partnerships and systems across the state that improve, support and sustain high quality afterschool programs. Through a combination of coordinated staff- and/or volunteer-driven projects, MASN works toward three broad goals:



**Goal 1 - Foster partnerships** at the local, state, and national level to support afterschool professionals and programs.

**Goal 2** - Develop public support, garner resources, and build relationships with Afterschool Champions to support and assist with efforts to **influence policy and secure new state funding** for afterschool programs.

**Goal 3 - Ensure quality** by providing professional development, technical assistance, and other supports to afterschool professionals and programs, while working on elevating the profession.

The Missouri AfterSchool Network contributes to the success of the 4-H Center for Youth Development through our national affiliations, expanded partnerships, and contracted work. As a statewide, systems-level organization, MASN does not directly serve children and youth in afterschool programs. Instead, the Network provides support and infrastructure such as professional development, advocacy, quality improvement resources, and other supports to the professionals that work in, administer, or fund afterschool programs throughout the state.

Through an annual contract with the Department of Elementary and Secondary Education (DESE), MASN provides training and technical assistance to the 21st Century Community Learning Center and School Age Community afterschool program grantees. MASN staff visit each afterschool site to observe the program operations and interactions between staff and youth and support site level quality improvement efforts.

Each year, MASN staff and volunteers host the Missouri School Age Community Coalition (MOSAC2) conference. In 2018-19, this annual event brought together more than 350 attendees for professional development and networking with peers from across the state. In addition to being known for our excellent state level professional development, two MASN staff members were recognized for being in the "Top 25 Presenters" at the National Afterschool Association (NAA) conference.

## Our Reach in 2018-19



**68**  
**TRAINING SESSIONS**  
offered on-site or in the community

**159**  
**UNIQUE** clock hours offered

**805**  
**DISTINCT** individuals received training

**2,400**  
**TOTAL** clock hours of training completed

**2,800+**  
**ATTENDANCE** records captured from the Active Learning Institute, MOSAC2 and MAACCE conferences

# Signature Missouri 4-H Programs



## Missouri 4-H Equine Tour

*"The Missouri 4-H Equine Tour is a trip that exposes youth from across the state of Missouri and to the horse industry across a nation. These youth learn about the different careers within the equine industry, make connections with professionals, and make lifelong friends along the way. As a 4-H trip, the Tour is not a trip of pure learning, but also of growing; where youth can grow in their leadership skills and be challenged to step out and pursue their ideas, career paths, dreams, and passions."*

— Isaiah Chandler, Jasper County 4-H

## Youth Futures

4-H Youth Futures College Within Reach is a Missouri mentoring program created to provide first generation youth the tools necessary for successful higher education opportunities and career paths. 4-H faculty along with mentor/volunteers provide 4-H youth with mentoring and the skills needed to enroll in higher education, persist and graduate. A whole family approach engages the family in the process and throughout the journey.

Since its inception in 2002 as a collaborative program with Lincoln University, this program has continued to grow through the support of various organizations including the Missouri 4-H Foundation, FCS, USDA-NIFA, J. C. Penney and the National 4-H Council and is now being replicated in other states including Alabama, Georgia, Louisiana, Massachusetts, Texas, and North Carolina.



## 4-H Life

The MU Extension 4-H LIFE is a positive youth development program created to address the needs of children with incarcerated parents. The program is a partnership between land-grant university extension faculty and staff, corrections and 4-H volunteer mentors who guide youth and their families in education and fun activities held during monthly 4-H Family Club meetings in the prison visiting room. Community volunteer mentors also provide important support as the 4-H LIFE youth engage in ongoing 4-H programs that emphasize responsibility.



# National Competitions



## National Shooting Sports Championships

In June of 2019, Missouri 4-H sent 36 youth and nine adult volunteers to Grand Island, Nebraska for the National 4-H Championships. These nine teams spent three days in competition in their respective disciplines.

## National 4-H Livestock Judging Contest

The Missouri 4-H Livestock Judging team represented Missouri at the 2019 National 4-H Livestock Judging Contest in Louisville, Kentucky.



## National 4-H Dairy Cattle Judging Contest

The Missouri 4-H team placed fourth in Ayrshires, seventh in Brown Swiss, eighth in oral reasons, and 12th overall.



## Our Reach in 2018-19



**81** YOUTH attended national competitions representing Missouri 4-H

**15** NATIONAL competitions attended

# The Missouri State Fair

## Our Reach in 2018-19



**1,088** LIVESTOCK Exhibitors

**188** HORSE Show Exhibitors

**2,549** BUILDING Exhibits

**211** DEMONSTRATIONS by 4-H Youth

The Missouri State Fair offers an opportunity for members to exhibit their skills in the 4-H Building, their showmanship in the livestock arenas, and their character through demonstrations. For many, this is a culminating experience which impacts the youth beyond just the premium and ribbon. Missouri State Fair visitors experience first-hand the foundations of the 4-H program by browsing aisles of exhibits, cheering on youth in the show ring, and participating in activities showcasing the project areas. As the numbers show, the Missouri State Fair doesn't just leave a mark on the 4-H youth and families, but they leave a mark on the State Fair, as well.





