



San Diego County

4-H
Youth
DEVELOPMENT
PROGRAM

CITIZENSHIP
LEADERSHIP
LIFE SKILLS



**San Diego County
4-H Leaders' Council**

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4-H Memos

BULLYING

Although it's always been around, bullying should never be accepted as normal behavior. The feelings experienced by victims of bullying are painful and lasting. Bullies, if not stopped, can progress to more serious, antisocial behavior. Recent incidents of school violence show that bullying can have tragic consequences for individuals, families, schools, and entire communities.

Recognize It (for what it is)

Bullying is aggressive behavior. A child is targeted by one or more youths with repeated negative actions over a period of time. These are intentional attempts to cause discomfort or injury and can include name-calling, making faces, obscene gesturing, malicious teasing, threats, rumors, physical hitting, kicking, pushing, and choking. More subtle is simply excluding a child from the group. Generally, bullying occurs when there's an imbalance of power favoring the bully. Victims usually feel they don't have the strength to defend themselves. Make no mistake, bullying is a form of violence that shouldn't be tolerated.

See the Scope of the Problem

- The Journal of the American Medical Association recently reported that one-third of U.S. students experience bullying, either as a target or a perpetrator.
- A high level of parents (47%) and teachers (77%) report children victimized by bullies.
- Bullying and violence cause 160,000 fearful children to miss one or more school days each month.

Only a small percentage of children believe that telling adults will help. Children generally feel that adult intervention is ineffective and will only bring more harassment.

Spot the Bullies

- They are both boys and girls. Boys bully more often and more physically than girls. Girls are more likely to use rejection and slander. Bullies usually pick on others out of frustration with their own lives. They target other children because they need a victim who is weaker than them.
- While they may feel uneasy about it, many children tease their peers simply to go along with the crowd.

(cont. pg. 2)

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BULLYING (cont. from pg 1)

- Bullies sometimes suffer from depression. They're often from homes where harsh punishment and inconsistent discipline are used. Sixty percent of male bullies will be arrested by age 24.

Know Their Targets

- Girls and boys alike are targeted.
- Those who are physically different in race, body size, or clothing. Those with disabilities or those who are dealing with sexual orientation issues. Both groups are kids who are typically anxious, insecure, and suffering from low self-esteem. This makes them good targets.
- There are few differences among racial and ethnic groups in the numbers of students being bullied. White and black students are more likely to report it than others.

Three million U.S. teenagers have serious problems in school because they're taunted with anti-gay slurs. According to several surveys, four out of five gay and lesbian students say they don't know one supportive adult at school. They say teachers ignore harassment 97 percent of the time.

Take Steps to Stop It

- Start early. Parent/child talks are critical. Teach kids to respect others before they start school and continue to talk about this topic on an ongoing basis. Even small acts of teasing should be stopped in their tracks. Don't fail to correct this kind of behavior due to a child's young age. This is exactly when to stop it.
- Teach your children how to be assertive. Encourage your children to express their feelings clearly, say no when they feel uncomfortable or pressured, stand up for themselves without fighting, and walk away in dangerous situations. Bullies are less likely to intimidate children who are confident and resourceful.
- Stop bullying when you see it. Adults who remain silent when children are bullying others give permission to the behavior and thereby encourage it.
- Tell your children to take action when they see bullying behavior. Tell them to speak out against the bully and inform a teacher if the behavior doesn't stop. Bullying continues only when we allow it to.
- Communicate clear policies and consequences. Bullying is less likely in schools where adults are involved and firm about stopping bullying behaviors. Send out a clear message at your school that bullying will have negative consequences.

Team up. Work with your PTA or local mental health association to make sure that schools treat bullying as violence. Help them develop programs to prevent bullying and promote safe school environments.

NATIONALS

There is a wonderful opportunity that has opened up this year. Nationals has added three new contests to their line-up. Currently, there is no qualification event for these added contests. The only requirement is that you be 14 years of age before Jan 1, 2008.

