

**V(A). Planned Program (Summary)**

**Program # 4**

**1. Name of the Planned Program**

Family and Youth Development

Reporting on this Program

**V(B). Program Knowledge Area(s)**

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
801	Individual and Family Resource Management	25%	25%	0%	50%
802	Human Development and Family Well-Being	25%	25%	0%	50%
806	Youth Development	40%	40%	0%	0%
903	Communication, Education, and Information Delivery	10%	10%	0%	0%
<b>Total</b>		100%	100%	0%	100%

**V(C). Planned Program (Inputs)**

1. Actual amount of FTE/SYs expended this Program

Year: 2013	Extension		Research	
	1862	1890	1862	1890
Plan	10.5	4.5	0.5	1.0
Actual Paid Professional	6.9	2.9	0.0	0.3
Actual Volunteer	0.0	0.0	0.0	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
107728	267200	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
225173	267200	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
1256688	29114	0	0

## **V(D). Planned Program (Activity)**

### **1. Brief description of the Activity**

Research and extension programs will target: (1) Volunteer Leadership Development programs will be delivered on public policy education; volunteer leadership development (e.g., 4-H adult and teen volunteers and camp counselors, master gardeners, master food educators; T.R.Y. (Teens reaching youth), middle management volunteers (volunteers managing volunteers); extension advisory committees; and Family and Community Educators. Special attention will be paid to training volunteers in risk management and emergency preparedness issues. (2) Family Well-Being Across the Lifespan Educational Programming, including Just in Time Parenting (Great Beginnings and the Brown Bag program for parents of young children) and Families Matter! (for parents of school-age children), interactive web sites, newsletter series, workshops, worksite seminars and classes focusing on positive parenting and care giving, family stress management, child development, healthy relationships and marriage education, savvy decision-making, anger management and conflict resolution, healthy communication, intergenerational well-being, teamwork, leadership, and community involvement skills; (3) Safe Communities - programs will include drug and alcohol prevention education, bicycle safety education, pedestrian safety education, farm safety, and car seat safety; youth tobacco prevention will also be an area where significant resources are targeted; (4) Family Economic Well-Being and Consumer Decision Making educational programs will be developed and delivered focusing on strategies for effective consumer decision making, financial planning, financial management counselor training, basic budgeting, credit management, and retirement planning; (5) 4-H Youth Development programs will focus on life skills development, positive life choices, leadership development, citizenship and community involvement, and career exploration with emphasis on science, engineering and technology knowledge. Rural communities in southern Delaware will be targeted. The goal is to provide expanded youth opportunities for out-of-school time, develop human and community capital and develop and strengthen youth-adult partnerships. Also, using technology as a tool, significant mentoring to reduce inappropriate behaviors that lead to poor choices by youth will be implemented. Appropriate settings including clubs, camps, school enrichment and after school will use the latest technology to deliver the sustained opportunities.

### **2. Brief description of the target audience**

Youth ages 5-19, 4-H members, 4-H volunteers, new 4-H volunteers, Master Gardeners, Community Leaders, at-risk youth and families, court appointed and incarcerated youth and adults, parents of children (from birth through school-age), families with members in the second ½ of the lifespan, youth agency professionals, key decision-makers, human service professionals, child care/after school providers, family day home providers, social clubs, church groups, private and public school youth and teachers, after school 4-H clubs and school age child care programs.

### **3. How was eXtension used?**

In 2013 UD and DSU eXtension Institutional Team comprised of faculty and staff from across all planned program areas completed the following:

- Training on how to incorporate eXtension into grants
- Connected the Extension website with eXtension.org
- Implemented Ask an Expert throughout the state. Staff and faculty engaged in the eXtension Learn feature
- Faculty and staff increased participation in the Communities of Practice (COP)-DE is represented by 81 eXtension members in 43 of the 73 approved CoP
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We trained 40 "experts" to use the Ask an Expert system and have fielded over 295 questions in the

past 9 months. (84% of those questions were answered by Delaware experts).

For Planned Program #4, Leadership for the Just in Time Parenting Community of Practice is provided from Delaware. This CoP is integrated into the development and evaluation of the Just in Time parenting program across Delaware impacting over 3500 families each year. Faculty are also involved in the Diabetes, Families, Food and Fitness, Family Caregiving, Alliance for better child care, Financial Security, Food Safety, and For Youth For Life CoP's.

