



**Kitsap  
County**

WASHINGTON STATE UNIVERSITY  
EXTENSION



## 4-H YOUTH DEVELOPMENT 2019

### BY THE NUMBERS

- In our club program in 2018-19, there were 326 registered youth members. An additional 365 youth participated in after-school, camp, and other short-term programs.
- 140 adult volunteers contributed over 2,800 hours of service worth \$71,204.
- 21 Kitsap youth belonged to active military families.  
*[Continued...]*



### ISSUE

According to the 2018 Healthy Youth Survey, youth health risks are common in Kitsap County. 35% of 8th graders and 40% of 12th graders experience depressive feelings, and 28% of 10th graders considered attempting suicide in the past year. 60% of 8th graders felt nervous or on edge and 50% were unable to stop or control their worrying. 31% of 10th graders and 45% of 12th graders report having used marijuana at least once. Fewer than half of Kitsap's 8th graders (48%) felt like they had an adult to turn to when they were sad or hopeless. 33% of 6th graders reported being bullied at school and 23% of 10th graders reported not feeling safe at school.

Slowing these trends and improving health, safety, and resilience indicators for Kitsap's youth and teens is an important goal for Kitsap county.

### PURPOSE

The 4-H program empowers youth to reach their full potential, working and learning in partnership with caring adults. Washington State 4-H Youth Development creates supportive environments for all youth and families to reach their fullest potential. This will be accomplished through a systemic approach of foundation and mission driven science to meet our goals to provide formal and non-formal experiential learning, develop skills that benefit youth throughout life, foster leadership and volunteerism in youth and adults, build internal and external partnerships for programming and funding, strengthen families and communities, employ research based knowledge and the land grant university system, and embrace and expand the traditions of the 4-H Youth Program. 4-H bases its program on the Essential Elements of Positive Youth Development: Belonging, Generosity, Mastery, and Independence. 4-H envisions a world in which youth and adults learn, grow and work together as catalysts for positive change. Washington State University 4-H Youth Development is developing young people to become productive citizens who are engaged in positive change, meeting the needs of a diverse and changing society.

### RESPONSE

In 2019, Kitsap County had 47 chartered 4-H Clubs throughout the county. These Clubs provide experiential education through hands on learning in areas ranging from horses, cows, cats, dogs, rabbits to cooking, sewing, photography, and robotics just to name a few. *[Continued...]*



### MORE NUMBERS...

- From 144 YA4-H youth, 71% said that they gave their family ideas for healthy meals and snacks.
- The 4-H At Coffee Oasis program provided hands-on activities and social-emotional skill building to participants. From 65 participants aged 16-25, 82% got to express themselves creatively; 53% worked with others to make or do something, and 53% expressed emotions in a healthy way.



### RESPONSE CONTINUED...

The 4-H youth development program offers a holistic approach to youth development that includes elements that reduce risk factors and also promotes protective factors such as building life skills and promoting developing assets that provides a successful transition to adulthood. Positive youth development does not target the prevention of negative outcomes, but rather focuses on the positive outcomes that we desire for every youth. All youth need at least one caring, supportive relationship in their lives. Volunteer leaders and fellow youth members provide this camaraderie.

4-H clubs provide a unique opportunity for long-term positive youth development through regularly scheduled meetings and activities. The Kitsap County 4-H program provides an opportunity for community connections with short term programming. After-school programming can be found in school districts across the county as well as in-school nutritional education in collaboration with WSU's Youth Advocates for Health! (YA4-H!) program.

Summer Day Camps provide an opportunity for engagement in learning and developing life skills. In 2018-19, Kitsap County 4-H received additional resources to provide support for military youth, homeless youth, and teen programming. Military youth were supported to participate in 4-H in programs on and off-base and at an after-school site at Silver Ridge Elementary. The Coffee Oasis 4-H Partnership provides social-emotional skill building activities with homeless teens and young adults. The YA4-H program provides nutrition and physical activity education as well as leadership development for teens. The new County Ambassador program provides 4-H teens with opportunities to promote belonging, mastery, independence, and generosity (the Essential Elements of Positive Youth Development) for all youth in the Kitsap 4-H program.

### IMPACTS

Youth in 4-H experience leadership, youth-directed activities, friendship, and connection in their clubs. They also plan community service and outreach and educational events. Many club-involved youth learned about animal science, archery, cooking arts and crafts, and photography. Youth in special programs learned about environmental science, outdoor education, robotics, and nutrition. Adults learned about positive youth development, and more. The YA4-H Choices 4-Health program engaged teen teachers to provide nutrition and healthy living education to younger children.