# HEALTHY LIVING AT A GLANCE

4-H Healthy Living programs empower youth to be healthy — in mind and body — with the skills to make healthy decision and lead healthy lifestyles. Having the confidence and skills to lead healthy lifestyles not only improves overall well-being; it enables youth to tackle life's challenges today and become leaders in their lives, careers and communities as they grow into responsible adults.

## 4-H Members are Healthier

**2x**

more likely to make healthier choices

In 2018, **380 Missouri 4-H youth, parents and volunteers** recorded a total of **2,285,928 minutes** of physical activity during the competitive period of the 4-H MOVE Across Missouri physical activity challenge. That's equal to **38,099 hours**. That's a lot of moving!

## Our Reach in 2018-19



**4,112**

**YOUTH** enrolled in Healthy Living programs

**1,338**

**VOLUNTEERS** supporting and mentoring them

**6,664**

**PROJECTS** completed in Healthy Living

**130,000+**

**OUTREACH** through the Expanded Food & Nutrition Program (EFNEP), which helps families with limited resources learn about healthier food choices and physical activity

## 4-H Feeding Missouri

Missouri 4-H partnered with Feeding Missouri in a first-of-its-kind statewide food drive. All of the state's more than 1,600 4-H clubs, serving youth ages 5 to 18, were invited to participate.

Throughout February, 4-H'ers across Missouri engaged in a friendly service competition to see which clubs could contribute the greatest amount of food, cash donations and volunteer hours. Through local food drives, fundraisers and educational events and presentations, 4-H'ers helped raise awareness about hunger and food insecurity in Missouri, where one in five children belong to families that struggle to put enough food on the table.

The idea for the statewide collaboration came about last year during a conversation between Chris Baker, Feeding Missouri's resource development manager, and University of Missouri Vice Chancellor for Extension and Engagement Marshall Stewart. Both saw an opportunity to affect this issue through a partnership, and 4-H volunteered to lead the effort on MU Extension's behalf.

"This project is a great example of the way University of Missouri Extension can mobilize, engage and work with local partners to improve the lives of Missourians across our state," Stewart said. "I'm proud of our 4-H youth and their leaders and their commitment to take on this challenge."

103,752 meals were provided to those in need through 4-H Feeding Missouri with Webster County winning the overall prize.



**I think 4-H helps build a sense of community mindedness within the kids participating. They see that there is a bigger world than just their little corner. That awareness seems to inspire them.**  
— Leader, Audrain County, F&L Hustlers

## STATE EVENTS



### State 4-H Fashion Revue

Youth gain life skills in resource management, design principles, wardrobe coordination, garment maintenance and consumer economics.



### FilmFest

A national film festival for youth that are filmmakers, visual artists, aspiring actors and those who are just interested in meeting other creative people.



### State Public Speaking Contest

Competing against yourself and others, as you showcase your public speaking skills on a larger stage and learn how to get even better!



### MOVE Across Missouri

Youth and adults engage in friendly competition while tracking their physical activity for 3 months.



### Public Speaking Academy

Youth are guided through the basics and finer points of writing and delivering a speech.





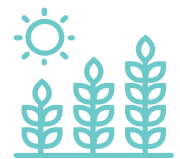
# STEM & AGRICULTURE

## AT A GLANCE

4-H science programs provide 4-H youth with the opportunity to learn about science, technology, engineering and math through fun, hands-on activities and projects. Focus areas include computer science, robotics, agri-science, and natural resources.

4-H'ers are **2X** more likely to participate in **STEM** activities during out-of-school time.

### Our Reach in 2018-19



**17,413**

**YOUTH** enrolled in Agriculture programs

**4,631**

**VOLUNTEERS** supporting and mentoring them

**55,820**

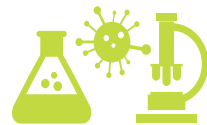
**PROJECTS** completed in Agriculture

**1,005**

**PARTICIPANTS** in state 4-H Judging camps, contests and clinics

**955**

**ANIMAL EXHIBITS** at the Missouri State Fair



**6,752**

**YOUTH** enrolled in STEM programs

**1,930**

**VOLUNTEERS** supporting and mentoring them

**17,705**

**PROJECTS** completed in STEM

**618**

**PARTICIPANTS** in state STEM camps and events

**225**

**STEM KITS** sent to counties for National Youth Science Day



### Making Butter

"Making Butter is a local program developed in response to the identification of a need for local youth to better understand where their food comes from. This program is presented to all 5<sup>th</sup> grade students at Black Hawk Elementary and ties key scientific concepts with the process of making butter in a hands-on activity."

— Katie Hogan, CES, NE Region

### Teaching Electricity to Youth

"I received a grant from Liberty Utilities to teach Electricity to Youth and implemented an electricity session at camp. I also implemented an electricity afterschool enrichment program for regional schools."

