The 4-H Thriving Model
Predicting the Impact of 4-H on Positive Youth Development
The 4-H Thriving Model

The 4-H Thriving model predicts that youth who participate in 4-H programs that provide a high-quality developmental context will thrive, and thriving youth achieve key developmental outcomes.
The 4-H Developmental Context

4-H programs done well help youth thrive by:

- **Sparks**: Providing a place for youth to explore their interests and passions – their **sparks**!

- **Youth Program Quality**: Offering programs that follow youth program quality principles with a focus on youth **belonging**

- **Youth-Adult Relationships**: Fostering **developmental relationships** with adults who are caring, challenge growth, and share power
Thriving Youth

- **Challenge and Discovery**
  - Have an intrinsic desire and willingness to try new challenges

- **Growth Mindset**
  - Cultivate a growth mindset that emphasizes effort in learning over innate ability

- **Hopeful Purpose**
  - Believe in a hopeful future and purpose in life

- **Transcendent Awareness**
  - Are connected to something greater than the self that provides meaning and purpose in life and shapes everyday thoughts and action

- **Pro-Social Orientation**
  - Demonstrate the pro-social values of respect, honesty, responsibility, empathy and helping

- **Positive Emotionality**
  - Are able to express and manage emotions appropriately

- **Goal Management**
  - Set and manage goals, with perseverance toward goal achievement
Thriving Youth Reach Key Developmental Outcomes
Youth who thrive because of participating in 4-H...

- Academic Achievement and Motivation
- Social Competence
- High Personal Standards
- Contribution to Others
- Connection with Others
- Personal Responsibility
Youth Engagement \textbf{Moderates} the Relationship Between Developmental Context and Youth Thriving

Thriving \textbf{Mediates} the Relationship Between Developmental Context and Youth Thriving

\textbf{Structural Properties of the 4-H Thriving Model}

Youth Thriving

Developmental Context

Developmental Outcomes (PYD)
Developmental Outcomes
Set the stage for a successful transition to adulthood as indicated by:

- **Head**
  - Academic or vocational success

- **Heart**
  - Contribution to others through civic engagement

- **Hands**
  - Employability and economic stability

- **Health**
  - Happiness and well being
References


For more information on the 4-H Thriving Model please visit the PLWG Standing Committee on Positive Youth Development at: [https://helping-youth-thrive.extension.org/](https://helping-youth-thrive.extension.org/)