

# Atlantic County 4-H Partnership Training

## **4-H 101**

4-H 101 is designed to be a general overview and resource guide for youth development staff or volunteers who are starting new programs/4-H clubs or working with existing programs/groups. 4-H 101 merges the basic concepts and principles of effective youth development delivered in a non-formal (out of school) setting with the "nuts and bolts" information needed to manage a 4-H program.

## **ASSET Development**

The CONNECT! LEARNING ACTIVITIES TO STRENGTHEN ASSETS curriculum is based on strengthening the "Developmental Assets" of Youth. These 40 "Developmental Assets" as identified by the Search Institute of Minneapolis have proven to be crucial building blocks that youth and families need in order to succeed in life.

## **Essential Elements of Youth Development Programs**

This curriculum was designed to help youth development professionals understand the importance of positive development by presenting the 4-H Essential Elements as central to helping young people become competent, contributing adults. It provides a wealth of resources to engage youth development professionals in building the capacity of volunteers, and perpetuate the Essential Elements in programs.

## **Mentoring**

Approaching mentoring without any tools or guides to help, may be frustrating and difficult. This training is designed to help mentors develop a good relationship with a youth mentee. The program includes training on building the relationship, understanding youth, understanding the role as a mentor, communication skills, and asset development.

## **Strengthening Families**

The Strengthening Families Program (SFP) is a nationally and internationally recognized parenting and family strengthening program for high-risk and general population families. SFP is an evidence-based family skills training program found to significantly improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol and drug abuse in children and to improve social competencies and school performance.

## **Youth and Families with Promise**

Youth and Families with Promise program (4-H YFP) is a prevention program designed to enhance the developmental assets of at-risk youth, ages 10-14. This program targets youth and families who have below-average school performance, poor social skills, and/or weak family bonds.

## **Youth – Adult Partnerships**

A youth-adult partnership is one in which adults work in full partnership with young people on issues facing youth and/or on programs and policies affecting youth. The essence of youth involvement is a partnership between adults and young people - one in which each party has the opportunity to make suggestions and decisions and in which the contribution of each is recognized and valued. The training assists participants (youth and adults) in examining youth-adult relationships, overcoming barriers, understanding the benefits and challenges, and action planning.