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Actual</b>	7058	11810	20968	8114

**2. Number of Patent Applications Submitted (Standard Research Output)**

**Patent Applications Submitted**

Year: 2013  
 Actual: 0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

2013	Extension	Research	Total
<b>Actual</b>	0	0	0

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- Number of Competitive Grants Submitted

<b>Year</b>	<b>Actual</b>
2013	15

**Output #2**

**Output Measure**

- Number of Competitive Grants Awarded

<b>Year</b>	<b>Actual</b>
2013	13

**Output #3**

**Output Measure**

- Number of Research Projects Completed

<b>Year</b>	<b>Actual</b>
2013	0

**Output #4**

**Output Measure**

- Number of Undergraduate Researchers

<b>Year</b>	<b>Actual</b>
2013	6

**Output #5**

**Output Measure**

- Number of Refereed Journal Articles

<b>Year</b>	<b>Actual</b>
2013	0

**Output #6**

**Output Measure**

- Number of Technical Reports

<b>Year</b>	<b>Actual</b>
2013	1

**Output #7**

**Output Measure**

- Number of Extension Bulletins and Factsheets

<b>Year</b>	<b>Actual</b>
2013	22

**Output #8**

**Output Measure**

- Number of Invited Presentations

<b>Year</b>	<b>Actual</b>
2013	47

**Output #9**

**Output Measure**

- Number of Volunteered Presentations

<b>Year</b>	<b>Actual</b>
2013	12

**Output #10**

**Output Measure**

- Number of Websites Established

<b>Year</b>	<b>Actual</b>
2013	6

**Output #11**

**Output Measure**

- Number of Workshops Conducted

<b>Year</b>	<b>Actual</b>
2013	559

**V(G). State Defined Outcomes**

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	Leadership development programs for volunteers interested in improving the quality of life for youth, families and communities.
2	Greater knowledge by Delaware youth of the importance of academic performance, social skills, and job preparedness to their future careers.
3	Educational programming for adults and youth emphasizing the development of positive life skills related to parenting, family financial planning, and safe communities.
4	Number of youth adopting behaviors that reduce their risk of using alcohol, tobacco and related substances, and that result in improved academic, social, and job preparedness skills.
5	Number of parents/families participating in extension programming who demonstrate positive parenting skills.
6	Number of youth and adults adopting increased leadership, communication, conflict management and decision-making skills
7	Number of program participants adopting skills for balancing work and family and stress management that promote healthy, well-functioning individuals and families
8	Number of families who adopt best practices in financial management, retirement planning and consumer decision-making.
9	Number of adults adopting best practices in child development, business development, educational program development in child care settings.
10	Number of youth who have increased science, engineering, and technology skills.
11	Number of youth with greater involvement in citizenship and community service programs.
12	An enhanced capacity for families and youth to improve their quality of life because of increased skills in parenting and family relationships, academic preparedness, career development, family financial planning, leadership and volunteerism, and citizenship and community involvement

## **Outcome #1**

### **1. Outcome Measures**

Leadership development programs for volunteers interested in improving the quality of life for youth, families and communities.

### **2. Associated Institution Types**

- 1862 Extension
- 1890 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2013	0

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

As part of this planned program, nine new volunteers were trained to build their skills in understanding how to be prepared to conduct a demonstration, practice their skills and receive feedback and be "caught up" with the existing group of volunteers. The volunteers, 7 in New Castle County and 2 in Kent County, used Adobe Connect.

Seventeen topics were covered during the training from including Extension 101 (Overview of extension), Chronic Disease/Health, Nutrients in Food, Dietary guidelines, MyPlate, Food/Nutrition Facts Labels, Physical Activity, Food Safety, Food Quality, Preparation of food, MFE Experiences, Diversity Training, Adults as Learners, Demonstrations and Displays, and Extension 102 (Civil Rights Compliance Requirements).

#### **What has been done**

When asked, "As a result of this training, please rate how confident you are in following categories (1 really not confident to 5 very confident)?" the average score across all respondents is shown.

