■ University of California Agriculture and Natural Resources

CALIFORNIA 4-H PROJECT SHEET SERIES





4-H COMMUNITY SERVICE PROJECT



In 4-H, service is defined as the voluntary action of an individual or a group of individuals without pay. In this project young people learn caring, leadership, and civic engagement. Youth will

- learn the value of helping others
- develop leadership, communication, organizational skills, and a sense of empowerment
- build self-esteem from the positive results of their service

Starting Out Beginner

Identify a service activity.

- Brainstorm and prioritize your service ideas, and select the best one.
- Contact an organization you wish to serve, and participate in a service activity offered by the organization.
- Keep a ledger of expenses or income you may have accrued.
- Document your activity.
- Ideas: river/beach/lake clean-up, food or supply donations, visiting seniors.

Learning More Intermediate

- Using your interests/spark, contact a related organization, and inquire about specific needs they may have.
- Identify one or two specific needs, and develop a timeline to carry out the needed service.
- Give a presentation to your club or county about your project's success.

Exploring Depth Advanced

- Build on relationships you have developed with organizations, inquire what their needs may be, and identify service activities.
- Prioritize your ideas and select the best one.
- Develop a plan of action for your activity (identify a date to carry out the activities, what tasks, what resources are needed, who will do it, and by when.
- Submit an article to your local newspaper.
- Celebrate your accomplishments.

The activities above are ideas to inspire further project development. This is not a complete list.

4-H THRIVE

Help youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

- Goal Selection: Choose one meaningful, realistic, and demanding goal.
- Pursue Strategies: Create a stepby-step plan to make daily choices that support your goal.
- Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent, and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character, or establish connections.

Light Your Spark

Flex Your Brain

Reach Your Goals

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Expand Your Experiences!

Civic Engagement

- Research and share historic contributions of African Americans, Asian Americans, Latinos and Native Americans in your community.
- Organize a voter registration drive in your community. Volunteer at a polling site.

Healthy Living

- Learn about water sheds, and test the quality of local lakes, rivers, and streams. Provide report to county supervisors, water district, or local leaders.
- Determine what the specific needs are for the food bank in your community.

Science, Technology, Engineering, and Mathematics

- Offer computer training to families for senior citizens with limited resources.
- Volunteer at a science museum.
- Develop ways for people with visual impairments to experience local parks.

Leadership

- Design and create a small discussion group of teens close to your own age.
- Organize a series of community speakers to educate your 4-H unit.
- Become an active member of a county or city youth commission or other group outside 4-H.

College and Career Readiness

- Contact a local university, and volunteer with them in your area of interest or major.
- Choose long-term volunteering and service rather than short-term "one off" service.
- Record and write about your experiences.

Connections & Events

Presentation Days - Share what

Field Days - At these events, 4-H

members may participate in a

variety of contests related to

Participate in California Focus

or Washington Focus events.

Contact your UC Cooperative Extension office to determine

additional opportunities

available, such as a field day.

their project area.

you've learned with others.

Curriculum

- Civic Engagement and Service Learning
 - http://4h.ucanr.edu/Projects/ CivicEngagement/
- 4-H Afterschool Resource Guide- Civic Engagement http://4h.ucanr.edu/files/124237.pdf
- Civic Engagement Curriculum Resources

http://4h.ucanr.edu/ Resources/Curriculum/

4-H Record Book

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning, and development.

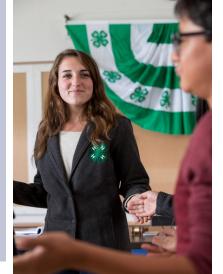
4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit http://ucanr.edu/orb/.

Resources

- Navigating the Election Process for Students and First Time Voters
 - www.accreditedschoolsonline.or g/resources/students-and-firsttime-voters/
- Corporation for National Community Service <u>www.nationalservice.gov/</u>
- Annenberg Classroom
 <u>www.annenbergclassroom.org/</u>
 <u>page/best-civics-sites-for-</u>
 <u>teachers</u>
- Action Civics <u>actioncivicscollaborative.org/</u> <u>resources/toolbox/</u>
- iCivics (online Civics games) https://www.icivics.org/

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