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](http://www.4-H.org).

October’s Focus is on Bullying Prevention and Substance Abuse Prevention
October is a busy month! It is National Substance Abuse Prevention Month and we are assisting the White House Office of National Drug Control Policy (ONDCP) in getting the word out about the dangers of drug use on academic achievement. The theme for Prevention Month is "Prevent. Achieve. Succeed". ONDCP has posted a blog on their website that provides information on activities including a Twitter chat. Please share the link to the [ONDCP Prevention Month Website](http://go.usa.gov/v849) on your webpage and with educators and volunteers in your states. Thank you for your help in getting the word out about Prevention Month.

**General Awareness Month Promotion and Hashtag:**
**Facebook:** October is Bullying Prevention Awareness Month! Read more about how you can get involved with efforts to stop bullying every day of the year: [http://go.usa.gov/v849](http://go.usa.gov/v849). Share your stories with #StopBullying365
**Twitter:** It’s Bullying Prevention Awareness Month! Check out these resources to #StopBullying365 [http://go.usa.gov/v849](http://go.usa.gov/v849)

**KnowBullying App:**
**Facebook:** Start a conversation with your child that can help prevent bullying. The KnowBullying app by
SAMHSA has tips to help you talk about school, work, relationships, life, and bullying. Download KnowBullying at [http://1.usa.gov/1sAeJPH](http://1.usa.gov/1sAeJPH) #StopBullying365

**Twitter:** Start a convo with your child to help prevent #bullying. Download @samhsagov's KnowBullying app & #StopBullying365! [http://1.usa.gov/1skjof](http://1.usa.gov/1skjof)

**NASA Video:**

**Facebook:** NASA Astronaut Scott Kelly is about to spend a year on the International Space Station. Click here to hear how he feels about bullying. [http://bit.ly/1nMmjZg](http://bit.ly/1nMmjZg) #StopBullying365

**Twitter:** In his own words: Astronaut Scott Kelly @StationCDRKelly speaks on bullying [http://bit.ly/1nMmjZg](http://bit.ly/1nMmjZg). #StopBullying365

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**Professional Development & Training Resources**

**National 4-H Healthy Living Curriculum Products**
- Bullying Prevention
  - [Buy](http://nifa-connect.nifa.usda.gov/p4pshpmccd9/)
- Child Dev.
  - [Buy](http://nifa-connect.nifa.usda.gov/p4pshpmccd9/) | [Online](http://nifa-connect.nifa.usda.gov/p4pshpmccd9/)
- Health Rocks!®
  - [Buy](http://nifa-connect.nifa.usda.gov/p4pshpmccd9/)

**Interesting Links**


- **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/](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/](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/p2u35iy43fp/](http://nifa-connect.nifa.usda.gov/p2u35iy43fp/)

- **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

- **Steps to a Healthy Teen**-helps youth develop skills and knowledge in physical education and nutrition [https://nationalfourhcouncil.adobeconnect.com/_a701077731/p3z93c5muze/?launcher=false&fcsContent=true&pbMode=normal](https://nationalfourhcouncil.adobeconnect.com/_a701077731/p3z93c5muze/?launcher=false&fcsContent=true&pbMode=normal)
U.S. Department of Education Awards More Than $14.7 Million in Elementary and Secondary School Counseling Grants

The U.S. Department of Education awarded more than $14.7 million to 40 schools districts in 20 states across the country to establish or expand counseling programs. Grantees will use funds to support counseling programs in elementary and secondary schools. Specifically, the new awards will aid schools in hiring qualified mental-health professionals with the goal of expanding the range, availability, quantity and quality of counseling services. Parents of participating students will have input in the design and implementation of counseling services supported by these grants.

“School-based counseling programs are a wonderful resource for students whose families may not be able to take advantage of outside services or programs,” U.S. Secretary of Education Arne Duncan said. “These grants will allow school districts to hire more professionals and provide additional services to those students who are struggling with mental-health and emotional issues, and their families.”

Grantees also will use funds to help increase the number of available and qualified counselors based on a school’s student population. Research shows that having adequate counseling services can help reduce the number of disciplinary referrals in schools, improve student attendance and academic performance and enhance development of social skills. Funds also may be used to support parental involvement, counselor and teacher professional development, and collaboration with community-based organizations that provide mental health and other services to students. For more information on the Elementary and Secondary School Counseling grants program, including project abstracts, visit: http://www2.ed.gov/programs/elseccounseling/index.html.

