



Relationship of Eight Essential Elements to 4-H Afterschool Programs

Element #1- Positive Relationships with Caring Adults by:

- Providing programs during times of the day and year when youth lack adult supervision, which create on-going points of contact for youth and adults on a regular and frequent basis;
- Creatively recruiting volunteers to assist in after-school programs;
- Providing training for adults who work with youth in after-school programs;
- Developing a staffing pattern that provides for a consistent adult presence. (This may include paid staff, staff or other organizations, stipend volunteers, and volunteers.);
- Screening for the "right" adults to work with youth in after-school settings (i.e.: promote autonomy); and
- Providing supervision to staff of Extension-managed after-school programs.

Indicators

1. Know that my adult 4-H leaders really care about me.
2. Know that the adults in my 4-H group are helpful to me when I have a problem.
3. Know that the adults in my 4-H group are helpful to me when I have a question.
4. Know that my adult 4-H leaders are patient and kind to everyone.
5. Know that my adult 4-H leaders let me make my own decisions.
6. Know that my adult 4-H leaders do not get upset if I make mistakes.
7. Know that my adult leaders in 4-H will support me even if I do not do everything perfectly.
8. Know that my adult 4-H leaders keep encouraging me to try even when I get discouraged.
9. Know that my adult 4-H leaders are willing to work with me until I understand or learn something.
10. Know that my adult 4-H leaders have shown me ways to help others.
11. Know that the adults in my 4-H group always make me feel welcome.
12. Know that the adults in 4-H have helped make learning new things fun.
13. Know that the adults in 4-H have helped make learning new things interesting.
14. Know that my adult 4-H leaders encourage, but do not force me, to try new things.
15. Know that my adult 4-H leaders do not force me to try new things.
16. Know that my 4-H leaders will take care of me, no matter what happens at a 4-H activity.
17. Know that my adult 4-H leaders are clear about what they expect from me in 4-H.

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Element #2 - A Welcoming Environment by:

- Reinforcing group membership through organizational symbols (i.e.: 4-H pledge, clover);
- Establishing a climate of respect for all;
- Greeting youth by name and welcoming contact with parents;
- Creating celebrations that respect culture and diversity; and
- Providing multiple opportunities for recognition.

Indicators

1. Am proud of my 4-H group.
2. Always feel a part of the group.
3. Look forward to my group 4-H activities.
4. Know that I am an important part of my 4-H group.
5. Know that everyone in my 4-H group knows my name.
6. Know that everyone in my 4-H group is treated fairly.
7. Have had the chance to meet new people and make friends.
8. Am welcome to attend or enter any 4-H event my county offers.
9. Show respect for others and their feelings.
10. Have a positive attitude toward others.
11. Appreciate the differences in others.
12. Accept criticism from others.

Element #3 - An Opportunity for Mastery/Competence by:

- Including subject matter with a variety of skill levels;
- Developing curriculum that addresses after-school program delivery needs;
- Providing opportunities for youth to take on new and progressively more complex responsibilities as part of the after-school program; and
- Providing opportunities for older youth to teach younger youth.

Indicators

1. Learn new skills.
2. Have tried many new things.
3. Have discovered some new things I am good.
4. Have discovered some new things in which I am interested.
5. Know it is okay to make mistakes
6. Have learned how to encourage and motivate myself.
7. Have been recognized for learning or achieving.
8. Have more self-confidence.
9. Am capable of taking on a leadership role.
10. Am capable of taking on a teaching role.
11. Can speak comfortably in front of others.
12. Can record information accurately.
13. Am an organized person.

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Element #4 - An Opportunity to Value & Practice Service to Others by:

- Looking for opportunities to incorporate community service through subject matter activities (e.g., food and nutrition project: collect food for food pantry; child development project make books for kids);
- Organizing programs/clubs with service as their primary goal; and
- Adopting principles of service learning (service plus reflection).

Indicators

1. Have learned how to help other people.
2. Have had a chance to do things to help other people.
3. Look for ways to help other people.
4. Know more about ways that I can help in my community.
5. Am capable of making a positive difference for someone else.

Element #5 - An Emotionally & Physically Safe Environment by:

- Establishing a high staff/participant ratio;
- Establishing check in/out procedures;
- Having a process for screening teen/adult staff;
- Providing equipment/supplies appropriate for developmental level of youth;
- Establishing and reviewing behavioral expectations with youth;
- Providing staff training on child development, behavior/guidance, and activities;
- Communicating frequently with parents; and
- Considering the safety of the location in relation to transportation issues (e.g., walking to and from program site).

Indicators

1. Feel safe when I am at 4-H activities.
2. Am never teased at 4-H activities.
3. Am never made fun of at 4-H activities.
4. Am never embarrassed by others at 4-H activities.
5. Know that my opinions are valued and respected at 4-H activities.
6. Feel comfortable sharing my ideas at 4-H activities.
7. Know that my 4-H activities are held at places that I like to go to
8. I feel that all the participants in my 4-H activities are treated equally

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Element # 6 - An Opportunity for Self- Determination by:

- Allowing choices in activities;
- Incorporating opportunities to develop and practice leadership skills; and
- Providing mechanisms for youth input into content and programming decisions.

Indicators

1. Realize the many choices I have in 4-H.
2. Am better at making decisions because of the practice I have received.
3. Enjoy choosing my own projects and activities in 4-H.
4. Set goals for myself in my 4-H project and/or other 4-H activities.
5. Am very involved in making the decisions that affect me in 4-H.
6. Feel that my opinion is important to those who make decisions about 4-H.
7. Feel that my opinion is heard by those who make decisions about 4-H.
8. Feel my choices are respected by those with whom I work in 4-H.
9. Feel that I am responsible for my own choices and actions.
10. Feel more comfortable doing things on my own.
11. Complete my obligations and follow through with my promises.

Element #7 - An Opportunity for Engagement in Learning by:

- Using active learning strategies;
- Ensuring curriculum content that is both appropriate and challenging; and
- Including fun and exciting activities that allow youth to explore new interests.

Indicators

1. Know that I can learn things and have fun at the same time.
2. Have discovered that I am a good learner.
3. Have found some ways that I like to learn about new things.
4. Look forward to doing things in 4-H, even if I have never done them before.
5. Am often surprised how fast the time goes by when I am learning something in 4-H.
6. Have enjoyed learning things from many different people in 4-H.
7. Have shared something that I have learned in 4-H with someone else.
8. Am proud to tell my friends about the new things I have learned through 4-H.
9. Listen well to what others have to say.

Element # 8- An Opportunity to See One's Self as an Active Participant in the Future by:

- Providing programs that expose youth to career choices;
- Including activities that involve goal setting;
- Allowing opportunities for decision making about future programs;
- Making connections between program activities and school success; and
- Creating points of contact with successful adult role models.

Indicators

1. Look forward to future events and activities in 4-H.
2. Look forward to things I can do as I get older.
3. Think about what I want to do for my career.
4. Think about going to school after high school.
5. Have discovered things in my community in which I want to be involved when I get older.
6. Hope to be a 4-H leader as an adult.
7. Have set some goals for my life.

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8. Set goals for myself to achieve.

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