

IMPACT

University of Idaho
Extension

Ada/Canyon County
208.287.5900, Fax: 208.287.5909
5880 Glenwood Street, Boise, ID 83714

4-H Afterschool – Giving youth life skills for tomorrow

AT A GLANCE

4-H Afterschool teaches youth valuable life skills in communication, self-responsibility, and healthy choices.

The Situation

The 2014 America After 3PM report, from the National Afterschool Alliance, continues to show too many youth have no one to care for them or supervise them during afterschool hours from 3 to 6 p.m. Currently, 1 in 5 children do not have someone to care for them. This means that 11.3 million children spend time alone and unsupervised during afterschool hours.

The America After 3PM report shows that while 8% of Idaho's youth participate in afterschool programs, 42% (111,583 children) would participate if afterschool programs were available to them. Parents of children in afterschool programs are satisfied with their child's afterschool experience and 70% agree that afterschool programs give working parents peace of mind. Afterschool programs not only help provide youth with a safe place to be, they also help youth engage in out-of-school learning and life skill development.

Our Response

The University of Idaho's 4-H afterschool program provides a safe and engaging place for youth during those critical afterschool hours of 3 to 6 p.m.

4-H Afterschool at Farmway Village nurtures and supports learning in a safe environment with caring adults. The Village is a low-income housing community, located five miles from Caldwell, Idaho. Our key partner is the Caldwell Housing Authority.



4-H afterschool youth from Farmway Village, engaging in Science, Engineering, and Technology programs by participating in a First Lego League Robotics Tournament.

4-H Afterschool teaches through hands-on activities, extending learning in visual arts, cultural arts, healthy living, science, engineering and technology content areas. Activities range from robotics, art design and construction to nutrition and cooking.

With over 250 hours of engaging activities, 4-H teaches valuable life skills. Our 4-H team emphasizes building communication, self-responsibility, and making healthy choice skills. These skills build assets in the youth that will contribute to successful futures.

Program Outcomes

Washington State University's life skill development assessment is implemented every year, measuring skill development in communication, self-responsibility, and making healthy lifestyle choices. The pre-post survey is administered in the fall and spring of each year.

The evaluation tool uses a 0 to 3 scale to indicate accomplishment of the life skill behavior statement and presents a picture of how the children are acquiring these skills during the afterschool program. The evaluation shows a significant increase in the development of all three life skills during the 2013-2014 program year.

Youth reported the largest growth in the life skill development of communication. When asked, “I tell people how I feel when they hurt my feelings,” youth reported a 196% increase in their ability to share their feelings in the pre/post survey under communication.

In the area of self-responsibility, youth reported the largest increase in their ability to go to an adult for help, 88%, and waiting their turn when doing an activity, 94%. In healthy lifestyle choices, youth reported enjoying playing outside or in a gym, 56%.

Figure 1: Life skill evaluation results 2013-2014 cohort, Scale 0-3.

Life Skills Area:	Pre Survey Average	Post Survey Average	Percent of change
Communication	1.49	2.53	70%
Self-Responsibility	1.57	2.49	59%
Healthy Lifestyle Choices	1.81	2.56	41%

Youth participating in the 4-H Afterschool at Farmway Village are learning valuable life skills and are engaged in meaningful learning activities during out-of-school time. 4-H youth are four times more likely to contribute to their communities according to the Tuft study, *The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development (2013)*, shows that 4-H participants are two times more likely to make healthier choices.

The Future

Given the consistent achievement in youth skill building, 4-H is looking for ways to sustain 4-H Afterschool at Farmway Village. There is a demonstrated need for youth to have a safe place and engage in meaningful and relevant learning during afterschool hours. 4-H will continue to work with its partners to ensure the success of afterschool programs and expanded out-of-school learning.

Cooperators and Co-Sponsors

The 4-H Afterschool program is sponsored by a grant from USDA-National Institute for Food and Agriculture under the CYFAR initiative. We thank our many community partners: Caldwell Housing Authority, Oasis Food Center, Caldwell School District, Future Hispanic Leaders of America Val-livue/Caldwell High School Chapters (FHILA), College of Idaho Association of Latino American Students (ALAS),

Boise State University’s Service Learning – Society of Hispanic Professional Engineers (SHPE), Center for Community and Justice, Mujeres Unidas de Idaho, and our parent and teen leaders from Farmway Village.

FOR MORE INFORMATION

Liliana Vega, Extension Educator
 University of Idaho Extension, Ada/Canyon County
 5880 Glenwood Street
 Boise, ID 83714
 Phone: 208.287.5900
 Fax: 208.287.5909
 E-mail: liliana@uidaho.edu

Nancy Deringer, Associate Professor
 University of Idaho
 School of Family and Consumer Sciences
 875 Perimeter Drive MS 3183
 Moscow, ID 83844-3183
 Phone: 208.885.7264
 Fax: 208.885.5751
 E-mail: deringer@uidaho.edu

Maureen Toomey, Program Specialist
 University of Idaho, 4-H Youth Development
 1904 E. Chicago Street, Suite A-B
 Caldwell, ID 83605
 Phone: 208.454.7648
 Fax: 208.454.7612
 E-mail: mtoomey@uidaho.edu

Judith McShane, Program Specialist
 University of Idaho, 4-H Youth Development
 1904 E. Chicago Street, Suite A-B
 Caldwell, ID 83605
 Phone: 208.454.7655
 Fax: .208.454.7612
 E-mail: jmcshane@uidaho.edu