



# The 4-H Thriving Model

*Predicting the Impact of 4-H on Positive Youth Development*

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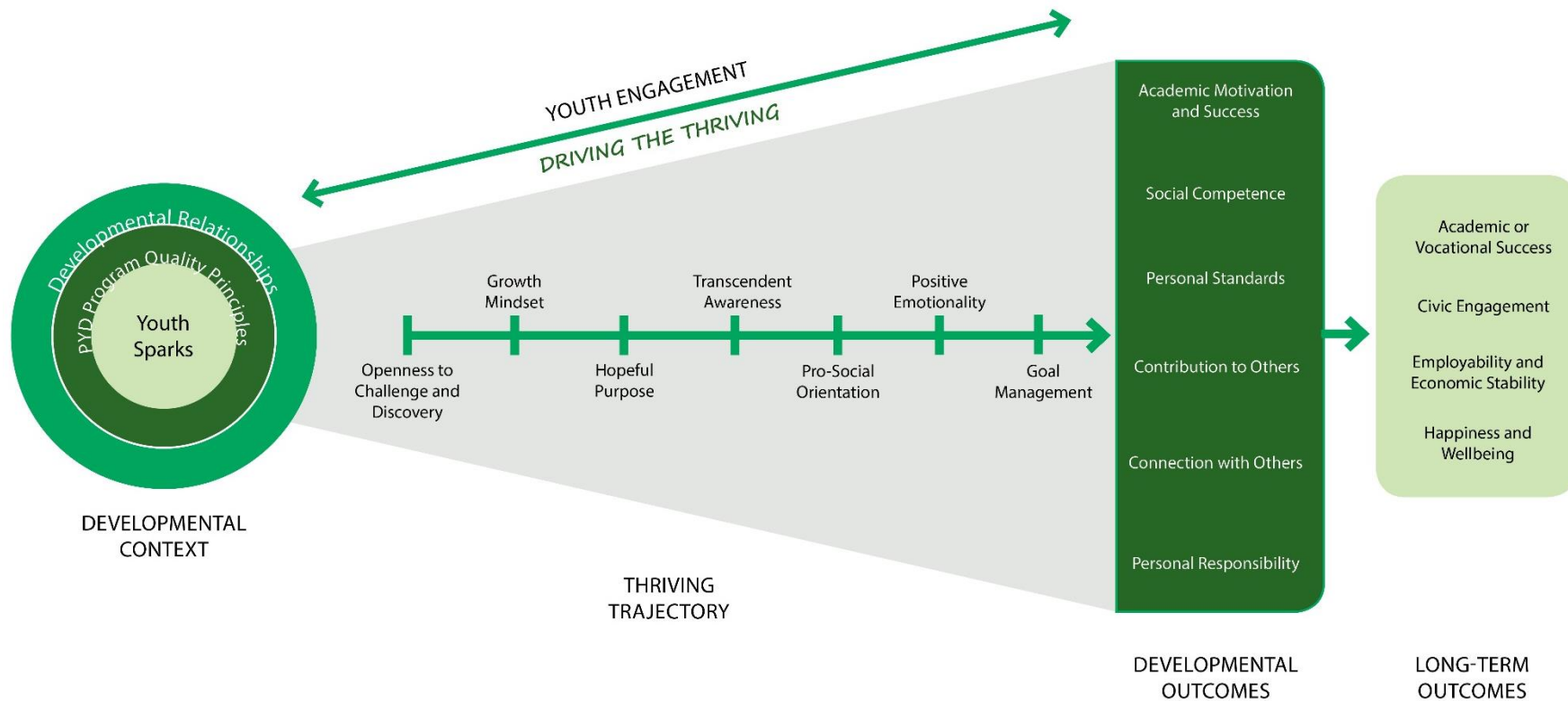
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# The 4-H Thriving Model



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 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...*

