



Ohio 4-H
*Healthy
Living
Officer*
Resource Guide

Name _____

Year _____ Age (as of January 1) _____

County _____

Club Name _____

4-H Advisor _____



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



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Welcome!

Congratulations on your new role as your 4-H club's Healthy Living Officer. The fourth H in 4-H represents Health. Health is very important to the overall 4-H program. When reciting the 4-H pledge, members pledge their health to better living. As the Healthy Living Officer, you have the opportunity to lead activities that will be both fun and educational for your 4-H club. In this resource guide, along with the 4-H Healthy Living Officer Book, you will find the tools to plan and carry out these activities. Good luck!

Healthy Living in 4-H

Health has been part of 4-H for more than **100 years!** When 4-H was founded in 1902 by A. B. Graham in Clark County, Ohio, there were just three Hs: head, heart, and hands. The fourth H was added in 1911, when O. H. Benson in Iowa suggested that the fourth H was “hustle,” which means “to render ready service, to develop health and vitality.” O. B. Martin is credited with suggesting that the Hs signify head, heart, hands, and health, which have been universally used since then. Each H is represented on a leaf of the four-leaf clover.

Having a long history of promoting healthy living among youth and their families, 4-H has become a national leader in health-related education. The national 4-H Healthy Living mission area engages youth and families through opportunities to achieve optimal physical, social, and emotional well-being. The core areas of the Healthy Living mission area are:

- Nutrition and Physical Activity
- Mental, Emotional, and Social Health
- Prevention of Tobacco, Alcohol, and Other Drug Use
- Safety and Injury Prevention

See the **National Institute of Food and Agriculture** for more information on 4-H's national mission areas.

The **World Health Organization** defines health as “a state of complete physical, mental, and social well-being, and not merely the absence of disease

or infirmity.” That means that being healthy is more than just not being sick. Overall health includes many areas: physical, emotional, intellectual, and social aspects. Each of these areas of life will influence the others. When all the areas are in balance, people can thrive and reach their full potential.

But what does it really mean that health is the fourth H? Healthy living can be part of many learning experiences and through opportunities to make decisions that lead to positive well-being for the individual and the community in which they live.

Health as the 4th H can mean:

- Taking a health-related project
- Learning more about health through reading and hands-on learning
- Adopting healthy behaviors
- Encouraging your family to do things to be healthier
- Teaching others about a health-related topic
- Making changes in the food served at club meetings and county events to reflect health recommendations
- Talking to community leaders about health issues

It can mean all this, and more! Whether members take a health project or not, we want educational experiences focused on health and knowing how to live a healthy life to be part of involvement in 4-H.

Planning Your Part in Club Meetings

Officer's Role in the Club

Serving as a club officer means you are part of a team. The team's responsibility is to hold a club meeting that is both well-run and fun. The officers should meet with their club advisor before the meeting so that they are prepared to run the meeting and to help the club make decisions.

Your Role as the Healthy Living Officer

Some clubs might have just one member filling the role of Healthy Living Officer. Other clubs might have two: one focused on health aspects and one focused on safety aspects. Your responsibilities are similar no matter how your club does it. The duties of your office are to:

- Use the *Healthy Living Officer Resource Guide* to find ideas and activities to carry out at each meeting.
- Develop a plan of activities that meets the interests and needs of your club members, using the *Ohio 4-H Healthy Living Officer Book*.
- Work with an advisor to be sure your topics are age and subject matter appropriate for your club.
- Keep an accurate record of the activities you plan.
- Encourage serving healthy snacks at your club meetings.
- Promote serving water at your club meetings and limiting sugar-sweetened beverages.
- Consider physical activity at your club meetings.
- Evaluate your impact.

Planning Tools

To meet your goals, you will use a variety of ways to teach members about health and/or safety. Listed below are some of the methods you might try. The planning sheet that is part of the *Ohio 4-H Healthy Living Officer Book* will help guide you in planning each health or safety activity. As you plan, think about which method will work best for the topic and location of your activity. If you need help, ask a parent or club advisor to guide you.

Methods

Community Service Project – a project intended to provide a social benefit.