— Bob McNary, CES, SW Region

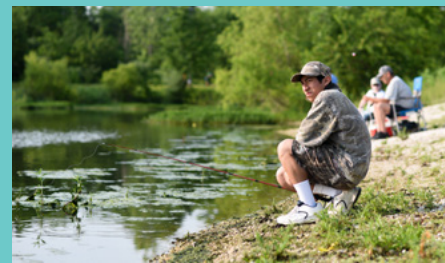


### Youth Livestock Seminar

"Our Youth Livestock Seminar is a new and growing activity that gathers all youth showing livestock at the county fair to learn about their projects, financial records and marketing. This is important in making sure that all youth in these projects are getting information that is relevant and accurate."

— Kayce Amsden, YPA, EC Region

## STATE EVENTS



### State 4-H Sportfishing Contest

A fun-filled day of competition and demonstrations in the four areas of sportfishing: Angling Skills, Tackle Craft, Aquatic Ecology, and People and Fish.



### State Meats Judging Contest

Youth develop skills and abilities needed to enter and advance a career in the meat industry. These skills are important to optimize economic returns not only as a producers, but as consumers as well.



### Show Me Robotics Day

Youth demonstrate their robotics projects and learn what others are working on around the state.



### Aerospace Camp

Campers learn about topics related to space that culminate with the e-mission from the Challenger Learning Center.



### Kids & K-9 Camp

Youth and their pets strengthen their relationship through new training techniques while emphasizing personal pet responsibility.



### 4-H Zoo Apprentice Camp

An immersive experience for youth ages 10-18 where youth work side by side with Zookeepers at Busch Gardens and Sea-World to prepare for possible future careers in the animal industry.



# CIVIC ENGAGEMENT

## AT A GLANCE

Through 4-H civic engagement programs, youth learn about civic affairs, build decision-making skills and develop a sense of understanding and confidence in relating and connecting to other people. These life skills help grow 4-H youth into true leaders.

### 4-H Members are True Leaders in Service

**4x**

4x more likely to actively contribute to their communities

**2x**

2x more likely to be civically engaged

In 2018, **273 clubs** from 71 counties reported **1,522 community service projects** resulting in **172,565 hours contributed** by 4-H youth and adult volunteers. That's a contribution valued at nearly **\$4.3 million** to Missouri communities (Independent Sector).

### Our Reach in 2018-19



**12,079**

**YOUTH** enrolled in Civic Engagement programs

**2,883**

**VOLUNTEERS** supporting and mentoring them.

**24,959**

**PROJECTS** completed in Civic Engagement

**1,062**

**PARTICIPANTS** in state and national camps and events

**3,769**

**EXHIBITS** in the 4-H Building at the MO State Fair



### Hardworking State Council

Missouri 4-H is proud to have a hardworking State Council. This is a group of teens that have been voted on by their peers to lead 4-H programming in Missouri. They not only help set policy, plan and run both Teen Conference and State 4-H Congress, but also represent 4-H in a wide variety of ways throughout the year. You can find them at the Missouri State Fair, in Jefferson City promoting 4-H to our legislators, and working behind the scenes in many state events. A huge 4-H shout out goes to each and every one!

**“We have a Youth EXCEL Leadership program in Lamar High School where we teach financial planning areas that include career and community programming.”**  
– Elaine Davis, YPA, SW Region

**“MU Extension Youth & Families Medication Safety Toolkit is a new resource for Extension faculty/staff to provide youth, family, and community programming addressing the opioid epidemic and substance abuse. It includes an online toolkit, user guide, state-level data, and access to nationally reviewed curriculum and programming resources.”**  
– Steve Hennes; Assoc Ext Prof, State Office

## STATE EVENTS



### State 4-H Congress

A learning experience for youth ages 14-18 through college, career, and leadership sessions. Delegates are introduced to college life while meeting new friends and sharing ideas. State 4-H Council Officers and Regional Representatives are installed.



### Teen Conference

Building independence, having fun, learning new skills, and meeting 300 new friends from all across Missouri in one weekend! For ages 11-13.



### Youth Civic Leaders Summit

A statewide energizer for teams of teens ages 14-18 and adult leaders who are active in leadership and service, and want to make a difference in their communities and world. Teams learn how to lead purposeful action that impacts their communities.



### Youth Futures Conference

College and career awareness and preparation for youth — primarily 1st generation college students.



### Legislative Academy

Teens become 4-H ambassadors and share compelling 4-H stories and impacts with state leaders and major 4-H supporters, while learning how government works, public policy issues facing the state, and exploring careers in public service.



### Citizen Washington Focus

A leadership program for students ages 15 to 18 in Washington, DC. 4-H members tour national landmarks, meet their elected officials, and participate in a week-long program that enriches their lives with activities that broaden their appreciation and respect for themselves and others.



