WHERE TO START?

HELPING KIDS DEAL WITH BULLIES IN PERSON AND ONLINE.

Everyday thousands of youth wake up afraid to go to school or afraid to answer their text messages or check email. Bullying is a problem that affects millions of students, and has everyone worried.

Bullying is when a person is picked on over and over again by an individual or group who thinks they have more power in either terms of strength or social standing. Bullies pick on people they think don’t fit in, maybe because of how they look, how they act, race or religion, or many other reasons. Some bullies attack their targets physically, which can mean anything from shoving or tripping to punching or hitting. Others use psychological control or verbal insults to put themselves in charge.

“Cyber Bullying” is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or cell phones. The popularity of instant messaging, email, webpage’s, and blogging means kids are a target 24 hours per day, seven days a week.

Teachers, leaders and adults need to be aware of the rising trend of cyber bullying as many incidents turn into face to face encounters, self harm, or even death. Share with youth these following tips to help prevent and stop bullying: Tell a trusted adult and keep telling them until they take action. Never open, read or respond to messages from cyber bullies and do not erase the messages. They may be needed to take action. If bullied through chat or instant messaging, the bully can often be blocked, and finally if you are threaten with harm, call the police.

Looking for somewhere to start with Bully Education? Check out a clip called “Bully Dance.” This short video created from Bully Frog Films and can be located online at www.youtube.com and search Bully Dance. This is a non verbal program that deals with conflict resolution, shows a bully situation and no one stops that dance until serious harm is done. It compels viewers to take stock of their actions and find ways to end peer abuse.

Inside this issue:
- Teen Leadership in 4-H Clubs
- Sew, What’s New?
- Dive Into Health Snacks
- Simple Tips for Showing Swine
- CASNR at UNL

Special points of interest:
- Teen leaders can be a great addition to your 4-H Club. Have you utilized your teen talent?
- Sewing can be simple with these tips and tricks!
- How can you help your 4-H’ers show swine successfully at the Nebraska State Fair?
Providing an opportunity for teens in your 4-H program/club to teach younger 4-H’ers can be beneficial to both the children whom they teach and the teens themselves. The younger children who are taught by teens benefit as they learn from positive role models. There are several reasons why teens are viewed as effective teachers of younger 4-H’ers.

1) Teens are likely to do the activities along with the younger 4-H’ers as opposed to merely talking about them or directing the children to do them.

2) Teens relate well to children. Teens have common bonds with younger children that adults lack as both age groups are still in school and doing school activities. Teens are better able than adults to communicate with children through talking, listening, and nonverbal cues.

3) Teens are valued by children. Teens are seen as a “magnet” for children. Young children generally like teens and want to be with them. The younger children look up to the teens and think they are “cool.”

4) Teens’ approach is positive, optimistic, and certain. Teens generally are motivated and find a way to get things done and make learning fun!

5) Teens are less likely to restrain children. Teens do not feel responsible for discipline or the overall outcome of the program. It is a role that adults need to provide within the 4-H setting.

Teenagers can be extremely effective teachers of younger children. Teens benefit as they learn leadership skills, gain self-confidence, and a sense of accomplishment.

Younger 4-H members gain from having positive, fun teenage role models. The community benefits because teens as teachers help create a culture of cooperation, caring, and mutual respect. These positive outcomes do not magically occur.

Essential elements to having successful teens as teachers within your 4-H club/program include:

* Dedicated adults who support the teens
* Active teen recruitment
* Strong curriculum
* Training before and during the program for the teens
* Attention to details as adults need to provide basic needs such as food, transportation, and safety for the teens
* Recognition and reward for the teens’ hard work
* Team building where teens feel they have positive peer support networks
* Setting up teens for success, and
* Providing feedback and evaluation right after the teaching experience.

It does take a lot of work by adult leaders to make teens as teachers of younger 4-H’ers successful, but the benefits to the youth and community outweigh all the work involved. Take time to plan how teens in your 4-H club/program can be effective teachers of younger children.
Welcome to the world of sewing! What an exciting and fun place to be. Did you know that children who sew achieve a sense of accomplishment, increase their creativity, enhance their problem-solving abilities, develop perseverance and improve their qualitative thinking, according to a Penn State University study. These are life skills that build self-confidence and prepare children for further success in the workplace and life.

Sewing opens up a world of opportunities and possibilities for expressing your creative side. There is nothing more wonderful than the feeling of pride you get when you create something yourself. Whether sewing for practical reasons, or as an art form, it should be a rewarding, positive experience.

Sewing can be intimidating, but a little knowledge can turn someone who doesn’t sew into someone who does. With basic sewing supplies and simple hand stitches, you can mend a seam, hem pants, and sew on a button. Add a sewing machine (that doesn’t have to cost a fortune), and you can sew garments and accessories, make home accessories, and more. There are many directions to go with your sewing skills.

These resources will help you make it yourself and have something that is truly unique. Proper equipment and instruction is the key to success.

DO YOU KNOW NOTIONS?

Sewing Kit  Start with these essentials, and add specialized supplies as needed.

Thread - black & white are essential; extra-thin thread on fine fabrics, heavy-duty on thick fabrics

Needles - machine and hand-sewing - various lengths and sizes, sharps are best for most stitching and mending, ball points should be used on knits

Scissors for snipping and dressmaker’s shears for cutting (7” is good)

Pins, pin cushion and pin holder
Tape measure
Seam gauge
Seam ripper (this is a “must have”). Other helpful items are safety pins, buttons, marking pens and/or tailor’s chalk, patches or iron-on tape, thimble, needle threader, fray check, beeswax (a coating keeps thread from tangling when hand sewing)

Iron and ironing board
Sewing machine at home, borrowed, or at instructor’s home, etc.

