

DeKalb County 4-H Annual Report

WE are DeKalb 4-H!

2009-2011



The University of Georgia
DeKalb County Cooperative Extension
4-H Youth Development Program
4380 Memorial Drive
Decatur, GA 30032

DeKalb County boasts the third largest 4-H Program in the State of Georgia. Since January 2009 more than 9,700 young people participated in the urban 4-H programming offered by DeKalb County 4-H.



DeKalb 4-H Mission

4-H is a community of young people across America who are learning leadership, citizenship, and lifeskills. The mission of the DeKalb County 4-H Program is to assist youth in acquiring knowledge, developing life skills and forming attitudes that will enable them to become self-directing, productive and contributing citizens.

DeKalb 4-H Vision: A world in which youth and adults learn, grow, and work together as catalysts for positive change.



Core Values: Agriculture, Citizenship, Communication, Environment, Healthy Lifestyles, Financial Literacy, and Leadership

Program Accomplishments:

National Awards:

- 2008** **National Association of 4-H Agents**
Search for Excellence in Teen Programming Team Award
- 2004** **National Association of 4-H Agents**
Excellence in 4-H Club Support
- 2001** **National Association of 4-H Agents**
National Program Winner Violence Prevention Education

State Awards:

- 2008** **Georgia Association of Extension 4-H Agents**
Search for Excellence in Teen Programming Team Award
Excellence in Camping -Team
- 2004** **Georgia Association of Extension 4-H Agents**
Excellence in 4-H Club Support Team Award
Promotional Package-Team
Excellence in Teen Programming

Regional Awards

- 2008** **National Association of 4-H Agents Southern Regional Winner**
Search for Excellence in Teen Programming Team Award
- 2004** **National Association of 4-H Agents Southern Regional winner**
Excellence in 4-H Club Support

District Awards:

- 2004-2010** NW largest Number of Participants Cloverleaf Project Achievement
- 2009-2010** NW District first Place Winners Honors, Junior/Senior Project Achievement (two participants won honor)
- 2010-2011** NW District first Place Honors, Junior/Senior Project Achievement (three participants won honor)
- 2005-2008** NW largest percentages to total Winners Cloverleaf Project Achievement
- 2006** Northwest District Teen Led Community Service Award

Grants and Gifts

Its Your Choice Healthy Lifestyle Program

DeKalb County Government DATE FUND / National 4-H Council

- \$19,135 for period beginning Jan 1, 2011 – Dec 31, 2011
- \$1000.00 Georgia 4-H Foundation/ National 4-H Council Health Rocks Funding to support *Its Your Choice Healthy Lifestyle* program which provides youth the skills to deal with violent situations, cope with peer pressure, and avoid destructive behaviors such as overeating, drug abuse, and smoking. The importance of physical activity, nutrition, and decision making skills are also key components of the program.

First Lady's Cabinet TeenWorks Program 2005-2010

Annually ten foster care youth, grades 10-12 were paid by Georgia Department of Human Resources (\$15,600) to work as interns in the 4-H office. Interns learn office etiquette and work skills. These youth were assigned to our county office through the Independent Living Program of the **Georgia TeenWork Program**. This program provides paid summer job opportunities for youth ages 16-21, including developmentally disabled youth and grandparents raising grandchildren (GRG) participants. TeenWork is administered through DFCS and is designed to support former First Lady Perdue's goal of ensuring that foster youth are equipped with the tools and opportunities to mature into healthy, productive members of society.

VSA Arts of Atlanta

Discounted or free admission for low income clubs to cultural events around Atlanta.

2009-2010 Baker Trust Scholarship Fund

Two fully paid scholarships to Georgia 4-H Cloverleaf camp for low income youth project. (\$700)

Private Donor

In 2010, donated \$1,500 to DeKalb 4-H. Funding was used to help sponsor Cloverleaf Project Achievement. Project Achievement provides an out-of-the-county educational experience and gives recognition for outstanding

accomplishments in 4-H work. 4-H'ers who have been selected as county winners in the various projects compete with other county winners in the NW District for district honors.



