

Camping for Youth in EFNEP

Camping continues to be a very popular method for nutrition education and youth involvement in North Carolina's 4-H Expanded Food and Nutrition Education Program. County staffs have organized and conducted camping experiences ranging in length from one to five days. Most of these are conducted in local facilities and through mobilization of community resources. Although the county food nutrition and 4-H agents have taken the leadership in planning and implementing the camping program, one of the major results was the total involvement of the county staff. The area EFNEP agents developed the nutrition education content and trained aides to present it in the camp setting.

CHANGES AND ADAPTIONS TO MAKE 4-H MEET THE NEEDS OF MORE YOUTH

The 4-H Expansion Program

The 4-H program assistants (paraprofessionals) have boosted enrollment and participation in the counties now engaged in the 4-H expansion effort. The program assistants act as a link between 4-H agents and volunteer leaders. By increasing communication and conducting organization efforts, the program assistants release agents for educational planning and programming creating a more innovative and exciting 4-H program.

Support of the program has been demonstrated by continued support by local governing units of the counties in which the program has been implemented. Additional program assistants have been placed in nine additional counties as a result of this local cost share funding. The expansion program features a 4-H/ community development and urban thrust dependent upon the county and community situation and needs.

Action and Adventure

This innovative program developed in Ohio through special needs funding has been replicated in North Carolina for three years. Summer 4-H program assistants trained by Extension agents involve teenage youth as teachers of disadvantaged youth. Program leadership provided by state and county field staff have developed short term projects

in bicycle and home safety, simple clothing repairs, recreation and community awareness. This project receives excellent support and cooperation from the 1890 Extension Program.

Safety

Two major safety thrusts, fire and traffic, were continued in 1975. Additional efforts were undertaken in water safety and emergency procedures.

Over 42,500 youth participated in automotive, bicycle, pedestrian, minibike and other traffic safety programs. Stressing innovations and youth participation, these programs teach safety by a learning process which is positively oriented. Instead of emphasizing "don't do this", they teach "you do this and then you are safe".

Fire safety continued a steady rise in popularity with all 25 teaching kits being utilized throughout the teaching periods. Utilizing a committed community leadership base, the volunteer fireman, the educational program has reached thousands of Tar Heel homes with safety skills and a fire drill safety plan.

Child-Parent-Community Program

During this year an array of strides have been made toward reaching the goals set forth in the Special Needs Proposal for six to nine year olds and their parents. The program is in full operation in the Greensboro area. Favorable responses have been received by key citizens and community resident councils.

This year, the professional staff, program assistants and volunteer leaders have expanded participation in the CPC Program. Promotion exercises were held for CPC Program youngsters to encourage them to become involved in their community 4-H groups.

Leader and parent participation and involvement increased significantly. Parents and leaders are now exhibiting growth in leadership capabilities and acceptability.

Participation in the program has brought about a number of behavior changes among the children and their parents. Parents are better equipped to respond to and

work out their children's problems. The children have displayed growth in the socialization process, environmental awareness, citizenship and leadership development, communication skills and practical skills development.

Leisure Education Program

During the past year extensive efforts have been concentrated in the development of a projected Leisure Education Program. These activities would emphasize wise and creative use of leisure time and the acquisition of leisure activity skills for lifetime use. The projected curriculum content and rationale for utilization have been developed.

Leadership

The North Carolina 4-H program continues to be dedicated to the concept of volunteerism in leadership roles. Adult and teen leaders provide time, talents and enthusiasm for the community club and special interest organizations.

Two districts, the Western and Southwestern, continued district leadership organizations this year while activities were began in the South Central, Southeast and Northwest. These will provide 4-H leaders opportunities to share leadership experiences, give feedback to the district and state 4-H programs, provide leadership for district and state 4-H events and support the 4-H program in its quest to bring educational knowledge to North Carolina youth.

Over 70 leaders participated in the Southern Region Leader Forum at Rock Eagle, Georgia. The group was enthusiastic and highly supportive of this regional program.

Volunteer leader training with specific job responsibilities continues to be of prime importance in 4-H programs. This training is encouraged through personal visits, county and district training conferences, office conferences and self-study. In addition, efforts are underway to promote the effectiveness of county 4-H councils and leaders organizations.

Citizenship Development

The future of any nation--and especially one founded on democratic principles--depends upon how well youth are developed as citizens. Citizenship development is an important phase of the 4-H program. Learning experiences to provide opportunities for involvement of youth for overall citizenship growth are carried out in all county, district, state and national programs. These learning experiences were provided through weekend retreats, local and state government days, series of citizenship education programs at club meetings, programs designed for special occasions, and participation in National 4-H Citizenship Short Course.

Exchange programs continue to be a popular means for teen groups to gain cross cultural experiences, exercise communication skills and develop personality traits.

International programs conducted include IFYE, Youth Development programs and Teen Caravan.

Success Stories

Cooperation between the Junior Woman's Club and the Extension Service in Granville County resulted in an unusual educational program. One-hundred and ten girls between the ages of 12 and 17 were trained in baby sitting skills. Eighty-nine attended all three sessions which utilized 15 volunteers as leaders. Each participant received a card of completion to show prospective clients their instruction and training.

Teenage 4-H'ers in Caldwell County had firsthand exposure to prospective life careers thanks to a special 4-H Career Day. The teens spent a day with a person who held a career they felt had interest for them. Through observation, questions and actual experience, they saw careers such as veterinary science, air traffic controller and others come to life. Forty-five volunteers assisted with this unique instructional method.

The Union County 4-H Alcoholism Prevention and Awareness Program is a unique program supported by special ABC 5 cent per bottle funds. Through a grant of approximately

\$12,000 the Union County 4-H Clubs have developed a comprehensive program on Alcoholism Prevention. This program is based on the principle that 4-H is dedicated to the total development of young people physically, mentally, socially and spiritually. Over 1,300 young people have been involved in acts designed to challenge the mind, develop skills and strengthen decision making process, and challenged to use their energies and enthusiasm toward wholesome self-development. A positive self-concept allows youth to cope with alcohol in peer groups and recognize the dangers of abuse.

4-H EFNEP

There are 97 counties in the program. Professionals on the county level who give primary leadership to the program are foods-nutrition and 4-H Extension agents with agents who train program aides in nutrition education and methods of teaching. One member of the state 4-H staff works closely with the state home economics agent responsible for EFNEP and the state nutrition staff on 4-H EFNEP.

Most of the youth teaching is done in groups by program aides and volunteer adult and teen leaders. Progression of EFNEP youth is the joint responsibility of county 4-H and food-nutrition agents.