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

<table>
<thead>
<tr>
<th>Age 7-9</th>
<th>Age 10-13</th>
<th>Age 14 +</th>
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<tbody>
<tr>
<td>♦ Develop a savings plan for a specific goal</td>
<td>♦ Understand peer pressure</td>
<td>♦ Recognize target advertising</td>
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<td>♦ Observe how people express emotions</td>
<td>♦ Learn to manage a checking account</td>
<td>♦ Learn the value of employment</td>
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<td>♦ Know risks of internet use</td>
<td>♦ Learn socially accepted manners and customs</td>
<td>♦ Understand effects of TV on children</td>
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<td>♦ Learn behaviors that develop friendships</td>
<td>♦ Express feelings in a positive way</td>
<td>♦ Study effects of employment on family and lifestyle</td>
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<td>♦ Understand the need for family rules</td>
<td>♦ Learn to cope with change</td>
<td>♦ Evaluate best uses of credit cards</td>
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The activities above are ideas to inspire further project development. This is not a complete list.
**Resources:**

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

**Kansas 4-H Family Studies Website:**

**Other helpful Family Studies websites around the country:**
- http://family-studies.org/
- http://moneytalks4teens.ucanr.edu/
- http://new.4-hcurriculum.org/projects/consumer/
- esi.unl.edu

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<tr>
<th>Events</th>
<th>Curriculum</th>
<th>4-H Record Book</th>
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| State & County Opportunities  
- Club Day  
- County Fair  
- State Fair  
- Discovery Days  
Check with your club to see what opportunities are offered at the club level as well.  |
| Available to purchase at the Extension Office (check to make sure it’s in stock)  
- Child Development Project Book  
- Consumer Savvy Project Book and Leader Guide  
- Money Management Project Book and Leader Guide  
Family Studies curriculum can also be purchased at the K-State online bookstore or the 4-H Mall.  |
| 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.  
4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals  
For more information visit www.johnson.k-state.edu/4-h/forms-resources/record-books.html  |

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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.