

THE GUIDE TO MICHIGAN 4-H YOUTH DEVELOPMENT



BICYCLES

Bicycling is a fun and energy-efficient way to travel – help kids learn to enjoy it safely. 4-H bicycle project members learn about bicycle fit, maintenance and the proper way to ride. They'll discover and practice the fundamental rules of the road. Everyone can participate in a statewide bicycling event – the Michigan Lakes and Trails Bicycle Tour, which is held each July.

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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*.

● RESOURCES

OTHER RESOURCES

The organizations listed below may provide more information in this project area. Contact your local law enforcement agency for up-to-date information on local bicycle traffic ordinances, licensing and safety practices.

American Youth Hostels Inc.

National Administrative Offices
Suite 800
1332 I St., NW
Washington, DC 20005
Phone: 202-783-6161

Bikecentennial

P.O. Box 8308
Missoula, MT 59801
• Educational materials

Department of Natural Resources

DNR Information Center
P.O. Box 30028
Lansing, MI 48909
• Educational material, tour maps, information

Michigan Youth Hostels

Metropolitan Detroit Council
3024 Coolidge
Berkley, MI 48072
Phone: 313-545-0511

National 4-H Council

7100 Connecticut Ave.
Chevy Chase, MD 20815
Internet: <http://www.fourhcouncil.edu>

SEMCOG

Southeast Michigan Council of Governments
800 Book Bldg.
Detroit, MI 48226
Phone: 313-961-4622

▲ 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:

- Bicycle
- Bicycle helmet
- Bicycle safety
- Bicycle touring
- Bicycling
- Bike
- Mountain bike
- Off-road cycling
- Helmet