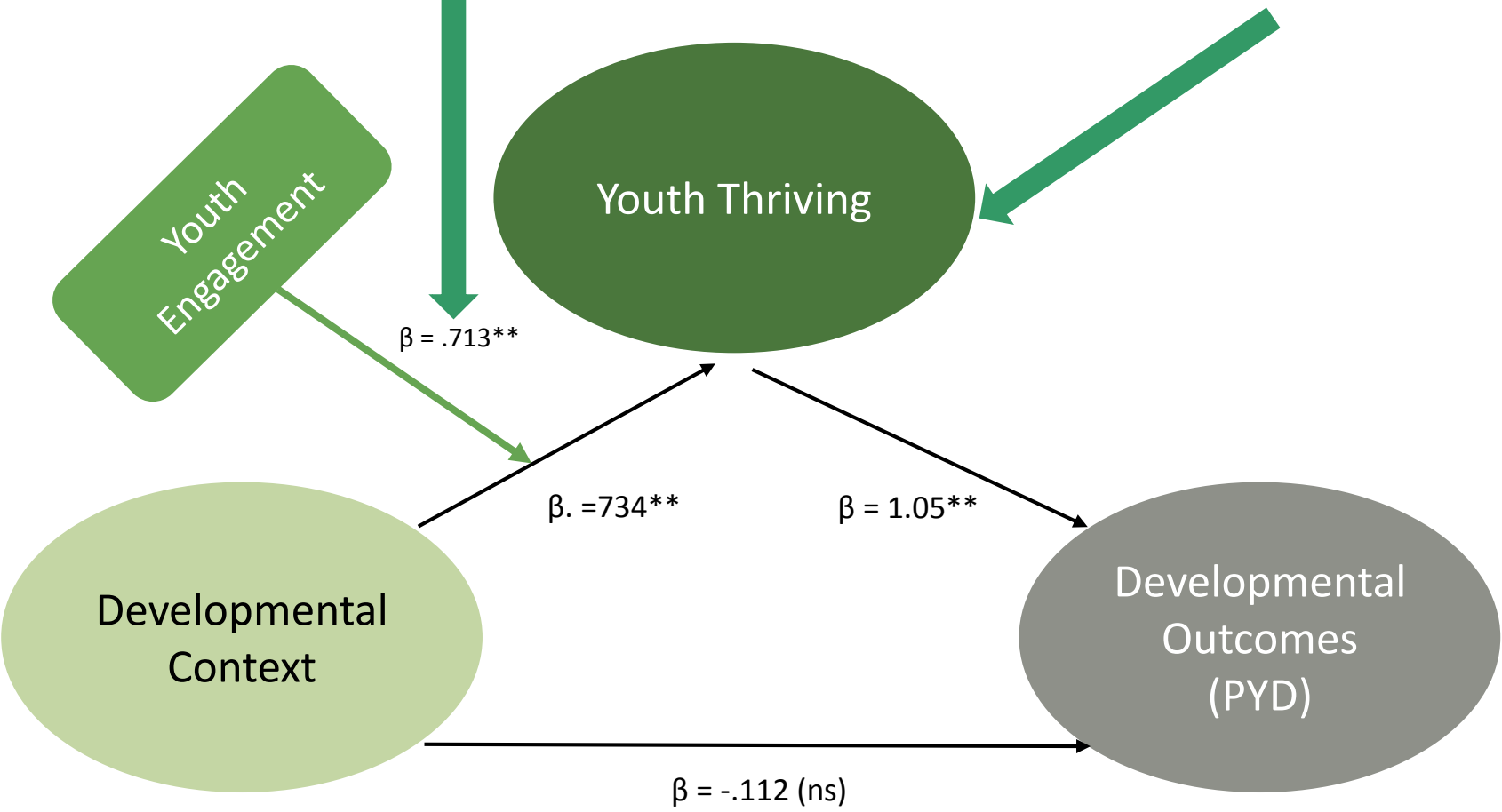


Developmental outcomes are indicators of Positive Youth Development (PYD)

# Structural Properties of the 4-H Thriving Model\*\*

Youth Engagement **Moderates** the Relationship Between Developmental Context and Youth Thriving

Thriving **Mediates** the Relationship Between Developmental Context and Youth Thriving



\*\*p.  $\leq$  .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



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