Demonstration – a planned presentation that explains a topic by using examples, showing how something is used or done, usually in a step-by-step manner.

Discussion – to engage a group in talking about a topic for the purpose of exchanging information or opinions or coming to a decision.

Display or Exhibit – a visual presentation of items or information.

Field Trip – a visit made for the purpose of firsthand observation.

Guest Speaker – a person invited to a gathering to share their knowledge by delivering a speech, giving a demonstration, or leading an activity.

Hands-On Learning Activity – an experience designed for participants to gain knowledge or skills so they can reach an identified objective. The learning activity may include a variety of techniques to engage the participants.

Icebreakers – an exercise or game that is meant to introduce people to each other in a fun way. Learning more about each other contributes to social health.

Presentation – a way to inform an audience about a topic that typically involves both speaking and some form of demonstration or sharing of audio-visual content, combining elements of a speech and demonstration.

Roll Call – When you take a roll call, you check which of the members of a group are present by reading out their names. You can have the members each say or do something during the roll call.

Skit – a short, usually informal, performance for an audience that can be funny or serious. Used for educational purposes, a skit is a way to introduce a topic or make a point and then spark discussion afterward.

Speech – A form of public communication where a speaker verbally addresses an audience. There are many types of speeches, but in a club meeting, the purpose of a speech may be (1) to inform about a topic or (2) to persuade an audience about a point of view or to take an action.

Evaluating Sources of Information

As 4-H is part of the land-grant university system, 4-H'ers have a responsibility to make sure they communicate research-based information. There are many places where you can find healthy living information. Not all written sources are reliable. Finding credible and factual information is important, especially when you look up information on the internet.

As a reader, you must use your head for clearer thinking. Here are some ways to help you determine if the information is credible.

1. *Is an author listed?* An author should be clearly identified and have credentials listed that are applicable to the topic. An author should be willing to put their name behind the information they present. Having an author's name connected to the information may be an indication the information is reliable, but not always. The author should have credentials that enable them to write knowledgeably about a topic.
 2. *Does it have a date?* Including the date tells you if the information is current and will apply to how you want to use the information.
 3. *Is the source of information cited or linked?* Identifying sources will help you figure out if the author is just stating an opinion or if they use evidence to support a claim they make.
 4. *What is the domain?* The domain is the last part of an internet address. Domains can give you a clue as to the type of organization providing the information. Domains such as .edu can only be used by colleges and universities, and .gov can only be used by a government website. A .org website is run by a nonprofit or other organization, which may contain credible information, but it could be biased. Sites with .org, .com, or .net can be purchased by anyone. What is the motivation behind the source? Has someone sponsored the page that has a vested interest in selling a product or making a profit? If so, the site may only present information that supports their product or position. Check the "about us" section to identify sponsorship. If you can't identify a sponsor, that raises a red flag.
 5. *Is it a well-designed site?* The design of the site can be subjective, but a well-designed site can indicate the information makes the site easier to navigate.
 6. *What is the writing style?* Grammar and spelling mistakes can indicate a lack of attention to details.
- Some sites look credible and are not, and some sites may have credible information by not include all these aspects. If you are still not sure, see if the information is backed up by other sources.
- Source: Adapted from **Michigan State University Extension** and the **University of Washington**

Resources for General Health Information

There are many sources of reliable health information. Some general sources are below; each topic area has additional resources listed later on in this guide.

American Academy of Pediatrics **aap.org**

The American Academy of Pediatrics is a professional organization of pediatricians committed to the optimal physical, mental, and social health and well-being of young people.

Centers for Disease Control and Prevention **cdc.gov**

The Centers for Disease Control and Prevention is a federal government agency that conducts and supports health promotion, prevention, and preparedness activities with the goal of improving overall public health.

Girls Health **girlshealth.gov**

This site was created by the Office on Women's Health, part of the U.S. Department of Health and Human Services to provide girls with reliable, useful information on health and well-being.

Kids Health **kidshealth.org**

This site is sponsored by Nemours, a nonprofit children's health system. The goal of the site is to help parents, kids, and teens take charge of their health.

