

Arkansas 4-H Afterschool

U of A UNIVERSITY OF ARKANSAS
DIVISION OF AGRICULTURE

"Making the Best Better"



ISSUE 1, APRIL 2010

What Is 4-H Afterschool?

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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.

For communities...

4-H Afterschool supports programs in many shapes and sizes, depending on the needs and interests of the local community, youth and adults involved.



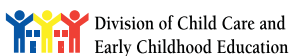
4-H Afterschool is responding to a critical need nationwide. Fifteen million kids are home alone after school. Research shows that latchkey youth are at a higher risk for violent crimes, substance abuse, antisocial behavior, poor academic performance and dropping out of school.

Be Smart, Be Safe: Cyberbullying



Bullying happens every day. Youth are exposed to aggressive behavior that is intentional and involves an imbalance of power or strength typically repeated over time. **Cyberbullying** actions occur by Internet, social media and the use of cell phones. Ask your youth if they have experienced cyberbullying situations.

In partnership with



40 Developmental Assets for Youth

...THE MORE ASSETS YOUNG PEOPLE HAVE, THE LESS LIKELY THEY ARE TO ENGAGE IN A WIDE RANGE OF HIGH-RISK BEHAVIORS AND THE MORE LIKELY THEY ARE TO THRIVE.

Building Blocks for Raising Healthy Children and Youth

Since its creation in 1990, Search Institute's framework of Developmental Assets has become the most widely used approach to positive youth development in the United States.



The Power of Assets

Studies of more than 2.2 million young people in the United States consistently show that the more assets young people have, the less likely they are to engage in a wide range of high-risk behaviors and the more likely they are to thrive. Assets have power for all young people, regardless of their gender, economic status, family or race/ethnicity. Furthermore, levels of assets are better predictors of high-risk involvement and thriving than poverty or being from a single-parent family.

40 Developmental Assets Workshop

WHAT

Grounded in extensive research in youth development, resiliency and prevention, the Developmental Assets represent the relationships, opportunities and personal qualities that young people need to avoid risks and to grow up to be caring and responsible. This two-hour interactive workshop will introduce participants to the developmental assets and is a must for out-of-school time program professionals.

WHEN

Thursday, April 29, 2010
10:00 a.m. – 12:00 p.m.
OR
1:00 p.m. – 3:00 p.m.



WHERE

University of Arkansas
Division of Agriculture
Cooperative Extension Service
2301 South University Avenue
Little Rock, Arkansas 72204
Phone: (501) 671-2270

HOW

Call Ida Collier with comments or questions (501-671-2270 or email icollier@uaex.edu).



PRESENTERS

MICHAEL VOGLER is Program Specialist for Integrated Services at New Futures for Youth.

DEARA THREET is a Program Specialist for Youth and Community Development at New Futures for Youth where she has worked since 1993.

MARK PERRY is Executive Director of New Futures for Youth.

TONY CROFTON is the Youth Initiative Project Coordinator at New Futures for Youth.

Social Media and Youth Discussion Guide

Where do I start? Adults can start the conversation by presenting these guidelines regarding terms of use of cell phones, text messaging and social media networking.

Family Discussion Guide for Devices



- 1** The computer is a tool to help with homework, do research for school and personal projects. The cell phone is a communication tool to keep us connected and to keep you safe.
- 2** The computer is a tool to play games and connect with friends and family.
- 3** If you are being harassed, tell an adult as soon as it starts. Log off the computer, but do not delete any negative messages. Share them with an adult.
- 4** Hurting others by using a cell phone (texting or forwarding photos) or while on the Internet is inappropriate and could be illegal. You will notify an adult if you know of another person being hurt on the Internet or through instant messaging.
- 5** If someone wants to meet you, you will inform an adult even if you decide not to meet him or her. If the adult agrees to the meeting, you will be sure that it is in a public place and you are with an adult.
- 6** The computer is placed in a family/common room with appropriate adult supervision.

