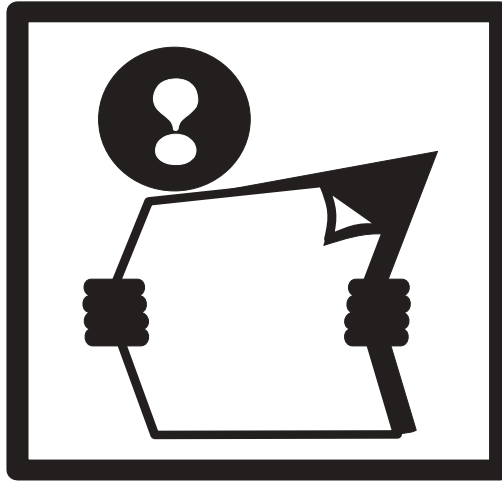


THE GUIDE TO MICHIGAN 4-H YOUTH DEVELOPMENT



CRITICAL CONTEMPORARY ISSUES

By learning about stress management, substance abuse prevention and other critical contemporary issues, 4-H'ers can learn to accept responsibility for their own health and actions. You can help them develop patterns of healthy, responsible living that they will use throughout their lives. Project activities include Natural Helpers (a peer helping program) and conflict resolution. Kids can explore cultural diversity through community service activities.

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KEEP THESE IN MIND

As you work with young people, please keep these valuable resources in mind.

“Michigan 4-H Today”

Michigan 4-H Today is a newsletter providing youth development news and event information for the Michigan 4-H community. Issues include an 8- to 12-page, tabloid-size publication (*Michigan 4-H Today*) published every fall and four topical newsletter supplements (*Michigan 4-H Today In Focus*) that are distributed online as inserts in county newsletters throughout the year. The newsletter, which is sent to volunteers across Michigan, features articles and photographs related to youth development issues, project news and activities, upcoming events and new 4-H resources. Visit *Michigan 4-H Today* on the Internet at <http://www.msue.msu.edu/cyf/youth/M4HTD/>.

The Developmental Stages of Kids

As you work with young people, it's important to keep in mind the many changes they're going through (including physical, thinking, social and emotional changes) and the kinds of issues these kids are facing in their everyday lives. Refer to these sections of the *Guide to Michigan 4-H Youth Development* to learn more about resources designed to help you provide learning environments that are safe, appropriate, healthy and fun:

- Five- to Eight-Year-Olds – the Kaleidoscope materials
- Early Adolescents (aged 9 to 14) – the Help Me – I'm Growing Up! Understanding Early Adolescents materials
- Older Youth (aged 15 to 19) – the Peer-Plus, Group Dynamite and Youth Experiencing Action materials

For insight into the needs and interests of young people, you can also visit *Ages and Stages of Child and Youth Development: A Guide for 4-H Leaders* on the Internet at <http://www.agcom.purdue.edu/AgCom/Pubs/NCR/NCR-292.html>. The guide discusses the physical, thinking, social and emotional characteristics that are common to children at each age level. “Ages and Stages” (NCR292) was written by Jeanne Karns, graduate assistant, and Judith A. Myers-Walls, Extension specialist, Human Development, Department of Child Development and Family Studies, Purdue University.

Improving the Communications Skills of Young People and Adults

People in a position to know – school officials, employers and employees – agree that good communications skills are essential for young people and adults. The *Communications Toolkit: Fun, Skill-Building Activities to Do With Kids* (4-H 1560) will help you help the young people with whom you work develop and improve their communications skills. The toolkit is designed for individuals who work with young people aged 12 and up and want fun, easy and meaningful communication activities to use with clubs and in classrooms, camps, after-school programs or other settings where kids come together. In the toolkit, you'll find background information for group leaders, hands-on activities, handouts and other resources that will help kids build on their skills in public speaking, writing, graphics, and video, media and technology. (172 pages, Michigan 4-H, 2000)

4-H Club & Group Development

Many 4-H experiences take place within the 4-H club or group setting. If you're interested in learning more about how clubs and groups can operate and the various officer and committee roles that young people can have within a club or group, refer to the Club and Group Development section of the *Guide to Michigan 4-H Youth Development*.

