



Floyd County 4-H Newsletter

An Average Person Would Say It's a Club. But To Me 4-H Is More Than That.

What comes to mind when someone mentions 4-H? An average person would say It's a club. But to me 4-H is more than that. It's a lifestyle! It's a lifestyle in which you experience many events and activities with friends that I have met through 4-H from all the different districts. I have shared many memories, friendships, and discovered a family away from home. These people may live several miles away, we may not see each other daily, but we always have one another for support.

Because of my involvement with 4-H for over 10 years I have gained personal growth, accepted and learned to deal with different perspectives maturely, deal with life problems with better insight, gained confidence, learned how to step out of my comfort zone and all of this has helped form me form a better foundation for my future.

4-H has given me many opportunities to branch out. If it wasn't for this club, I would never have been able to experience life away from home. I would have never gone to visit and stay on a college campus to get a glimpse of what my future could hold. I would have never been able to go to camp with a couple of friends and then leave with countless new friends and memories. Every year after that, most of us returned and eventually we became camp counselors. These 10 plus years have really added to my 4-H family. This has influenced my life in many ways that I couldn't even begin to explain. I am very grateful for everything that my 4-H family has done with and for me. All the memories, opportunities, and experiences I have had with everyone really mean a lot. This has been the most influential part of my adolescent life. I now carry the assortment of qualities you have given me. I thank each of and everyone for playing a part in my growth. Thank you very much! **-Brad O.**



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Lexington, KY 40506





4-H Issues Conference

The goal of the Kentucky 4-H Issues Conference are for delegates to; enrich their citizenship and civic engagement roles, enhance their leadership skills, develop public presentation skills, gain an understanding of local issues and to learn the process of addressing local issues. During the three-day intensive conference, a partnership occurs between the Delegates (youth) and the Facilitators (adult) which leads to a successful learning experience. Delegates were involved in 20 hours of hands-on experience during the conference. The past 3 years Floyd Co. 4-H has had 6 Teen Council Members to attend the conference. 100% of the

those attended reported an increase in respecting other people's views or ideas and 80% reported an increase in their public presentation skills. "After attending the Issues Conference, I feel more confident in my ability to voice my opinion on issues in my school and community. I feel more comfortable working with others at school and in my community to help to come up with solutions to issues we may have." -**Madison**

Farmers Market Kid's Days Community Collaboration

For the last three years Floyd County Extension has collaborated with our Floyd County Farmers Market and Floyd County Health Department to bring Kids Day to the Farmers Market. What started out as a onetime event in 2021 has grown to four Saturday Events from June-September. Our Floyd County Health Department has provided fruit and vegetable vouchers along with nutrition education play activities. Our Farmer's Market has had special guests come in, such as Prestonsburg Fire Department, Prestonsburg City Police, Inflatables, Art Experiences with Bluegrass Green and SIPP Theatre Actors.



During the Kids Day at the Farmers Market Events Floyd County 4-H gave out totes to the youth who attended. In each tote was a Farmer's Market Tool kit, 4-H water bottle and pencil, plate it up recipe cards, 4-H Activity booklet and 4-H Clover bucks worth \$5.00. Youth were able to spend the clover bucks at the market to buy fresh produce and the Floyd County 4-H Council reimbursed the vendors. Over the past three years of Kids Day at the Farmers Market we have used \$564.00 in vouchers that have gone back to local farmers. We also would have a special activity at each Saturday. Those activities were cotton candy, popcorn, snow cones and face painting. Our Family and Consumer Science and SNAP program provided Senior Vouchers, Food demonstrations, food samples, kids block party, crafts and recipes. Floyd County Extension, Floyd County Health Department and the Farmer's Market are in the process of planning more events this upcoming season.

