



WASHINGTON STATE
UNIVERSITY EXTENSION
Kitsap County



4-H YOUTH DEVELOPMENT 2021

BY THE NUMBERS

- 405 youth participated in virtual and in person 4-H programming in 2021.
- 101 adult volunteers donated over 2,000 hours of time valued at over \$57,000

QUOTES

“ I have watched my child blossom and gain so much confidence in 4-H.”

- Parent

“ I learned how to explain things to people and how to talk to grown ups without being scared.”

- 10 year old 4-H member

ISSUE

According to the 2021 Healthy Youth Survey, youth health risks are common in Kitsap County. 35% of 8th graders and 47% of 12th graders experience depressive feelings, and 22% 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. 16% of 10th graders and 36% of 12th graders report having used marijuana at least once. 60% of Kitsap's 8th graders have opportunities for prosocial community involvement. 27% of 6th graders reported being bullied at school and 18% 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.

RESPONSE

Due to COVID-19, in 2021, Kitsap County had 21 chartered 4-H Clubs throughout the county. These Clubs provide virtual experiential education through numerous digital platforms. 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. Unfortunately, due to COVID-19 we were unable to offer in person Resident Camp but we did offer Summer Day Camp.



NOTES & ACTIVITIES FROM 2021

- County fee was waived for 4-H members
- State 4-H offered enrolled youth an enrollment kit with a mask, notebook, activity cards, stickers, and motivational words.
- 4-H office hosted a Zoom 4-H club for any youth that wanted to participate in 4-H but their "normal" club closed. This club was open to all enrolled and non-enrolled youth.
- January 2021 - 4-H hosted an Amazing Race for all 4-H members
- March 2021 - YA4-H Teen Teacher began teaching virtual cooking classes
- March 14 - Pi Day Pie Fundraiser and drive through Enrollment packet pick up
- April 22 - YA4-H Family Event - Kitsap Harvest partnered with 4-H to teach families how to plant and maintain vegetables and how to Grow-A-Row for Kitsap Harvest. Families were able to take home several plants.
- May - YA4-H Virtual Classes offered by Teen Teachers
- July - 4-H partnered with Master Gardeners to host summer programs on Wednesdays in the park (Blueberry Park). Teen teachers led activities and sent youth home with supplies and recipes to cook at home.
- August - Kitsap Fair - Numbers were low, but youth brought animals and Still Life exhibits to showcase what they had been working on with their club virtually all year.
- September - McTakeover for teens to raise funds to support registration to events locally, state & nationwide
- New school year begins and allowed to have Teen Teachers teach YA4-H cooking class

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.

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