Volunteer Development

Volunteers can be positive role models for the young people they work with. If you'd like to learn more about fulfilling your potential as a volunteer, refer to the Volunteer Development section of the *Guide to Michigan 4-H Youth Development*.

C CRITICAL CONTEMPORARY ISSUES

■ PUBLICATIONS

4-H PUBLICATIONS

The following 4-H publications are available from your county MSU Extension office. They are listed in numerical order.

4-H 1455 Help Me – I’m Growing Up! Understanding Early Adolescents Workbook

This workbook is designed to help adults gain an understanding of the changes in physical, thinking, social and emotional development that are critical to early adolescent development. These changes are discussed in the context of those settings that can promote the healthy development of early adolescents – the family, friends and outside-of-school activities. (28 pages, Michigan 4-H, 1989)

4-H 1483 Help Me – I’m Growing Up! Understanding Early Adolescents Resource Notebook

This resource notebook is designed for trainers of people who work with 10- to 14-year-old youths. Its goal is to increase adult understanding of the changing needs of early adolescents, build the adults’ skills and make them more confident of their ability to work with kids this age. Workshop session plans are provided in four areas: primary changes of early adolescents, significant environments, jobs of early adolescence and youth at risk. Overhead and handout masters are included. (190 pages, Michigan 4-H, 1990)

4-H 1545 All for One: Afterschool Math, Science & Reading Program

This creative enrichment curriculum takes a hands-on approach to increasing the achievement of low-income, middle school students who have average or slightly below-average grades. The publication includes program structure and a sampling of activities. (66 pages, Michigan 4-H, 2000)

4-H 1549 Critical Issues: Teens on the Go! Understanding & Defusing Your Stress

This publication provides information and ideas for teens who need to know how to handle stress in their lives and when to seek help. It offers practical steps for dealing with stress. (4 pages, Michigan 4-H, 1997)

4-H 1550 Critical Issues: Supporting Distressed Young People, Stress, Depression & Suicide

This resource includes definitions of stress, depression and suicide, and offers suggestions to adults about recognizing and helping young people who are trying to cope with difficult life issues. (4 pages, Michigan 4-H, 1997)

4-H 1551 Critical Issues: Friends in Trouble, Stress, Depression & Suicide

This publication provides information for teens who may need to know how to help their friends and associates with stressful problems, and how to recognize when they need to ask for adult help. (4 pages, Michigan 4-H, 1997)

The following publications are available for free, download on the Internet at the specified URL.

4-H 1596 Life’s A Kick—Don’t Start Tobacco

This curriculum is designed to educate youth in grades 4 to 8 about the effects of tobacco use. Activities focus on short- and long-term physical and social consequences of tobacco use, peer pressure and media influences. Download at: <http://www.msue.msu.edu/cyf/youth/dst/Lifes-a-Kick.pdf> (67 pages, Michigan 4-H, 2002)

4-H 1597 Healthy Habits: A Leader’s Guide to Helping Children Reduce the Risk of Cancer

This publication includes learning materials designed for adults to work with children aged 5 to 12 to help them develop healthier lifestyles and reduce their risk of developing various kinds of cancers in the future. The guide focuses on four theme areas to build and enhance health habits: nutrition, physical fitness, tobacco use prevention and sun protection. Download at: <http://www.msue.msu.edu/cyf/youth/downloads/HealthyHabits.pdf> (70 pages, Michigan 4-H, 2003)

C CRITICAL CONTEMPORARY ISSUES

■ PUBLICATIONS (CONTINUED)

EXTENSION PUBLICATIONS

The following publications are available from your county MSU Extension office. They are listed in numerical order.

E1697 Farm Family Stress

E1698 Work & Family Stress

E1733 Divorce & Family Stress

● RESOURCES

OTHER MSU RESOURCES

The following materials are available through the MSU department listed.

