

4-H Members Thrive!

By Having a Hopeful Purpose

Helping youth develop a sense of hope and a meaningful purpose in life is an important part of positive youth development. Research shows that youth with a sense of purpose are more goal-directed, and have increased life satisfaction, better emotional well-being, and greater positive affect. Additional research has shown that identity formation, which is one of the key parts of healthy adolescent development, and having a sense of purpose are connected - in fact, hope and purpose appear to come from one's sense of identity.

From childhood through adolescence, 4-H can play a big role in developing hope and purpose in youth!

When working with 4-H youth:

- Help youth identify their “sparks.” Sparks are a key source of meaning, leading to hope and purpose for many youth.
- Actively facilitate the development of a young person's spark.
- Encourage youth to set meaningful goals and develop plans for achieving them
- Show youth a pathway to the future they dream of
- Empower youth voice and show how they can make a difference in the world
- Help youth identify their unique gifts and talents and how they can use them to make the world a better place for others

Thriving youth have a sense of hope and purpose, and see themselves on the way to a happy and successful future.



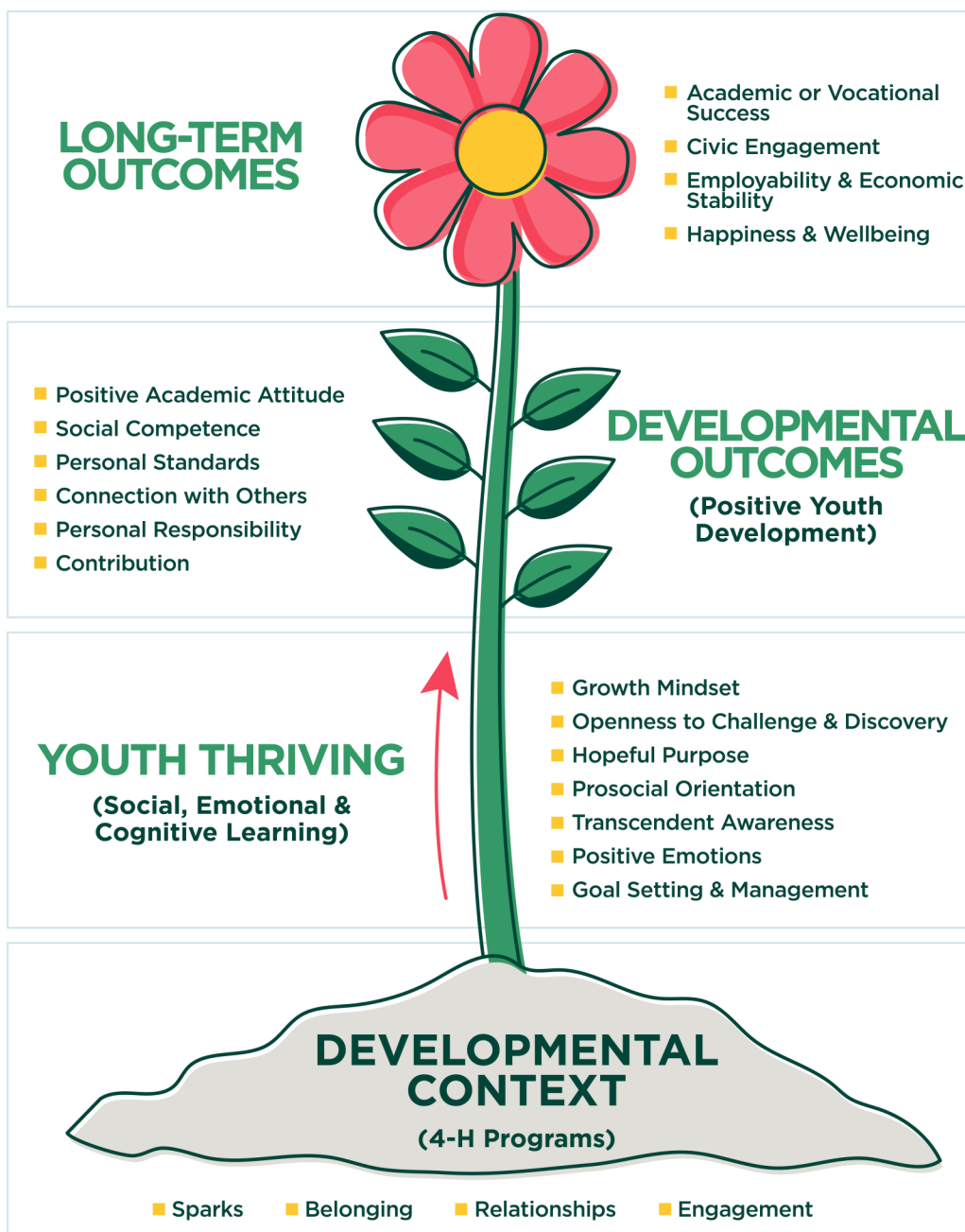
“Purpose is the stable and generalized intention to accomplish something that is at the same time meaningful to the self and consequential for the world beyond the self”.

William Damon, Ph.D.
Stanford Center on Adolescence
Stanford University



4-H is Positive Youth Development

4-H is based on a positive youth development (PYD) approach that recognizes all youth have interests, abilities, and strengths that can be enhanced by participation in 4-H programs. Research shows that participation in high quality 4-H programs increases thriving in youth, and thriving youth achieve important developmental outcomes, such as academic motivation and achievement.



Learn more about the 4-H Thriving Model at: <https://helping-youth-thrive.extension.org/>