## Shooting Sports

The first ever Missouri 4-H Shooting Sports End of Year Awards Ceremony was held this year on the afternoon of November 2, 2019 at the Mathewson Center on the Missouri State Fairgrounds in Sedalia, MO. Planned and implemented by the Missouri 4-H Shooting Sports Ambassadors, at the ceremony, the top ten placing individuals and top five teams of every event from the 2019 Missouri 4-H State Shoot were recognized. With approximately 800 award recipient names called, approximately 430 attendees were present for the special event.

In addition, the individuals who made up the 2019 Missouri State Team which competed at the National 4-H Shooting Sports Championships were acknowledged. For the first time in state history, all Missouri 4-H Shooting Sports disciplines came together to applaud their competitors, celebrate their accomplishments and receive the recognition they deserve. This event not only promoted an atmosphere of sportsmanship and celebration but was also a way to introduce competitors to the many additional opportunities available in Missouri 4-H Shooting Sports.



### Our Reach in 2018-19



**7,544**  
YOUTH enrolled  
in Shooting  
Sports projects

**1,761**  
VOLUNTEERS  
supporting and  
mentoring them

**52,800**  
HOURS of service provided by our  
shooting sports volunteers alone



## Investing in our Future

### About us

The Missouri 4-H Foundation is a nonprofit 501(c)(3) organization. We are the private resource partner of the University of Missouri Extension 4-H Center for Youth Development. For over 70 years, the foundation has secured and managed funds for Missouri 4-H, providing higher education scholarships, recognizing 4-H volunteers and supporting the Missouri 4-H mission to engage youth as valued contributing members of their communities.

### What we do

4-H is America's largest youth development organization — empowering nearly six million young people across the U.S. with the skills to lead for a lifetime. Across the state of Missouri, 4-H impacts the lives of thousands of youth and volunteers every year. Through their 4-H experiences, kids develop important lifeskills through hands-on projects under the guidance of adult mentors. We rely on our partnerships with individuals, businesses and organizations to support the work of 4-H and maximize youth development opportunities for young people in Missouri. Through their generous support, we offer college scholarships, funding for county 4-H programs and statewide 4-H activities, leadership training for 4-H volunteers, and seed money for new and expanded 4-H programs.

### How we support Missouri 4-H



#### Funding for state and local 4-H programs

The Missouri 4-H Foundation provides more than \$500,000 annually in direct program support to the MU Extension 4-H Center for Youth

Development. This support helps young people develop practical skills at state contests and events. It also offers youth opportunities to take on leadership roles through experiences like State 4-H Council. Each year, more than \$100,000 is granted to county 4-H programs through statewide fundraisers and grant opportunities.



#### College scholarships

Connecting youth to higher education is a fundamental role of the 4-H program. With tremendous support from our donors and partners across the state, the Missouri 4-H

Foundation offers more than 60 college scholarships to young people of all backgrounds. Each year, we provide nearly \$70,000 to 4-H members pursuing postsecondary education.



#### Securing the future of 4-H with endowments

The Missouri 4-H Foundation offers donors gift options designed to sustain Missouri 4-H youth development programs at both county

and state levels. Endowments for 4-H county or state programs provide a dependable and perpetual source of funding that, when combined with other public and private annual support, assures that 4-H learning opportunities will always be available for Missouri's youth.

# 4-H GROWS HERE



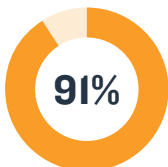

### SPIN Clubs

The Cooking Italian SPIN 4-H Club in Clark County learned to cook with 4-H Volunteer Chef Shaun Dunlap and Nutrition Program Associate Wendy Atterberg. The group learned a different course each week and then prepared an Italian inspired meal of Crusty Italian Bread, Bruschetta Salad, Tomato Basil Soup, Chicken Par-mesan, and S'mores dessert with a flourless chocolate cake and homemade marshmallows which they served to their families. They also delivered s'mores dessert to the Clark County Sherriff's Department to show their appreciation for local law enforcement.

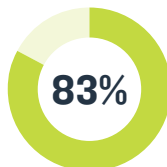


### Stars 4-H Club

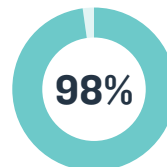
The Stars 4-H Club at Gashland Elementary in Clay County organized, packed and donated "Cold Weather Packets" and distributed them to people in need.



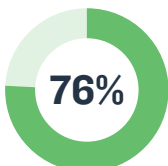
Like to learn about people who are different from them.



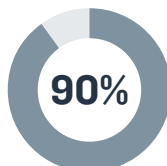
Stop to think about their choices, when making a decision



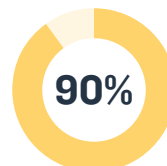
Show respect for other's ideas



Can work with someone who made them upset.



