

Core Program Action Plan

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| Team | 4-H Youth Development |
| Program Title | Youth Development Issues |
| Program Coordinator(s) | Rachelle Vetter, Ellen Bjelland, Caroline Homan, Kari Helgoe, Callie Johnson, Cindy Klapperich, Macine Lukach, and Susan Milender |
| Situation | Parents, youth professionals and youth need updated, research based information on current youth issues/concerns such as: bullying, social networking, sexting, drug & alcohol use, body images, etc. |
| Objectives | To increase awareness and provide skills/resources around issues affecting youth in North Dakota. |
| Extension response (planned activities – meetings/workshops, bulletins, field days, etc.) | <p>Provide curriculum/material/professional development on:</p> <p>4-H Essential Elements This curriculum was designed to help youth development professionals understand the importance of positive development by presenting the 4-H Essential Elements as central to helping young people become competent, contributing adults. It provides a wealth of resources to 1) engage youth development professionals (e.g., 4-H agents/educators) in building the capacity of volunteers, and 2) perpetuate the Essential Elements in programs.</p> <p>Are You Ready? The College Transition The curriculum, created by University of Wisconsin Extension, aims to help students and their parents plan ahead for a smooth transition for post-secondary opportunities. This program helps high school seniors <i>and</i> their parents understand and manage the normal conflicts that result from this transition, increase communication skills, and create a plan for the student to use when faced with conflicts or issues.</p> <p>Boundaries This five week program developed by NDSU Extension in conjunction with the Beulah Ministerial Association and Mercer County Youth Bureau.</p> <ul style="list-style-type: none"> • Explore why boundaries are important • How they reflect personal values • Identify negotiable and non-negotiable rules in our lives |

- Learn how to respectfully work through disagreements with authority figures

CHARACTER COUNTS! in 4-H Youth Development

CHARACTER COUNTS!SM is a program to strengthen the character of today's youth and adults. It is built on the consensus that no matter how diverse our opinions, personalities and backgrounds, there are ethical principles that clearly define us at our best. CHARACTER COUNTS!^(CC!) teaches the 6 pillars of character: trustworthiness, respect, responsibility, fairness, caring, and citizenship. These principles are important because they are the foundation of the behavior expectations for youth and adults involved in ND 4-H youth development. This session will focus on how to assist 4-H leaders, parents and staff in incorporating CC! into your 4-H program.

Living Online: Middle School, H.S., & Caring Adult

Discover ways to help middle and high students, their parents and caregivers learn to better manage their online presence. Snapchat, Twitter, Instagram, Facebook, and others will be discussed. The new curriculum pieces developed by NDSU Center for 4-H will be shared for your use in counties.

Navigating Romantic Teen Relationships

This curriculum is an interactive educational program that assists teens in the decision making process of romantic relationships. The curriculum encourages teens to analyze and apply topics such as gender influence, relationship progression, and desired character qualities.

Overdone: Practicing Wellness in Busy Families

Overdone is a team program from HDFS and 4-H Youth Development. This is your opportunity to partner with your colleagues to determine how you would like to use this information in your county.

Saying "no" to unneeded or unhealthy practices gives us a chance to say "yes" to wellness and healthy family time. The intent of this program is to help families stop "spinning their wheels" and turn their time into more positive, productive interaction with their families.

The materials can be used in a variety of ways including with families in your communities, in schools, as press releases, as social networking posts, and as potential radio broadcasts.

Take A Stand

This set of three 4-H curricula from Texas Extension Service, aims to teach strategies to children and teens to reduce bullying. Topics

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| | include conflict resolution, bullying, communication, etiquette, teamwork, and cultural awareness. The curriculum is written for Grades 3-5, 6-8, and 9-12. |
| Evaluation plan/tool | Evaluation tools are included in each curriculum. |
| Anticipated impacts | Safe and physical and emotional environments for young people. |

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