In this project, youth learn about their physical, social and/or emotional health. Topics may include safety education, hygiene, physical activity, nutrition, physical growth and development, stress management, bullying prevention, drug and alcohol education, disability awareness and other health topics.

- Learn how to take care of your own physical, intellectual, emotional and social health.
- Practice a healthy lifestyle and share what you have learned with others.
- Make decisions that positively affect your health, your family’s health and your community’s health.

**Starting Out**

*Beginner*

- Demonstrate basic safety and first aid skills.
- Identify common poisons and learn how to keep you and your family safe.
- Develop a family safety plan.
- Identify safe places to play in your community.
- Learn how to be safe around livestock, companion animals and wildlife.
- Learn about fire safety.
- Identify one way to take a stand against bullying.
- Reflect on what makes you feel stressed.

**Learning More**

*Intermediate*

- Create a personal health and wellness care plan.
- Learn about germs and how they affect health.
- Learn how to choose food for fuel.
- Discover new ways to add physical activity to your life.
- Explore new foods to keep you healthy.
- Explore environmental health issues that might be in your community.
- Learn about careers in the health field.
- Identify personal resources that help manage stress.
- Create a strategy for resolving conflict.

**Exploring Depth**

*Advanced*

- Become certified in CPR/First Aid.
- Learn about sports supplements and their effects.
- Explore how hydration affects the body.
- Learn how to avoid sports injuries.
- Explore what nutrient-rich foods are and how they benefit your body.
- Explore careers in the fitness and nutrition fields.
- Investigate community health issues like bullying, safe spaces, safe driving, and disaster management.
- Create a plan for coping with stress.

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

**Healthy Living**
- Coordinate a countywide bike ride. Invite a local agency to discuss bicycle laws and safety.
- Discuss limiting sugar-sweetened beverages at 4-H events, and work with a local nutrition educator to identify healthier options.
- Use online mapping tools to identify safe places to play in your community.

**Science, Technology, Engineering, and Mathematics**
- Research the physiology of stress and identify ways to reduce stress in your life.
- Increase awareness of online safety and create policies in your club to protect members against cyber bullying.
- Conduct a food safety experiment to measure microorganism growth in various settings.

**Citizenship**
- Create a video that identifies places in the community that make youth feel unsafe. Share your video along with recommendations for change at a County Board of Supervisors meeting.
- Conduct a playground safety check in your community.
- Organize a sports equipment drive and donate the supplies to a low-income housing site.

**Leadership**
- Volunteer to be the club health and safety officer.
- Lead a park clean-up day, so that other youth have a safe outdoor space to play.
- Organize a community health fair that showcases the risks associated with substance abuse.
- Demonstrate how to make healthy snacks at a club meeting.

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**Connections & Events**

**Presentation Days** – Share what you’ve learned with others through a fitness-related presentation.

**Field Days** – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.

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**Curriculum**

- Keeping Fit and Healthy [www.shop4-H.org](http://www.shop4-H.org)
- Health Rocks [www.shop4-H.org](http://www.shop4-H.org)
- 4-H Healthy Living Activity Guide [http://4h.ucanr.edu/Projects/HealthyLiving/activities/](http://4h.ucanr.edu/Projects/HealthyLiving/activities/)

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**4-H Record Book**

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their 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 [http://ucanr.edu/orb/](http://ucanr.edu/orb/)

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**Resources**

- American Heart Association [www.heart.org](http://www.heart.org)
- Tobacco prevention [https://www.cdc.gov/tobacco/basic_information/youth/index.htm](https://www.cdc.gov/tobacco/basic_information/youth/index.htm)
- Alcohol prevention [https://www.ncadd.org/about-addiction/underage-issues/tips-for-prevention-for-youth](https://www.ncadd.org/about-addiction/underage-issues/tips-for-prevention-for-youth)
- Disney Healthy Living [http://citizen.ship.disney.com/healthy-living](http://citizen.ship.disney.com/healthy-living)
- Sleep [https://sleepfoundation.org/sleep-topics/teens-and-sleep](https://sleepfoundation.org/sleep-topics/teens-and-sleep)

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