DeKalb 4-H members with State 4-H Director Arch Smith at 4-H Leadership Day

DeKalb County, situated within Metropolitan Atlanta, is a growing urban county with many urban concerns for youth. In the 176 years since its founding, DeKalb County has grown from a quiet village of 2,500 to a bustling and diverse metropolitan county with over 710,000 residents. According to reports published by DeKalb County Schools, during the 2010-2011 school year DeKalb County had more than 102,300 students who attended 10 charter schools, 84 elementary schools, 19 middle schools, 21 high schools and 20 specialized centers.

DeKalb's youth need a more rigorous social support system during non-school hours. Only 78% of students who start the 9th grade will complete school through the 12th grade. Teen pregnancy rates of 4.0% are higher than the State's average. DeKalb's youth require leadership, programs and services that will enable them to gain life skills, help them develop strong values, make educated and positive choices and operate in an independent manner. According to *A Matter of Time: Risk and Opportunity in the Non-school Hours*, published by the Carnegie Corporation "youth are profoundly influenced by experiences in their neighborhoods and the larger community during non-school hours."

The 4-H program offers opportunities for many youth to develop into capable and contributing citizens. Attracting youth from urban communities can present challenges. Without a family history of 4-H participants, these young people do not readily come forward to enroll in 4-H clubs. DeKalb County Extension staff realized that a different approach to 4-H programming was needed to reach more youth, and



to enhance leadership development, environmental education, and violence prevention programming for youth.

DeKalb Extension's Response

Program staff worked collaboratively with DeKalb School partners, County Parks and Recreation Center Leaders, and community volunteers to provide research based, hands-on, sensory learning for school-age youth in an urban area. Unique collaborations with partners ranging from home school associations to charter schools, private schools, the local school system, recreation center, other youth serving organizations such as the juvenile courts, the local department of family and children's services was utilized to build programs that affected more than 2,374 youth.



One of the goals of the DeKalb 4-H Youth Development program is to involve staff and school-age providers to strengthen positive adult relationships for enrolled youth. We help them reach their potential by using the Essential Elements of Youth Development as training tools for staff and service providers. In order to charter, club school principals, recreation leaders, or community

volunteers attend six hours of training each year. Clubs meet twice each month and are lead by teachers who are supplemented through the School Enrichment Program, parks and recreation staff assigned by center leader, 4-H staff or, volunteers from the community.

Results

During the 2010-2011, school year more than 3,000 DeKalb County School youth participated in the DeKalb County 4-H program making it the second largest program in the state of Georgia. Seventy clubs in the county program located in 24 elementary schools, 11 middle schools, one charter school, one faith-based school, and four high schools sponsored a 4-H club in their school. During the school year, clubs were active in 10 parks and recreation centers' after-school program. Nineteen community clubs meet between the hours of 6:00 p.m. and 8:00 p.m. -- including two in homeless shelters, two at Boys and Girls Clubs, and one home school group. Through special grant funding provided by New York Life and the National 4-H Council, 11 new community clubs were established to provide 4-H club opportunities and experiences to 250 youth who live in "underserved communities" in DeKalb County. Club members learned parliamentary procedures by participating in bi-weekly club meetings and developed leadership skills through county programs such as officer elections and officer training.

Each club participates in county-wide community service projects such as the Coat and Blanket Drive, DeKalb Clean and Beautiful, and Pop Tabs for the Ronald McDonald House. Sixty clubs are

involved in a variety of community service projects that range from visits to nursing homes, school and community beautification projects, canned food drives, or letter writing to troops.

- Evaluations from surveys indicated that leaders and teachers observed improvement in 92% of students' ability to get along with others.
- 33% of teachers and administrators rate the school clubs as outstanding; 40% rate the clubs as excellent; 25% rate the clubs as good.
- Survey results indicate that 89% percent of the participants demonstrated improvement in showing respect for teachers and others.

4-H in the City After-School Programming for Urban Youth



Situation:

With nearly 40 million children between the ages of 5 and 14, the United States is experiencing a burgeoning need for out-of-school programs. Where young people spend their time, what they do, and with whom they do it, are important to their overall development. After-school hours represent either risk or opportunity. Unsupervised youth are much more likely to engage in activities

that place them at risk. Programs in the out-of-school hours give youth safe, supervised places to spend time, along with chances to learn new skills, develop interests, and spend meaningful time with peers and adults.