ItemAverage Score

Representing UD cooperative Extension in public: Average - 3.875

Knowing where to find research based information: Average -3.5

Answering questions you might get from clientele: Average - 3.25

Conducting a demonstration in front of a group: Average - 3.875

#### **Results**

Post program evaluation was conducted to determine personal changes participants may have made as a result of the knowledge they had gained over the 7 weeks. Results from this

evaluation showed:

- 87.5%\_\_ thinking more about what you are eating and drinking
- 62.5%\_\_ eating more vegetables
- 62.5%\_\_ eating more fruits
- 62.5%\_\_ consuming more dairy products
- 50%\_\_ incorporating more whole grains in your diet
- 50%\_\_ reading Nutrition Facts labels
- 50%\_\_ examining ingredient labels
- 37.5%\_\_ being more physically active

#### 4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
806	Youth Development
903	Communication, Education, and Information Delivery

#### Outcome #2

##### 1. Outcome Measures

Greater knowledge by Delaware youth of the importance of academic performance, social skills, and job preparedness to their future careers.

##### 2. Associated Institution Types

- 1862 Extension
- 1890 Extension

##### 3a. Outcome Type:

Change in Knowledge Outcome Measure

##### 3b. Quantitative Outcome

Year	Actual
2013	0

##### 3c. Qualitative Outcome or Impact Statement

###### **Issue (Who cares and Why)**

Many children and families who reside in Delaware State Housing Authority (DSH) properties lack sufficient access to educational resources available within their communities. This lack of access can lead to high crime rates, poor academic performance, and a continued cycle of being stuck in a system from which so many want to desperately free themselves.

###### **What has been done**

Delaware State University Extension educators implemented several activities throughout the state in this area. The four-week "Connecting School-aged Students to College" program was designed to educate school-aged students and their parents about the importance of a solid education. The two-week AgDiscovery program, held each summer, educates middle and high school students about college and career options in agriculture. The Ladies and Gentlemen's Club enrolls middle and high school students in Sussex County who require assistance to improve educational and life skills.

### Results

Students who participated in these activities experienced improvement of their educational abilities and attitudes. In total, 481 students realized the importance of academic performance, social skills, and job preparedness for future careers.

### 4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development
903	Communication, Education, and Information Delivery

### Outcome #3

#### 1. Outcome Measures

Educational programming for adults and youth emphasizing the development of positive life skills related to parenting, family financial planning, and safe communities.

#### 2. Associated Institution Types

- 1862 Extension
- 1890 Extension

#### 3a. Outcome Type:

Change in Knowledge Outcome Measure

#### 3b. Quantitative Outcome

Year	Actual
2013	0

#### 3c. Qualitative Outcome or Impact Statement

##### Issue (Who cares and Why)

Deployment has a major impact on military affiliated youth in Delaware. Many children in Delaware have one and sometimes both parents serving at Dover Air Force Base. These active duty families often experience transfers to other bases nationally and internationally. Therefore, the youth have to make new friends, get used to a new state or country, new school, etc. This move can often happen in the middle of a school year and the youth often experience inconsistency in their lives.

For those geographically dispersed families in Delaware 2012-2013 might be a year of change as well. Guard and Reserve military members hold jobs in their local communities but are part-time service members of the Delaware Air National Guard and Air Force Reserve. These service members are facing one of the largest deployments in many years and can be called to serve for periods of one to eighteen months.

### **What has been done**

The Delaware Military 4-H Club program is funded by a grant supported by 4-H National Headquarters/NIFA/USDA; Army Child, Youth and School Services; Air Force Child and Youth Programs; Navy Child and Youth Programs; and the University of Delaware Cooperative Extension 4-H Program. The Delaware 4-H/Air Force Partnership seeks to expand opportunities for Air Force Youth in Delaware. For those being transferred to Delaware, the Delaware Military 4-H Program offers stability in the youth lives. No matter what base they are transferred to, whether it is in the United States or abroad, 4-H programs provide predictability and stability throughout the lives of the military youth.

### **Results**

Youth in our Soaring Eagles 4-H Program at the Dover Air Force Base youth center spent over 3,635 project hours in their 35 project clubs that met weekly at the Dover Air Force Base. 632 Youth were served at the Dover Air Force Youth Center. Youth had the opportunity to participate in programs which covered mission mandate areas of STEM (Science, Technology, Engineering, and Math), Health and Nutrition, Health and Fitness, Citizenship and Leadership, as well as many other project areas youth indicated an interest in when they were surveyed.

