

Florida 4-H programs targets *youth development life skills* as outcomes for young people. Here is a summary of some of the skills acquired through 4-H experiences as reported by 628 4-H youth:



Communication Skills	
Learn better communication skills	76%
Learn public speaking skills	73%
Gain self-confidence, especially when in groups	77%

Relationship Skills	
Develop close relationship with others in 4-H	80%
Learn relationship skill building processes	76%
Learn to trust others and be trustworthy	79%
Value and care about others' feelings	82%
Make and keep friends	83%

Decision-Making Skills	
Learning to organize time and resources	70%
Learning to set and reach goals	79%
Learning to make decisions for self	78%
Learning to think through decisions before acting	66%
Saying "no" to risky behaviors	76%
Positive choices of friends	74%
Responsible for own actions	84%



Leading and Serving Others	
Feel useful and important in 4-H	78%
Learning to be a leader among peers	74%
Learning to value service to community	77%
Involved in planning activities for club	71%

Surveys run with the same 628 youth, indicated greater lifeskills gained from camping experiences, particularly in communications, relationships, and leadership. This is particularly true for youth who served in camp counselor roles who receive additional training for their mentoring and coaching roles with younger children.



Florida 4-H Develops Positive and Productive Youth



Positive youth development through University of Florida 4-H Programs provide opportunities for youth to feel safe, secure, respected, intellectually stimulated and engaged in their community. 4-H Youth development occurs from an intentional process that promotes positive outcomes for young people by providing opportunities, relationships, and support.

4-H Youth Development uses experiential, research-based educational opportunities that help youth become competent, caring, confident, connected, and contributing citizens of character. Research indicates that regular participation in extracurricular activities during adolescence can lead to long-term quality of life payoffs. Recent studies indicate that youth spending time in positive youth programs, such as 4-H, are less likely to become involved in high risk behaviors, have higher school attendance and grades, better conflict management practices and better work habits.

Building Life Skills in Youth

The development of marketable and productive skills for work and family life has been cited by researchers as a major outcome for positive youth development. Learning to be productive, do well in school, develop positive outside interests and acquire basic life skills for work and family life is a basic transition from youth to adulthood. *Studies indicate that the more internal assets and life skills youth build the more likely they are to grow up healthy, confident and responsible and less likely to become involved in risky behaviors. Active participation in 4-H helps youth develop their assets and life skills.*

4-H uses many different projects to engage youth in areas of interest. Statewide, an average of three projects are completed by 4-H members annually. These projects not only guide youth to acquire new work and family life skills but become the “vehicle” through which to maximize youth development. In 4-H project learning experiences, youth become engaged with other adults, engage in self-directed learning, set goals, make independent choices and decisions, and gain a sense of mastery and accomplishment from their experiences. **Camping programs integrate all of the best of Florida 4-H in one experience.**