The 4-H Study of Positive Youth Development in-depth, longitudinal study has discovered that, when compared to other youth, young people involved in 4-H have higher educational achievement and higher motivation for future education. In addition, youth in 4-H are more civically active and make more civic contributions to their communities than youth in other out-of-school programs.

Response

Program staff worked collaboratively with twelve DeKalb County parks and recreation centers and groups in the community to provide the needed out of school programming for school-age youth in an urban area. Improving the ability of afterschool program staff and volunteers (youth and adults) to offer high quality care, education, and developmental experiences for youth, increasing the use of 4-H curricula in after-school programs and organizing 4-H clubs in afterschool settings are the goals of this program.

The 4-H Extension Leadership team conducted focus group discussion with recreation center leaders, school board staff, and community leaders. A partnership was initiated with DeKalb County Parks and Recreation to offer weekly two-hour 4-H programs in 12 parks and recreation centers during summer programming. Plans were also developed to incorporate 4-H After-school

programming at after school sites. Programs increased public awareness of 4-H by successfully marketing 4-H to community leaders, elected officials, school officials and parents.

Results

During the summer of 2011, more than 581 youth participated in the DeKalb County 4-H program while enrolled in a Parks and Recreation Summer Camp program. One hundred and one participated in a parks and recreation after school program. More than 5,300 instructional hours was provided to youth enrolled in the parks and recreation club program. Center staff selected topics most suitable for their sites for the required six sessions per topic. Session choices include lesson in financial literacy, healthy lifestyles, 4-H Science, and personal development.

- Changes were implemented as indicated by focus group discussions and evaluations. Each club participated in countywide community service projects such as developing a Community Garden or participation with DeKalb Clean and Beautiful events.
- Clubs are involved in a variety of community service projects including sponsoring a Cancer Awareness event to raise funds.
 - Sequoyah Middle School, Tobie Grant Recreation Center, Stoneview Elementary and Columbia Middle Schools sponsored *4-H Penny Wars* and raised \$1,500 for the *Leukemia Lymphoma Society*.
 - Roland Elementary School, Oakview Elementary School and Chapel Hill Middle schools sponsor *Hats off for Cancer Days* at to raise \$500 for the American Cancer Society.



- Ten elementary clubs sponsored school and community cleanup projects; fifteen clubs sponsored canned food drives; and two schools wrote letters to the troops.
- Officers, center leaders, and volunteers work with an advisory council to assist in delivery of the county program.
- Ninety-eight percent of participants indicate it is wrong to use illegal drugs, alcohol or tobacco products.
- Seventy-two percent of the participants indicated they understood that personal values, spending habits, and health are related.
- Ninety-two percent could orally express the difference between a need and want.
- Eighty-five percent of youth indicated that they would save 10% and share 10% of their resources when dealing with money.

- Two hundred adult and teen Summer camp staff were trained using the Essentials of Youth Development training.



Spin-off

Teen Leaders Earn Service Learning Hours for High School Graduation

Ten certified DeKalb 4-H teen leaders volunteer at the County Extension office to help county staff deliver DeKalb 4-H in the City special programs for parks and recreation centers. They learned to perform office work and to lead educational activities with youth. Participants were required to attend a special Teen Leader training (six hours), office etiquette, and

curriculum training from 4-H and extension staff. A club/leader site coordinator was hired to supervise the day-to-day activities of interns using grant funds provided by DeKalb County Commissioners.

All graduating youth are required to complete 80 hours of service as a requirement for graduation. Teens earned documented volunteer hours that are required for graduation for all Georgia high schools students. Teens completing 200 hours of service before graduation receive recognition from the President’s Volunteer Service Award through the school PTSA.

Collaborators:

- Marie Trice, DeKalb County CEA
- Leonard Anderson, DCG-CEA
- Lisa Tiller, 4-H CEPA
- EFNEP Team, DeKalb County
- DeKalb Parks and Recreation
- DeKalb County Board of Commissioners

Campus Reality for Foster Care Youth

Preparing to become an asset in the world of work begins when a child is young and continues through adulthood. The character shaping and skill learning that happens in the home, school, and other places is an important foundation. By adding focused awareness of employer responsibilities and expectations, skills, and other topics, a young person is better prepared for work. Helping youth learn more about careers that best match their abilities and temperament helps ensure job satisfaction and high productivity.



