



4-H Family Studies Project

Kansas 4-H focuses on the mastery of 5 life skills:

1. A positive self-concept
2. An inquiring mind
3. A concern for the community
4. Healthy interpersonal relationships
5. Sound decision making

The subject matter content in 4-H focuses primarily on three mission areas:

1. science
2. healthy living
3. citizenship and leadership

Advice from a 4-H'er

From: Zoe, Age 16 (2015)

There is more to the Family Studies Project than you would first imagine. I have been involved in the project for the past three years and have learned about a variety of topics: human development, personal finance, decision making and family relationships to name a few.

My first year in the project, I researched and wrote a speech about decision making that I had the opportunity to present at Club Days and the State Fair. Through my speech, I learned how not to procrastinate when faced with tough decisions and how to seek the input of others. I still think back to the things I learned while writing that speech when I am faced with decisions today.

Another aspect of Family Studies that I have enjoyed is personal finance. As a teen it can be very easy to ignore things like saving and budgeting. Through some 4-H classes I have taken, I have learned about the many benefits of using my money wisely and investing for the future.

I would recommend this project to any 4-H'er regardless of how young or old you are. The topics you will study will help you learn how to manage your life in a more successful way!



Project levels

Age 7-9	Age 10-13	Age 14 +
<ul style="list-style-type: none"> ◆ Develop a savings plan for a specific goal ◆ Observe how people express emotions ◆ Know risks of internet use ◆ Learn behaviors that develop friendships ◆ Understand the need for family rules 	<ul style="list-style-type: none"> ◆ Understand peer pressure ◆ Learn to manage a checking account ◆ Learn socially accepted manners and customs ◆ Express feelings in a positive way ◆ Learn to cope with change 	<ul style="list-style-type: none"> ◆ Recognize target advertising ◆ Learn the value of employment ◆ Understand effects of TV on children ◆ Study effects of employment on family and lifestyle ◆ Evaluate best uses of credit cards

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



Events	Curriculum	4-H Record Book
<p>State & County Opportunities</p> <ul style="list-style-type: none"> ◆ Club Day ◆ County Fair ◆ State Fair ◆ Discovery Days <p>Check with your club to see what opportunities are offered at the club level as well.</p>	<p>Available to purchase at the Extension Office (check to make sure it's in stock)</p> <ul style="list-style-type: none"> ◆ Child Development Project Book ◆ Consumer Savvy Project Book and Leader Guide ◆ Money Management Project Book and Leader Guide <p>Family Studies curriculum can also be purchased at the K-State online bookstore or the 4-H Mall.</p>	<p>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.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals</p> <p>For more information visit www.johnson.k-state.edu/4-h/forms-resources/record-books.html</p>

Resources:

Visit

www.johnson.k-state.edu/
to also find the following links.

Kansas 4-H Family Studies Website:

- ◆ <http://www.kansas4-h.org/projects/family-and-consumer-sciences/family-studies.html>

Other helpful Family Studies websites around the country:

- ◆ <http://family-studies.org/>
- ◆ <http://new.4-hcurriculum.org/projects/childdevelopment/resources/internet.html>
- ◆ <http://moneytalks4teens.ucanr.edu/>
- ◆ <http://new.4-hcurriculum.org/projects/consumer/>
- ◆ esi.unl.edu



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Exploring Opportunities

- ◆ Enroll in first-aid training for children and baby sitter training courses through the American Red Cross.
- ◆ Go to a senior center and teach adults about safe online shopping.
- ◆ Use a teen job search website to review job opportunities and get tips on writing a resume.
- ◆ Demonstrate the development of a fun and safe home-alone plan/chart.
- ◆ Show how to inspect a home using a home safety checklist.

Exhibit Ideas

- ◆ Showcase child-development exhibits at the county and State Fair.
- ◆ Illustrate how to make a family job chart.
- ◆ Prepare an age-appropriate scavenger hunt and display the results.
- ◆ Create a portfolio that illustrates a child's developmental ages and stages.
- ◆ Create a poster or notebook that showcases what you have learned about finances.

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