



## **FRIENDS Helping FRIENDS**

### **Dodge and Washington County 4-H**

As children grow up and enter adolescence, peers play an increasingly important role of sources of information, support and influence. The impact peers have on one another is often seen as a negative force (*peer pressure*) responsible for experimentation and involvement in harmful behaviors. However, research studies have documented the value of peers as positive role models and sources of support for one another. The peer education model is the basis for "Friends Helping Friends", an educational program developed by the University of Wisconsin-Extension, 4-H & Youth Development, designed to train youth to teach younger peers how to make knowledgeable decisions about a variety of issues that confront them.

Friends Helping Friends is designed to develop leadership skills in youth. Youth learn teaching strategies, activities and resources they can use in making presentations at 4-H clubs. Youth teams are trained to lead activities and discussion which deal with:

- \* Communication
- \* Cooperation/Teamwork
- \* Friendships
- \* Self-esteem
- \* Peer Pressure

A training session will be held **Saturday, January 9 at The Addison Town Hall, near West Bend on Hwy 33. from 8:30am-5pm** and provide teams with a "hands-on" activities notebook they can teach at your club meetings.

Three to four clubs will be selected to attend the training session. **A Club Team would be 2-4 members plus an adult leader.** We would like you to introduce this to your club members/officer team. *If your club is interested, please contact Sally by December 11, 2009.*

Selection: Youth should be in grades 4 through 10.  
*(If youth older or younger are interested, contact Sally.)*  
Clubs should consider having a team of males and females.  
Youth will need to complete a one-page application form.

Cost: \$20/participant includes meals, program supplies & a t-shirt.  
County Leader Association will provide funding for part of the workshop.

Trainers: Dodge & Washington County 4-H Youth Development Agents will conduct the training with assistance of two 4-H volunteer leaders from each county.

Expectations: Youth are responsible for sharing learning activities in an in-depth youth leadership and peer education training program that can be implemented in your club.

**\*\*\*See your General Leader for an application and additional details\*\*\*  
(General Leaders: ONE Application Form is attached--EACH participant fills one out!)**

# Friends Helping Friends Application

Name \_\_\_\_\_ Grade \_\_\_\_\_

Club \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ T-shirt size \_\_\_\_\_

Explain why you would like to be part of a Friends Helping Friends team for 4-H:

List previous leadership roles you have fulfilled in your club, school or community organizations:

Explain why you feel that it is important to be a good friend to your fellow 4-H members:

What skills do you have that would help you as a Friends Helping Friends team member?

If selected, I agree to share what I have learned by presenting activities at 4-H and modeling what I learned.

\_\_\_\_\_  
Signature (4-H Member)

I support this youth's application for Friends Helping Friends. I believe he/she exhibits the responsibility and leadership skills necessary to be a team member.

\_\_\_\_\_  
Signature (4-H Leader)

I give my son/daughter permission to participate as a member of Friends Helping Friends team.

\_\_\_\_\_  
Signature (Parent)