

Is your youth ready for adulthood?

Youth learn best by hands-on and experiential learning. Our program plans to engage youth into discovering new life skills to help prepare them to be contributing members of society. Research has shown that youth are more eager to learn when taught by someone besides their mom and dad. This is a great opportunity for teenage youth to meet new friends, find a positive adult mentor and meet community experts. [Check out the topics below.](#)

WHO: High School aged 4-H youth needed 9-12th grade

WHAT: We are developing a program to help prepare youth to be ready for the BIG world.

WHERE: 4-H is everywhere

***Requirements:** Spokane County high school youth.

Possible Topics:

- College readiness: selection, applying, SAT, FAFSA,
- Career options. Job readiness skills. Military options.
- Applying for a job. Developing a resume, application, professional dress code, prep interview questions.
- Winter driving.
- Managing money. Making a budget. Record keeping. How to do your taxes.
- Time management
- House & apartment renting. Healthy roommate relationships.
- Healthy eating and cooking smart while on a budget.
- First Aid, CPR
- Dating smarts & safety
- Conflict management
- Health living from your toes to your nose.
 - And so much more!



Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office. Reasonable accommodations will be made for persons with disabilities and special needs who participate in 4-H events and programs. Contact Kate McCloskey at the Spokane 4-H Extension Office at 222 N. Havana, Spokane, (509-477-2165; kmccloskey@spokanecounty.org) at least two weeks prior to the event.