College of Human Ecology

Department of Family and Child Study

Michigan State University

101 Human Ecology Bldg.

East Lansing, MI 48824-1030

Phone: 517-355-7714

• Publications, pamphlets, reports and newsletters relating to family and child development issues

Institute for Children, Youth & Families

Suite 27, Kellogg Center

East Lansing, MI 48824-1022

Phone: 517-353-6617

• Publications, pamphlets, reports and newsletters relating to family and child development issues

Michigan Substance Abuse & Traffic Safety Information Center

2409 E. Michigan Ave.

Lansing, MI 48912-4019

Phone: 800-626-4636 or 517-482-9902

National Clearinghouse for Alcohol Information

P.O. Box 2345

Rockville, MD 20852

National Clearinghouse for Drug Abuse Information

11400 Rockville Pike

110 Rockwall Bldg.

Rockville, MD 20852

U.S. Dept. of Health, Education & Welfare

Public Health Service

National Institute of Health

National Heart, Lung and Blood Institute

Bethesda, MD 20014

● RESOURCES (CONTINUED)

OTHER RESOURCES

The organizations listed below may provide more information in this project area.

Agencies & organizations:

Alcoholics Anonymous
Arthritis Foundation
Cancer societies
Comprehensive health planning agency
Environmental Protection Agency
Faith-based organizations
Heart associations
Hospital auxiliary
Lung associations
Mental health centers
Office on Aging
Red Cross
Soil Conservation Service

City, county & state health departments:

Dietitians and nutritionists
Environmental engineers
Health commissioners
Health educators
Public health nurses
Sanitarians

Emergency medical personnel:

Ambulance personnel
Emergency medical technicians
Fire fighters
Red Cross first-aid instructors

Rescue squad workers

Hospitals, clinics & health centers:

Dental hygienists and assistants
Dentists
Doctors
Inhalation therapists
Laboratory technologists
Medical records librarians
Nurses
Paramedics and physician assistants
Patient educators
Physical therapists
Physicians

Mental health workers:

Crisis center workshops
Family counselors
Psychiatric social workers
Psychiatrists
Psychologists
School guidance counselors

Other health personnel:

Ophthalmologists
Optometrists
Pharmacists
School health educators
School nurses

C CRITICAL CONTEMPORARY ISSUES

▲ THE INTERNET

When you're looking for resources related to your kids' interests, remember to check the Internet. Each section of the *Guide to Michigan 4-H Youth Development* contains suggested search words and terms you can use at an Internet search engine site to begin locating resources. One great starting point for your visit to the Internet is the Michigan 4-H Youth Development site:

<http://www.msue.msu.edu/msue/cyf/youth/index.html>

Some sections of the Guide list specific World Wide Web sites for you to visit. The URL (Universal Resource Locator) or address of each site is given in brackets < > after the site name. The listings that contain URLs or addresses for Web sites were accurate at the time of this writing, but URLs, like most things on the Web, change constantly. If a URL doesn't work, use a search engine to find the site's current location. Remember, this information is for education and fun only! Reference to commercial products or trade names does not imply endorsement by Michigan State University Extension or bias against those not mentioned.

If you don't have ready access to a computer and modem, check with your local library, school or community college, computer user groups, computer stores or your county MSU

Extension office. They may be able to help you find a way to connect your 4-H group to the online world. Ask the kids you work with, too! Chances are they're already in touch with "cyberspace."

HELP KIDS BE SAFE ON THE WEB

You click on something, and then on something else, and before you know it, you're somewhere altogether different...

The World Wide Web and other parts of the Internet can be fun, fascinating and informative. But there are parts of the Internet that aren't appropriate for kids. You can help protect the kids you work with as they venture online by monitoring their computer use, visiting the Web sites they visit and staying in touch with what they're doing.

Staying Street Smart on the Web

URL: <<http://www.yahooligans.com/docs/safety/index.html>>

This page of the popular "Yahooligans" site contains Web safety advice for kids and parents, and a pledge for Web-surfing kids. It links to several sites that allow you to download software to filter out objectionable material on the 'Net.

KEYWORDS & SEARCH TERMS

The following terms could help you start a search of the Internet related to working with young people in this project area:

- AIDS
- Alcohol abuse
- Character COUNTS
- Character education
- Date rape
- Domestic violence
- Dropout
- Emotional health
- H.O.T. (Hazards of Tobacco)
- Mental health
- Sexually transmitted disease (STD)
- Smoking cessation
- Substance abuse
- Substance abuse prevention
- Suicide
- Suicide prevention
- Teen pregnancy
- Violence
- Violence prevention