



# FAMILY, HOME AND HEALTH

4-H Youth Development Programs

Revised December 2004

In 2004, 21,978 young people from all over Wisconsin are learning practical life skills by enrolling in 4-H Youth Development Family, Home and Health Projects. These children and teens develop skills they need to take care of themselves now and to prepare to take care of their families when they grow up. Projects range from learning the about good nutrition and food preparation to becoming a wise consumer; from learning to sew to making informed decisions about health issues such as tobacco use or drinking.

## ***Family, Home and Health Projects Promote Youth Development***

Learning self-reliance is an important part of 4-H youth development programs. When children and teens learn to care of themselves and others, they are developing self-reliance. 4-H Youth Development Family, Home and Health projects teach many practical skills. They also provide opportunities to prepare for adult responsibilities. For example:

- In Consumer Savvy, and Financial Champions projects, youth learn important lessons about needs versus wants, setting goals, and planning a budget.
- In Child Development projects, they learn about their own growth and development and about possible careers in teaching or childcare. They learn how to develop healthy relationships as adults and parents.
- Health projects are age-paced. The youngest children learn about personal hygiene, rest, manners, fitness and the importance of wearing a seat belt. Pre-teens and teens consider the risks and consequences of using alcohol, tobacco or other drugs.
- Clothing project members learn to create their own clothes with a custom fit and unique style. Many project members also use their sewing skills to support a number of community service efforts.

**In 2004, Wisconsin youth participated in 21,978 4-H family, home and health projects and programs.**

**The most popular projects were Foods and Nutrition and Food Preservation (8,210) and Clothing (4,197)**



An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements. © 2004 by the Board of Regents of the University of Wisconsin System. Developed by the Wisconsin 4-H Office, 431 Lowell Hall, 610 Langdon St., Madison, WI 53703. The 4-H name and emblem are federally protected under Title 18 US Code 707.