Update on Healthy Living

September 4, 2014

The 4-H Youth Development Program is the youth outreach program from the Land Grant Universities, Cooperative Extension Services, and the United States Department of Agriculture. The 4-H Name & Emblem is intended to represent the ideals of the program with its focus on Head, Heart, Hands, and Health. Today, it is one of the best-known and most valued images emblematic of more than a century of 4-H achievement.

4-H Headquarters Mission
Advancing research-based youth development and 4-H through the science of engagement, learning and change to create a better future for the nation and the world.

4-H Vision
A world in which youth and adults learn, grow, and work together as catalysts for positive change.

Learn more about the overall 4-H Youth Development Program at: www.4-H.org.

September is National Suicide Prevention Month

Professional Development & Training Resources

National 4-H Healthy Living Curriculum Products
- Bullying Prevention
  Buy

Tip Card Addresses Law Enforcement Responses to Cyberbullying
The International Association of Chiefs of Police (IACP) and the National Center for Missing & Exploited Children (NCMEC) have released "Preparing and Responding to Cyberbullying: Tips for Law Enforcement." This tip card, supported by OJJDP, provides more than 20 recommendations to help law enforcement address and investigate cyberbullying in their communities. This resource highlights information from experts in the fields of law enforcement, youth trauma, mental health, computer crimes, victim services, and education. The tip card is available in English and Spanish. View to download the tip.
Learn more about the national initiatives to address bullying and access resources for bullying prevention. Access NCMEC resources for law enforcement. Reducing the risk of youth suicide requires making positive changes. To help make it easier for schools to prevent, assess, intervene in, and respond to suicidal behavior, The Trevor Project has collaborated with the American Foundation for Suicide Prevention, the American School Counselor Association, and the National Association of School Psychologists to create a Model School District Policy for Suicide Prevention. This modular, adaptable document will help educators and school administrators implement comprehensive suicide prevention policies in communities nationwide. Download our fact sheet and full policy today – by adopting or advocating for this model policy in your school district, you can help protect the health and safety of all students. Click here for the school policy.

**Preventing Suicide: A Toolkit for High Schools**
Assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. Includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students.

**Funding Resources**

Applications are now available for new board members for the State Farm Youth Advisory Board (YAB). This is an incredible opportunity for a young person to grow as a leader, help out their communities, and network with a diverse group of 28 youth, ages 17-20, from across the U.S! The YAB board is responsible for granting $5 million dollars in service-learning and community impact grants that seek to solve important domestic issues. As a member of the YAB, students will be provided an amazing personal developmental opportunity, as well as being able to make a long-lasting impact in communities they care about and provide solutions to today's pertinent issues. Students can apply now by clicking here. The application deadline is Oct. 3, 2014 at 5 PM (CST).

**Interesting Links**

**Eat & Move-O-Matic** - a downloadable app to measure calories in and calories out of the body
http://nifa-connect.nifa.usda.gov/p4pspmccd9/

**FoodCorps** - a national service organization that places emerging leaders into limited resource schools for a year of service improving healthy food education and access for America's children
http://nifa-connect.nifa.usda.gov/p5mehxhytz/

**Courage to Care** - a nine lesson program designed to be taught weekly that is applicable to a variety of environments which includes school classrooms, 4-h Clubs, after school programs, other youth programs, and residential programs
http://nifa-connect.nifa.usda.gov/p8y7ozjgcof/

**Healthy Weight Commitment Foundation** - serves as a catalyst for over 200 organizations to help families and schools fight obesity
http://nifa-connect.nifa.usda.gov/p2u3iy43fp/
Healthy Kids Out of School — works with some of the country's leading out-of-school-time programs including 4-H, Girl Scouts, Pop Warner and YMCA to promote three principles for healthy programs:
1. Drink Right: Choose water instead of sugar sweetened beverages
2. Move More: Boost movement and physical activity in all programs
3. Snack Smart: Fuel up on Fruits and Vegetables
http://nifa-connect.nifa.usda.gov/p2oriqmbdmbn/

Steps to a Healthy Teen — helps youth develop skills and knowledge in physical education and nutrition
https://nationalfourhcouncil.adobeconnect.com/_a701077731/p3z93c5muzd/?launcher=false&fcsContent=true&pbMode=normal

Understanding Adolescent Brain Development
Part 1:
https://connect.extension.iastate.edu/p7s159j4yi3/?launcher=false&fcsContent=true&pbMode=normal
Part 2:
https://connect.extension.iastate.edu/p69fyn3bcub/?launcher=false&fcsContent=true&pbMode=normal

GENIE: Your Nutrition Education Wishes Have Been Granted can be found at:
http://www.eatright.org/Foundation/content.aspx?id=6442478708. You can email questions to: Kidseatright@eatright.org.

Help Prevent Cyberbullying with the KnowBullying App by SAMHSA

KnowBullying by SAMHSA is a free app that can help parents and caregivers start a conversation with their children about school, work, relationships, life, and bullying. Download the app.

Two-thirds of US Teens With Mental Health Problems Get Counseling
About 70 percent of U.S. teens who have serious emotional or behavioral difficulties receive mental health services that don't involve taking medications, such as counseling, according to a new report from the Centers for Disease Control and Prevention.

Your Digital Life: Stop Cyberbullying Before It Starts
When it comes to cyberbullying, parents need to be both vigilant and resourceful.

StopBullying.gov Launches Spanish Site

Stopbullying.gov Launches it's Very First Infographic

The Update on Healthy Living is intended to provide useful information to colleagues in the land-grant university system, Cooperative Extension, and stakeholder organizations. If you have any questions and/or concerns about the update, please contact: bjohnson@nifa.usda.gov.