



# Ohio 4-H Cloverbud Connections

For 4-H Cloverbud Volunteers working with grades K—2

## Internet Safety

Thanks to the World Wide Web, children have the world at their fingertips. But as the Internet continues to grow, so do the risks involved. According to iKeepSafe.org, the three major online dangers to children who frequent the web are inappropriate contact, inappropriate content and inappropriate conduct.

Children need to learn that people on the Internet are not always who they seem to be. Inappropriate contact can come in the form of cyber-bullying, online predators, phishers, etc. Teach your child that the rules for communicating with someone online are the same as the rules that your child should follow when approached by someone on the street; i.e., do not give personal information (address, phone number, etc.) to strangers. If they are not comfortable with a conversation, they should walk away and get help.

The Internet is a public place. Anything that is posted on the web is there forever and available for anyone to see. Children should learn at a young age to be careful about what they see and say. Many colleges and universities, as well as future employers, view online social networking sites to gather information about potential students or employees. Items posted on the web at an early age can become embarrassing in later years when looking for opportunities for advanced education or career choices.

Being on the Internet sometimes causes us to become desensitized to what we are saying or doing. Because there is no face to face human interaction, we sometimes forget that the people on the other end of the conversation are real and have feelings, too. Teach your child to be kind and considerate of others while online and offline.

What can you do to protect your child against these online dangers? The first thing you need to do as a parent is to educate yourself. Do you know where your child goes when they are online? Check the web browser history to view recently visited web sites. Set specific guidelines with your child. Let them know specifically what they are permitted to do online. Locate your computer in a central location in your home where you can monitor what your child is doing.

Some browsers (Google, Yahoo, etc.) allow you to adjust search engine settings so that you can block results that may be inappropriate for your child. To adjust search engine settings in Google or Yahoo, click on the link which allows you to set search preferences. Be aware that blocking results is not foolproof and that inappropriate content can still leak through.

The most effective way to keep your child safe while they are online is similar to keeping them safe in everyday life. Keep the communication lines between you and your child open. Know who they are talking to and where they are spending their time. Let them know what you consider to be appropriate behavior and what your expectations are when it comes to online activity.

Click it, Print it, Do it!





www.cloverbudconnections.osu.edu

Are you looking for an activity to do with your Cloverbuds that is fun and exciting? Then check out this *NEW* Click it, Print it, Do it activity. Instructions are included for a "Picture I Spy" activity that you can do at your next Cloverbud meeting.

The world is at your fingertips. Explore and enjoy it together with your child .

*Dee Jepsen, Ph.D.*  
State Extension Specialist, Ag Safety and Health,  
The Ohio State University.



EMPOWERMENT THROUGH EDUCATION

## Using Teens to Help Lead Science and Engineering Experiments with Cloverbuds

Science and engineering experiments often require more hands than a single advisor has. If you would like to lead a science or engineering experiment with your Cloverbuds, but need more hands-on help, consider using teen volunteers. Teens are an excellent option for extra help, provided they are trained and supervised in their new role.

### Finding Teens

If your Cloverbud Club is part of a larger project-based club with older members, you may already have teens available. However, if those teens are busy with their own club work during your meetings, or if your club doesn't have many older members, ask your Extension Office if there are other teen groups which may be available to help, such as:

- Junior Leadership Club members
- County Camp Counselor Teams

### Training Teen Volunteers

Every volunteer should receive at least some basic instruction, so that they understand what is expected of them. Be specific about your expectations:

- When do they need to be there and how long will it take?
- Where is the meeting? (Send a map if needed.)
- What will they be doing?

Give them written instructions for the science or engineering experiments ahead of time so they may practice them on their own before they get there, or set up a time to go through the experiment with them. This will help them become more comfortable with what the Cloverbuds will be doing and where the young members may need extra help.

### Supervision

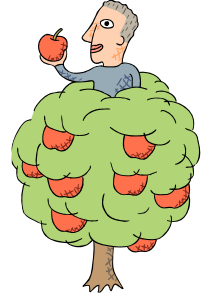
Someone who understands the experiments should be nearby to help if something unexpected happens and the teens need help with what to do next. This also allows you to make some observations about how well each teen works with the younger members. So, next time you see an interesting science or engineering experiment you'd like to try, consider asking some teen members for help. They can be the extra hands you need to try something new and exciting with your Cloverbuds!