- 7** The computer has parental controls and filters to protect the computer from viruses and inappropriate content.
- 8** Think about what you say or post. You should not say or post anything that you would not say or do in public.
- 9** Let us talk about the language of chatting, text messaging and instant messaging. IKR! LOL!
- 10** Protecting your personal information, address, telephone and cell phone numbers, school sports team and family routine is important. If someone wants a picture, you will first ask an adult.

Adults can help children learn and have fun with these useful devices by educating them about the potential harms and risks that go hand-in-hand with social freedom.

Additional resources:

- Arkansas Attorney General Keys to Internet Safety
www.arkansas.gov
- National Center for Missing and Exploited Children
www.netsmartz.org
- CyberSmart! 21st Century Skills for Education
www.cybersmartcurriculum.org/

FUNDING OPPORTUNITY

Rural Health and Safety Education Competition Grants Program

For FY 2010, the Rural Health and Safety Education Programs will focus on issues related to individual and family health education in one or more of the following areas:

- 1) Healthy living behaviors, family interaction and environmental attributes in rural areas;
- 2) Health literacy and its impact on health status in rural and farm families; and/or
- 3) Related issues of health promotion and health care to rural individuals and families with:
 - Information as to the value of good health at any age;
 - Information to increase individual or family's motivation to take more responsibility for their own health;
 - Information about and access to health promotion and educational activities; and
 - Training for volunteers and health services providers concerning promotion of nutrition, physical activity and health for individuals and families in cooperation with local and community partners.

For more information on eligibility and to retrieve Request for Application, go to www.csrees.usda.gov/fo/ruralhealthandsafetyseducation.cfm

April and May 2010 Course Offerings

Date	Time	Trainer	Location	Counties	Phone Numbers	TAPP Course ID#
4/17/2010	9 a.m.-3 p.m.	Erica Harris Angie Blacklaw	Little Rock	Pulaski Saline	501-340-6650 501-303-5639	14617UAEX
4/24/2010	9 a.m.-3 p.m.	Donna Francis Dianne Mashburn Hazelene McCray Fran Tomerlin Ida Collier	Hamburg	Drew Ashley Desha Chicot Little Rock State Office	870-460-6270 870-853-2080 870-222-3972 870-265-8055 501-671-2270	14611UAEX
5/13/2010	6 p.m.-9 p.m.	Nicole Taul Jesse Bocksnick	Van Buren	Crawford Sebastian	479-474-5286 479-484-7737	14610UAEX
5/15/2010	6 p.m.-9 p.m.	Nicole Taul Jesse Bocksnick	Van Buren	Crawford Sebastian	479-474-5286 479-484-7737	14610UAEX
5/15/2010	9 a.m.-3 p.m.	Janice Shofner	Bentonville	Benton	479-271-1060	14614UAEX

Growing Up Green:

It's never too early or too late to start developing the leadership skills of your afterschool youth. You will learn how to instill leadership skills in your after-school youth by using some of the key 4-H youth leadership principles.

Nutritious Foods and Drinks:

Your youth will learn what matters most when it comes to healthy foods and development. They will increase their knowledge of the **MyPyramid for Kids** in each age and stage of youth development.

Guiding Growth:

The case for 4-H Afterschool is stressed here. Providers will learn the great

impact 4-H resources can provide after-school programs in their goals for teaching and reaching youth in all stages of development in safe and healthy environments.

Exploring Citizenship Through 4-H Afterschool:

Your Afterschool youth will increase their knowledge of what it means to be a citizen and what good citizenship is all about. They will learn skills to help foster local, state and national identity and pride in their heritage while understanding other cultures.

Each participant will receive a Public Adventures Kit and Helpers Guide. Additional copies can be ordered from 4-H Mall (www.4-Hcurriculum.org).

Be Smart... Be Safe:

Youth will learn the adventures of growing up in today's society while learning safety skills in social and cyber environments.



For more information, contact Ida Collier, program associate - 4-H Afterschool, University of Arkansas Division of Agriculture, Little Rock, 501-671-2270 or icollier@uaex.edu.