Look for ways to involve all members of a group



Keep trying to reach their goals

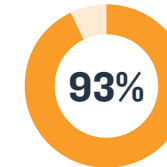


As 4-H members, we can make our community a better place to live, one small project at a time. It can inspire adults, too. I know I can work with others 4-H members to make decisions that can make a positive impact on our community and our world. 4-H gives me the opportunity to live big in a small town.

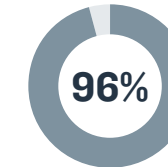
— Bella, age 11

The skills I have learned in 4-H are skills that I can take with me and improve upon as I get older.

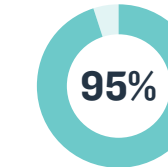
— Macey, age 10



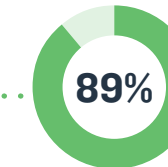
Learn from their mistakes



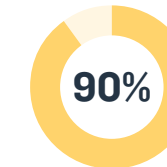
Treat others the way they want to be treated



Are willing to work hard on something



Are willing to try something they might do wrong



Think about other people's feelings before saying something

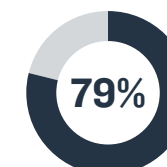
It does not matter what animal you show, what matters is that you work together as a team....

—Taylin, age 11

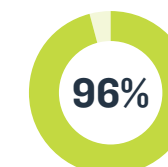


I was proud of myself for learning something totally new. That is what 4-H means to me. It's learning something new.

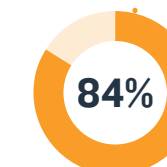
—Tinley, age 12



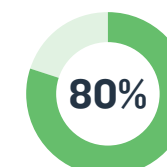
Comfortable being a leader



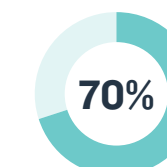
Like to learn new things



Help others reach their goals



Set personal goals



Are comfortable speaking up in a group

When my son speaks in public everyone in our community is so surprised at his ease of speaking and how polished he sounds. Thanks to 4-H that is — and I tell everyone! When he first started speaking in public he didn't know very much and didn't understand judges' comments. Now both he and his sister live for judges' comments. 4-H has really helped them in so many ways.

— 4-H mom

# The Many Ways to 4-H

There are several ways to get involved in 4-H in Missouri and we can say with certainty they **all** provide the same quality 4-H programming. The programs and resources available through these initiatives can help youth achieve social, emotional, physical and academic success while developing healthy lifestyles and behaviors. All 4-H clubs are encouraged to elect officers, plan an educational program of business, community service and learning.

## 4-H In School Clubs

4-H In School clubs meet during school hours. A teacher or school administrator will work with a 4-H county specialist to implement 4-H programming during a specified time. These clubs usually focus on one topic at a time and can meet for a short time, or for the entire school year. Age requirement: grades K-12 or equivalent.

## 4-H Afterschool Clubs

4-H Afterschool is a national initiative that provides extraordinary learning opportunities to school-age youth in urban, suburban and rural communities. 4-H Afterschool is designed to combine the resources of 4-H and the University of Missouri Extension system with schools and community-based organizations that provide after-school programs that address community needs.

These 4-H Clubs meet during afterschool and the time they meet varies from short period of time to a full 4-H program year. Youth often focus on one subject, such as robotics or photography. Age requirement: grades K-12 or equivalent.

## Community Clubs

4-H Community Clubs meet usually on nights or weekends throughout the year and are found in every type of community throughout Missouri. These 4-H Clubs are for youth ages 8 to 18 and usually have a monthly club meeting run by club officers to handle club decisions. Separate meetings are usually held for each project and are led by a project leader.

## Clover Kid Clubs

Clover Kids Clubs are for youth ages 5 to 7 and allow our young members to build self-confidence while having fun and learning to get along with others. They explore different topic areas together in a safe environment. Once a youth turns 8, they can join a Community Club and choose their own project areas.

## SPIN (Special Interest) Clubs

4-H SPIN clubs allow youth ages 5 to 18 with common interests or hobbies to meet as a club and share and learn more about their special interest. Whatever their passion is, youth can gain knowledge and enhance their skills through a positive group experience. A 4-H SPIN club can be started with a minimum of one adult volunteer and five young people with an interest in a particular topic. The SPIN club model provides increased flexibility in when and how long groups meet.



## A great example of an Afterschool or In School club:

The **4-H SNAC Program** provides youth the opportunity to engage in healthy living advocacy, peer mentorship, and hands-on cooking, nutrition and leadership skills. The 4-H SNAC clubs allow youth to learn methods to live healthier lives and build initiative to increase knowledge, make healthy changes in their homes, communities and schools. Club meetings are held weekly, biweekly, or monthly, depending on the site's needs, in collaboration with school partners. Utilizing Kids in the Kitchen and Eating from the Garden curriculums, 4-H and school staff support youth engagement in a new combined delivery model of 4-H and FNEP (Food and Nutrition Education Program).

