




LESSON 2

The Essential Elements of 4-H 


Belonging A positive relationship with a caring adult An inclusive environment A safe environment	Mastery Engagement in learning Learn new skills
Independence Opportunity to see oneself as an active participant in the future Opportunity for self-determination	Generosity Opportunity to value and practice service for others

Belonging 


- Research shows that it is important for youth to have opportunities for long-term consistent relationships with adults other than their parents.
- Belonging may be the single most powerful positive ingredient we can add to the lives of children and youth.

Mastery 

- Includes the development of skills, knowledge, and attitudes followed by the competent demonstration of these skills and knowledge.
- Settings that promote self-efficacy and mastery encourage youth to take risks, seek out challenges and focus on self-improvement rather than comparing themselves to peers.

Independence 

- Youth need to know they are able to influence people and events through decision-making and action.
- Independence refers to an adolescent’s growing ability to think, feel, make decisions and act on her or his own.


Generosity 

- Young people need to feel their lives have meaning and purpose. They need opportunities to connect to their communities and learn how to give back to others.

Characteristics of Youth Whose Needs are Met in Positive Ways

<p>Belonging</p> <ul style="list-style-type: none"> Loving Attached Friendly Intimate Social Cooperative Trusting 	<p>Mastery</p> <ul style="list-style-type: none"> Achieving Successful Creative Problem solving Motivated Persistent Competent
<p>Independence</p> <ul style="list-style-type: none"> Autonomous Confident Assertive Responsible Self controlled Self disciplined Leadership 	<p>Generosity</p> <ul style="list-style-type: none"> Altruistic Caring Sharing Loyal Empathic Pro-social Supportive


From: Brendtro, L., Brokenleg, M., & Van Bockern, S. (1990). Reclaiming Youth at Risk: Our Hope for the Future. Bloomington, IN, National Education Service.



Characteristics of Youth Whose Needs Go Unmet

<p>Belonging</p> <ul style="list-style-type: none"> Unattached Guarded Rejecting Lonely Aloof Isolated Distrustful 	<p>Mastery</p> <ul style="list-style-type: none"> Non-achieving Avoiding risk Fearful of challenges Unmotivated Giving up easily
<p>Independence</p> <ul style="list-style-type: none"> Submissive Lacking confidence Irresponsible Helpless Undisciplined Easily Influenced 	<p>Generosity</p> <ul style="list-style-type: none"> Selfish Narcissistic Hardened Anti-social Exploitative


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4-H ESSENTIAL ELEMENTS PROGRAM PLANNING TOOL HANDOUT

Learn how to build the 4-H essential elements into every one of your 4-H programs!

Want to know how to intentionally implement a youth development approach and better meet the needs of young people in a positive way?

The **4-H Essential Elements Program Planning Tool** will help you discover how your 4-H programs stack up next to the essential elements.

The **4-H Essential Element Program Planning Tool** will help you verify your program's strong points and spot areas where you can step up your emphasis—for each of the essential elements of belonging, mastery, independence and generosity.

It also offers some of the best resources from current youth development research and CYFERnet that relate to the 4-H Essential Elements.

Volunteers will find the **4-H Essential Element Program Planning Tool** easy to use and jam-packed with good ideas to make them more effective as a leader.

Need resources that will help your 4-H partners understand and apply the 4-H essential elements? The **4-H Essential Element Program Planning Tool** offers resources for staff support, volunteer training, new staff orientation, and mentoring boards and committees.

Find the **4-H Essential Element Program Planning Tool** at 4-H National Headquarters Web site:
<http://cals-cf.calsnet.arizona.edu/fcs/bpy/assessmentTool.cfm>

The 4-H Essential Elements Program Planning Tool project was led by Karen Hoffman-Tepper, Ph.D. of the John and Doris Norton School of Family and Consumer Sciences in the College of Agriculture and Life Sciences at the University of Arizona, and 4-H National Headquarters and acknowledges the hosting of this Web site by the College of Agriculture and Life Sciences. Funding for this project was generously provided by National 4-H Council.