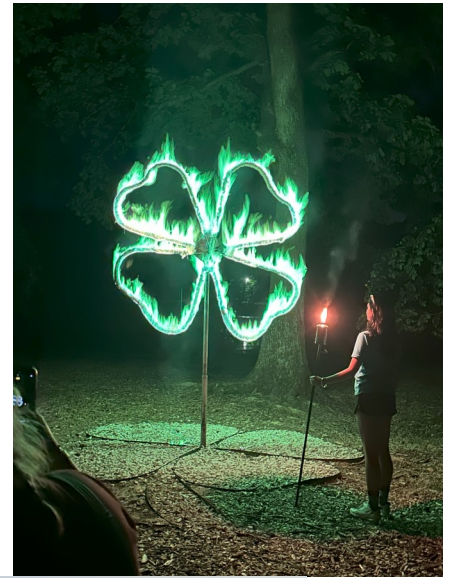
Workforce Prep with JAG

Floyd County 4-H Partnered with both Betsy Layne High School and Prestonsburg High School JAG Program (Jobs for America's Graduates to bring Career Readiness program to our youth. During the program youth focused on What Employers look for in an employee, what they need to consider when deciding on a career, resumes, how to dress for an interview, goal setting and ethics in the workplace. Once all programs were provided Mock interviews were held at each school. As part of the JAG program the youth also helped with Reality Store for all our 8th graders and 10th graders in the county.

"Our JAG students did a wonderful job working the Reality Store for our feeder schools! Thank you to Floyd Co. 4-H for giving them the opportunity to! They learned a lot about real life skills by working the booths."
Kristin Hatfield, PHS JAG

"We enjoyed working at the Reality Store! Great life lessons on budgeting and finances for our JAG students." Tara Matney, BLHS JAG

4-H Camp 2024



KENTUCKY STATE FAIR 2024

Kentucky State Fair 4-H Projects



Allen Elementary

Carli Artrip, Kentucky 4-H Trends, Blue Ribbon
Peyton Shepherd, Knitting, Blue Ribbon
Peyton Shepherd, Arts and Crafts, White Ribbon
Isabella Burchett, Woodworking, Blue Ribbon
Mckinze Schall, Arts and Crafts, Blue Ribbon
Lucas Ross, Geology, White Ribbon
Aspen Stone, Food, Red Ribbon

Betsy Layne Elementary

Elizabeth Joseph, Horticulture, Blue Ribbon
Caleb Osborne, Arts and Crafts, Blue Ribbon
Alayna Morris, Arts and Crafts, Red Ribbon
Madison Yount, Arts and Crafts, Red Ribbon
Madison Yount, Arts and Crafts, Blue Ribbon
Ava Morris, Photography, Red Ribbon
Ava Morris, Photography, Red Ribbon.

James D. Adams Middle School

Briella Brown, Sewing, Red Ribbon

John M. Stumbo

Augusta Rogers, Arts and Crafts, Red Ribbon
Aaron Grim, Food, White Ribbon
Marissa Blankenship, Photography, White Ribbon

May Valley Elementary

Kasyn Barnette, Arts and Crafts, Blue Ribbon
Drew Akers, Arts and Crafts, Blue Ribbon, Class Champion

Prestonsburg High School

Amelia Gilbert, Crochet, Blue Ribbon
Amelia Gilbert, Crochet, Blue Ribbon

The David School

Cody Curtis, Photography, Blue Ribbon, Class Champion



Cooking Camp 2024



STEM Camp 2024





2023

NATIONAL 4-H INDEX STUDY

Project-based learning and Positive Youth Development (PYD) have long been the intended outcomes of 4-H. The **2023 National 4-H Index Study** combines the measurement of program outcomes using **4-H Common Measures** and the assessment of Positive Youth Development through the **4-H Thriving Model**. The following findings summarize the second wave of national index data collection and are consistent with the 2022 findings, indicating the stable impact of 4-H on key youth development outcomes.



YOUTH SNAPSHOT



3,958 youth from 19 states participated in the study.

15.13

Average age of youth was 15.13 years.

11.08

Youth started in 4-H at an average age of 11.08.

YOUTH SELF-IDENTIFIED AS:

90% White or Caucasian

64% Female

4.04
YEARS

Youth averaged 4.04 years in 4-H.

4-H PROGRAM OUTCOMES

Youth reported strong and positive experiences in 4-H programs that promote youth sparks, foster developmental relationships, and provide a place for belonging.



POSITIVE YOUTH DEVELOPMENT



Youth who experience a **high-quality developmental context** in 4-H tend to score higher across the four program outcome areas of civic engagement, college and career readiness, healthy living and science.

4-H Programs Are

HIGH QUALITY!

Youth reported PYD experiences that promote sparks, relationships and belonging.

4-H Youth Are

THRIVING!

Youth reported strong and positive results across the seven indicators of thriving.