Nationwide, every year, more than 20,000 youth exit or “age out” of the foster care system because they reach the age of 18 (or in some states 21). Growing up in a state system has typically not provided these youth with the living skills required to become successful young adults.

- About 1,287 teens are served through the Georgia Department of Human Resources Independent Living program, a transitional living program that prepares teens ages 16-21 to live independently as they approach adulthood.
- Services include financial assistance for college and/or technical school, help in finding a job, and life skills such as housekeeping and budgeting.
- In FY 2000, 173 teenagers completed some type of high school or post-secondary training or college program.
- In DeKalb County during 2007-2008, more than 150 teens in foster care custody in DeKalb County will become 17 in the next 12 months.

Research-Based Solutions:

In 1994, Congress strengthened the federal commitment to standards in education by enacting the School-to-Work Opportunities Act (STWOA) and the Goals 2000: Educate America Act. This legislation encouraged educators to use industry-endorsed academic and technical standards to create programs for America's youth. A consortium has focused on developing three sets of integrated standards: academic skills, employability skills, and technical skills. High quality career and technical education programs are critical in preparing students for further study at the post-secondary level in a technical field or successful entry into the workforce following high school graduation.

- In order to succeed, transitional teens need to be able to lease an apartment, plan and execute a budget, manage a checking and or savings account, know how to grocery shop, how to clean, how to shop for furniture and how to take care of self.
- Transitional teens need a strong sense of their own power, purpose, worth and promise.

- Transitional teens need to develop strong values that guide their choices, skills and competencies that equip them to succeed in life.



Extension's Response

The DeKalb County 4-H Youth Development team developed college tours, financial literacy classes, and conducted Campus Reality simulations to prepare youth for the *reality of campus life*. The program offer is a spinoff of a program where full and part-time paid internships with transportation assistance and training have been provided for the youth.

- DeKalb County 4-H program formed a partnership with the DeKalb County Department of Family and Children Services Independent Living Program to assist foster care youth in developing and boosting life skills. The main objective is to enhance teen's chances for success.
- 4-H and Family & Consumer Science agents plan and facilitate two three day conferences at Rock Eagle 4-H Environmental Education Center as a part of a Transitional Living contract with foster care teens who are trying to qualify for the DHR Transitional Living program.
- During workshops, teens are taught how to lease an apartment, plan, and execute a budget, and manage a checking or savings account. They also learn techniques for grocery shopping, housekeeping, and shopping for furniture.
- Real life skills such as values, teamwork, decision-making and personal responsibility are important components of the program. Reality Check, a two-hour simulation for high schools students was introduced to participants of workshop
- Reality Campus two hour simulations were held for high school and middle school students as a part of Spring Break with 4-H College tours.

Results

- During FY 2010 twenty-five participants attended conference at Rock Eagle 4-H Environmental Education Center. Independent Living Coordinator, DeKalb County Family and Children Services select participants.
- Eighty-four percent of attendants indicate the information was very helpful in making decisions about rental agreements, careers, values, and budgets.
- During a period of thanksgiving, conference participants acknowledged the "impact and outlook" that participation in the program and conferences "had made significant impact on their lives".
- After experiencing "Reality Check", 85% indicated they would plan for unexpected costs.
- 95% of participants indicated they saw a relationship between level of education and their future.

- Eighty percent of surveys indicate participants increased knowledge about budgeting money and making wise financial choices.
- Seventy-five percent indicated the information was very helpful in making decisions about careers, values, and the expense of having children.



