**4-H Youth Development Team**

May 2016 Highlights

**4-H Outreach:**

* **HCN Earth Day Celebration and Youth Services Family Night** – Alex represented 4-H at the annual Earth Day Celebration on April 26. He played a matching game with youth/families to teach about reducing our carbon footprint. At the monthly Youth Services Family Night, we made Grasshopper Gliders. We had more parents join their children in interacting at the 4-H table than ever before.
* **Summer of Science 5.0** – We’ve been busy planning the annual Summer of Science program. This season’s highlights include a partnership with a volunteer who wants to lead two evenings of soybean science, a live macroinvertebrates activity at the Pace & Pedal event, a guided hike, a technology experience with small computer boards called “raspberry pi’s,” 4-H Magic Summer Camp, and 2 livestock ultrasound experiences coordinated by the Livestock Education Committee. We’re looking forward to it and it kicks off next week with Summer of Science Teen Leader Training.

**Strengthening Families:**

* **Taking Care of You (TCY)** – Alex and I completed a TCY course for 11 Lincoln School District staff on April 19, and Alex and Luane have started another course in Melrose for 6 community adults. This makes 7 sessions held in the last 12 months. As a result of the 8-week workshop, participants report marked improvement in their personal well-being – decreased levels of depression/sadness, stress, anxiety, and feeling overwhelmed as well as increases in their physical health behaviors (including eating fruits and vegetables and physical activity), ability to sleep, and improved focus.
* **Teens Against Bullying Others (TABO)** – Alex and I, along with community partners from Boys & Girls Club and Ho-Chunk Nation Youth Services, taught 10 youth how to lead anti-bullying lessons to younger students. Those 10 teen leaders taught 6th and 7th grade students in BRF Middle School about cyberbullying and increased social awareness to help prevent bullying our schools. As a result of the lessons, 95% (86 of 91) of 6th participants said they would “think before they post” anything on social media, and 92% (84 of 91) say they now know what to do if they see bullying messages on their phone or online. Also, 77% (95 of 124) 7th grade participants said that after this training, they would go outside of their social comfort zone to help stop bullying.
* **Youth Question Persuade Refer (QPR)** – Training of Trainers – Lisa Listle and I were asked by a QPR Master Trainer to attend a recent facilitator training to share our adaptation for teen audiences. Since then, we have received 6 requests from 4 communities to share our resources, so far.
* **Strengthening Families Program (SFP)** – We (Alex, Luane, Lisa, and me, plus several community partners) have completed another 12-week round of SFP. Four families from five households – impacting 7 adults and 9 children – completed the family-based skills-development course.

**Key Meetings: (A=Alex, M=Monica)**

4/7 – Program Area Wisline, Impact Reports Wisline, Summer of Science 5.0 Wisline

4/8 – Living Health Team meeting

4/11 – AODA mtg, Coalition Building web workshop

4/13 – STEM Team meeting

4/14 – Fair Board meeting

4/15 – Youth QPR mtg

4/18 – 4-H Scholarship Interviews, 4-H Parents & Leaders Executive Board mtg

4/19-20 – JCEP Conference

4/27 – Prevent Suicide Wisconsin Conference

4/28 – Foundational Topics mtg; HWPP conf. call (M); Suicide-Loss Survivor Group Facilitator training (A)

5/3 – Pace & Pedal planning mtg

5/5 – Suicide Survivor Loss Support Group mtg

**Trainings/Workshops Facilitated/Led:**

4/12 – TABO Teen Leader Training (Black River Falls School District) (A & M)

4/12, 4/19 – TCY (Lincoln School District staff) (A & M)

4/13-14 - TABO Presentations at BRFMS (A & M)

4/14, 4/19, 4/26, 5/3 – SFP (A & M)

4/18, 4/25, 5/2, 5/9 – TCY in Melrose (A & Luane)

4/22 – HWPP Subcommittee meeting

4/25 – SFP mtg with Social Services (Lisa & M)

4/26 – HWPP Partnership Council mtg; Youth QPR presentation at Train-the-trainer event (M); HCN Earth Day Celebration (A)

4/27 – HCN Youth Services Family Night

4/28 – Community Resources Fair at Black River Correctional Camp (Luane & M)

On-going – bi-weekly TABO meetings at BRF and Lincoln High Schools