

The Essential Elements of 4-H

Belonging

A positive relationship with
a caring adult

An inclusive environment

A safe environment

Independence

Opportunity to see oneself
as an active participant
in the future

Opportunity for self-
determination

Mastery

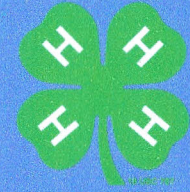
Engagement in learning

Learn new skills

Generosity

Opportunity to value and
practice service for
others





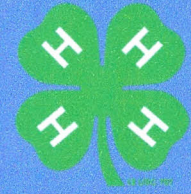
Belonging

- ❑ Research shows that it is important for youth to have opportunities for long-term consistent relationships with adults other than their parents.
 - ❑ Belonging may be the single most powerful positive ingredient we can add to the lives of children and youth.
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Mastery

- Includes the development of skills, knowledge, and attitudes followed by the competent demonstration of these skills and knowledge.
 - Settings that promote self-efficacy and mastery encourage youth to take risks, seek out challenges and focus on self-improvement rather than comparing themselves to peers.
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Independence

- ❑ Youth need to know they are able to influence people and events through decision-making and action.
 - ❑ Independence refers to an adolescent's growing ability to think, feel, make decisions and act on her or his own.
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Generosity



- Young people need to feel their lives have meaning and purpose. They need opportunities to connect to their communities and learn how to give back to others.
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Characteristics of Youth Whose Needs are Met in Positive Ways

Belonging

Loving
Attached
Friendly
Intimate
Social
Cooperative
Trusting

Independence

Autonomous
Confident
Assertive
Responsible
Self controlled
Self disciplined
Leadership

Mastery

Achieving
Successful
Creative
Problem solving
Motivated
Persistent
Competent

Generosity

Altruistic
Caring
Sharing
Loyal
Empathic
Pro-social
Supportive



From: Brendtro, L., Brokenleg, M., & Van Bockern, S. (1990). Reclaiming Youth at Risk: Our Hope for the Future. Bloomington, IN, National Education Service.

Characteristics of Youth Whose Needs are Met in Negative Ways

Belonging

Gang loyalty
Craving affection & acceptance from others
Promiscuous
Clinging
Acting overly dependent

Mastery

Overachieving
Arrogant
Risk seeking
Cheating
Workaholic
Persevering
Delinquent skills

Independence

Dictatorial
Reckless
Bullying
Sexual prowess
Manipulative
Rebellious
Defying authority

Generosity

Over involved
Playing martyr
Co-dependent



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