



WASHINGTON STATE
UNIVERSITY EXTENSION
Kitsap County



4-H YOUTH DEVELOPMENT 2022

BY THE NUMBERS

- 284 Youth Participated in 4-H Club Programs
- 43 Youth Participated in 4-H Camps
- 76 Certified Volunteers

QUOTES

“ My child has a speech delay and when we first started in 4-H Public Presentations were nerve racking, now she is eager and excited to give her Public Presentation. 8 years in 4-H has given her a level of confidence that I don't know if she would have found anywhere else.”

- Parent

“ I learned how to take good care of my dog and train them to listen.”

- 9 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 did not 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

In the aftermath of COVID-19 in 2022, Kitsap County 4-H has begun to rebuild. In 2022 Kitsap County had 19 chartered 4-H Clubs throughout the county. The 4-H program uses experiential learning that build life skills while promoting positive adult interaction with youth. 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 provide active, engaging activities lead by youth to encourage leadership, community involvement and engagement.



IMPACTS

Youth in 4-H gain lifelong friendships and skills that stay with them for years to come. They learn public speaking, record keeping, goal setting, judging and evaluation as well as providing community service. They learn these skills, an many others, while mastering their project area.

Youth are able to choose their area of interest, ranging from animal sciences, from covies to horses, archery, cooking, expressive arts, photography and environmental science, to name a few.

Youth in special programs learned about environmental science, outdoor education, robotics, and nutrition.



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