# National 4-H Week Brings Awareness About Youth

UNIVERSITY PARK (Centre Co.) - Although 4-H traditionally is aimed at rural youth, the program is changing rapidly to meet the needs of society into the next century, said a youth development expert in Penn State's College of Agricutural Sciences.

"As urbanization and suburbanization continue, 4-H faces new challenges," said Dr. Katherine Fennelly, professor and head of agricultural and extension education. "Big changes are ahead for 4-H as we become more diverse and address both traditional and emerging needs."

Fennelly's comments come as cooperative extension youth development specialists, 4-H youth members, and volunteers celebrated National 4-H Week this past week.

Pennsylvania's 4-H programs are expanding to address some of today's most pressing concerns. New health initiatives include a large smoking prevention program in cooperation with local community coalitions. A Chester County project provides bilingual educational programming for children of migrant mushroom farm workers, most of whom are Hispanic. Other programs around the state reflect renewed interest in environmental science and protection.

Fennelly says innovative 4-H programming also will result from cooperation between different youth development disciplines. "The College of Agricultural Sciences is collaborating on various projects with Penn State's College of Health and Human Development. Faculty in Health and Human Development provide the latest research information on youth development, while the strength of 4-H is in applied programming."

Fennelly says 4-H is uniquely qualified to address youth development issues. "As a countybased program, 4-H can respond to local needs. As a universityconnected program, it can utilize the latest research-based information and educational techniques. And as a volunteer-oriented program, it benefits from a wonderful level of commitment by thousands of dedicated and caring people."

Regardless of the intended audience, 4-H programs are designed to benefit youth in several ways. "Kids often join 4-H to have fun," said Fennelly. "But at the same time, they learn to follow through on tasks, discover new talents, build social skills, gain self-confidence and develop leadership traits."

### 4-H Helps Youth Gain Self-Confidence

Many problems facing today's youth, such as drug and alcohol abuse and teenage pregnancy, are blamed on lack of self-esteem and direction. Penn State youth education experts are promoting awareness of the 4-H program, which they believe helps young people gain self-confidence.

During National 4-H Week. new 4-H clubs formed in Doylestown, Levittown, Bensalem and the Yardley-Newtown area. Patricia Freiler, 4-H coordinator for the county, said, "The number of new community clubs is a direct response to requests from families who want their children involved in 4-H. A new horse and pony club is being organized in Jamison for youth who especially interested in horses.

For additional information, call the Bucks County Cooperative Extension office, (215) 345-3283.

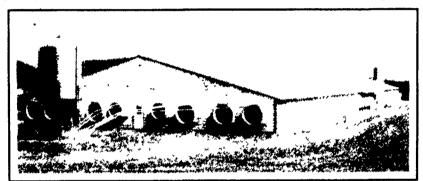
"4-H helps its members develop competence, the ability to cope and the drive to contribute to society," said Dr. Anne L. Heinsohn, associate professor of agricultural and extension education in Penn State's College of Agricultural

By focusing on these three components -- competency, coping and contributing — 4-H'ers learn to believe in themselves. 4-H's moto "to make the best better" contains the unspoken assertion that youths are good from the start. With this reassurance, 4-H'ers are encouraged to get involved in projects and events so they can learn and grow even

4-H'ers study topics that interest them and learn to interact with others by sharing their newly acquired knowledge. In addition to working on projects, 4-H'ers give speeches, participate in local fairs and get friends involved in 4-H. Youths also develop a sense of worth in the community by doing volunteer work, including visiting local rest homes (often with pet-care projects in tow) and picking up litter along highways.

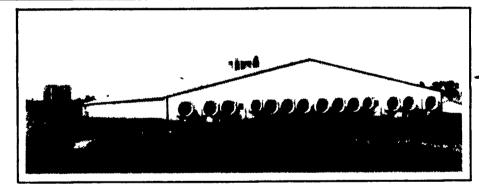
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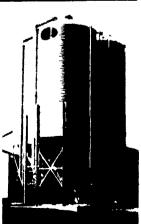


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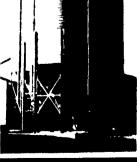


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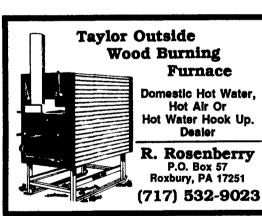
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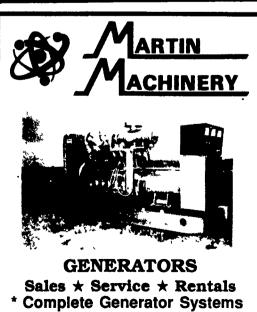
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