Substance Abuse and Mental Health Services Administration (SAMHSA)

Creating a Healthier Life: A step-by-Step Guide to Wellness: This handbook defines wellness and presents the eight dimensions of wellness: social, environmental, physical, emotional, spiritual, occupational, intellectual, and financial. It also offers tips for improving oneself in each dimension.

Young Men's Health

youngmenshealthsite.org

Young Men's Health is produced by the Division of Adolescent and Young Adult Medicine at Boston Children's Hospital. The purpose of the website is to provide carefully researched health information to teenage boys and young men.

4-H Healthy Living Projects

Ohio 4-H has projects covering Healthy Living topics. These projects are listed in the **Ohio 4-H Family Guide**. If you have taken a health-related 4-H project, you can use these experiences in your role as Healthy Living Officer. Not every topic area is covered by these 4-H projects. If there is a topic that interests you, you can always take a **self-determined project**.

Ohio 4-H Projects on Healthy Living Topics

Topic	Project Number and Name
Nutrition and Physical Activity	300 You're the Athlete
	351 Staying Healthy
	352 Keeping Fit
	355 Tracking Your Health and Fitness (New in 2021)
	463 Sports Nutrition: Ready, Set, Go
	481 Everyday Food and Fitness
	484 Snack Attack
	486 Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices
	487 Take a Break for Breakfast
	Mental, Emotional, and Social Health
Prevention of Tobacco, Alcohol, and Other Drug Use	354 Medicine Science and Safety (New in 2021)
	357 Alcohol and Drug Abuse
	358 The Truth About Tobacco
Safety and Injury Prevention	353 First Aid in Action
	555 ATV Safety

Background, Activities, and Resources for National 4-H Healthy Living Mission Areas

The following section is organized by the core topics covered in the national 4-H Healthy Living mission area. Each section includes a brief description, sample activities, and sources of additional resources to learn more about the topic.

Nutrition

What Is Nutrition?

Nutrition is the study of food and how it relates to health. The foods we eat provide energy, in the form of calories, and nutrients that are important for growing and being healthy. Nutrients include carbohydrates, fats, proteins, minerals, vitamins, and water.

Why Is Nutrition Important?

Your diet, or the foods and drinks you consume each day, will affect your health and how you feel now and in the future. Good nutrition is key to leading a healthy lifestyle. Combined with regular physical activity, your diet can help you reach and maintain a healthy weight and reduce your risk of chronic diseases such as heart disease, cancer, and type 2 diabetes. In addition, poor diet and unhealthful eating habits can contribute to obesity.

Resource Links for Nutrition

U.S. Department of Agriculture:
nutrition.gov

- The U.S. Department of Agriculture is a federal government agency that provides leadership on food, agriculture, natural resources, rural development, nutrition, and related issues.
- Choose MyPlate
 - ◊ MyPlate Kids' Place:
choosemyplate.gov/kids/
- Kids' Corner games and activities:
nutrition.gov/subject/life-stages/children/kids-corner

KidsHealth

- This site is sponsored by Nemours, a nonprofit children's health system. The goal of the site is to help parents, kids, and teens take charge of their health.
- Food and healthy eating resources:
kidshealth.org/en/kids/nutrition/

Sample Club Meeting Activities

★ ICEBREAKERS

Consider doing a quick icebreaker when new members join your club or as a way to get your meeting started.

- See *Exercise Your Name Game* instructions at go.osu.edu/4hhealthresources

★ ROLL CALL

Work with your club secretary to do a healthy living roll call. Have each person answer one of the following after their name is called:

- Name a healthy snack you like to eat.
- Name your favorite fruit/vegetable.
- Name a food that is a good source of a nutrient such as vitamin C, calcium, or protein. Make sure you have a list handy.
- Name a food that belongs in the one of the MyPlate categories: grain, dairy, protein, fruit, or vegetable.

★ DISPLAY/EXHIBIT

- Make a display about any nutrition topic you would like to share.