The added contests are Impromptu Speaking, Prepared Speeches, and Parliamentary Procedures.

Nationals is January 9-13, 2008 in Denver, Colorado. The cost of registration is \$230 for the four days at the Renaissance Hotel in Denver. In addition to these new events, you can also go as a delegate for the Leadership Round-up, held at the same time in the same place, and with the same registration fees. Interested members should contact Carmen Rodriguez ASAP for additional information. It would be wonderful to be able to have a team from San Diego go to represent California in these events.

LARGE ANIMAL ADVISORY

First, who is the large animal advisory? All Beef, Goat, Sheep, Swine and Veal Leaders. As leaders in 4-H, it is our job to educate and guide the youth in our projects. In order to do this, it is important to keep ourselves educated with updated materials and any new information in respect to our particular projects. Any time we are able to obtain any educational material we should do it. Where do we get this kind of information? By attending seminars, conferences and continuing education programs. Take advantage of any of these programs that come your way. The animal advisory is a place where we can share what we have learned with other leaders in San Diego County.

With that in mind, we are looking for leaders that represent all large animals to meet and share ideas and learn from one another.

This group has leaders with a lot of knowledge already that could be shared. I am but the chair of this advisory and would like to see this group grow. All Leaders and their Teen Leaders, and project students are invited to attend any meetings.

It is my hope that we as a county, would hold a Learn-In for large animals using our sources that come from within our county.

Any questions? Call Large Animal Advisory Chair - Debbie Torres (760) 728-6078



EMERALD STAR

Background:

High school age and older aged members are encouraged to work in a more independent environment. Older members that have developed skills can share them with younger members.

Teens are seen working on projects more independently, developing leadership plans, implementing and evaluating their leadership for those plans, and providing information and resources to others in the program. At this level, there needs to be overall guidelines, general direction, and assistance, but highly independent and individualized plans and programs. The plan of proposed leadership should be offered on a multi-club basis, in the community, or in the area.



EMERALD STAR (Cont.)

Emerald Star is a rank awarded for a planned leadership activity implemented within the 4-H program or within the community. The Emerald Star is a rank apart and separate from any other star rank. It has been designed to give members a chance to plan and execute a goal from beginning to end. The Emerald Star is for older members, thirteen years of age or older, and who have completed one year in 4-H.

High school and older aged members are encouraged to work in a more independent environment. Older members that have developed skills can share with younger members. Teens are seen working on projects more independently, developing leadership plans and carrying out those plans, providing information and resources to others in the program. At this level, there must be overall guidelines, general direction, and assistance, but highly independent and individualized plans and programs. The plan of proposed leadership should be offered on a multi-club basis, in the community, or in the area.

Information for Members

Before submitting the planned project, members must be 13 years old and have completed one year of 4-H. Members are responsible for securing an approved a certified County Emerald Star Advisor. The advisor's role is to help the member select in identifying, planning and implementing a project and giving guidance and encouragement through the implementation and evaluation of the project. Emerald Star Applications must be submitted and approved before the project is started by the County Emerald Star Committee. Please note that All-Stars are selected by an All-star committee and that achieving an Emerald Star is not required to be an All-Star.

New for 2005-2006

This year San Diego County 4H will ask that potential Emerald Stars to select as their project, The Flame Star Blaze of Leadership Program.. The project will consist of two parts. The first will require involve the members in participating in the Flame of Leadership program. The program will consist of a series of leadership skills training courses at the County 4-H Office. The second part, will be going out to 4H clubs and sharing the training that they received from the county office. Earning an Emerald Star will not require members to participate in this particular outstanding project experience you can still pick your own. But by participating in this particular program it will help the entire 4-H Program in San Diego County.

