



## Human Development

Georgia 4-H Project Achievement empowers young people with skills for a lifetime. Through a competitive process, students explore their interests, unleash their creativity, share their work, and celebrate their achievements! This guide provides 9th—12th graders with examples for getting started with their project exploration.

### Description of Project:

4-H'ers may explore the science of how we develop socially, mentally, physically, and spiritually. Through this project 4-H'ers may:

- develop an understanding of people's pasts, presents, and futures
- acquire knowledge of the developmental processes (socially, mentally, physically, and spiritually)
- develop an understanding of factors that can influence social, mental, physical, or spiritual development
- gain perspective on how individuals grow and develop
- acquire knowledge concerning personal relationships and communications
- become aware of the problems that we face as individuals and as a society
- explore career opportunities within the field of human development

### Overview:

- ⇒ Choose project
- ⇒ Develop skills in:
  - Project
  - Leadership
  - Service
- ⇒ Prepare portfolio for work completed from January 1—December 31
- ⇒ Prepare presentation
- ⇒ Practice
- ⇒ Compete
- ⇒ Reflect

### Examples of Project Development Experiences:

- Take a human development course and/or take a personality assessment
- Interview your grandparents to learn about your family's history and draw your family tree
- Research your local health department, DFACS office, law enforcement center, teen center, counseling service, or other government or non-profit office to learn about services available
- Tour a toy museum, childcare facility, senior center, community health service, etc.
- Become a Certified Teen Leader with your county 4-H program and research bullying prevention

## Project Sharing and Helping Examples:

- Lead a group or class in setting goals and discuss actions that must be taken to meet those goals
- Organize a project club for pre-4-H youth
- Lead a group in making safe and simple toys for child-care centers, community nurseries, or child advocacy centers
- Volunteer to work in a child-care center, observe characteristics of children of different ages, and lead children's activities at an after-school program
- Write a blog discussing preferred activities and games of different age groups
- Serve as a teen leader at a babysitting workshop
- Help a teacher set up his/her classroom for the school year
- Coordinate an activity for a local Head Start or pre-K program
- Organize peers to visit nursing home residents. Help the residents with small chores or to engage in recreation
- Assist 4-H staff with Certified Teen Leader training
- Begin a group of 4-H Bully Busters to combat bullying
- Organize an adopt-a-grandparent program in your community
- Coordinate a personality profiles identification session for peers

## Recommended Resources:

- [Georgia4h.org/ProjectAchievement](http://Georgia4h.org/ProjectAchievement)
- [Georgia4h.org/friends/healthylifestyles](http://Georgia4h.org/friends/healthylifestyles)
- [Georgia4h.org/healthrocks/](http://Georgia4h.org/healthrocks/)
- [4-h.org/parents/healthy-living](http://4-h.org/parents/healthy-living)
- [4-hmall.org/Category/bullyprevention.aspx](http://4-hmall.org/Category/bullyprevention.aspx)
- [cdc.gov](http://cdc.gov)
- [Teenshealth.org](http://Teenshealth.org)
- [4-h.org/parents/healthy-living/youth-voice-youth-choice](http://4-h.org/parents/healthy-living/youth-voice-youth-choice)

## Special Considerations:

- Be respectful of other cultures, backgrounds and beliefs.
- Research charitable organizations using [charitynavigator.org](http://charitynavigator.org) before donating or raising money.
- Seek the advise of trained facilitators when needed.
- Remember to proactively consult with program administrators regarding necessary volunteer on-boarding requirements.
- Practice sensitivity for others and maintain confidentiality when privy to personal information.
- Contact your local county Extension staff to discuss your plan for community involvement.

## At Competition:

*Human Development 4-H projects may use posters, artifacts, biofacts and/or technology to support their presentation. The time limit for these presentations is 12 minutes. Computers, projectors, screens, and other technological devices may be used.*

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Sources: Bower, Atkins, and Dean. 2006. *Human Development Project Guide*.

The University of Georgia CAES. 2016. Project Achievement. <http://www.georgia4h.org/projectachievement/>

