

Colorado 4-H Newsletter



A letter from the Director: Jean Glowacki

Colorado 4-H takes the health and safety of our community very seriously and we are carefully monitoring the evolving COVID-19 situation. In response to the pandemic, all face-to-face Colorado 4-H programming continues to be suspended with the exception of those activities which have an approved Extension Event Plan for In-Person Programming. Event applications are completed by County Extension agents and submitted for approval to Colorado State University Extension, State 4-H Youth Development. All county 4-H programming must follow their county's public health guidelines at all times.

Colorado 4-H shares the commitment of state health officials and other leaders to safeguard the health of staff, volunteers, families, program participants, employees, and community members. Our partnership with community members and leaders across local, county and state levels are extremely important in this effort. While we recognize that individuals have the right to choose what precautions they will take in their day-to-day life, with the guidance of health officials, 4-H has established rules related to the pandemic for those who wish to participate in 4-H programs. The 4-H Code of Conduct requires that all participants adhere to program rules and policies.

I know these restrictions have been challenging and disappointing at times. Your county 4-H staff and volunteers and the State 4-H Office team are continuing to work hard to provide virtual 4-H programming in creative ways and to plan for in-person programming in a manner that puts the health and safety of all 4-H program participants first.

As we move forward through the summer please check in with your county Extension Office for up-to-date information regarding event participation requirements and health department requirements. As always, 4-H members, leaders, parents and the adults participating in 4-H programs are expected to abide by the Colorado 4-H Code of Conduct including:

- Adhering to the principles and rules of safety.
- Adhering to program rules, policies and rules of the facility being used.

Consequences for Code of Conduct violations may include removal from participation in the event and other sanctions and may affect Member in Good Standing status.

We thank you for your continued patience and support as we learn more from public health officials and educational partners and determine how to best serve youth during this unprecedented time. For information about Colorado 4-H and state level programs, please check our [website here](#). We encourage you to visit your county webpage for more information about county 4-H programming.



4-H AT HOME: HELPERS, HEROS & HISTORY

4-H programs across the country are serving as education's first responders, continuing their mission to provide learning resources for all kids in every county. This week's activities feature lessons in geocaching, gardening and other summer learning ideas.

How is your program meeting the learning needs of children and families who are at home during COVID-19? [Submit your efforts](#) for an opportunity to be featured.



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Together we move FOURWARD

A global pandemic has put a sharper focus on the economic and social gaps existing in our communities and the lack of resources and solutions to address the problem. As the country's largest youth development organization we have become education's first responders, the only ones reaching kids in every community. We are prepared to provide them with educational resources, caring adult mentors and a sense of belonging as we have done for more than 100 years. With this mission in mind, National 4-H has launched the FOURWARD Fund so every child can learn and feel connected, regardless of access to school, 4-H or virtual learning. You can donate directly to Colorado 4-H by visiting 4-H.org/StateFOURWARD. From here you will select the box 'Click here to select your 4-H program', and choose 'Colorado 4-H' from the drop down menu.

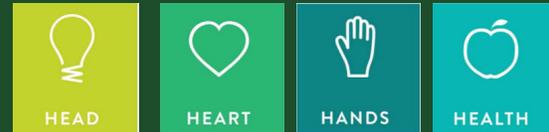
The second round of promotional assets are now available on the [MORC](#) (Marketing Online Resource Center). The FOURWARD promotional toolkit includes talking points, customizable fundraising flyer, email signature template, and social media graphics and messaging.



HOW TEENS ARE COPING WITH THE COVID-19 PANDEMIC

A [new survey](#) shows that 7 out of 10 teens are struggling with mental health in the isolation and uncertainty around COVID-19. The survey, commissioned by National 4-H Council and conducted by the Harris Poll, reveals the majority of teens are often unsure of where to turn to for support.

The good news? Teens know mental health is a problem – and they have ideas for what needs to change. [Read the summary](#) and access the full results to learn more about helping teens.



Head, Heart, Hands, Health @ Home with Colorado 4-H

Remember to utilize all the virtual resources on the website at colorado4h.org! These resources will help you move forward with programming and engaging your youth, leaders, and volunteers. Be sure to follow us on Facebook for weekly video lessons to share with your members! Lets help move everything onward and upward together during this time.

Mental health is a significant issue for young people in the U.S. with

7 in 10 teens experiencing struggles.

64% of teens believe that COVID-19 will have a lasting impact on their generation's mental health.

Even before COVID-19, **81%** of teens viewed mental health as a significant issue for youth in the U.S. The current crisis has only further magnified the issue.

55% of teens say they've experienced anxiety in their life

45% have experienced excessive stress

43% have experienced depression in their life

61% of teens said the COVID-19 pandemic has increased their feeling of loneliness

What's making teens feel stressed?

71% say schoolwork

67% feel pressure to keep feelings to themselves

65% say uncertainty about the future makes them feel anxious or depressed

How are teens are coping?

67% pretend to feel better to not worry anyone

65% deal with feelings on their own

45% try to ignore their feelings or spend more time alone

Teens are spending **75%** of their waking hours on screens during COVID-19

Where do teens see opportunity?

82% of teens are calling on America to talk more openly and honestly about mental health issues

70% wish their school taught them more about mental health and coping mechanisms

79% of teens wish there was an in-school space for people to talk about mental health

The survey, which polled over 1,500 youth between the ages of 13-19 nationwide, was commissioned by National 4-H Council and conducted by The Harris Poll. 4-H, the nation's largest youth development organization, grows confident young people who are empowered for life today and prepared for career tomorrow.

Community Service

Community service is work done by a person or group of people that benefits others.

Community service can help any group of people in need and it is often organized through a group within the community. Remember that one of the H's of 4-H is for hands and in the pledge it says "I pledge my hands to larger service". One of these needs during the Coronavirus pandemic is making masks. Visit this [site](#) to learn more.



EQUITY AND 4-H

Access, equity, diversity, and inclusion are essential elements of 4-H's goals related to positive youth development and organizational sustainability. For more than 20 years, 4-H has been intentional in building an organization and culture of belonging by actively inviting the contributions and participation of all youth.

As a system, Extension believes that diverse perspectives, values, and beliefs help generate better ideas to solve the complex problems of a changing—and increasingly diverse—world. [Many resources and more here.](#)

Latest and Greatest

Please refer to the Colorado 4-H [Facebook page](#) and [Instagram account](#) for all the latest information, virtual lessons across the state, and much more! Use these accounts as a tool to share information and keep your counties engaged during our time learning and growing with COVID-19. We are all in this together and we are here to help and serve to make the best better.




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CONGRATULATIONS
MICAH GOODMAN
2020-2021 COLORADO
STATE 4-H PRESIDENT




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CONGRATULATIONS
MORGAN BARBA
2020-2021 COLORADO
STATE 4-H VICE
PRESIDENT