WORKING WITH TEENS

When working with children and teens and engaging on sensitive topics, a lot of consideration must be given to their comfort level and trust that they feel within a group. Until this rapport is established the conversation will be awkward and shallow. To establish these group dynamics, these steps should be followed:

1. Children should be given a chance to get to know each other.

Go beyond “icebreakers” and do “get to know you” games. Give children tools that help them learn about each other and recognize commonalities. 4H Leaders can use the opportunity to ask the kids about projects and goals that they wish to achieve. If they can relate to one another, their curiosity will be aroused and they will be willing to take the new relationship to the next level.

2. Personal barriers need to be broken.

Trust is recognizable when children will let down their guard and feel safe enough to get a little zany. Provide them with activities that are fun, unique and that ask them to do something more than what they would normally do. By taking emotional risks, the group will hopefully support the individual. The 4H leader can facilitate this by taking the lead in reassuring behavior and guiding the responses that the rest of the group gives. These activities also tell you a lot about the child, their confidence level, leadership abilities and social skills.

3. There must be sensitivity to discussion groups.

All projects should involve discussion groups between leaders and members. Discussion topics should be appropriate for the age and the situation the group is in. Character building topics often will cause children to recognize areas that they need to build upon. They may not feel comfortable talking about their weaknesses with their peers and a right to pass on any question must always be available. We want the children to grow in relation to others, not belittle or create negative opinion about their accomplishments and goals.

4. Remember what your goals are for the group.

By creating a comfortable environment that fosters thought and personal growth, you are allowing children to be introspective. Hopefully with the right type of positive self-esteem building activities, the children will feel comfortable about their choices and will have strong skills to make future choices. The leader’s goal should never be to lead the kids into discovering their faults or problems, but rather to build upon strengths. Problems within the group dynamic never exist within the group but rather within certain individuals. Acting out is generally a sign of discomfort. Children that are drawing attention away from the activities should be talked to individually with the hopes that the leader can gain better insight into the driving force behind the distracting behavior.

5. Kids are funny.

They have a refreshing and simpler view of life. We have a lot to learn from them. The biggest mistake we can make as leaders is act as if we cannot grow as much as they can. Feel comfortable in complimenting children on their wisdom.

NATIONAL 4-H CONFERENCE

California's Delegation to the National 4-H Conference

- Provide opportunities for California youth and adults to participate in and contribute to national level 4-H programming.
- Assist California 4-H Youth Development in strengthening youth-adult partnerships and involving youth, volunteers, and staff in 4-H decision-making.
- Provide a system for an exchange of 4-H Youth Development programming ideas among states. Visit Congress and make legislators aware of the tremendous impact of the 4-H program.

Eligibility Requirements

- Have not represented California 4-H Youth Development at the National 4-H Conference within the past seven years.
- Youth Delegates - At least 15 years of age as of January 1, 2008 and enrolled as a 4-H Member.
- Adult Delegates – At least 18 years of age, enrolled as a 4-H Volunteer Leader or is 4-HYDP staff.
- Chaperones – At least 25 years of age, enrolled as a 4-H Volunteer Leader or is 4-HYDP staff.

Team Delegates

The aim of the selection committee is to select a team that encompasses the diversity of California and the 4-H YDP. To this end, the selection committee aims to select up to six 4-H members from Community Clubs, School Enrichment, After-School programming, and Collegiate 4-H, one 4-H Volunteer Leader and one 4-H YDP Staff. The State 4-H Office may actively recruit or modify the makeup of the team to ensure diverse representation.

Sponsorship of the National 4-H Conference Program

The Thomas and Dorothy Leavey Foundation support the California National 4-H Conference Delegation through The California 4-H Foundation. These costs are covered as part of the delegation:

- Travel to/from the pre-conference orientations
- Travel to/from the National 4-H Conference
- National 4-H Conference registration fees

Time Line

September 30, 2007	Application materials due
November 1, 2007	Notification Letters mailed to applicants
December 8, 2007	Team Meeting, 10:00am – 4:00pm, UC Davis
February 9, 2008	Team Meeting, 10:00am – 4:00pm, UC Davis
March 29-April 5, 2008	National 4-H Conference, Chevy Chase, Maryland
May 4, 2008	Tentative: Post-Conference Meeting, 10:00am – 4:00pm, UC Davis

Applicants will still be considered even if they cannot attend one of the Team Meetings listed above.