We increased the number of project clubs by 5 as we went from 30 project clubs to 35 project clubs for both the club held at the Dover Air Base Youth Center, as well as the club that meets monthly for geographically dispersed youth.

Military youth participated in informal surveys where 100% of youth participants reported that they experienced increased knowledge of the project club they participated in, as well as 100% indicated that they planned on attending the project clubs the next year and that they would recommend the project clubs and invite their friends to participate in the project clubs in 2014.

## **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
903	Communication, Education, and Information Delivery

### **Outcome #4**

#### **1. Outcome Measures**

Number of youth adopting behaviors that reduce their risk of using alcohol, tobacco and related substances, and that result in improved academic, social, and job preparedness skills.

#### **2. Associated Institution Types**

- 1862 Extension
- 1890 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2013	0

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

Children need positive mentoring to avoid negative behaviors and better prepare for the future.

**What has been done**

Two Delaware State University extension educators held activities that focused on reducing the risks of children using drugs, alcohol, and tobacco. Juneteenth, an activity that commemorates the freedom of slaves in Texas, creatively incorporates African American history, current events and life skills training into fun lessons for eight to 19-year-old 4-Hers. The goals of this event include the importance of avoiding illicit substances and preparing for the future. These goals were shared by the Ladies and Gentlemen's clubs of Delaware.

**Results**

405 students increased awareness of the dangers presented by drug, alcohol, and tobacco usage. They also gained the confidence required to accept leadership positions within their schools and communities as preparation for future academic and career pursuits.

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
806	Youth Development
903	Communication, Education, and Information Delivery

**Outcome #5**

**1. Outcome Measures**

Number of parents/families participating in extension programming who demonstrate positive parenting skills.

Not Reporting on this Outcome Measure

## **Outcome #6**

### **1. Outcome Measures**

Number of youth and adults adopting increased leadership, communication, conflict management and decision-making skills

### **2. Associated Institution Types**

- 1862 Extension
- 1890 Extension

### **3a. Outcome Type:**

Change in Action Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2013	0

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

There is a continual need to develop communication skills and confidence among today's youth.

#### **What has been done**

As a response to the above issue, the Kent County 4-H program organizes a Public Speaking Contest, where 4-H youth ages 9-18, prepare and deliver speeches depending on the age category they fall into; from anywhere between 1 ½ - 10 minutes. Their original presentation is given to an audience and panel of two to three judges. The judges provide constructive feedback in a safe and effective way and youth enjoy participating in this event year after year. The county 4-H office also conducts an annual training for youth members to attend to learn skills and techniques to use with public speaking.

#### **Results**

Following the event, each traditional aged youth was mailed a postage paid survey, asking for them to complete and share their thoughts and experiences after having participated. 42% of the surveys were returned and indicate that public speaking does encourage 4-H youth to learn more about specific subject areas (patriotism, hermit crabs, Paris and unicycling), civic engagement (helping others, making a difference), mentoring (safety, qualities of a good leader), school success (educational opportunities, being a band geek) and setting future goals.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management

806 Youth Development  
903 Communication, Education, and Information Delivery

**Outcome #7**

**1. Outcome Measures**

Number of program participants adopting skills for balancing work and family and stress management that promote healthy, well-functioning individuals and families

Not Reporting on this Outcome Measure

**Outcome #8**

**1. Outcome Measures**

Number of families who adopt best practices in financial management, retirement planning and consumer decision-making.

Not Reporting on this Outcome Measure

**Outcome #9**

**1. Outcome Measures**

Number of adults adopting best practices in child development, business development, educational program development in child care settings.

Not Reporting on this Outcome Measure

**Outcome #10**

**1. Outcome Measures**

Number of youth who have increased science, engineering, and technology skills.

**2. Associated Institution Types**

- 1862 Extension
- 1890 Extension

**3a. Outcome Type:**

Change in Action Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
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2013

0

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

Some in the U.S. predict a shortage of future workers in STEM fields. 4-H members, due to their affiliation with land-grant universities throughout the nation, are poised to fulfill this need and require science-based learning opportunities to ignite interest in these fields.

