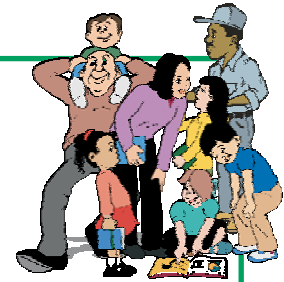




4-H for Families



“4-H Teaches Commitment”

Commitment is an act of connecting and trusting. For families, this means that they place a high priority on spending time together and are dedicated to the well being of their family. It means trusting one another, being honest, dependable and faithful. It also means sharing.

making your family strong means helping everyone learn the values of life. Families often feel so committed that they do acts that don't show character. Commitment in its purest form means family members displaying good character and making good choices when it comes to their family.

The benefits of long-term commitment are considerable. If families can work to be committed to one another, they can count on each other, have a safe place to think through choices and have help in making decisions that keep with their values. Family commitment is also the key to developing the memories that last a lifetime. When families are committed, they spend time together and make memories.

4-H works to build in its members and their families commitment by encouraging them to complete their projects, meet deadlines and follow through on responsibilities.

Maintaining strong family commitment is not easy. Demands of all kinds pull us away from our family. Making family a priority and sticking to it takes work. After all, it is a commitment!

The commitment 4-H teaches enables members to grow into committed adults. It must be remembered that everyone can be committed to something. To build a strong family, the commitment needs to be to your family. 4-H allows families to be a part of the program together, enabling the family to come first because you are spending time with each other.

4-H works to help families build commitment. Projects enable families to work and spend time together. 4-H families credit the 4-H program for building lasting memories. Commitment to the family is key because memories are made when the family is spending time together.

Commitment takes work. The 4-H program works to teach commitment as well as encourages family commitment by helping families achieve one of the six qualities of a strong family.

Information adapted from the UNL for Families web site:
<http://unlforfamilies.unl.edu/>

4-H Club/Family Discussion Topics:

4-H allows families to learn together, play together and win or lose together. Families must realize that all of these issues center around the commitment to helping children grow. This should not be manipulated in any way. Commitment to

- Name a personal goal.
- Tell about a special project you did with your family.
- I'm going to finish _____ before county fair.
- I joined 4-H because ...

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Examples of 4-H Projects and/or Activities that Teach Commitment:

- “The Sitter”
- “The Child Development Series”
- Animal Projects
- Forestry
- Wildlife
- Horticulture

Things a 4-H Club Might Do:

- Create a Commitment Clover.
- Draw a clover on a piece of paper.
Draw symbols on the clover that represent the commitments you have made to 4-H and your family.
- Examples: A book – complete your record books; Trash can – participate in the highway pick-up projects. Pop Top – save pop tops for the Ronald McDonald house.
- Make a club job chart/program.
- As a club, you might divide the club responsibilities: pledge leader, recreation leader, refreshments, program leader, etc.

- Visit with your 4-H leader, grandmother, or other relative who has been with 4-H a long time. Ask them questions: Why did you join 4-H? What did you learn from 4-H? Why did you stay in 4-H? Do you use what you learned in 4-H today?

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Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.