It's Your Choice-Healthy Lifestyle Program

Programs that promote structured recreation, vocational and life skills, entrepreneurship and education during non-school time have the potential to lower substance abuse, teen pregnancy, school dropout, and youth violence. The 2006 DeKalb County Youth Risk Behavior Survey of students grades 6-8 indicate that

7.3% of students did not attend school at least one of the past 30 days because they felt unsafe while more than 65.9% of surveyed students had more than one physical fight in the past 12 months. Twenty-five percent of youth indicated they have carried a weapon such as a gun, knife, or club. Twenty-five percent of teens reported that they had used tobacco products for the first time before the age of 13. Thirty-six percent reported they had already had at least one drink on one or more days during their lifetime. Eighteen percent of students were at risk for becoming overweight. Only 23.2% of students ate five or more servings of fruits and vegetable each day. Fifty-four percent watched more than three hours of television each day, while only 23% participated in moderate exercise. Others did not participate in any physical activity.



Research Based Solutions

Present data reflect that juvenile crime is at its peak after school, between the hours of 2:00 and 7:00 p.m. During this time, juveniles who are not involved in structured activities are more likely to become involved with illegal drugs, weapons, gang activities, and other delinquent acts. The Search

Institute found that youth in grades six through twelve, which are involved in community service, are 50% less likely to be involved in a variety of negative behaviors. The same study indicates youth involvement in youth development organizations such as Boys and Girls Clubs, Camp Fire, Scouting, and 4-H are less likely to use drugs or become teen parents. Positive social and academic outcomes, as well as fewer behavior problems, have been noted among participants. These benefits accrue only if youth are participating with frequency, duration, and breadth of their participation matters.

Extension's Response

The DeKalb County 4-H Youth Development team developed the Healthy Lifestyle Prevention program with funds available through the partnership between the National 4-H Council, Georgia 4-H and the DeKalb Drug Abuse Treatment and Education fund. The program is designed to provide youth with the necessary skills to successfully deal with potentially violent situations presented in everyday life, to cope with peer pressure and to avoid destructive behaviors such as drug abuse, overeating, and smoking. The importance of physical activity and nutrition were also key components of the program. Youth develop positive social and interpersonal skills through program curriculums with the focus on “hands-on” activities that give youth a chance to experience positive ways to interact with others and make healthier choices. The program consists of clubs that meet in five DeKalb County middle schools, parks, and recreation facilities. Annually, 1,975 members of DeKalb County 4-H Healthy Lifestyle program clubs meet during the recreation centers after school and school club programs. Each club leader works with club members, Health Rocks Ambassadors, and county 4-H staff to coordinate and plan Red Ribbon Week, National Violence Prevention Month, Health Rocks classes, and community service events. Its Your Choice Healthy Lifestyle clubs meet twice per month and are conducted by Extension staff.



Results

- 4-H Club Survey indicated that through observations, teachers agreed or strongly agreed that 100% of 4-H club members showed improvement in ability to get along with other students while in 4-H.
- Ninety percent of participants indicate they have learned to do what they say they will do, think before they act, treat everyone fairly, and know they have choices when decisions are made.
- Seven 4-H'ers from the It's Your

Choice program participated in Junior Conferences through scholarship opportunities that included overnight leadership training adventures at State 4-H centers.

- 4-H'ers learned about nutrition, character, living drug- and violence-free, the importance of working together as a team, and the importance of accepting differences in others.
- Ninety-seven percent of participants indicate that they can “Say NO to Drugs”, alcohol, or tobacco products.

- Ninety percent of participants indicate they will try to find “non-violent ways” to prevent problems.
- Three hundred and sixty one participants received 10 hours of instruction using Health ROCKS curriculum, a decision making model designed to help youth make decisions, set goals, and make healthy choices.
- Three hundred and sixty four youth in grades three through eight received six hours using *Let’s Talk About Food*, COPP obesity grant curriculum at McNair Discovery Elementary, Stoneview Elementary, Chapel Hill Middle School. Forty-four participants completed the six-hour session during the Boom in June I & II *Live Green, Eat Healthy & Health Rocks* summer day camps.
- Of participants surveyed, 74% strongly agreed that they need to think about how their choices will affect their future.

Camping in DeKalb

Issue/Situation:

- DeKalb County is a growing urban county with many urban concerns for youth.
- DeKalb’s youth need a more rigorous social support system during non-school hours.
- They require leadership, programs and services that will enable them to gain life skills, help them develop strong values, make educated and positive choices, and operate in an independent manner.