4-H manuals and Extension materials at your Extension Office

Let’s Sew, A Beginner’s Sewing Guide, by Nancy Zieman, is an excellent resource; order from National 4-H Council

Adult helper

On-line help - tutorials, videos, live chats, FAQ sites, free patterns

Meeting In A Bag, “Sewing Tools and Equipment”, available at Extension Office

Websites (no endorsement intended)

http://powersewing.com
http://fabriclink.com
http://www.childrensuniversity.manchester.ac.uk/
http://cyberseams.com
http://epilogsys.com/scoutingweb/Program/Sewing.htm
http://www.craftandfabriclinks.com
http://www.regalfabrics.com/glossary.php
http://www.lilyabello.com/sewdir.htm
http://www.sewingweb.com/links

Relax, get ready, SEW! The creative, therapeutic and calming effects of sewing are joys that you can celebrate throughout the years.
Getting youth excited about making healthy snacking choices can sometimes feel daunting. However, snacks are an important part of our diet and should be eaten every day. They help keep our energy levels up during the day, provide our bodies with important vitamins and minerals, and help us from getting too hungry and overeating at mealtimes. It is possible to make fruits, vegetables, lean protein, low fat dairy products and whole grains appealing to youth.

LET THEM BE CHOOSEY

Provide youth with reasonable and nutritious choices.

Take a Dip

Youth love anything they can dip! A baggie full of carrot and celery sticks or cucumber and bell pepper slices will disappear like magic if there’s a tub of dip to go with them. Sliced fruit takes on a whole new appeal as well when it’s accompanied by a sweet, creamy dip. Good fruit dips include flavored yogurt, applesauce, and low fat sour cream sweetened with honey or brown sugar.

Be Constructive

Let kids construct their own snacks such as fruit kabobs or mini pizzas on half an English muffin, a whole pita, or tortilla as the crust.

FREEZE!

We usually equate frozen snacks with special treats, like popsicles and ice cream. Take advantage of the association. Frozen grapes contain plenty of vitamins and fiber. Peel frozen bananas, then roll the frozen fruit in chocolate syrup and chopped nuts. Turn any combination of frozen fruit, milk, yogurt, juice, and ice into a delicious, nutritious milkshake.

Substitute

Even traditional desserts can become healthy, well-balanced snacks. Make cookies and muffins with applesauce in the place of some of the fat, and add oats, dried fruit, nuts, and whole wheat flour.

Top a big, fluffy slice of angel food cake with fresh fruit to add vitamins and fiber, or cut it into cubes for dipping into fruit-flavored yogurt for an extra dose of calcium.

Watch your youth dive into this healthy snack at your next meeting.

Fish in a Pond

½ cup low-fat cream cheese or cheese spread
Fish-shaped crackers
4 celery ribs, stems removed

Scoop the cream cheese into a bowl. Tint the cream cheese with blue food coloring to make it look like a pond. Place the goldfish in a separate bowl or surround the “pond” with them. Let the kids dip the celery sticks into the cheese, then into the bowl of crackers to “catch” a fish. Serves 2.
The new facilities at the Nebraska State Fair in Grand Island offer 4-H’ers a great opportunity to participate as swine exhibitors. Here are some simple tips and reminders to help make 4-H’ers experiences as good as possible.

First, it is important that when 4-H parents and youth fill out their swine ownership affidavits that they make SURE they write down the ear notches exactly as they are on the pig. The easiest way to do this is to stand behind the pig, that way the pig’s right ear is on your right side, and left ear is on your left. Doing this helps avoid the problem of switched ear notches on the sheets. Also, when filling out the affidavit, DRAW the notches on the sheet and WRITE in the universal numbers. If you draw in the notches that helps us make sure it is the same pig, even if you incorrectly added up the universal numbers. If you are unsure of notches, PLEASE have someone double check them before turning in the affidavits. For more information about notching pigs for Nebraska 4-H, go to the following NebGuide on the Web at the extension.unl.edu/publication website or: Proper Way to Ear Notch Pigs (G1880)
http://elkhorn.unl.edu/epublic/pages/publicationD.jsp?publicationId=1056

Second, youth and adults often wonder what pigs they can show at the Nebraska State Fair. The answer is any pig listed on their affidavit sheet, as long as a DNA sample was submitted by the deadline. This means that they don’t have to bring the specific pigs that they listed on their pre-entry form, any hog will work as long as it is on the affidavit and has DNA on file. Also, when deciding what pigs to bring, remember that the lower weight limit is 230 pounds and the upper limit is 310 pounds. Pigs must be within this range to be eligible for purple ribbons or to compete for division awards. As with last year, the Nebraska State Fair 4-H swine show will be a terminal show, so plan accordingly.

The third and final reminder is that 4-H youth showing at the Nebraska State Fair are automatically signed up for showmanship regardless of whether or not they pre-entered. If the youth decides that they don’t want to show, they simply don’t show up for their class and are scratched. While we appreciate youth and parents letting us know if they aren’t coming, it is not required.

Hopefully these tips will help your 4-H youth and parents have a great experience if they decide to show at this year’s Nebraska State Fair.
CASNR Cares – This program provides a single contact for parents, students, faculty and staff seeking assistance in navigating the university’s student services programs. The goal is to ensure each student becomes acclimated to the campus environment, engaged in their own education and has every opportunity to be successful.

One-on-One Advising – All of CASNR students receive individualized advising and guidance throughout their college career.

CASNR has a number of outstanding study abroad experiences where students can earn credits toward their degrees.

CASNR provides opportunities for students to interview for internships with major companies and organizations.

Contact Laura Frey at (402) 472-4445 or lfrey2@unl.edu to learn more about CASNR and opportunities available to help students prepare for professional school.

4-H! YOUR FIRST CLASS AT THE UNIVERSITY OF NEBRASKA!