★ PRESENTATION/DEMONSTRATION

- *Teaspoons of Sugar Lesson Plan* - go.osu.edu/4hhealthresources
- *MyPlate Bracelet Lesson Plan* - ohio4h.org/nutrition-and-myplate
- *Building MyPlate Lesson Plan* - go.osu.edu/4hhealthresources
- *MyPlate Twister Lesson Plan* - ohio4h.org/nutrition-and-myplate

★ GUEST SPEAKERS

Invite a guest speaker to speak about nutrition, for example:

- County Family and Consumer Sciences educator
- Dietitian who works at a local hospital

★ COMMUNITY SERVICE PROJECT

Work with your club's community service officer to plan a community service project.

- Collect healthy food items to donate to a local food pantry.

★ OTHER

- Work with your club advisor or a parent to bring in a healthy snack and beverage to a club meeting. Examples include:
 - ◇ Fruit-infused water
 - ◇ Sparkling water
 - ◇ 100% fruit juice such as apple or orange juice
 - ◇ Low fat or fat-free milk
 - ◇ Fresh fruit (hint: serve cut-up fruit to make it easier for people to eat)
 - ◇ Fresh vegetable tray served with hummus or a low-fat dip
 - ◇ Reduced fat cheese and whole grain crackers
 - ◇ Chips and salsa (hint: homemade salsa will have less salt than store bought brands)
 - ◇ Low-fat yogurt parfaits

Physical Activity

What Is Physical Activity?

Physical activity is generally defined as any movement of the body that requires the use of energy. You may be getting physical activity without even knowing it. Examples include walking, gardening, playing a sport, doing housework or cleaning, dancing, riding a bicycle, swimming, and climbing stairs. Physical activity can also be more intentional such as yoga or exercising and lifting weights at a gym.

Why Is Physical Activity Important?

Being physically active, along with eating a healthy diet, is good for your overall health. It is recommended that youth ages 6 to 17 get 60 minutes a day of moderate to vigorous physical activity. Benefits of regular physical activity include weight control, improved sleep, stronger muscles and bones, stress relief, a healthier brain, increased energy, and prevention of chronic diseases such as heart disease and type 2 diabetes.

You don't have to get all the required 60 minutes all at once. Your physical activity can happen throughout your day: before school, during recess, and after school at your 4-H club meeting.

Resource Links for Physical Activity

U.S. Department of Health and Human Services

- The mission of the U.S. Department of Health and Human Services (HHS) is to enhance the health and well-being of all Americans, by providing for effective health and human services and by fostering sound, sustained advances in the sciences underlying medicine, public health, and social services.
- *Physical Activity Guidelines for Americans* - The second edition of these guidelines was published in 2018. [health.gov/our-work/physical-activity/current-guidelines](https://www.health.gov/our-work/physical-activity/current-guidelines)
- Move Your Way Kids Fact Sheet: [health.gov/paguidelines/moveyourway/materials/PAG_MYW_Kids_FS.pdf](https://www.health.gov/paguidelines/moveyourway/materials/PAG_MYW_Kids_FS.pdf)

KidsHealth

- This site is sponsored by Nemours, a nonprofit children's health system. The goal of the site is to help parents, kids, and teens take charge of their health.
- Keeping Fit & Having Fun resources: <https://kidshealth.org/en/kids/stay-healthy/fit/>

Sample Club Meeting Activities

★ ICEBREAKERS

Consider doing a quick icebreaker when new members join your club or as a way to get your meeting started.

- See *Exercise Your Name Game* instructions at go.osu.edu/4hhealthresources

★ ROLL CALL IDEAS

Work with your club secretary to do a healthy living roll call. Have each person answer one of the following after their name is called:

- Name your favorite sport you like to play.
- Name a type of physical activity.
- Name a benefit of being physically active.

★ DISPLAY/EXHIBIT

- Make a display about the importance of physical activity and share with your club.

★ PRESENTATION/DEMONSTRATION

- Demonstrate and lead members through examples of different types of physical activity: flexibility, aerobic, muscle building, and bone strengthening (see “Let’s Get Moving!” blog post on u.osu.edu/4hjournal/category/physical-fitness).

★ COMMUNITY SERVICE PROJECT

Work with your club’s community service officer to plan a community service project.