# Missouri 4-H Efforts

## Publications

- ▶ **Anderson, B.** (2019). Impacts of the state 4-H council experience: A phenomenological study (Doctoral dissertation). Retrieved from MOspace. <https://mospace.umsystem.edu/xmlui/handle/10355/69927>
- ▶ Diem, S., **Browning, L.**, & Sampson, C. (2019). In/Exclusive engagement of school communities through school district decentralization: A critical policy analysis. In S. Winton & G. Parekh (Eds.). *Critical Perspectives on Education Policy and Schools, Families, and Communities*. Charlotte, NC: Information Age Publishing.
- ▶ **Heness, S.** & Ball, A. (2019). Engaging youth as influencers in leadership event planning. *Journal of Human Sciences & Extension*, 7(1), 144-154.
- ▶ Worker, **S. Fabregas Janeiro, M.G.**, Lewis, K. (2019). Comparing youth outcomes and experiences between 4-H community clubs and adapted 4-H delivery modes. Retrieved from California Agriculture. <https://doi.org/10.3733/ca.2019a0027>.
- ▶ **Fabregas Janeiro, M. G.**, Worker, S. & Soule, K. (2019). *Engaging Latino Youth in 4-H. Program Toolkits*. University of California Division of Agriculture and Natural Resources. ANR Publication 8640. MAY 2019
- ▶ Worker, S. M., **Fabregas Janeiro, M. G.**, Diaz Carrasco, C., & Soule, K. (2019). University of California 4-H Latino Initiative: Experiences of bicultural and bilingual staff. *Journal of Youth Development*. 14 (3): 31-44. DOI 10.5195/jyd.2019.667
- ▶ **Browning, L.** (2019). *Principal sensemaking and special education discipline: A multiple case study of secondary building-level administrators*. (Doctoral dissertation). University of Missouri, Columbia, Missouri.
- ▶ **Browning, L.**, Karnas, M., & Lewis, K. (2018) Lessons learned from IDEA: Are teachers utilizing special education practices and techniques as a way to improve differentiated instruction in classrooms? *International Journal of New Approaches in Special Education*, 1(1), 1-21.
- ▶ Diem, S., Sampson, C., & **Browning, L.** (2018). Reorganizing a countywide school district: A critical analysis of politics and policy development toward decentralization. *Education Policy Analysis Archives* 26(1), 2-31.
- ▶ Missouri 4-H faculty and staff across the state also publish articles in a wide variety of newspapers; too many to list.

## Conferences

- ▶ Collins, Rusty (moderator), **Fabregas Janeiro, M. G.**, Garcia, Melinda, Nathaniel Keith. (2019). Essential Competencies and Innovative Practices for urban and Latino engagement. National Urban Extension Conference. Seattle, WA. May 20-23, 2019
- ▶ Vega, Liliana, **Fabregas Janeiro, M.G.**, Hill, Russ. (2019) Creating high quality and accessible programs: Culturally adaptive 4-H Programs. National Urban Extension Conference. Seattle, WA. May 20-23, 2019
- ▶ Diem, S., **Browning, L.**, & Sampson, C., (2019, November). In/Exclusive engagement of school communities through school district decentralization: A critical policy analysis.

## Missouri 4-H Efforts

- ▶ Garman, C., Moore, K., **Browning, L.**, Tipton, E., McCollom, L., Simpson, J. (2019, February). Early Writing, Assessment, and Behavior. Breakout Session Presented as part of the Midwest Symposium for Leadership in Behavior Disorders Annual Conference, Kansas City, MO.
- ▶ Diem, S. & **Browning, L.** (2018, October). Politics of educational leadership in school district reform. Poster presented as part of the MUCOE Research Day. Columbia, MO.
- ▶ Lembke, E., **Browning, L.**, McCollom, L., & Tipton, E. (2018, October). The Early Writing Project: Supporting teachers' implementation of data-based instruction. Poster Presented as part of the MUCOE Research Day. Columbia, MO.

### National and State Recognitions

- ▶ Joyce Taylor; YPA, State Office: States' 4-H Exchange Outstanding Program Award
- ▶ Elaine Davis; YPA, SW Region: JC Smith Overall Missouri Community Betterment Overall Youth Award
- ▶ Robert McNary; CES, SW Region:
  - ▶ Meritorious Service Award from the National Association of Extension 4-H Agents
  - ▶ Team Engagement Certificate of Merit from the Office of Extension and Engagement - University of Missouri
- ▶ Stephanie Milner; CES, SE Region: Outstanding Program Award-runner up from UMEA
- ▶ Karla Deaver; CES, SW Region:
  - ▶ National Association of Extension 4-H Youth Agents North Central Region Award winner for Educational Package/Individual North Central Region NAE4HA
  - ▶ Missouri Farm Bureau Outstanding 4-H Specialist Award
- ▶ Velynda Cameron; CES, WC Region: The CES Excellence Award from the University of Missouri Extension
- ▶ Steven Henness; Assoc Ext Prof, State Office: MU Engagement Team Award, Certificate of Merit
- ▶ Laura Evans; FS, UW Region:
  - ▶ American Service Award from NAE4-HA
  - ▶ Early Career Award from HES
  - ▶ Honorary Chapter FFA Degree from Northland Career Center FFA
- ▶ Annette Deering; CES, NW Region: Truman award from Dr. Stewart, University of Missouri
- ▶ Shaun Murphy; CES, NW Region: Communications Radio or Podcast, 2nd place regional (team) from the National Extension Assoc. of Family and Consumer Sciences
- ▶ Brenda Brinkhous-Hatch; YPE, UW Region: Teamwork Award MO 4-H Healthy Habits HES Celebration of Excellence Awards
- ▶ Laura Browning; Asst Ext Prof, State Office
  - ▶ Outstanding Scholarly Contribution to Research, MUCOE Research Day, 2018
  - ▶ National David L. Clark Scholar, 2018 (UCEA, AERA, Sage Publications)
- ▶ Missouri 4-H's own past director, Jo Turner, was inducted into the National 4-H Hall of Fame in Chevy Chase, Maryland.