#### What has been done

In 2013, a Delaware State University educator partnered with the Sussex County Health Promotion Coalition (SCHPC) and the Western Sussex Boys & Girls Club to host a series of five Weird Science workshops for young people in Sussex County, Delaware. This activity was held monthly in conjunction with Family Fun Night at the Western Sussex Boys & Girls Club in Seaford. Additionally, the Blue Jay Educational Learning and Leadership Academy (BELLA) provided after-school programming that integrated science, reading, and the arts to enhance student learning and leadership development

#### Results

110 youth participants, aged 7-14 years, increased their knowledge of science concepts through hands-on learning. The young people developed skills in problem solving, scientific reasoning, and interest in STEM-based education and careers. Workshops included lessons on the science of weather and/or changes in seasons, aerodynamics, and animal adaptation.

### 4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development
903	Communication, Education, and Information Delivery

### Outcome #11

#### 1. Outcome Measures

Number of youth with greater involvement in citizenship and community service programs.

#### 2. Associated Institution Types

- 1862 Extension
- 1890 Extension

#### 3a. Outcome Type:

Change in Action Outcome Measure

#### 3b. Quantitative Outcome

Year	Actual
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2013

0

### 3c. Qualitative Outcome or Impact Statement

#### Issue (Who cares and Why)

In 2012-2013, Delaware Reserve and National Guard members are facing one of the largest deployments in many years. Deployment of guard and reserve military members in Delaware often have a major impact on their youth since these youth are not accustomed to their parent working a military job except one weekend a month and one week during the summer. Military youth in Delaware have one and sometimes both parents called into action that can be gone from one to eighteen months.

#### What has been done

Operation: Military Kids (OMK) is the U.S. Army's collaborative effort with America's communities through the Cooperative Extension System, particularly the 4-H youth and development program, to support the children and youth affected by deployment. Through a grant from the Department of Defense, the Delaware 4-H OMK Program has offered five camps to 169 youth ages 6-17 whose parents are in the Reserve or National Guard in 2013. The purpose of these camps were to teach the military youth life skills and coping skills to assist them as parents or loved ones deployed.

#### Results

The camps were evaluated by the Virginia Tech Community and Family Research Lab based on surveys developed by the American Camping Association. The results showed that campers perceived improvement for themselves in all five domains measured. All mean scale scores placed well above national normed scores for these scales.

The Five camps were held and evaluated in Delaware. One hundred and sixty-nine (169) campers, ages six to 17, participated and completed a survey at the end of the camp. Depending on the age of the camper, they received one of two age-appropriate surveys developed by the American Camping Association.

### 4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
806	Youth Development

### Outcome #12

#### 1. Outcome Measures

An enhanced capacity for families and youth to improve their quality of life because of increased skills in parenting and family relationships, academic preparedness, career development, family financial planning, leadership and volunteerism, and citizenship and community involvement

Not Reporting on this Outcome Measure

## **V(H). Planned Program (External Factors)**

### **External factors which affected outcomes**

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

### **Brief Explanation**

{No Data Entered}

## **V(I). Planned Program (Evaluation Studies)**

### **Evaluation Results**

Evaluation of the Family and Youth Development planned program for FY13 (0.3 Research FTE, 10 Extension FTEs) shows a continued dedication by Extension faculty and professionals to meet the many challenges faced by Delaware families today. Issues where evaluations indicate particular success are those related to family financial planning, youth development and mentoring - particularly on the importance of education, strengthening families and parenting skills, and youth learning to avoid risks related to drugs and alcohol. Evaluations of extension programming showed a continuation of remarkable success in grants (13 of 15 submitted were awarded), the publication of 22 new fact sheets, 59 invited and volunteered presentations in local communities and at regional and national meetings, and the presentation of more than 550 workshops. Our evaluations have included annual internal administrative reviews and numerous surveys and other evaluation methods conducted with stakeholders participating in workshops and other extension programs. Specific examples of stakeholder evaluation of these programs are provided in the "Outcomes" section of the FY13 annual report. The response from our stakeholders and internal reviews has been universally positive and complimentary of the dedicated efforts of Extension professionals to address the very complex challenges faced by Delaware families and youth today.

### **Key Items of Evaluation**

There are no major items requiring NIFA attention at this time, other than the continued need for more federal funding for research and extension programs which seek to develop innovative educational programming that strengthens families, fosters positive youth development and education, and builds stronger communities in the difficult financial times we all face today.