

4-H Healthy Living Update

April 3, 2012

April is National Distracted Driving Awareness Month

FocusDriven has designated April as [National Distracted Driving Awareness Month](#).

View [FAQs](#) here. Find [events](#) near you.

Programs of Distinction

[Participatory Evaluation with Youth: Building Skills for Community Action](#)

The *Participatory Evaluation with Youth: Building Skills for Community Action* (CYA) program trains youth and their adult partners to plan and host community forums in order to identify and address community needs. The program begins by preparing youth and adult teams to form effective partnerships. From there, teams develop skills in planning and hosting community forums, identifying issues important to the community, analyzing data, organizing and reporting results, and developing a community action projects in response to what was learned. The program offers a unique combination of contemporary youth programming frameworks—including positive youth development, youth-adult partnerships, participatory evaluation, and youth engagement through research. Fifteen youth-adult teams have participated in the project since the summer of 2007. A formal learning outcome evaluation conducted at the end of each session measured participant knowledge in each of the eight topics covered in the training. In addition, many of the teams have gone on to hold forums and complete community action projects. These projects include refurbishing bleachers at a local high school, planning and hosting a series of community youth and family activity nights, and planting flowers to enhance a community in preparation for hosting the U. S. Olympic track and field trials.

[Youth Teaching Youth: Alcohol and Tobacco Decisions](#)

Youth Teaching Youth: Alcohol & Tobacco Decisions is a quality education program offered by the University of Minnesota Extension in Dakota, Anoka, and Scott Counties, in collaboration with local schools. With over 25 years of experience, the program has gained a reputation for effective and up-to-date programming. The program focuses on alcohol and tobacco facts and the influences of advertising. The curriculum uses a variety of educational methods including videos, games, role-playing, and discussion. The teen teachers help younger youth practice refusal skills, teach them how to deal with peer pressure, and help them to build their self-esteem. High school students are provided with a unique service-learning experience in which they are trained and then experience, hands-on, the role of being a 'teen' teacher. It is an excellent example of cross-age teaching as both high school and elementary students relate quickly and easily.

Professional Development & Training Resources

National 4-H Healthy Living Curriculum Products

- ❖ ATV Safety

[Buy](#)

[Online](#)

Funding Resources

State Farm Youth Advisory Board National Grant Program

State Farm Youth Advisory Board

Deadline: May 4, 2012

The State Farm Youth Advisory Board is composed of young adults who demonstrate exemplary work in service-learning, volunteering, and philanthropy in their communities. The Youth Advisory Board National Grant Program funds student-led service-learning projects throughout the United States and in the provinces of Alberta, New Brunswick, and Ontario in Canada. Specific areas of interest include natural and societal disasters, driver safety, environmental responsibility, accessing higher education/closing the achievement gap, and financial literacy. Educators working in public K-12, charter, and higher education institutions are eligible to apply. Nonprofit organizations are also eligible if they are able to demonstrate how they plan to interact with students in public K-12 schools. Grants range from \$25,000 to \$100,000. Applications must be submitted online by May 4, 2012. Visit the Youth Advisory Board website for [application guidelines](#).

Source: GrantStation.com

Interesting Links

New Awareness Campaign Teaches Kids to be Cell Phone Smart

For kids getting their first cell phone, the possibilities are endless. Used appropriately, a cell phone keeps kids in touch with the people they care about, but used in the wrong way, it can be a distraction or even a hazard, so teaching kids smart and safe cell phone use is of the utmost importance. Beginning a discussion about cell phone use early on builds good habits kids will carry into their teenage years. According to U.S. Teen Mobile Report in 2010, teenagers send and receive over 3,000 text messages per month. It is important to ensure that kids know not to

include the following in text messaging – personal information or mean or inappropriate comments. They should also not use texting as a replacement to engage in conversation with a person – this becomes even more important as kids get older. A new public awareness campaign recently launched in Rochester aims to teach area youth about safe and smart cell phone use. The “[Cell Phone Smart](#)” campaign supports the Mobile Safe curriculum along with cell phone resources. The public awareness campaign is comprised of educational public service ads for movie theaters and radio. Grassroots materials complement the campaign with posters, brochures and fact sheets that are colorful and give simple, easy to understand lessons for youth. Materials are available for teachers and community leaders to use as awareness tools. The campaign is available for co-branding in communities across the country. The Cell Phone Smart campaign is one of six public awareness initiatives that address child and youth safety issues and is a part of [Project Youth Safety](#), a comprehensive multimedia and multicultural youth safety awareness effort. Other Project Youth Safety campaigns topics include child abuse, impact of domestic violence on kids, teen homelessness, and teen dating violence. To learn more about this, [visit](#) the Project Youth Safety website to see and download the materials. The Cell Phone Smart campaign is a partnership between INOBTR (“I Know Better”), a non-profit organization that educates kids through public awareness to keep them safe, and the Internet Keep Safe Coalition (iKeepSafe), a non-profit international alliance that teaches youth about using new media devices and platforms in safe and healthy ways. In creating this project, the Internet Keep Safe Coalition has partnered with the Rochester Institute of Technology (RIT), home to leading researchers in the area of child Internet and cell phone use; the Center for Media and Child Health at Children’s Hospital at Boston; and Woogi World, a virtual school for K-6 students. Funding for this campaign comes from a cooperative agreement with the U.S. Department of Justice and Office of Juvenile Justice and Delinquency Prevention (OJJDP).

Source: U.S. Department of Justice, Office of Justice Program, Office of Juvenile Justice and Delinquency Prevention.