The 4-H Thriving Model

Predicting the Impact of 4-H on Positive Youth Development
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 you 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**: Emphasizing **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
- Connection with Others
- Personal Responsibility
- Connection with Others

Developmental outcomes are indicators of Positive Youth Development (PYD)
Youth Engagement Moderates the Relationship Between Developmental Context and Youth Thriving

Thriving Mediates the Relationship Between Developmental Context and Youth Thriving

Structural Properties of the 4-H Thriving Model**

Youth Engagement

Youth Thriving

Developmental Context

Developmental Outcomes (PYD)

β = .713**

β = 1.05**

β = 734**

β = -.112 (ns)

**p. < .001

** As reported in Arnold & Gagnon, 2018b
Developmental Outcomes (PYD)
Lead to Long Term 4-H Program Outcomes

**Head**
- Academic or vocational success

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

**Hands**
- Employability and economic stability

**Health**
- Happiness and well being
References


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