

# 4-H YOUTH DEVELOPMENT SIGNATURE PROGRAMS

Empowering and preparing all Illinois youth for success

Employers say employees lack basic

Illinois 4-H produces the **youth leaders**, **innovators**, **entrepreneurs**, **stewards**, and **builders** we need to solve world problems. Many programs can be tailored to meet the needs of youth in school classrooms, after-school programs, partner sites, military installations, community groups, and more.

## COLLEGE & CAREER READINESS

Employers say employees lack

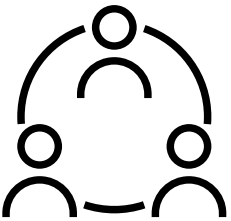
basic skills to be productive in the workforce. These programs help provide youth with the skills to succeed in school and excel in their future careers.



### **JUNTOS** - Target grades 8-12

Help Latino youth improve academic outcomes and gain the knowledge and skills to bridge the gap between high school and higher education through clubs, workshops and support.

*Suggested minimum duration: 6 sessions*



### **WE CONNECT** - Target grades 6-9

Help young people build skills to participate in global society and thrive in culturally diverse settings. Youth learn to communicate effectively in an intercultural context and challenge their assumptions.

*Suggested minimum duration: 8 sessions/hours*

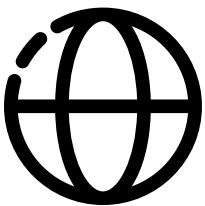


### **S.L.A.A.Y. (SUCCESS FOR LATINO AND AFRICAN AMERICAN YOUTH)**

Target grades 9-12

SLAAY is a program designed to specifically address the concerns and interests of Black and Latino students as they prepare to navigate educational institutions and career fields where they are underserved and underrepresented. This program serves as a resource for underrepresented youth to explore and experience professional, educational, and skill-building activities.

*Suggested minimum duration: 8-10, one hour sessions*



### **WELCOME TO THE REAL WORLD** - Target grades 6- 12

WTTRW is designed as a series of learning activities that culminate in a simulation experience in which youth choose a post-graduation path and make a series of related “real world” decisions.

*Suggested minimum duration: customizable*



### **READY4WORK** - Target grades 7-12

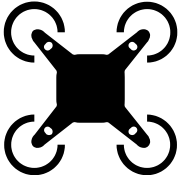
Ready 4 Work is a workforce readiness program that teaches life skills necessary to increase the number of qualified applicants for the workforce in the United States. This curriculum will focus on how youth can build their resumes and cover letters, dressing for success, interviewing skills, career planning, social media etiquette, time management and more.

*Suggested minimum duration: 6 -8 sessions of 10 or more youth*

4-H impact is enhanced when we partner with like-minded organizations which are committed to supporting Illinois young people. With your help, Illinois 4-H is developing and providing issue-based program where young people learn skills to prepare them to address Illinois' problems.

## SCIENCE, TECHNOLOGY, ENGINEERING & MATH (STEM)

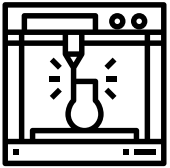
A vital STEM workforce is needed to drive innovation in today's global world. These programs empower youth to be the **inventors, makers, scientists, and engineers** needed for an ever-growing STEM world



### QUADS AWAY (DRONES) - Target grades 5-12

Help kids explore drone/unmanned aerial vehicle technology, and learn to safely operate a drone. Increase knowledge of unmanned aircraft systems and jobs related to this tech.

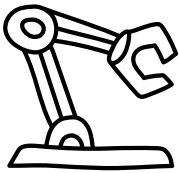
*Suggested minimum duration: 6 sessions*



### DIY CODE & BUILD - Target grades 5-12

Teach kids maker skills such as designing, modeling, rapid prototyping and building. Engage kids with projects where they create and build, while also increasing life and STEM skills.

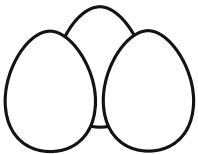
*Suggested minimum duration: 6 sessions*



### ROBOTICS - Target grades 5-12

Discover the world of robotics as youth learn to build and program robots to accomplish various tasks. Participate in optional competition opportunities.

*Suggested minimum duration: 6 hours*



### EMBRYOLOGY & INCUBATION - Target grades K-8

Through teacher training that builds educator capacity, groups of youth then learn about the incubation and embryology process as they hatch fertilized eggs over 21 days.

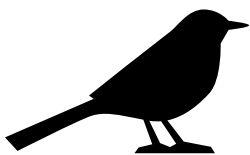
*Suggested minimum duration: 1 incubation/hatch cycle*

**ILLINOIS 4-H IS THE LEADER IN PREPARING YOUTH FOR AGRICULTURE AND STEM CAREERS.**

The fundamental 4-H ideal of practical, “learn by doing” experiences encourages youth to experiment, innovate, and think independently.

## ENVIRONMENT

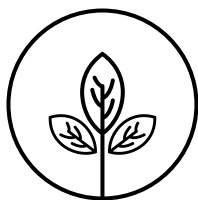
Through the study of our environment, youth learn how humans and nature are connected and develop a **respect and appreciation for nature.**



### ORNITHOLOGY - Target grades 3-8

Ornithology is the study of birds! Build science skills while learning about bird characteristics, habitat needs, behaviors, and adaptations through activities, games, and citizen science reporting. Many bird choice activities to choose from!

*Suggested minimum duration: 3-7 sessions*



### JUNIOR MASTER NATURALIST - Target grades 6-8

Existing Master Naturalist adults choose their special topics to lead with your club; then the club finds their own natural resource interest to explore further with this mentor! Simply use existing 4-H curriculum as your starting point. Win-win!

