

PENNSTATE



College of Agricultural Sciences
Cooperative Extension

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4-H Afterschool is a collaborative effort of the Cooperative Extension System—state land grant universities, state and county governments, and the Cooperative State Research, Education, and Extension Service, the United States Department of Agriculture, and National 4-H Council. The JCPenney Afterschool Fund supports 4-H Afterschool.

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WHAT IS 4-H AFTERSCHOOL?

4-H Afterschool is a national initiative that provides extraordinary learning opportunities to school-age youth in urban, suburban, and rural communities. The programs and resources available through this initiative can help youth achieve social, emotional, physical, and academic success while developing healthy lifestyles and behaviors.

The resources and curricula from 4-H Afterschool are easily accessible to professionals, organizations, parents, and anyone else interested in this vital element of youth development.

IT'S ALL ABOUT MAKING LIFE BETTER

For young people . . . 4-H Afterschool provides opportunities to participate in fun, exciting programs while developing valuable skills with lifelong benefits.

For parents and family members . . . 4-H Afterschool creates safe, healthy, enriching environments that enhance young people's social, emotional, physical, and academic success.

For volunteers . . . 4-H Afterschool offers an opportunity to share a special skill with young people.

For youth-serving organizations . . . 4-H Afterschool offers extensive resources to help train staff, implement sound youth development practices, create new after-school programs, and strengthen existing programs. We can collaborate on grants and identify funding streams. Just ask us.

For communities . . . 4-H Afterschool partners with communities to build unique, customized programs around the diverse interests and needs of youth.

HOW IT WORKS

Curricula

4-H Afterschool works with after-school programs and other community organizations to identify their areas of need and interest and then build customized programs to meet those needs. The innovative "learn-by-doing" curricula from 4-H offer an impressive array of topics, including:

- Citizenship and civic education
- Communication and expressive arts
- Consumer and family science
- Environmental education and earth science
- Healthy lifestyles
- Personal development and leadership
- Plants and animals
- Science and technology
- International programs/diversity

These research-based, ready-to-use curricula set 4-H Afterschool apart and help young people succeed in life. Each curriculum provides youth with valuable skills such as leadership, collaboration, decision-making, civic responsibility, and critical thinking.

Training

4-H Afterschool provides training and technical assistance to help youth development organizations at the local, state, and national levels. Topics include:

- Understanding child growth and ages and stages of development
- Implementing experiential learning
- Utilizing effective guidance and discipline techniques
- Teaching health and nutrition
- Working with special-needs audiences
- Managing multi-age groups
- Working with parents and the community
- Training on how to use 4-H curricula

Resources

4-H Afterschool is a valuable resource for youth development professionals and volunteers. A series of user-friendly resource guides can help those working with youth build the skills and knowledge they need to deliver quality educational and developmental experiences. The step-by-step resource guides include:

- 1. Starting 4-H Clubs in After-School Programs**—This step-by-step guide helps you establish 4-H clubs in after-school programs.
- 2. Guiding Growth: Training Staff for Working with Youth in After-School Programs**—This introductory resource provides valuable principles to help train after-school care providers, staff, and volunteers.
- 3. Extraordinary Learning Opportunities: A Sampler of 4-H Afterschool Activities**—This sampler provides a wealth of diverse, proven "learn-by-doing" curricula for after-school programs.

Benefits

- Encourages youth to make friends, have fun, learn new things, and acquire life skills
- Takes place in a safe, welcoming environment
- Builds positive relationships between youth and caring adults
- Delivers quality educational and developmental experiences
- Establishes 4-H clubs at after-school sites
- Involves parents and communities in helping youth build healthy lifestyles
- Provides ready-to-use, research-based curricula
- Works in collaboration with youth-serving organizations
- Responds to community needs
- Offers low-cost or free programming, depending on community funding
- Includes staff training and resource materials

GET STARTED TODAY!

Make 4-H Afterschool part of your educational program.

Contact:

The following 4-H projects are available from our 4-H youth development program: