



4-H CITIZENSHIP PROJECT



Learn how to make a difference in your community. Incorporate service and citizenship activities into every 4-H project. Understand your civic rights and responsibilities. Tap into the resources that are available in your community and school.

- Explore your own values and your relationship with others.
- Increase your sense of history and cultural heritage.
- Learn about your government and your leadership role.
- Investigate current issues in your community, state, country and world.

Starting Out *Beginner*

- Recite the 4-H pledge and the Pledge of Allegiance.
- Find out where your parents and grandparents lived when they were your age and locate it on a map.
- Learn about each of the club officer positions.
- Learn the history of your town or city.
- Participate with your club in a service project.
- Set up a disaster plan for your home.

Learning More *Intermediate*

- Trace your family ancestry back to your great grandparents.
- Help plan a service project for your club.
- Tour your city or county administration building and meet with your council person or supervisor.
- Help with a safety program (swimming, biking, food).
- Learn what community means and help other design the communities they belong to.
- Attend California Focus.

Exploring Depth *Advanced*

- Help teach others in your club about your local city or county government.
- Develop and carry out a service-learning project.
- Identify three current issues in your community and discuss them with your peers.
- Apply for a service-learning grant with the California 4-H Youth Development Program.
- Tour the state Capitol and visit your legislator.
- Attend Washington Focus.

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 what it is about being a citizen or serving the community that 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 step-by-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 community 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.



Expand Your Experiences!

Citizenship

- Present information about your club's service project at a countywide event.
- Plan a special "Grandparents Day" and record stories of their school days.
- Join with other service groups to clean-up of trash or graffiti in your town.
- Organize an event to showcase people and the work they do at the local government level.

Healthy Living

- Coordinate a walk-a-thon to raise money for a health-related non-profit.
- Develop an anti-smoking campaign for junior and senior high school students.
- Organize a history walk highlighting significant people & places in your community.
- Help a local food pantry develop simple recipes for events using available food.

Science, Engineering, and Technology

- Present a science demonstration at the local elementary school.
- Develop a project to label storm drains and protect waterways.
- Deliver demonstrations on energy conservation or recycling at your school.
- Design, build, and plant a community garden.

Leadership

- Plan an activity for your club with information about the 5 Focus Areas of Citizenship.
- Organize a driving safety program at your high school.
- Connect with local homeless shelters and collaborate to collect & recycle clothes.
- Create and give a presentation about your experience at California or Washington Focus.

Resources

- Web Resources
www.ca4h.org/Projects/Citizenship/Citizenship_Web_Resources/
- *Citizenship Mini-Lessons*, Constitutional Rights Foundation, 601 South Kingsley Drive, LA, CA 90005, (213) 487-5590
- Mock Trials
www.civicallyspeaking.org/mock3.pdf
- Service-Learning Planning Guide and Coaches Manual
www.ca4h.org/Projects/Citizenship/
- California Missions
www.escusd.k12.ca.us/mission_trail/MissionTrail.html
- Book: *Celebrate America, Learning About the U.S. through Crafts and Activities*
- Public Adventures
www.4-h.org/resource-library/curriculum/4-h-citizenship/guides-handbook/

Connections & Events

Curriculum

4-H Record Book

California Focus – A 5-day event in Sacramento with simulations of state political processes and government.

Washington Focus – Gather with 4-H members from all over the U.S. for government simulations and visits in the nation's capitol.

Presentation Day – Share your citizenship knowledge with others through a presentation.

Clubs – 4-H emphasizes participatory democracy, giving young people a voice in decision making.

- State Capitol Study Packet - www.ca4h.org/files/86234.pdf
- Project Citizen - www.civiced.org/index.php?page=introduction
- The American Promise - www.farmers.com/AmericanPromise/guide_main.html
- The California 4-H Citizenship Framework - www.ca4h.org/Projects/Citizenship/FocusAreas/GovernmentStudiesandLeadership/

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their personal 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 www.ca4h.org/4hbook.

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University of California Agriculture and Natural Resources

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