COUNTY 4-H EQUESTRIAN TEAM

Congratulations go out to those who were on the County 4H Equestrian Team this past year. Everyone did an outstanding job and improved over their past efforts immensely. Special congratulations go to the participating team members who went to Classic. A big congratulations goes out to Raquel Varela, who made the State Team for Horse Bowl. She will be representing California at Nationals in January 2008 in Denver, Colorado. Additional team members were Alyssa Good, Cori Hoody, Christine Dingle, Kevin Williams, Amanda Ames, Jesse Volz , and Angelea Jordan, all of whom were winners at Classic.

AREA 2 AG JUDGING DAY

Pauma Valley 4-H club hosted the Area 2 Ag Judging on Sunday May 20th at the Gang Ranch in Valley Center. Four clubs from the area participated. Escondido 4-H, Homesteaders 4-H, Pauma Valley 4-H, and Valley Center 4-H.

HOME ARTS AND CRAFTS

Junior:	1st place	Noah Barns - Escondido 4-H
Intermediate:	1st place	Emily Sears - Pauma Valley 4-H
	2nd place	Maddy Myers - Homesteaders 4-H and Daniel Swalm -Valley Center 4-H
Senior:	1st place	Kelly Schroder - Valley Center 4-H
	2nd place	Max Myers - Homesteaders 4-H

ANIMAL SCIENCE

Junior:	1st place	Noah Barns - Escondido 4-H
Intermediate:	1st place	Ryan Martineau - Valley Center 4-H
	2nd place	Ben Schober - Pauma Valley 4-H
Senior:	1st place	Josh Schober - Pauma Valley 4-H
	2nd place	Alexis Oswalt - Pauma Valley 4-H

Olivenhain Valley 4-H hosted Area 3 field day with the following results.

Juniors: Overall county winner Robert Miller - Olivenhain 4-H

Intermediate: Overall county winner Colleen Boyle - Olivenhain 4-H

Senior: Overall county winner Emily Whitecotton - San Dieguito 4-H

COUNTY 4-H EQUESTRIAN TEAM

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SAN DIEGO COUNTY JUNIOR LEADERSHIP CONFERENCE

SESSION LEADER APPLICATION

NAME _____

ADDRESS _____

PHONE _____ GRADE * _____

CLUB _____

NAME _____

ADDRESS _____

PHONE _____ GRADE* _____

CLUB _____

TITLE OF SESSION (no session from previous 2 years) _____

DESCRIPTION _____

EQUIPMENT/SUPPLIES NEEDED _____

*Session Leaders must be currently in the 9th grade

SESSIONS MUST BE 45 MINUTES IN LENGTH. SESSIONS MUST BE APPROPRIATE FOR 6TH-8TH GRADERS. SESSION LEADERS MAY BE REQUIRED TO PRESENT SESSIONS TWICE. MOST SESSIONS WILL BE PRESENTED OUTDOORS. SESSION LEADERS ARE RESPONSIBLE FOR OVERALL PROGRAM OPERATION

Please complete this form and return to Quang “Hogan” Tong at the 4-H office by November 16, 2007.

Auditions will be held the following week.

SAN DIEGO JUNIOR LEADERSHIP CONFERENCE

ADULT ADVISOR/CHAPERONE APPLICATION

NAME _____

ADDRESS _____

PHONE _____

CLUB _____

POSITION _____

CONFERENCE ADULT ADVISOR

TEEN COUNCIL ADVISOR

ALL STAR ADVISOR

CHAPERONE MALE FEMALE

OTHER (CHEF, MEDICAL/ EMERGENCY, ETC.)