- Run or walk in a charity race.
- Organize group walks for your club or in your community.
- Clean up trails or walking paths in your community.
- If your community does not have places to walk, see if there is a place where you could establish walking paths.

★ GUEST SPEAKERS

Invite a guest speaker to speak about physical activity.

- Personal trainer
- Physical therapist
- Invite a yoga teacher to teach poses at a club meeting.

★ OTHER

- Work with your club’s recreation officer to plan an active game or dance.

Mental, Emotional, and Social Health

What Is Mental, Emotional, and Social Health?

Mental health is a very broad term referring to how people think, feel, and behave. Emotional health is being aware of your emotions and being able to manage and express them appropriately. Humans are social creatures, and social health is about forming and keeping positive relationships with others.

In general, being mentally, emotionally, and socially healthy means people are in control of their thoughts, feelings, and behaviors. Having good mental health doesn't mean that people never go through bad times. It means they have the tools to cope with life's challenges. They can keep problems in perspective and bounce back from setbacks. They feel good about themselves and have good relationships.

Why Is Mental, Social, and Emotional Health Important?

Ensuring the mental, emotional, and social wellness is important because it will determine how people handle stress, relate to others, and make choices. Positive mental, emotional, and social health is important because it allows people to do the following:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful connections to others and make contributions to their communities

Everyone can benefit from learning ways to maintain and improve mental, social, and emotional health. Reaching out to get help is not a sign of weakness.

Resource Links for Mental, Emotional, and Social Health

Ohio 4-H Mental Health Month (January 2021)

- In January 2021, the 4-H professionals on the Ohio 4-H Healthy Living Design Team created tip sheets and activity card featuring mental, emotional, and social health.
- **go.osu.edu/MentalHealthMonth**

Centers for Disease Control and Prevention

- The Centers for Disease Control and Prevention (CDC) is a federal government agency that conducts and supports health promotion, prevention, and preparedness activities with the goal of improving overall public health.
- Mental Health: **cdc.gov/mentalhealth/learn/index.htm**

HelpGuide

- HelpGuide's mission is to provide empowering, evidence-based information you can use to help yourself and your loved ones.
- *Building Better Mental Health:* **helpguide.org/articles/mental-health/building-better-mental-health.htm**

National Institutes of Health

- The National Institutes of Health are part of the U.S. Department of Health and Human Services. NIH's mission is to seek fundamental knowledge about the nature and behavior of living systems and the application of that knowledge to enhance health, lengthen life, and reduce illness and disability.
- *Emotional Wellness Toolkit:* **nih.gov/health-information/emotional-wellness-toolkit**

Sample Club Meeting Activities

★ ICEBREAKERS

Consider doing a quick icebreaker when new members join your club or as a way to get your meeting started. Icebreakers are a great way to get people to learn more about each other, which contributes to social health.

- “Human Scavenger Hunt”: Prepare a sheet with interesting get-to-know-you facts, such as has a pet, has lived in another state, has visited another country, plays on a sports team, plays a musical instrument, someone born in the same month as you, has flown on an airplane, has a younger sibling, etc. Once players find a “match,” they write the person’s name in the square. The object is to get names in all the squares (or if time is short, just a row, either across, down, or diagonally). Make your own card or use this site myfreebingocards.com/bingo-card-generator.
- “Choose a Side”: Pose a series of choices to participants and have them move to one side of the room or the other depending on their choice, for example:
 - ◇ Season: Summer or winter?
 - ◇ Ice cream flavor: Chocolate or vanilla?
 - ◇ Food: Pizza or tacos?
 - ◇ Location: Mountains or ocean?
 - ◇ Time of day: Morning or night?

★ ROLL CALL

Work with your club secretary to do a healthy living roll call. Have each person answer one of the following after their name is called:

- Name an emotion (no repeats!)
- Name a favorite (food, movie, TV show, song, etc.)
- Name something they are thankful for.

★ DISPLAY/EXHIBIT

- Make an exhibit about mental health myths vs. facts.
- Make a display showing the 8 dimensions of wellness (store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf).

