

# Youth Programs



- 4-H is the youth development program of Cornell Cooperative Extension, linking the resources of Cornell University to young people.
- Nationally—as well as in New York State—**4-H Youth Development** creates educational opportunities for youngsters to develop skills, practical knowledge, and wisdom through observing, doing, and reflecting on experiences.
- In 2007 more than 348,000 youth from New York State participated in 4-H Youth Development experiences in school enrichment, after-school, and community settings.

[nys4h.cce.cornell.edu/](http://nys4h.cce.cornell.edu/)

- **Assets Coming Together (ACT) for Youth** is an initiative to foster optimum health and well-being for New York State youth.
- ACT for Youth aims to effect positive outcomes for youth by instituting policy changes reflecting youth development principles in schools and local government agencies.
- The ACT for Youth partnerships often serve as the catalyst for community change, advancing new attitudes about youth, providing training, and influencing schools and government—all of which are necessary precursors to broad, community-level change.

[www.actforyouth.net/](http://www.actforyouth.net/)

- The **Advancing Youth Development** Partnership provides free, efficient, and high-quality professional development for adults who work with youth.
- Principal partners include Cornell Cooperative Extension, NYS OCFS, the ACT for Youth Center of Excellence, and the Association of NYS Youth Bureaus.
- More than 2,200 community youth workers across New York State have participated in the project's in-depth training experiences.

[www.nyayd.org/](http://www.nyayd.org/)

- **Go Figure!** engages youth in online science, technology, and math experiences.
- Youth collect data on human performance from their own lives, input numbers into a database, and compare their results with those of other teens—intensely interesting at this age.
- More than 5,000 youth in 12 states have participated so far.

[gofigure.cce.cornell.edu](http://gofigure.cce.cornell.edu)

- Having few food preparation skills often means choosing fast-food restaurants and packaged or prepared foods at supermarkets.
- **Cooking Up Fun!** gives youth, ages 9 to 15, from low-income families the time, space, and support to practice food skills.
- In addition, through the experiential teaching method youth gain communication skills and respect for each other as they work together.

[www.cookingupfun.cornell.edu](http://www.cookingupfun.cornell.edu)



Cornell University  
College of Human Ecology

Human Ecology Highlights

- **In-Touch Science** trains parents, community volunteers, and educators to deliver investigative science experiences to youth about animals, chemistry, engineering, environment, nutrition, plants, and textiles.
- The curricula are adaptable to many audiences but special attention has been given to engaging girls, Native Americans, and children with special needs.
- Some of the textile activities relate to fibers, wear and tear, water attraction, color, and stains as well as reflectivity, heat transfer, and chemical composition.

[www.intouch.cornell.edu/index.html](http://www.intouch.cornell.edu/index.html)

- The **Community Improvement Through Youth (CITY)** Project promotes civic engagement, workforce preparation, and asset development among youth 14-18 years old.
- There are opportunities and support for youth to meet the challenges of growing up in poverty.
- Working in partnerships with caring adults, CITY Teen Leaders identify local problems/issues by using various types of community mapping and then create lasting, sustainable changes in their communities.

<http://nys4h.cce.cornell.edu/city/>

- **Thinking Like a Scientist** is aimed at youth, mainly from underrepresented groups such as girls and students of color.
- Primary purposes are to increase their representation in science careers and encourage pursuit of secondary education.
- Teaching how to think and reason scientifically about real-world problems has been implemented in Native American Tribal high schools in North Dakota, Mexican-American high schools in Arizona, low-SES white high schools in New York State.

[www.human.cornell.edu/che/HD/CIRC/Research-and-Outreach/Thinking](http://www.human.cornell.edu/che/HD/CIRC/Research-and-Outreach/Thinking)

- The **Talking with Kids about HIV/AIDS** Project educates adults about HIV/AIDS, child/adolescent development, and intergenerational communication strategies in order to reduce HIV-related risk and stigma among children, teens, and their adult caregivers.
- Goals are to:
  - reduce youth risk for HIV infection;
  - reduce adult participants' risk for HIV infection and increase their role-modeling of safer behaviors;
  - reduce HIV-related fear and stigma.

[www.twkaha.org/](http://www.twkaha.org/)

- The Cornell Research Program on **Self-Injurious Behaviors among Teens and Young Adults** addresses self-injurious behavior (SIB) among seemingly healthy teens and young adults.
- An apparently increasing number of youth use SIB to cope with emotional pain, numbness and isolation. SIB is rarely a suicidal gesture.
- Resources to assist schools, educators, families, and friends understand SIB are available at the program web site.

[www.crpsib.com](http://www.crpsib.com)