



MICHIGAN STATE
UNIVERSITY
EXTENSION

Outcomes for Michigan's Future

Building Capacity of Youth

In Brief

Today's Successes

- 4-H gives **230,000 Michigan youth** productive, positive ways to use out-of-school time and is the largest out-of-school program in the state. **Forty-six percent come from cities**, suburbs and towns with populations greater than 10,000.
- At least 22,000 adult volunteers in Michigan **donated \$55 million worth of time** — more than 3 million hours — to working with 4-H youth last year.
- Approximately **31,500 K-3 students improved their reading skills** by at least one grade level through the 4-H Club Read program.
- Nearly **86,000 youths participated in personal and leadership development** programs through 4-H in FY 2003-4. Eighty-four percent of 4-H youth say 4-H helps them learn to solve problems independently.

Tomorrow's Results

- 4-H youth development will train and pair 600 new volunteer mentors with 1,800 vulnerable youth; the **state saves at least \$30,000 annually** for each child kept out of the juvenile court system, foster care or halfway homes.
- More than **80,000 youth** between the ages of 5 and 19 will participate in healthy lifestyle education through MSUE programs in 2005. This includes the 4-H Health Challenge, where they'll learn about nutrition, fitness, sun safety, tobacco use prevention and seat-belt safety.
- Through 4-H learning activities, more than **85,000 young people will explore career options**, practice critical thinking skills and learn how to reach their full potential.
- Through Michigan 4-H citizenship and community service programs, **35,000 young people will make an impact** on the quality of life in Michigan.
- Between **2,700 and 3,000 youth will attend precollege and exploratory events** through 4-H, getting a taste of college life and seeing firsthand how the Michigan legislature works.
- Youth and adults from **50 schools will learn to embrace differences** and work to address issues of prejudice, discrimination and bullying through MSUE diversity programs.

Michigan's Priorities for Building Youth Capacity

Improving the health of Michigan's youth: Nearly 40 percent of Michigan youth say they engage in insufficient or no physical activity on a regular basis. At least 10.7 percent of high school youth are overweight, and 13.3 percent are at risk for becoming overweight. Eighth-graders who do not participate in supervised after-school activities double their risk of smoking, drinking and using drugs.

Providing a quality pre-K-12 education, both during and outside of school hours: Seventy-five percent of poor readers in third grade will still be poor readers in high school. In Michigan, 43 percent of fourth-graders scored "unsatisfactory" in reading on the MEAP, and 44 percent of fifth-graders did not have proficient writing skills. Eighty to 90 percent of a child's waking hours are spent outside the classroom, and 10th-graders who aren't involved in extracurricular activities are 57 percent more likely to drop out of school.

Increasing participation in postsecondary education: The Cherry Commission reports that Michigan is ranked among the lowest states in the percentage of citizens holding degrees beyond high school. The high school graduation rate in Michigan is only 74 percent.

Helping youth to become better citizens: A youth engaging in a life of crime costs society \$1.7 million to \$2.3 million. A majority of Michigan residents would like to increase out-of-school-time funding as a means to reduce juvenile crime; 82 percent want to increase structured out-of-school activities available to youth in their communities (Source: Michigan After-School Initiative 2003 Report).

MSU Capacity

- **Reach:** MSUE provides long-standing, research-based youth development programs in all 83 Michigan counties.
- **Experience:** 4-H is the largest, most successful youth development program in the state.
- **Expertise:** World-renowned experts from Michigan State University, with global connections to additional authorities, are working in all areas pertaining to youth development.
- **Track record:** MSUE and MAES employ proven methods of quickly and cost-efficiently moving peer-reviewed research to recommendations to program development and implementation with documented results.
- **"Feet on the street":** MSUE has staff members and thousands of volunteers prepared and active in every county, making it easy to position assets, tools, programs and ideas in every corner of the state.
- **Trust:** Youth development volunteers go through a thorough criminal history check, plus a rigorous selection and training process. MSUE programs are some of the most well-known and trusted in the state.
- **Content:** New programs are built upon peer-reviewed research and a large library of youth development programs and resources.

Sampler of Success

4-H has touched the lives of **60 million alumni** globally; three-quarters of alumni surveyed say 4-H was very beneficial to their later personal or career lives. MSUE and MAES have many areas of research and programs that are addressing critical areas of youth development for Michigan. Here are a few examples of MSUE's success and capacity to produce desirable outcomes:

