The Oregon 4-H Program Model

Supporting the development of thriving youth

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The Oregon 4-H Program Model is based on current research that begins with a young person’s spark and builds toward a thriving trajectory.

- Program quality standards
- Program dosage and fidelity
- Developmental relationships with adults and peers
- Program content
- Describing youth development as a “thriving trajectory” rather than a static state
- The interaction between youth and their social contexts and how that influences development
- Articulated and measureable developmental outcomes
- A successful transition to adulthood
Youth in the 4-H program begin with an interest, often times in a 4-H project area.

This interest is supported through high-quality 4-H programming of sufficient dosage.

Surrounding the program are developmental relationships with 4-H volunteers and other 4-H members.
Developmental Relationships

- Express Care
- Challenge Growth
- Provide support
- Share Power
- Expand Possibilities
Ongoing research on adolescent development has identified six key indicators of adolescent health and well-being. These indicators describe thriving in youth- thriving as a trajectory, rather than a state at any given moment.
Participating in 4-H programs helps youth establish a thriving trajectory for their lives. Thriving youth are more likely to achieve positive developmental outcomes as a result.
Driving the Thriving
Mary Arnold is an Extension Youth Development Specialist with the Oregon 4-H Program, and Professor in the School of Social and Behavioral Health Sciences, College of Public Health and Human Sciences at Oregon State University. Dr. Arnold’s work focuses on the translation of adolescent and positive youth development research theory into practice.

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