*Gwen Soule, Extension Educator,  
4-H Youth Development,  
OSU Extension, Sandusky County, Ohio,  
Erie Basin EERA.*



## Be an Apple Taste Tester!

Today, Ohio farmers produce about 2 million bushels of apples each year. We enjoy apples in many ways such as fresh, pies, cakes, juices, jellies, applesauce and apple butter. But, not all apples taste alike!



**Goal:** To enable Cloverbuds to taste different kinds of apples.

**Supplies:** At least 6 different kinds of apples, Paper plates, Pencils

**In Advance:** Wash each apple. Slice into small slices so each child has one slice of each apple. Keep all the slices of one apple together. Assign each apple a number, 1,3,5,7,9,11. If more than 6 kinds of apples are used, assign numbers accordingly.

Make a chart to record the Cloverbud’s remarks.

Apple # & Name	Describing Words	Like the Taste?	Dislike the Taste?
#1 Jonathon	Sour, crunchy, juicy	Use slash marks	Use slash marks

**Directions:**



Give each child a paper plate and pencil. Each should number their plate like the face of a clock.



Give each child a slice of each apple. Instruct them to put the slice at the corresponding number of their plate. So apple #1 will be at the “1” of the plate.



Ask the children to taste each slice one at a time. Help them describe the taste. Is it sweet? Sour? Juicy? Dry? Soft? Crunchy? Mushy? Crisp? How many like the taste? How many dislike the taste?



Then have them taste the next apple. Repeat the brief activity for each apple slice.



After all apples have been tasted, tally up the likes and dislikes to learn which apples are preferred.

Tart varieties are McIntosh, Jonathon, Empire, Ida Red, Granny Smith, Braeburn. Sweeter varieties include Red Delicious, Winesap, Fuji, Gala, Jonagold, and Golden Delicious.

In summary, all apples have similarities but they can taste very different!

*Vicki Schwartz,  
Associate State Leader, 4-H Youth Development,  
Ohio State University Extension,  
Columbus Ohio.*

## Campus Connections

Hello again! Great to make this Cloverbud Connection with you!

This column is all about **YOU**, the Cloverbud Volunteer. We are successful with the Cloverbud program because of one essential ingredient - the Cloverbud Leader and Volunteer. Our primary goal is to promote healthy development in children with them feeling good about themselves, getting along with others, making decisions, learning to learn, and physical mastery. These life skills are enhanced because of the guidance, assistance, and help that is given by YOU as a caring adult and role model. We know from research that a positive, caring, adult relationship benefits children in all areas of their development.

The following story comes to mind in thinking about the positive difference that YOU make in the lives of children by being a Cloverbud Volunteer.

*A young girl was walking along a beach where thousands of starfish had been washed up during a terrible storm. When she came to each starfish as she moved along the beach, she would pick it up and throw it back into the ocean. She had been doing this for some time when a man approached her and said, "Little girl, why are you doing this? Look at this beach...it's covered with them! You can't save all the starfish. You can't begin to make a difference." The girl seemed crushed, suddenly defeated. But after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked at the man and replied, "Well, I made a difference to that one!"*

The 4-H organization thanks you for giving your time and talents to the 4-H Cloverbud Program as we enhance the healthy development of children throughout the state of Ohio!

Well until next time, take care and have fun. I look forward to communicating again with you soon.






*Scott D. Scheer, Ph.D.*

*State Extension Specialist, Preadolescent Education,  
4-H Youth Development, The Ohio State University.*



## Pumpkin Dessert

### Ingredients:

-  1 cup cold milk
-  1 small package instant vanilla pudding
-  1/2 tsp. pumpkin pie spice
-  1 cup canned pumpkin
-  graham cracker or vanilla wafers (optional)

Pour the milk in a mixing bowl. Add the other ingredients. Blend with a wire whisk or an electric mixer on the lowest speed for two minutes. Pour into dessert dishes. If desired, top with graham cracker or vanilla wafer crumbs before serving.

*Joyce Shriner, Extension Educator,  
4-H Youth Development,  
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