

# 4-H: CREATING THE LEADERS OF TOMORROW



UNIVERSITY OF DELAWARE  
COOPERATIVE  
EXTENSION



## ISSUE

For many years, Delaware 4-H has been empowering youth by helping them cultivate leadership skills such as



**DECISION  
MAKING**



**SELF  
CONFIDENCE**



**PUBLIC  
SPEAKING**

A Tufts University survey found that



Youth involved in  
4-H leadership  
programs are

**4 TIMES**

more likely to give  
back to their  
communities!

## RESPONSE

In an effort to build leadership skills in local youth, in 2019, Delaware 4-H conducted



4

**WEEKEND TRAININGS**

+



10

**MONTHLY MEETINGS**



**CONFIDENCE**

+



**SUPPORT IN  
EACH OTHER**

Participants come together for hands-on training that built up their

## IMPACTS



**93**

youth  
participated in  
the program  
and shared their  
thoughts

**84%**

strongly agreed they learned  
new leadership skills while at  
these events

**80%**

strongly agree that 4-H  
has increased their  
self-confidence

**83%**

strongly agreed that they feel  
more comfortable leading a  
group in decision making

**84%**

agreed or strongly agreed  
that they gained more  
confidence speaking in front  
of a group of their peers

One participant noted:



**I AM NOW MORE ABLE TO TAKE CHARGE IN  
GROUPS, AS I WANT MY VOICE TO BE HEARD.**



## ISSUE

For many years, Delaware 4-H has been empowering youth by helping them cultivate leadership skills such as decision making, self confidence and public speaking – all tools that will help them throughout life. In fact, a Tufts University survey found that youth involved in 4-H leadership programs are four times more likely to give back to their communities!

In a compelling study, Empowering Presenters found that 15% of people inhibit themselves from a promotion at work by not having good communication skills and being unable to lead a group. Luckily, the leadership skills that Delaware 4-H teaches open up a multitude of opportunities as participants move on to college, start their first jobs and enter the next stages of life.

## RESPONSE

In an effort to build leadership skills in local youth, Delaware 4-H conducted four weekend trainings and 10 monthly meetings for youth ages 13 and older throughout 2019. Held at both county and state levels, these events saw participants come together for hands-on training led by experienced 4-H leaders. Participants then worked together in small groups where they used their newly acquired skills to build confidence and support in each other. Often, these exercises encouraged participants to later use their leadership capabilities in club settings, at community events and in school projects.

## IMPACT

The 93 youth who have participated in the Delaware 4-H Teen Leadership programs over the past several years have shown tremendous leadership growth and development. In 2019, this group completed surveys to help determine how the program has enhanced their leadership skills and to ascertain what parts of the program they most enjoy. The following survey results were reported:

- 84% strongly agreed they learned new leadership skills while at these events,
- 83% strongly agreed that they feel more comfortable leading a group in decision-making,
- 80% strongly agree that 4-H has increased their self-confidence,
- 45% strongly agree and
- 39% agreed that they gained more confidence speaking in front of a group of their peers.

## RECOGNITION

Kaitlin Klair, Jill Jackson, Betsy Morris, Kristin Cook, Kaleb Scott, Jenny Trunfio, Breanna Banks and Karen Johnston Delaware 4-H Extension Staff