



Facilitating Youth Sparks

Youth sparks are an essential ingredient of thriving. Having a spark or sparks gives a young person a sense of direction and encourages goal setting. Sparks are different from mere leisure activity in that:

1. **Sparks create actions** that not only contribute to the benefit of the young person, but also society at large;
2. **Sparks provide the intrinsic fuel** for a young person's growth in knowledge and skill;
3. **Sparks enhance a young person's networks** as he or she encounters others with similar sparks, particularly adults with expertise who can facilitate learning and opportunities for engagement.



A spark is a passion for a self-identified interest or skill, or a capacity that metaphorically lights a fire in a young person's life, providing energy, joy, purpose, and

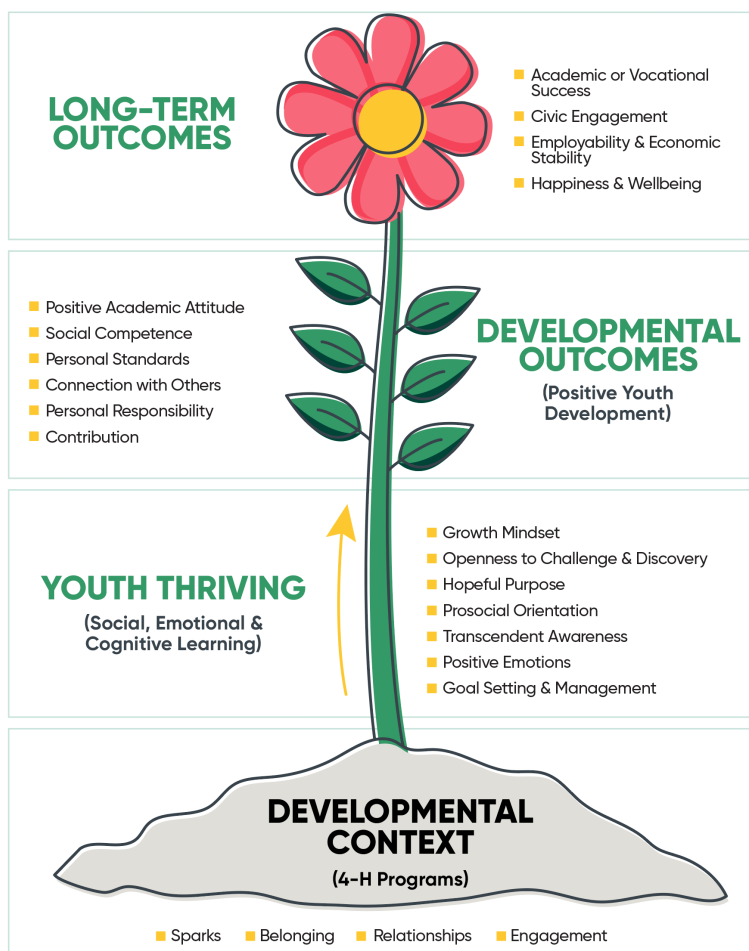
Furthermore, sparks appear to be a protective factor for young people, helping to keep them on a positive track because of the young person's intense focus on the source of their spark. Sparks, in turn, motivate youth to succeed in other areas of their lives, such as personal, social, and academic.

Every young person has the potential to have a spark, and 4-H plays an important role in helping young people discover and pursue their sparks. In some cases, it is a matter of helping youth recognize their spark when the spark has already found them!

Because of its emphasis on learning that is driven by a young person's interest, 4-H programs provide a rich context for youth to identify, explore, and sustain their personal interests, often resulting in the development of a young person's sparks. High quality youth program contexts, like those provided in 4-H, are key for facilitating youth sparks. When sparks are facilitated through positive 4-H programs, youth are supported to grow and encouraged to overcome obstacles to reach their goals. Youth are also encouraged to share their spark with others and in this way, youth are empowered to develop their sparks and to use them to make the world a better place for all.

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/>

References

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