## Missouri 4-H Efforts

### National Committees

- ▶ Krista Tate; CES, SW Region: Rural Afterschool Programs-member; 4-H Programs: Effect on college majors and ca-reers—member
- ▶ Tanner Adkins; FS, EC Region: Youth Development's role in food insecurity education through 4-H and FFA research team—field researcher
- ▶ Kim Hall; FS, WC Region: THRIVE Organizational Alignment—member
- ▶ Robert McNary; CES, SW Region : National Association of Extension 4-H Agents: Agricultural Literacy Work Group— Past Chair
- ▶ Velynda Cameron; CES, WC Region: : National 4-H Retention Committee—member; National Association for the Education of Young Children—higher education peer reviewer and consulting editor for periodicals and books
- ▶ Steven Henness; Assoc Ext Prof, State Office: NAE4-HYDP Youth Empowerment Work Group—chair; NCERA215: Contribution of 4-H Participation to the Development of Social Capital Within Communities—toolkit team lead
- ▶ Cathy Galland; CES, EC Region: Career Readiness Research Team—member
- ▶ Becky Simpson; CES, NW Region: National Retention Research Team—Lead for Missouri; Implementation Com mittee—member
- ▶ Laura Evans; FS, UW Region: Urban Programming—member
- ▶ Sarah Morefield; FS, UW Region: NAE4-HA Urban Programming Working Group—Chair; NUEL North Central Regional Caucus Planning Team—member
- ▶ Bradd Anderson; Asst Ext Prof, State Office: eXtension National Extension Futuring Panel—member; National 4-H PLWG "Advancing the Thrive Model" Task Force — Co-leader; NAE4-HA Communication & Expressive Arts Working Group—member

### Trainings

#### Missouri 4-H prepares people for all sorts of situations, here is just a sampling of our trainings:

- ▶ I have developed and facilitated teen trainings for our part in the Healthy Habits grant in our county. These trainings explored gardening and basic horticulture enabling teens from NKC, Smithville and other clubs to teach gardening to over 1000 youth across Clay county. Additionally, I have developed workshops for Explore 4-H and Clover Kids as mentioned earlier.
  - Brenda Brinkhous-Hatch; YPE, UW Region
- ▶ Officer training for 4-H with the target of 4-H members and volunteers. Basics of officer's jobs and how to participate in a meeting and committee. Plus, volunteer recruitment and training. I developed job description templates for current programming, use social media and email to train as we go, and several host face to face meetings to cover vol-unteer materials.
  - Becky Bell; YPA, WC Region

## Missouri 4-H Efforts

- ▶ I developed informational meetings about 4-H for all school districts in my area. Titled “What is 4-H and How Can I Volunteer,” my target audience was teachers, youth and parents. Another workshop I conducted was “What is MU Extension and How Can It Help Me”. My target audience has been commissioners, council members, teachers, parents and the general public. Also, I have workshops on college and career readiness for seniors and freshmen.  
— Brad Coleman; CES, SE Region
- ▶ Survival Camp-Youth learn how to survive in the great outdoors! Skills included: knot tying, water survival, nutrition and hydration, fishing, packing your backpack, tent set up, outdoor identification, sterilizing water and foods, basic first aid, orienteering, animal survival, hiking and more! Youth ages 8-18 were involved. YPA’s Davida Pedigo and Kim Allison assisted. Kristi Baker and two other ag specialists and one nutrition specialist taught programs. A NPA also taught about foods.  
— Stephanie Milner; CES, SE Region
- ▶ Makerspace—What’s that? Participants learned how to inspire youth using the experiential learning model to create, connect and educate in the maker space environment. Also, Computer Science Unplugged professional development for the staff of the Independence School District Sycamore Kids Safari program. During the two-hour workshop, I identified several hand on learning activities that relate to computer science unplugged activities in the Computer Science Pathways booklet.  
— Laura Evans; FS, UW Region
- ▶ I hosted a Kids in the Kitchen workshop for ages 8 to 18 that helped provide local youth with the basic cooking skills to assemble small healthy snacks and learn how healthy eating habits helps keep our body and mind functioning properly. I completed this workshop with the help of the County Nutrition Center and the MU Nutrition Program Associate.  
— Davida Pedigo; YPA, SE Region
- ▶ Communication and Conflict — Communication and conflict go hand in hand. The better we communicate the less likely we are to have conflict. In this workshop staff learned about communication both verbal and non-verbal; being an active listener; how to phrase words to get the best understanding;