★ PRESENTATION/DEMONSTRATION

- Demonstrate and lead members in guided relaxation, simple yoga poses, or breathing activities. Use “Just Breathe” and “Guided Relaxation” lesson plans from *Coping with COVID*.
- Lead members in the “Name the Emotion” lesson from *Coping with COVID*.
- *Coping with COVID: Lesson Plans for Mental, Emotional, and Social Health* curriculum. Go to the 4-H website at go.osu.edu/CopingWithCovid to have the lesson emailed to you.

★ COMMUNITY SERVICE PROJECT

- Work with your club’s community service officer to plan a community service project.
- Make cards to show appreciation for service members, veterans, residents of care facilities, or essential workers.
- In addition to cards, prepare self-care kits with items such as tea bags, hot cocoa packets, and markers and coloring sheets.

★ GUEST SPEAKERS

Invite a guest speaker to speak to your group, for example:

- School counselor
- Yoga instructor

Safety and Injury Prevention

What Is Injury Prevention?

Injury prevention is an effort to prevent or reduce harm to your body before it occurs. Injuries can be prevented by studying factors that increase or decrease risk for injury, and then taking steps to carry out prevention plans. As a club officer you can help make your community aware of ways to prevent injury.

Why Is Injury Prevention Important?

By making safety a priority, you greatly reduce your change of injuries. According to the **Centers for Disease Control and Prevention**, unintentional injury is the leading cause of death for children and adults between the ages of 1 and 44 in the United States. Injuries may happen when participating in everyday activities such as playing, crossing the street, bike riding, playing sports, and riding in a car. Some causes of injuries include falls, bites or stings, being struck by an object, overexertion, and burns. Some injuries can result in disability or death; the most common type of fatal accidents involve motor vehicle accidents, poisoning, and firearms.

Resource Links for Injury Prevention

American Academy of Pediatrics **aap.org**

- The American Academy of Pediatrics is a professional organization of pediatricians committed to the optimal physical, mental, and social health and well-being of young people.
- The organization has resources on topics such as swim safety.

Centers for Disease Control and Prevention – **cdc.gov/injury**

- The Centers for Disease Control and Prevention is a federal government agency that conducts and supports health promotion, prevention, and preparedness activities with the goal of improving overall public health.
- Child Injury Prevention - **cdc.gov/safechild/**

Ohio State University Agricultural Safety and Health Program **agsafety.osu.edu**

- The Agricultural Safety and Health program at The Ohio State University in the Department of Food, Agricultural and Biological Engineering is a nationally recognized center of excellence for educational extension programming and agricultural safety and health research. **agsafety.osu.edu/resources**

Prevent Child Injury - **preventchildinjury.org/**

- Prevent Child Injury is a coalition of researchers, educators, and public health professionals that raises awareness of child safety issues.

Sample Club Meeting Activities

★ ICEBREAKER

Consider doing a quick icebreaker when new members join your club or as a way to get your meeting started.

- “Give Me Five”: Have the participants write down five things related to the topic, such as:
 - ◇ Items that should be in a first-aid kit
 - ◇ Ways to keep your home safe

Keep an ongoing list to record all the answers. See how many the group can come up with.

★ ROLL CALL IDEAS

Work with your club secretary to do a healthy living roll call. Have each person answer one of the following after their name is called:

- Name an activity that you should wear a helmet while doing.
- Name a safe place to go in a tornado or severe storm.
- Where is the first aid kit located in your home?
- How many fire detectors are in your home?
- Name a piece of sports equipment besides a helmet that helps keep you safe.
- Did everyone in your car wear their seatbelt on the way to today’s meeting?

★ DISPLAY/EXHIBIT

- Create a display of the “10 Ways to Reduce Injury” (see the Centers for Disease Control and Prevention [cdc.gov/homeandrecreationalafety/](https://www.cdc.gov/homeandrecreationalafety/)).
- Making an emergency kit (See American Red Cross [redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html)).

★ PRESENTATION/DEMONSTRATION

- Demonstrate the correct way to wear a bicycle helmet (Cleveland Clinic my.clevelandclinic.org/health/articles/4374-bicycle-helmet-safety).

★ COMMUNITY SERVICE PROJECT

Work with your club’s community service officer to plan a community service project.

