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# Human Development



State 4-H O-Rama

Junior and Senior 4-H'ers



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## OVERVIEW

This activity is conducted to permit 4-H members to better understand themselves and others, and to demonstrate what they have learned by sharing with others some of their interests and achievements in the area of human development.

## OBJECTIVES

Targeted Life Skills:

- |                           |                     |                              |
|---------------------------|---------------------|------------------------------|
| - nurturing relationships | - service to others | - decision-making            |
| - child guidance          | - social skills     | - accepting differences      |
| - conflict management     | - cooperation       | - communication              |
| - stress management       | - self-discipline   | - self awareness & discovery |

Opportunity will be provided for faculty to share information about related college degree programs in Human Development, Family Sciences and Rural Sociology and these career options:

- |                                |                            |                             |
|--------------------------------|----------------------------|-----------------------------|
| - Child Care Professionals     | - Social Service Workers   | - FCS County Agents         |
| - Youth & Family Advocates     | - Parent Educators         | - Crisis & Support Services |
| - Marriage & Family Education  | - Aging Services Providers | - FCS Teacher               |
| - Human Services Administrator | - FCS Professor            | - FCS Specialist            |

## ELIGIBILITY

**District 4-H O-Rama:** Each county may enter two junior 4-H members and two senior 4-H members in the Human Development activity at the District 4-H O-Rama. **Talks should be human development related.**

**Arkansas 4-H O-Rama:** The top seven (7) senior members in Human Development from each District 4-H O-Rama will be eligible to compete in the Arkansas 4-H O-Rama.

## ACTIVITY

1. To participate, each member should be prepared to give an **illustrated talk or demonstration** on some aspect of human development. (Juniors talk 2-5 minutes, seniors talk 5-8 minutes.) Talks should be given on topics pertinent to Human Development (broadly defined) and include a visual accompaniment/support. Special

Project Books are available which cover some example subjects. Human development topics include, but are not limited to, those listed on the contest instructions.

**NOTES on Illustrations:**

- a. Computer-based illustrations should be brought on a ready-to-use device such as a thumb drive or external hard drive rather than stored online. Presentations stored online may not be retrievable at the venue based on availability of internet access and can slow down the presentation process.
  - b. Illustrations should be in an easy to read format such as PowerPoint, a neat tri-fold board or poster, or similar. Be aware of font and color usage and choose for readability.
  - c. Students should only present information they understand and know how to explain. Statistics should only be included if the student can explain their relevance. Difficult to pronounce words should be used sparingly and practiced for mastery.
  - d. Demonstrations should be presented in a manner visible to the entire audience.
2. All topics should be based on **scientific research** rather than personal opinion and include citations for research used to inform the talk. Participants can use personal experiences or examples to help illustrate the scientific principles.
  3. Each participant should be able to answer questions pertaining to the demonstration or talk to illustrate their deeper understanding of the topic and research and its connection to the activity subject (i.e., Student should be able to make a connection to Human Development if asked to do so).

**JUDGING**

The score sheet for method demonstrations and illustrated talks will be used to judge this activity – CES-663.

**AWARDS**

The following awards will be given in the junior and senior division:

First Place: Trophy

Second, Third, Fourth, and Fifth Place: Ribbons

The top seven senior members from each District 4-H O-Rama will be eligible to attend the Arkansas 4-H O-Rama. Trophies will be given to the state winners, and second- through fifth-place ribbons will be awarded.

**SUGGESTED TOPICS FOR A DEMONSTRATION OR ILLUSTRATED TALK**

The Keys to a Strong and Healthy Family  
Helping Children through a Divorce  
Infant Development: The First Year  
Healthy/Positive Body Image  
Teaching Responsibility to Children  
Making a Home Safe for Children  
Building Friendships

Preparing for Healthy Adult Relationships  
Importance of Quality Early Childhood Care  
Toddlers: Terrible or Terrific?  
Cultural Diversity  
Age Appropriate Toys for Children  
Staying Home Alone  
Benefits/Risks of Playing Sports

Military Families: Deployment  
STE(A)M in Preschool  
Fun Times with Senior Adults  
Making Playgrounds Safe  
How to Help A Child Learn

ADHD/ADD  
Mental Health/Wellness  
Developing Character in Children  
Music with Children/Benefits for All  
Reading to Children

## PROJECT BOOKS SUGGESTED RESOURCES FOR FCS AGENTS

Kids On The Grow Series: Growing On My  
Own – BU8075; Growing With Others -;

BU8076; and Growing In Communities -

BU8077

<http://www.arfamilies.org>  
Getting Our Hearts Right  
Farm & Ranch Stress Curriculum  
Managing Stress: Turning Challenges into  
Blessings  
The Marriage Garden  
See the World Through My Eyes  
How Much is Too Much curriculum  
<http://www.arfamilies.org/childcare>  
Best Care Curriculum  
Best Care Connected Curriculum  
Best Care Out-of-School-Time Curriculum  
Guiding Children Successfully Videos and  
Books  
Public school or community library

## PREPARED BY

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**Note:** Be sure to report your participation in this activity in your 4-H records. Child Development or related projects such as leadership or achievement may be chosen.