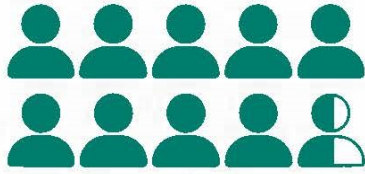
4-H Youth Achieve

PYD OUTCOMES!

Youth reported strong and positive results across all PYD outcomes.

Please reference the 4-H Thriving Model on page 3 to learn more about the process of Positive Youth Development.

COLLEGE & CAREER READINESS



95% of youth reported that 4-H has helped them identify things they are good at.

80%

80% reported that 4-H helped them explore career options.

50%

50% reported that 4-H has helped them with college decision-making.



Youth who reported experiencing high-quality developmental contexts in 4-H reported better identification of their personal strengths and better understanding of future career options.

SCIENCE & HEALTHY LIVING

"I LIKE SCIENCE"

83% of youth agreed with the statement "I like Science".

66%

66% said 4-H helped them see how science can help solve everyday problems.

62%

62% said they would like a job that involves using science.



69% of youth reported that they learned about healthy food choices in 4-H.



A large majority reported that learning, applying and enjoying science was part of their 4-H experience.

CIVIC ENGAGEMENT



75% of youth reported that they like helping people in their community.



93% reported that 4-H has inspired them, with 42% stating they were inspired "a lot" to volunteer in their communities.



Youth who were inspired to volunteer also tended to contribute to their community at greater levels.



Youth who reported higher levels of thriving also reported greater levels of civic engagement and greater levels of inspiration to volunteer in their community.



Learn more and view the full report at:
bit.ly/index-study



**NATIONAL 4-H
COUNCIL**

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4-H THRIVING MODEL



LONG-TERM OUTCOMES



- Academic or Vocational Success
- Civic Engagement
- Employability & Economic Stability
- Happiness & Wellbeing

- Positive Academic Attitude
- Social Competence
- Personal Standards
- Connection with Others
- Personal Responsibility
- Contribution

DEVELOPMENTAL OUTCOMES

(Positive Youth Development)

- Growth Mindset
- Openness to Challenge & Discovery
- Hopeful Purpose
- Prosocial Orientation
- Transcendent Awareness
- Positive Emotions
- Goal Setting & Management

YOUTH THRIVING

(Social, Emotional & Cognitive Learning)



DEVELOPMENTAL CONTEXT

(4-H Programs)

- Sparks
- Belonging
- Relationships
- Engagement

Agriculture and Natural Resources

The Floyd County Cooperative Extension Agriculture and Natural Resource program provides education, training and technical assistance to individuals and businesses concerned with profitable agriculture. Our educational programs include information on food and fiber production, farm business management, marketing and processing agricultural products, natural resource management and home lawn and garden information. Extension is the major provider of research-based information and education for agricultural producers, agri-business, retailers, consumers, and homeowners. Special programs include beekeeping, master gardener program, pruning demonstrations, pesticide applicator trainings, and soil sampling. For more information contact Keith Hackworth , Extension Agent for Agriculture & Natural Resources khackwor@email.uky.edu.

Family and Consumer Science

Strengthening the family through research-based education has long been a goal of the University of Kentucky Cooperative Extension Service Family and Consumer Sciences program. We have helped families invest in their future by helping them develop the competency to choose nutritious foods, manage resources, provide quality care for children and dependent elderly and become community leaders. Some of the activities offered by the Floyd County Family and Consumer Science Program are: Basic Life Skills, Financial Management, Health and Wellness Programs, Nutrition & Food preparation, and Parenting Classes. Looking for creative ideas and leadership opportunities? Join the Floyd County Extension Homemakers. For information contact Andrea Slone Extension Agent for Family and Consumer Science andrea.johnson2@uky.edu

Floyd Co. 4-H Wants You



The Floyd County 4-H program is looking for new volunteers. Maybe you enjoy Committee and Council work. The 4-H programs need our interests represented on county, district, and state councils. Also needed are people who communicate with local, state, and national legislators. Examples: Participating on the County 4-H Council; Mentioning concerns to our state representatives; Writing letters to legislators or you may like Volunteering directly with young people. We will fit you with what your interest lies in. The amount of time depends on your availability. Examples include: Leading 4-H Clubs; Teaching class at 4-H Camp or sponsoring a Community Club. If you would like more information on being a Council Member or Volunteer please contact: Heather J. Coleman, Floyd County 4-H Youth Development Agent. hncoleman@uky.edu

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