- Organize a bicycle safety clinic.
- Find out if your community has a Safety Town program and volunteer to be part of it. nationalsafetytown.com/

★ GUEST SPEAKERS

Invite a guest speaker to speak to your group, for example:

- American Automobile Association (AAA) – driver and passenger vehicle safety
- A 4-H member who is involved in CARTEENS
- County Health Department
- American Red Cross

Prevention of Tobacco, Alcohol, and Other Drug Use

What Is Prevention of Tobacco, Alcohol, and Other Drug Use?

Tobacco, alcohol, and other drugs are grouped together under the larger category of substances. Drugs may be legal or illegal. Some substances, like tobacco and alcohol, are legal, but there are laws restricting at what age they can be purchased. Drugs are chemicals that change the way a person's body works. Prescription drugs, which a doctor prescribes in a specific amount, for a specific time, and for a specific purpose, may be misused. That is, a drug may be taken in greater amounts, for longer periods of time, for a purpose other than what it's prescribed for or by someone besides the person it was prescribed for. Other drugs are illegal. It is against the law to have or sell illegal drugs.

What is prevention of tobacco, alcohol, and other drugs important?

Substance use has become a widespread problem in the U.S. Using and misusing substances such as tobacco, alcohol, and other drugs poses a significant health threat. Tobacco use and smoking do damage to nearly every organ in the body. Excessive alcohol and drug use have immediate problems, including overdose, and can increase a person's risk of developing serious health problems in the future. Tobacco, alcohol, and other drugs are addictive. Addiction means that someone becomes dependent on or craves something all the time. The person's body becomes used to the drug and can't function well without it. Often, a person needs to have more of the drug to have the same effect.

Sometimes people don't want to talk about topics like tobacco, alcohol, and drugs. However, having the facts is important. The more you know about the risks of using tobacco, alcohol, and other drugs, including prescription drugs, the better able you will be to make smart choices. Use of these substances often begins in the teen years. The best advice is – don't start!

It's not uncommon for young people to want to impress their friends or to feel pressure from their peers to behave a certain way or to do things that are "cool." Even when young people know the dangers of substance use, they may think "It can't happen to me." Making good decisions about substance use can prevent serious problems and dangerous situations. Learning how to resist this pressure can be hard, so being prepared to face it can be a good first step.

Most everyone at some point in their lives feels stressed and goes through difficult times. Some people believe they can manage their stress and feel better by using alcohol or taking drugs. The reality is that drugs don't fix the problems that are causing the stress in the first place. Using these substances then creates more problems.

It's hard to watch friends make bad choices. It's also hard to get involved and start a conversation with them about their behavior. If you have some knowledge about tobacco, alcohol, and drugs, you might be able to help someone get help.

Resource Links for Tobacco, Alcohol, and Other Drugs

American Academy of Pediatrics: aap.org

- The American Academy of Pediatrics is a professional organization of pediatricians committed to the optimal physical, mental, and social health and well-being of young people.
- Substance Use: healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/For-Kids-Teens-Tobacco-Education-Resources.aspx

Food and Drug Administration

- The Food and Drug Administration (FDA) is a federal agency of the Department of Health and Human Services. The FDA is responsible for protecting public health by ensuring the safety of drugs, vaccines, medical devices, tobacco, food, cosmetics, and products that emit radiation.
- The Real Cost Campaign is the FDA's tobacco prevention campaign. It features resources for smoking, e-cigarettes, and smokeless tobacco. fda.gov/tobacco-products/public-health-education-campaigns/real-cost-campaign
- Safe medication disposal fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm

Generation Rx

- Generation Rx is run by the Ohio State University College of Pharmacy and deals specifically with medication safety. It has activities appropriate for children and teens.
- generationrx.org

Kids Health

- This site is sponsored by Nemours, a nonprofit children's health system. The goal of the site is to help parents, kids, and teens take charge of their health.
- What You Need to Know About Drugs: kidshealth.org/en/kids/know-drugs.html

NIDA for Teens (National Institute on Drug Abuse)