*Suggested minimum duration: 6 sessions*



### BASS FISHERMAN CARE ABOUT WATER - Target grades 5-10

A healthy aquatic ecosystem means good fishing! See how the environment is all connected by studying how watersheds affect lakes and aquatic systems work. Then grab a bass fishing kit, make your lures, and catch a bass sitting at the top of that food chain!

*Suggested minimum duration: 6 one-hour sessions*

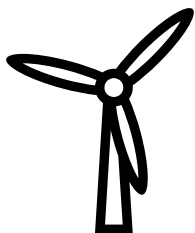


### ILLINOIS OAK TREE SAVANNAS – PLANT MORE TREES!

Target grades 5-10

Youth will study the environment benefits of trees on a local and global scale. Be directly involved in a tree planting program and understand how this relates to a larger effort to improve the direction of our planet’s long term health.

*Suggested minimum duration: 6 sessions*



### RENEWABLE ENERGY - Target grades 6-8

Engineer your own fun with blending the science and art of sustainable power sources.

Wind tract: The Power-of-Wind curriculum beginning with designing and building your own kite!

Solar tract: Choose from engineering solar powered cars, boats, or model houses.

*Suggested minimum duration: 6 sessions*

Illinois 4-H programs provide **positive youth development** experiences that foster belonging, independence, generosity, and mastery and create opportunities for youth to use their skills to influence and impact others.

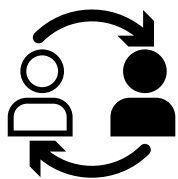
## HEALTH & WELLNESS

These programs empower youth to make healthy choices for themselves and their communities. Youth can learn about the importance of good nutrition and physical activity, gain skills in dealing with peer pressure and stress, improve their decision-making skills, and learn to create safe and affirming environments for others.



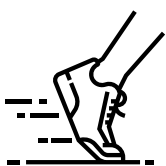
### **4-H COOKING 101** - Target grades: K-5

Learn about nutrition and healthy eating while developing basic food preparation skills through preparation of healthy snacks and simple meals.  
*Suggested minimum duration: 6 sessions*



### **BE SAFE: SAFE, AFFIRMING, & FAIR ENVIRONMENTS** - Target grades 6-9

Create safe, affirming and fair environments where youth can improve their social and emotional learning, build positive relationships, and prevent negative and harmful behaviors such as bullying.  
*Suggested minimum duration: 8 sessions/hours*



### **HEALTH JAM** - Target grades 4-5

Teach kids to make healthy choices, learn about body systems, explore health professions, keep their bodies healthy, and increase their daily physical activity.  
*Suggested minimum duration: 8 sessions*



### **HEALTH ROCKS** - Target grades 3-12

Support youth building skills to make healthy living choices and understand the influences and health consequences of tobacco, drug, and alcohol use. Develop community strategies which address risky youth behaviors and build positive, enduring relationships.  
*Suggested minimum duration: 10 hours*



### **MINDFUL ME** - Target grades K-2

The program promotes mindful practices that lead to improvements in managing one's own goals, developing a sense of self, time management, stress management, emotional regulation, and mindful eating practices.  
*Suggested minimum duration: 10 sessions*



### **YOUR THOUGHTS MATTER** - Target grades 8-12

Understand what mental health means and its impact on those around us. Learn about different mental health disorders and identify strategies for self-help and helping others.  
*Suggested minimum duration: 6 sessions/hours*



### **ILLINOIS FOOD CHALLENGE** - Target grades 8-12

Learn food safety, food preparation, nutrition, and kitchen safety. Then participate in a culminating team food challenge event where youth plan, prepare, and present a dish.  
*Suggested minimum duration: 6 hours*

Illinois 4-H programs empower and prepare all Illinois youth for success by providing opportunities where they learn, practice, and demonstrate skills needed for home, career, and global citizenship.

## FOOD SYSTEMS

Food one of the most important ways that we celebrate our family, our culture and our community. Reliable access to nutritious and culturally appropriate foods is an essential part of living a good life. Growing and sharing healthy food in their community is one way young people can improve our food systems. These signature programs will challenge youth to think critically and act innovatively to solve the challenges their generation face.

### FEEDING AND GROWING OUR COMMUNITIES - Target grades: 3-12



The perfect beginning for any gardening program. Engage youth in planning, designing, and implementing their own garden. Help foster a love of gardening, develop an appreciation for the environment, build science skills, and cultivate the mind through diverse learning experiences. Junior Master Gardener 'Learn, Grow, Eat & GO' curriculum toolkit for Elementary audiences is available in English and Spanish. The Purdue Gardening Curriculum for Middle to High-School audiences is available for older audiences. A toolkit of gardening supplies is available upon request as funds last.

*Suggested minimum duration: 6 sessions*

### 4-H FOOD ACTION ACADEMY - Target grades: 8-12



A comprehensive 8-part curriculum to strengthen youth leadership skills through the design and implementation of service learning projects to create greater food access in their neighborhoods and communities. A collaborative project between Illinois 4-H, SNAP-Ed, and the Farm to School Network, this curriculum assists youth in evaluating the connection between food access and community health while providing them the resources they need to take effective action to create change.

*Suggested minimum duration: 6 sessions*

### LITTLE ROOTS - Target grades: Pre-K to 3



Inspire youth to grow their own food at an early age while nurturing their environmental awareness through horticulture and plant science activities. Program materials will include a gardening calendar with engaging gardening activities to accompany the growing season. Designed to spark a love for gardening at an early age under the guidance of a parent/guardian.

*Suggested minimum duration: 12 hours*

Learn more at [4h.extension.illinois.edu](http://4h.extension.illinois.edu) or contact your local Extension office.



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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