



Human Development



District & State O-Rama – Junior & Senior 4-H'ers
Human Environmental Sciences – Human Dev., Family Science & Rural Sociology

OVERVIEW

This activity is conducted to permit 4-H members to better understand themselves and others, and to demonstrate what they have learned by sharing with others some of their interests and achievements in the area of human development.

OBJECTIVES

Targeted Life Skills:

- | | | |
|---------------------------|---------------------|-----------------------------------|
| - nurturing relationships | - service to others | - decision-making |
| - child guidance | - social skills | - accepting differences |
| - conflict management | - cooperation | - communication |
| - stress management | - self-discipline | - self-awareness & self-discovery |

Opportunity will be provided for faculty to share information about related college degree programs in Human Development, Family Sciences and Rural Sociology and these career options:

- | | | |
|--------------------------------|----------------------------|-----------------------------|
| - Childcare professionals | - Social service workers | - FCS county agents |
| - Youth & family advocates | - Parent educators | - Crisis & support services |
| - Marriage & family education | - Aging services providers | - FCS teacher |
| - Human services administrator | - FCS professor | - FCS specialist |

ELIGIBILITY

District 4-H O-Rama: Each county may enter one junior 4-H member and one senior 4-H member in the Human Development activity at the District 4-H O-Rama. **Talks should be human development related.**

Arkansas 4-H O-Rama: The top five senior members in Human Development from each District 4-H O-Rama will be eligible to compete in the Arkansas 4-H O-Rama.

ACTIVITY

1. To participate, each member should be prepared to give an illustrated talk or demonstration on some aspect of human development. (Juniors talk 2-5 minutes, seniors talk 5-8 minutes.) Talks could be given on topics such as the importance of optimism, child guidance skills or effective listening. Special Project Books are available which cover these subjects. Other human development topics, such as character education, or early brain development, can also be chosen.
2. All topics should be based on scientific research rather than personal opinion. However, participants can use personal experiences or examples to help illustrate the scientific principles.

3. Each participant should be able to answer questions pertaining to the demonstration or talk.

JUDGING

The score sheet for method demonstrations and illustrated talks will be used to judge this activity – CES-663.

AWARDS

The following awards will be given in the junior and senior division:

First Place: Trophy

Second, Third, Fourth, and Fifth Place: Ribbons

The top five senior members from each District 4-H O-Rama will be eligible to attend the Arkansas 4-H O-Rama. Trophies will be given to the state winners, and second- through fifth-place ribbons will be awarded.

SUGGESTED TOPICS FOR A DEMONSTRATION OR ILLUSTRATED TALK

“The Keys to a Strong and Healthy Family”
“Helping Children Through a Divorce”
“How to Test Young Children’s Toys for Safety”
“Teaching Responsibility to Children”
“Making a Home Safe for Children”
“How To Change Your TV Watching Habits”
“Making Your Town More Friendly to Persons with Disabilities”
“Fun Times with Senior Citizens”
“Puppets Can Teach Many Things”
“Making Playgrounds Safe”
“How to Help A Child Learn”

“Preparing for Healthy Adult Relationships”
“What the Research Says About Happiness”
“What I Do to Stay At Home Alone More Safely”
“Appropriate Toys Help Children Grow and Learn”
“This Is What Youth ages 5-8 Are Like”
“Building Friendships”
“How Family Diversity and Similarities Makes Communities Strong”
“Developing Character in Children”
“The Importance of Exercise”
“How to Share Music with Children”

PROJECT BOOKS

Kids On The Grow Series: Growing On My Own – BU8075; Growing With Others -; BU8076; and Growing In Communities - BU8077

SUGGESTED RESOURCES FOR FCS AGENTS

The Parenting Journey
<http://www.arfamilies.org/>
Guiding Children Successfully Videos and Books
The Best Care Curriculum
Public school library
The Personal Journey & See the World Through My Eyes

PREPARED BY Traci Johnston, MS, Child Care Program Associate

Note: Be sure to report your participation in this activity in your 4-H records. Child Development or related projects such as leadership or achievement may be chosen.