



Washington State University

Snohomish County Extension

2018

600 128th Street SE
Everett, WA 98208
(425) 357-6044

snohomish.wsu.edu



BY THE NUMBERS

- 418 4-H volunteers enrolled
- 1210 youth enrolled in 4-H clubs
- 592 youth in other 4-H activities
- 29,666 volunteer hours reported
- 78 community based clubs
- 3 new community based clubs
- 44 youth attended officer training

4-H

Youth Development

ISSUE

According to Snohomish Health District, at least 30% of Snohomish county teens report feeling depressed. These same youth are more likely to have low grades, be involved in drugs, alcohol, smoking, and violence. One supportive adult can build resilience in a youth who suffers from traumatic experiences (divorce, abuse, mental illness or incarceration in the family, etc.), but 25% of our county's teens cannot identify an adult they can turn to when feeling sad or hopeless. The number of youth who have considered, planned or attempted suicide in our county is above the state average. 4-H connects youth together with adults and activities that foster a sense of worth, belonging and accomplishment.

RESPONSE

4-H is a youth development program focused on positive relationships between young people and adults. Research tells us that children need to feel accepted in a group beyond their family. 4-H allows them to feel physically and emotionally safe while pursuing their goals. Many teens mentor younger members, while adults provide encouragement and set boundaries.

4-H projects allow youth to study chosen subjects in depth, often using research-based curriculum, creating a foundation of competence and life-long learning. Life skills, such as teamwork and critical thinking, are taught through the hands-on, experiential learning that takes place in 4-H projects.

4-H youth in Snohomish County are given many opportunities within the 78 clubs to engage in leadership and service. At the start of each 4-H year, members elect club leaders and set goals as a group. They utilize parliamentary procedure, handle club finances, and together decide how to achieve their goals. 4-H members conduct fundraising projects to support their club and program activities, and they develop a spirit of generosity through community service projects chosen by the club.



Snohomish County

4-H

(425) 357-6044

snoco.4h@wsu.edu

Washington State University 4-H Youth Development helps young people become productive citizens who are engaged in positive change, meeting the needs of a diverse and changing society. 4-H empowers youth to reach their full potential, working and learning in a partnership with caring adults.

IMPACTS



- The 4-H technology program launched an aviation project, with several youngsters participating in aviation technology and demonstrating wing planforms, construction techniques, and familiarization with flight control. They also were able to take their first flight, see real aircraft, and get inspiration from aviation experts in the local community.
- Youth in the rabbit, cavy, and cat programs were involved in all aspects of planning and implementing three small-animal shows. They created, disseminated, and collected show registration forms, selected judges, performed health checks on the animals, managed fees, and recorded results at the shows.
- High-achieving 4-H youth in Snohomish County qualified for national (and even international) competitions in archery, equine presentations, equine knowledge, and livestock judging. This represents months and even years of study, practice, and hard work. To fund trips to national competitions, kids conducted fundraising projects and applied for grants and scholarships.
- Outreach to the Latino community continued through a partnership with the Latino Education and Training Institute, participation in Latino Expo and health fairs, and the recruitment and training of the first bilingual leader to start a Spanish-language 4-H club.
- In a class offered by the Snohomish Health District, 39 volunteers learned how to detect signs of suicide and intervene.
- Volunteers participated in classes to learn experiential education, conflict management, delegation, positive youth development, group dynamics, committee and council leadership, public presentations, and the nuts and bolts of organizing a club.
- Greensleeves 4-H club believes that everyone deserves a birthday party! They collected and assembled birthday bags for kids, giving them to local food banks. The kits contained everything needed: plates, cups, utensils, cake mix, decorations, and party favors.
- Puppy Power 4-H Club raises service dogs from 8 weeks to 18 months of age, teaching them 32 different commands. After successful completion of their advanced training with Canine Companions for Independence, the dogs are provided free of charge to people with disabilities. Last year 10 club members raised service dogs for others, while 3 club members worked with their own service dogs.
- Curious youth in the 4-H horse program participated in an extensive equine science program. Using hands-on, experiential methods, they learned about horses' physiology, biology, nutritional needs, diseases, and even a mare's estrus cycle. The youth then taught what they learned to others.
- Nearly 500 children in partnering summer camp programs participated in a series of hands-on, environmental and health education lessons compiled by 4-H staff. Lessons utilized yoga and breathing, as well as strength and flexibility exercises to maximize well-being and learning.

QUOTES

"People ask me what keeps me volunteering in 4-H now that I no longer have kids in the program. I always answer - it is not the impact I am having on 4-H, but the impact that 4-H is having on me."

-Kathy Van Buskirk, volunteer

"The most valuable part of 4-H for me would be the Evergreen State Fair, watching my fellow members and friends compete and enjoy doing every little thing. I absolutely loved being ring-side to give a hug and to give some encouraging words, whether someone did worse than they had hoped or exceeded their own expectations"

-Aurora Mac Avoy, 4-H Alumna