- The National Institute on Drug Abuse is a federal government agency whose mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health. NIDA for Teens is targeted to adolescents ages 11 to 15 (and their parents and teachers) so they will be armed with better information to be make healthy decisions.
- Drug facts, how drugs affect the brain and body: teens.drugabuse.gov/drug-facts/tobacco-nicotine-e-cigarettes
- Games that explore what happens to the brain and body when drugs are used: teens.drugabuse.gov/games
- Mind Over Matter fact sheets: teens.drugabuse.gov/teachers/mind-matters
- Resisting peer pressure: teens.drugabuse.gov/blog/post/resisting-peer-pressure

Sample Club Meeting Activities

★ ICEBREAKERS

Consider doing a quick icebreaker when new members join your club or as a way to get your meeting started.

- “What If?”: Pose a series of choices; ask participants to predict what will happen. Adjust scenarios to the age of the group. For example,
 - ◇ What do you predict will happen if you watch TV instead of working on your homework?
 - ◇ What do you predict will happen if you talk to a new student at your school?
 - ◇ What do you predict will happen if you don’t do your chores?
 - ◇ What do you predict will happen if you forget to feed your pet?
- “Creative Challenge”: Give participants 2 minutes to list as many uses as possible for an everyday object such as a blanket, a chair, or a spoon. When time is up, ask them to share, and then create one large list. See how many uses participants identify and how unusual they are.

★ ROLL CALL IDEAS

Work with your club secretary to do a healthy living roll call. Have each person answer one of the following after their name is called:

- Share a good choice they made today.
- Share a way they can help a friend.
- Share a way they can resist peer pressure.

★ DISPLAY/EXHIBIT

- How to store medications safely
- How drugs affect the brain
- Health effects of tobacco
- Health effects of vaping

★ PRESENTATION/DEMONSTRATION

- Do a skit that demonstrates refusal skills (skills to avoid participating in high-risk behaviors). Here are some examples:
 - ◇ Alice Aycock Poe Center for Health Education: poehealth.org/wp-content/uploads/2018/04/RefusalSkills_WEBPDF-1.pdf
 - ◇ National Institute on Alcohol Abuse and Alcoholism Rethinking Drinking: rethinkingdrinking.niaaa.nih.gov/tools/Interactive-worksheets-and-more/Stay-in-control/drink-Refusal-Skills.aspx
 - ◇ High School Weekend with Refusal Skills (Deschutes County, Oregon): [youtube.com/watch?v=BG1eHgJbQXs](https://www.youtube.com/watch?v=BG1eHgJbQXs)
 - ◇ Middle School Lunch with Refusal Skills (Deschutes County, Oregon): [youtube.com/watch?v=NwdXFPsI500](https://www.youtube.com/watch?v=NwdXFPsI500)
- The Generation Rx Elementary Student Toolkit has a PowerPoint for a medication safety game “Medication Safety: Good Choice or Bad Choice?” generationrx.org/toolkits/elementary/

★ COMMUNITY SERVICE PROJECT

Work with your club’s community service officer to plan a community service project.

- Find out if your community has a prescription drug disposal collection site.
 - ◇ In Ohio, check this website for drug disposal resources: pharmacy.ohio.gov/Pubs/DrugDisposalResources.aspx.
 - ◇ There are two national drug take-back days, one in April and one in October. Check this website to find out details: deadiversion.usdoj.gov/drug_disposal/takeback/
- Participate in National Drug and Alcohol Facts Week teens.drugabuse.gov/national-drug-alcohol-facts-week

★ GUEST SPEAKERS

- Pharmacist
- City or county health department
- Substance abuse counselor



I pledge
My **head** to clearer thinking,
My **heart** to greater loyalty,
My **hands** to larger service, and
My **health** to better living,
For my club, my community,
my country, and my world.

ohio4h.org

Want to know more about 4-H? Find your local program at **4-h.org/find**.

This publication and other officer resources can be found at **ohio4h.org/officerresources**. For other Ohio State University Extension, 4-H Youth Development publications, contact your local OSU Extension office or purchase online at **extensionpubs.osu.edu**. Ohio residents get the best price when they order and pick up their purchases through local Extension offices.