## We strive for diversity...

**I identify new host family applicants for our 4-H Exchange programs.**  
— Joyce Taylor; YPA, State Office



**A few methods I used were 4-H: All Access, 4-H SNAC, opening up camps as recruitment for youth not enrolled in 4-H, Healthy Habits Teen Teachers SPIN Club, North Kansas City Parks and Rec Programming, and In school programming to support innovative teacher projects.**  
— Sarah Morefield; FS, UW Region

**I am starting a SPIN club that meets during the day to target homeschool families and a SPIN club just for high school students since that is my least represented age of enrollment.**  
— Jennifer Hancock; EE, SW Region youth



**I added 4-H LIFE programming, afterschool programming, and a club geared to foster/adoptive youth.**  
—Shaun Murphy; CES, NW Region

**I joined the Mid-America LGBT+ Chamber of Commerce this last year and it has been a great way to connect to local businesses and organizations on two fronts. 1) I have learned that many LGBT+ people grew up in the 4-H organization. 2) Many of these same people do not have children but still want to give to the program.**  
— Jessie Furgins; EI, UW Region



# We reach out to underserved youth...

This past year, we started working with Passages, a teens group within the Anti-Violence Project. All of the teens are LGBT+ and many are homeless. We started programming with them monthly.

— Jessie Furgins; EI, UW Region

I think it helps build a sense of community mindedness within the kids participating. They see that there is a bigger world than just their little corner. That awareness seems to inspire them. We rarely struggle to come up with ways to help around the community. The kids are the first ones to excitedly share when they know of needs. They are great at working as a team or teams depending on the situation.

They enjoy their time spent together and sometimes get competitive, which adds to the fun as well.

— Audrain, F&L Hustlers

The youth learn to give back to the community through these events. They include and inspire younger members to participate in community service events. By getting involved in the community, they also learn new ideas and new ways to do things.

— Cape Girardeau, Junior Leaders



These activities provide our members a chance to teach each other skills, learn how to work together, help others in need, and give back to the community all while having fun.

— Boone, Rock Bridge 4-H Club



I work every week with the Fire Chief of the Forsyth Fire Department on CERT and FD programs with youth. These programs are requested in my other counties. I work with OACAC to have vocational career days and see thousands of youth each year and their teachers through VOICE.

— Willa Williams; CES, SW Region

4-H: All Access is one example of how to successfully reach out to audiences that aren't aware of or able to work within our community club model. Target audience: 1st generation 4-H, low income families, families living in the most urban core of Clay County.

— Sarah Morefield; FS, UW Region

# We make partnerships...

The younger youth get to connect with older youth and adults in the community and feel valued. The youth also see the importance to helping out even when no one is looking so they see the value of knowing they are doing their best without direct compensation.

— Bollinger, Leopold 4-H

American Royal invited us to share embryology and welcome over 1,500 students and guests during their field day event in September. We were able to collaborate with teachers from local schools, share about MU Extension and 4-H. Also, Cerner's "Take Your Kid To Work Day" provided over 200 youth hand-on experience with STEM education.

— Laura Evans; FS, UW Region



The youth are able to work side by side some of the adults from these organizations or businesses and show the adults that they are responsible, caring young people that are work oriented and respectful for what our community offers them throughout the year.

— Leader, Clinton Cool Cats

We feel it is important to provide diverse activities for our club. We want to be an integral part of the community. We choose service projects which provide learning opportunities as well as personal and social skill development.

— Lincoln, Spring Branch Helping Hands



Our 4-H members gain many skills through being part of these projects. They learn how to be responsible members of the environment and throw their trash away. When you pick up other people's trash it teaches you to use a trash can and recycle. Our members also learn to share their artistic talent and thoughts when we make Christmas cards for our senior citizens. And when we hold our auction they learn how to work together to sell their items and raise money to help fellow club members.

— Franklin, Go Hog Wild

I partner with health professionals while working on youth programs such as GenRx, suicide prevention, tobacco use reduction including vaping, and nutrition. I have connected with a large circle of families in need of services they didn't know existed. These groups have provided funding for related programs and a much needed support system.

— Becky Bell; YPA, WC Region

LILY, 4-H GARDENING PROJECT

# INSPIRE KIDS TO DO

In 4-H, kids roll up their sleeves and do with their hands. Their experiences grow the curiosity they need for life and career.

SPARK DOING. SUPPORT KIDS AT [4-H.ORG](https://4-h.org)

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