

## 4-H Healthy Habits Program

**Funding Source:** National 4-H Council

### Goals and Objectives:

The objectives for the SU Ag Healthy Habits project are: to increase nutritional awareness and acquire knowledge of the phrase, “healthy living”; develop an appreciation for the importance and benefits of healthy living; and implement strategies to develop and maintain healthy eating habits and increased physical activity.

### USDA/NIFA Critical Issues: Youth Development

An increasing proportion of American children are at substantially higher risks for undernourishment, child abuse, neglect, poor health, substance abuse, teenage pregnancy, violence and academic underachievement, due to conditions beyond their control. To address this critical area, we will target Louisiana youth and provide educational information on three areas: Citizenship/Leadership, Healthy Living and Science and Technology. We will emphasize four essential elements in youth – belonging, independence, mastery and generosity.

### Proposed Outcomes:

- Encourage the adoption of healthier eating habits.
- Increased physical activities
- Engage teens to empower their peers and families to help establish sustainable habits for their families and communities.
- Implement a “Teens as Teachers” approach with teens educating younger youth and empowering their parents and families to make healthy food choices.

## Eradicating Food Deserts in Neighborhoods Program

*Through the Development of School Gardens*

**Funding Source:** USDA/NIFA

### Goals and Objectives:

The overall goal of this project is to eradicate food deserts in neighborhoods through the development of school gardens by educating local community people and students on the importance of growing their own produce, which will utilize a hands-on approach to gardening.

- Increase nutritional awareness.
- Increase leadership development skills, self-esteem and environmental stewardship among school age children.
- Teach sustainable gardening techniques that are transferable or easily replicated.

## 4-H Tech Change Makers 3.0 Program

**Funding Source:** National 4-H Council

### Goals and Objectives:

The 4-H Tech Changemakers (TCM) program uses a teens-as-teachers approach with teen leaders learning digital skills to teach them to adults. Through this process, the teens will become certified Tech Changemakers and work in partnership with their 4-H educator to use turnkey ‘grab n’ go’ lesson plans to teach digital skills to adults in the community. The lesson plans will focus on digital skills that help drive economic opportunity, like using Microsoft Word to create resumes or safely navigating the internet to find the best job search websites.



Southern University Agricultural Research and Extension Center

## YOUTH DEVELOPMENT

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## Cooperative Extension **YOUTH DEVELOPMENT**

As the cycle of life continues with emerging issues across our state, it is imperative to ensure today's youth are equipped with the basic developmental, social and organizational skills needed to become futuristic leaders. Through 4-H and Positive Youth Development programs, youth gain the knowledge and skills to ignite their passion for civic engagement, community stewardship, and decision-making processes.

Youth Development's mission is to provide life-changing skills and opportunities to Louisiana youth with an overarching vision to enhance their lives by providing positive development in a safe and nurturing environment. While our services are extended to all youth, there is a particular focus on socially disadvantaged communities and vulnerable groups, as there is generally limited access to viable resources.

In keeping with the Southern University Agricultural Research and Extension Center's mission to connect citizens across the state with the essential tools necessary to encourage individual and collective success, our programs currently serve youth throughout the state of Louisiana. Innovative, pedagogical strategies are provided to diverse audiences in healthy living, college and career readiness, juvenile justice delinquency intervention and prevention, development of school gardens using cost-efficient methods in food deserts, 4-H, and incisive, empirical positive youth development. Moreover, over 50 young adults across Louisiana have been trained and currently serve as Ambassadors for Healthy Living. These ambassadors assist with leading program initiatives and encourage younger youth to make healthier, holistic behavioral changes. Inclusive of interdepartmental and collaborative efforts, we aim to eliminate barriers so youth across Louisiana will realize Healthy Options that Promote Excellence (HOPE)!

## **4-H Youth Futures Program** (National Mentoring Project)

**Funding Source:** National 4-H Council

### **Goals and Objectives:**

The overarching goal of the 4-H National Mentoring project is to improve outcomes for at-risk, high-risk, or underserved youth to reduce negative outcomes including juvenile delinquency, improve academic performance, and reduce school dropout rates.

### **USDA/NIFA Critical Issues: Youth Development**

An increasing proportion of American children are at substantially higher risks for undernourishment, child abuse, neglect, poor health, substance abuse, teenage pregnancy, violence and academic underachievement, due to conditions beyond their control. To address this critical area, we will target Louisiana youth and provide educational information on three areas: Citizenship/Leadership, Healthy Living and Science & Technology. We will emphasize four essential elements in youth – belonging, independence, mastery and generosity.

### **Proposed Outcomes:**

- Increased college preparedness (*Financial Aid, ACT Prep, College entrance requirements, etc.*)
- Develop or enhance knowledge of soft skills needed to successfully enter the workforce
- Life skills (*includes character education, etiquette, responsible decision-making, etc.*)
- Enhanced social competencies
- Financial Literacy for youth and family.
- Utilize college prep skills to complete mock applications.
- Adopt and practice behaviors necessary to make college/career-based decisions.
- Demonstrate improved knowledge of the soft skills needed to enter the workforce.
- Increased post-secondary education opportunities.
- Increased college enrollment for first generation students from underserved families.