Get Smart About Drugs

The Drug Enforcement Administration (DEA) announces the launch of the all new GetSmartAboutDrugs.com, the website for parents, educators, and caregivers. Originally launched in 2008, the website has updated drug information, resources and is totally redesigned for easier navigation. To learn about marijuana use and drugged driving; how to identify drug paraphernalia; why spice/K2 is a serious drug trend; how your school can be involved in Red Ribbon Week and more, please visit the website at www.getsmartaboutdrugs.com.

Frequent Marijuana Use in Teens and Young Adults Can Affect the Brain: Study

Using marijuana at least once a week can lead to cognitive decline, poor attention and memory and decreased IQ in teens and young adults, according to researchers at the American Psychological Association annual meeting. Krista Lisdahl, Director of the Brain Imaging and Neuropsychology Lab at the University of Wisconsin-Milwaukee, noted that 6.5 percent of high school seniors reported smoking marijuana daily, up from 2.4 percent in 1993. Among young adults ages 18 to 25, almost one-third said they had used marijuana in the last month, Lisdahl noted in a news release. She said a 2012 study found people who have become addicted to marijuana can lose an average of six IQ points by adulthood.

“It needs to be emphasized that regular cannabis use, defined here as once a week, is not safe and may result in addiction and neurocognitive damage, especially in youth,” Lisdahl wrote in a study she co-authored in the journal Current Addiction Reports. Lisdahl noted that brain imaging studies of regular marijuana users have shown significant changes in their brain structure, especially among teenagers. USA Today reports Lisdahl said abnormalities in the brain’s gray matter, which is associated with intelligence, have been found in 16- to 19-year-olds who increased their marijuana use in the past year.
A study of more than 17,000 teenagers in Montana, co-authored by Bettina Friese of the Pacific Institute for Research and Evaluation in California, found people’s acceptance of legalized medical marijuana use appears to have an effect on teens' perception of the drug's risks. The study found marijuana smoking was more common in counties where larger numbers of people had voted to legalize medical marijuana in 2004. “People don’t perceive it as a very harmful substance, and these community norms translate to teens,” Friese said. “From the teen study, they do reference legalization: ‘If it was that bad a drug, they wouldn’t be trying to legalize it.’

Verbal and physical bullying decrease as children age but cyberbullying increases
As students' age they are verbally and physically bullied less but cyberbullied more, non-native English speakers are not bullied more often than native English speakers and bullying increases as students' transition from elementary to middle school. Those are among the findings of a wide-ranging paper, "Examination of the Change in Latent Statuses in Bullying Behaviors Across Time," recently published in the journal School Psychology Quarterly. The paper is based on data about bullying victimization and perpetration obtained from 1,180 fifth- through eighth-grade students over three semesters at schools in a mid-western city in the United States. The paper is unique in that it captures data about bullies and bully victims over time using latent transition analysis, a person-centered approach that classifies different subgroups and traces the changes in membership over time. Previous approaches have assumed bully and bully victim subgroups remain constant over time. The subgroups created by the researchers focus on the amount students bully or are bullied and the type of bullying. The researchers also studied variables such as gender, grade and whether students were native English speakers. To access "Examination of the Change in Latent Statuses in Bullying Behaviors Across Time," published in School Psychology Quarterly, click here.

Teens Who Feel Less Favored By Parents More Likely to Use Drugs, Alcohol: Study
Teens who feel their parents favor their siblings over them are more likely to use alcohol, drugs and tobacco, a new study finds. “There’s this cultural perception that you need to treat your children the same, or at least fairly,” lead researcher Alex Jensen of Brigham Young University told NPR. “But if kids perceive that it’s not fair, that’s when issues start to arise.” The researchers studied 282 teenage sibling pairs, ages 12 to 17. He asked each participant how their parents treated their children overall, whether any sibling was favored, and how the family functioned. They found an association between feeling less favored and substance abuse. Teens were more likely to abuse substances if they felt less favored and were in a family that was not particularly close. The more they felt slighted, the more likely they were to use alcohol, drugs or tobacco. Teens in these disengaged families who felt less favored were almost twice as likely to use alcohol, cigarettes or drugs. If the preferential treatment was perceived to be extreme, the less favored child was 3.5 times more likely to use any of these substances, the researchers found. In families in which members were more engaged with one another, teens who felt less favored were less likely to abuse substances. “It's not just how you treat them differently, but how your kids perceive it,” Jensen said in a news release. “Even in the case where the parents treated them differently, those actual differences weren’t linked to substance use – it was the perception.” The study appears in the Journal of Family Psychology. Jensen advises parents to try to minimize any bad effects of perceived favoritism. “See them as individuals and love them for who they are. Show them how you love them. Hopefully you do, but try to communicate that love.”