Research-Based Solutions

- According to *A Matter of Time: Risk and Opportunity in the Non-school Hours*, published by the Carnegie Corporation “youth are profoundly influenced by experiences in their neighborhoods and the larger community during non-school hours.”
- The Search Institute found that youth in grades six through twelve that are involved in community service are 50% less likely to be involved in a variety of negative behaviors.
- The same study indicates youth involvement in youth development organizations such as Boys and Girls Clubs, Camp Fire, Scouting, and 4-H are less likely to use drugs or become teen parents.



Response

DeKalb County 4-H is one of the largest programs in the state with more than 3,000 members. Every camp in the DeKalb 4-H Youth Development Program is a world unto its own with a theme full of high adventure, friendship, and fun experiences. Key components of the program:

- Day Camps for ages 9-12
- State 4-H Residential Camps
- College Tours for middle and high school students

- Orientation classes for parents and members
- Life skill components such as teamwork or healthy lifestyle choices
- Educational and environmental activities at a variety of sites
- Researched, edited, and applied for funding through DeKalb County Commissioners and Georgia Department of Human Resources to fund supplemental leaders, camping and other incentives
- Collaborated with other organizations to ensure high quality community-based programs are offered

Impact

As evident by pre- and post- testing, youth in 4-H Healthy Lifestyle Camping Program indicated:

- 85% increased knowledge about alcohol, tobacco and drug abuse.
- 95% learned to do what they say they will do, think before they act, to treat everyone fairly and to know they have choices when decisions are made.
- *Spring Break w/4-H College Tour*: 30 participants (15 DATE funded 6th-10th graders) (Eight DeKalb County DFCS Independent Living Program). Eighty-six percent of participants indicate understanding how finances impact the availability of the colleges they can attend and that they can still attend college with a 2.0 GPA.
- *Boom in June Healthy Lifestyles Day Camps*; 50 participants (fee and scholarship based)
- *Clover Cooking School*; 15 participants (fee based).
- Teen Leader volunteers assisted with program and provide workforce development opportunity for youth and delivery of 4-H in the City Summer (special programs for DeKalb Parks and Recreation) for 535 participants in Summer Parks Day Campers and 102 youth Summer in the City program for community youth throughout DeKalb County.

Project Achievement

The purpose of project achievement is to provide an out-of-county educational experience and to give recognition for outstanding accomplishments in 4-H work. 4-H'ers who have been selected as county winners in the various 4-H activities and projects available to 4-H members will compete with other county winners in their district for district honors.



- The county team plans a cloverleaf incentive event for 102 delegates to travel to the Rock Eagle 4-H Center. The team plans budgets, activities, transportation, registration fees, schedules and timelines. The team trains and prepares youth and assists with

research and presentation styles for presentations.

- Annually, more than 300 Cloverleaf 4-H members compete during school and county project achievement. Since 2001, 1,375 Cloverleaf members have competed in County Project Achievement and 100 per year represent DeKalb County during District Project Achievement. The county has won numerous awards. During 2001-2004, the county won the Largest County Delegation Award. From 2001 to 2003, DeKalb won the most 1st Place Winners Award. And from 2001 to 2003, the county won the Most Overall Winners Award.
- Annually more than 51 Junior and Senior 4-H members compete in County Project Achievement. Twenty five members of this age division compete during District Competitions annually.

GIVING TO DeKalb County 4-H

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|--|----------------------------|
| 1. Citizenship Washington Focus | \$1,200.00 per participant |
| 2. College Tours | \$100.00 per participant |
| 3. Camp Scholarships (local) | \$95.00 per participant |
| 4. Camp Scholarships Overnight (all ages) | \$350.00 per participant |
| 5. Project Achievement Cloverleaf Division | \$25.00 per participant |
| 6. Project Achievement Junior/ Senior Division | \$70.00 per participant |

Goal 2011-2012: \$25,000



Special Considerations:

In recent years, the DeKalb County 4-H program has sponsored one annual fundraiser: The 4-H Pizza Sale. Recent changes in local school board policies have restricted DeKalb 4-H the ability to promote fundraisers in school-based clubs or 85% of our clubs. We are looking for ways to replace fundraisers to offset costs.

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