PLEASE BE SURE TO INCLUDE ALL THE REQUIRED FORMS:

ADULT MEDICAL RELEASE FORM

CODE OF CONDUCT

CHAPERONES MUST BE CERTIFIED ADULT LEADERS IN 4-H

ALL CLUBS SENDING DELEGATES MUST SEND CHAPERONES

OR DELEGATES WILL NOT BE ADMITTED TO CAMP.

SAN DIEGO COUNTY 4-H CALENDAR

DATE	EVENT	LOCATION	PHONE or CODE
September			
1	Official Start of the New Year		
10	Teen Council	6:00 p.m. 4-H Office Gate Code 6523#	Cathy Mitchell
10	County Council General	7:00 p.m. 4-H Office Gate Code 6523#	Drew 858-756-2004
11	Horse Advisory	7:00 p.m. 4-H Office Gate Code 6523#	Carmen 760-966-0307
15	Horsemanship for the Handicapped	Sprites Arena	Hogan 858-495-5190
28	Officer Books Due	4.-H Office Gate Code 6952#	Robey Cobb
29	Large Animal Learning Day	Ramona Fairgrounds	Debbie Torres
30	Apps Due for National Conference	State Office	Steven Worker
October			
1	County Council Executive	7:00 p.m. 4-H Office Gate Code 6952#	TBA
7-13	National 4-H Week	USA	4-H Community
8	Teen Council	7:00 p.m. 4-H Office Gate Code 6952#	Cathy Mitchell
9	Horse Advisory	7:00 p.m. 4-H Office Gate Code 6952#	Carmen 760-966-0307
14	Horse Play Day	Tumbleweed Arena	Carmen 760-966-0307
20	Officer Day	TBA	Teen Council
27	Small Animal Learning Day	TBA	Paulette Sauln
31	Record Books due State Judging	State	Steven Worker
November			
5	County Council Executive	7:00 p.m. 4-H Office Gate Code 6952#	TBA
12	Teen Council	7:00 p.m. 4-H Office Gate Code 6952#	Cathy Mitchell
13	Horse Advisory	7:00 p.m. 4-H Office Gate Code 6952#	Carmen 760-966-0307
13	New Leaders' Training	7:00 p.m. 4-H Office Gate Code 6952#	Hogan 858-495-5190
16-18	State Leaders' Forum	Asilomar	Drew 858-756-2004
18	Horse Learning Day	Tumbleweed Arena	Carmen 760-966-0307

Mark Your Calendars!

San Diego Teen Council Presents - 4-H Club Officer Day

Date: Saturday, October 20, 2007

Time: 9:00 AM to 2:00 PM

Location: TBA

All **New Club Officers**, **Community Club Leaders**, and **New Project Leaders** are invited to attend a day of fun activities devoted to enhancing your leadership experience in the upcoming year. This program is sponsored by the San Diego County 4-H Leaders Council. Please RSVP to the County Quang "Hogan" Tong at 858-495-5190.

New Officers have been elected. Please congratulate and welcome our new 4-H County Council Officers.

Drew Middleton – President

Robert Cranor – Vice President

Debbie McAdams – Vice President

Kevin Fletcher – Treasurer

Debi Parker – Secretary

Emily Whitecotton – Corresponding Secretary

We would like to thank the officers of the 2006-2007 year for a year of service to 4-H and making the best better. All Advisory Chairs please contact Drew Middleton for information regarding meeting times regarding next years Chart of Work and Calendar setting.

SUE MANGLALLAN
4-H Youth Development Advisor
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STEVE DASHER
4-H Youth Development Advisor
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QUANG "HOGAN" TONG
Program Representative
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CHECK OUT THE COUNTY 4-H WEB CALENDAR! VISIT IT AT:

<http://jamul4h.org/CountyCal/month.php>

For more information visit our website at <http://cesandiego.ucdavis.edu>

**For assistance
please contact
our office.**