- 4-H is Michigan's largest out-of-school-time program, involving more than **230,000 youth and nearly 22,000 adult volunteers**. Volunteers donate an average of 150 hours per year. The estimated value of volunteer time is \$17.19 an hour*, yielding approximately \$55,698,178 in time spent working with Michigan youth each year (*source: Independent Sector). 4-H volunteers are effective because of the infrastructure support provided by MSUE, including needs assessment, program quality standards, grant writing, 4-H curriculum and extensive volunteer training.
- **Nearly 20,000 Michigan young people** have been involved in 4-H character education since 1997. MSUE staff members have worked with hundreds of community organizations in 78 counties to address bullying behaviors and build caring school and community climates. Students and teachers involved with these efforts report fewer discipline problems and improved attitudes. For example, in a Tuscola County elementary school, school officials report that **negative behaviors such as bullying decreased by 70 percent**.
- Approximately 31,500 K-3 students improved their reading skills by at least one grade level through the 4-H Club Read program. Research shows that **33 percent of youth who participate in 4-H receive mostly A's in school, compared with just 19 percent of non-participating youth**. The 2,500 youth who attend the annual 4-H Explorations Days at Michigan State University report that they are **more likely to attend college** because of their experience on a university campus.
- 4-H youth development programs work with the Department of Human Services and family and/or juvenile courts in seven counties to offer mentoring experiences to at-risk youth. In Macomb County, **mentoring efforts are credited with saving taxpayers approximately \$3.7 million annually** because youth are being diverted from the youth home system. Mentoring programs for vulnerable youth are expanding or beginning in at least 10 additional Michigan counties.

Outcomes for Michigan's Future

MSUE will involve volunteers in providing positive, experiential, educational opportunities for and with youth aged 5 to 19. Programming will be delivered primarily through 4-H clubs and in- and out-of-school, community-based networks.

MAES research programs over the next year will focus on:

- Identifying psychological and academic outcomes of gendered bullying and anti-harassment policies among high school students.
- Preventing obesity in young children.
- Evaluation of group intervention programs for women and children experiencing domestic violence.
- Evaluating structured out-of-school experiences to foster positive youth development.
- Identifying internal and external assets important in the healthy development of children, adolescents, families and communities.

Michigan 4-H youth development community-based programs will provide educational opportunities for at least 230,000 children, using the talents of approximately 22,000 adult volunteers. These programs will provide a wide variety of positive, productive, hands-on learning experiences to explore career and life options, offer age-appropriate life skill development, emphasize research-based experiential learning, involve community partners and families, and reach diverse and underserved audiences in rural and urban areas.

MSUE educational priorities and outcomes of our youth programs for 2005-06:

- 4-H youth development will train and pair **600 new volunteer mentors with 1,800 vulnerable youth**; the pairs will meet at least an hour a week for at least 11 months. Twenty AmeriCorps volunteers who are serving in 17 Michigan counties will support this work. Partnerships with schools, faith-based organizations, court systems and law enforcement agencies will be expanded and strengthened. **By keeping children out of the juvenile court system, foster care or halfway homes, the state saves at least \$30,000 annually per child.**
- Through personal development activities, leadership programming and 4-H learning experiences, more than **85,000 young people will explore career options**, practice critical thinking skills, learn about nutrition and other sciences, and learn how to reach their full potential. Through building community capacity, 4-H will expand efforts to stimulate expansion of educational attainment of our young citizens across the state. Fifty counties will organize local planning efforts to help communities set benchmarks to increase involvement of youth in **pursuing postsecondary education.**
- **Between 2,700 and 3,000 youth will attend pre-college and exploratory events**, including 4-H Exploration Days, Capital Experience and 4-H Great Lakes and Natural Resources Camp. Through these annual programs, Michigan young people will have hands-on experiences that let them explore job choices, work with nature and see the legislative process in action.
- Through Michigan 4-H citizenship, leadership and community service learning academies, conferences and activities, **35,000 young people will affect the quality of life** in Michigan communities, participate

in simulations of democratic processes and lead local community development activities. Research suggests that young people participating in civic engagement programs are more likely to be involved in school, graduate, have a positive civic attitude and avoid high-risk behaviors. Through the community service efforts of engaged teens, expenditure of public funds can be reduced and reallocated to other community needs.

- The face of Michigan's population and future workforce is dramatically changing. Michigan 4-H has developed powerful in-school and out-of-school models that increase social and cultural competencies of youth and the adults who work with them. Efforts will expand to **50 schools with 500 more youth and adults learning to embrace differences and working to address issues of prejudice, discrimination and bullying.**
- MSUE will use the Jump Into Foods and Fitness (JIFF) program to help 5,000 8- to 11-year-olds learn about nutrition and become more physically active. **The 4-H Health Challenge will teach 80,000 5- to 19-year-olds about nutrition and physical fitness**, tobacco use prevention, seat belt safety and sun safety to prevent skin cancer.

Spotlight on Success

"While growing up in Clare, I learned important lessons about hard work, responsibility and community from my parents and grandparents. 4-H was an important part of those lessons and is an important part of who I am today."

Deborah Stabenow
Senator, United State Congress

MSU is an affirmative-action, equal-opportunity institution.

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