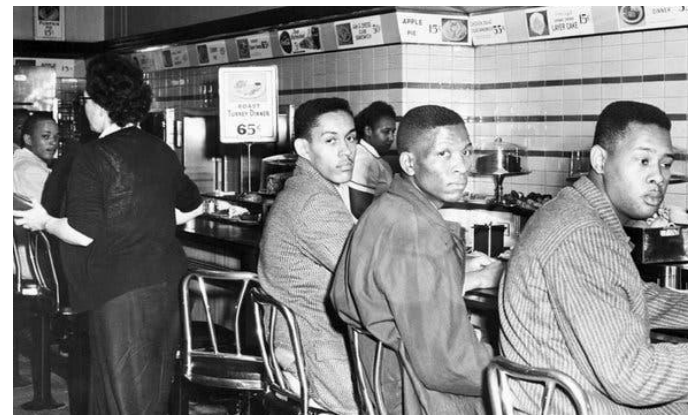
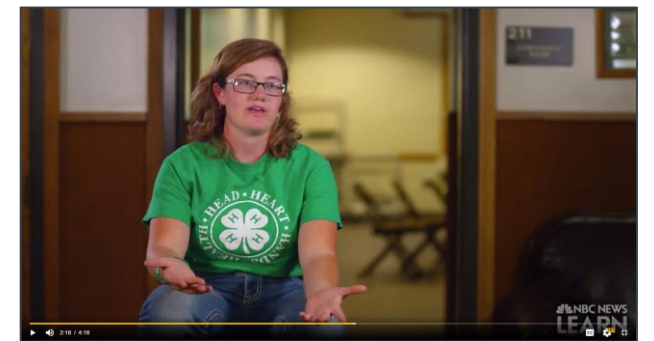


NATIONAL 4-H COUNCIL

4-H Youth Insights

June 2020

When youth lead, people follow



Listening to what teens think helps us help them



The Harris Poll

Harris Insights & Analytics LLC, A Stagwell Company

**“The most affected are
often the most effective”**

– ANN CHRISTIANO, UNIVERSITY OF FLORIDA, FRANK KAREL CENTER

Youth underscore inequities in technology, food and mental health



Broadband Access
November 1-15, 2020
ages 13-19



Nutrition
March 9-16, 2020
ages 13-19



Mental Health
May 4-14, 2020
ages 13-19

Teens need more from adults and their communities



Demanding access to resources, knowledge, services to close gaps and increase opportunity



Thirsting for connectivity with their friends and families—and communities during COVID-19



Expecting communities and schools to improve access and education

Digital Impact Survey

22%

of rural teens have spotty internet



59%

of teens without broadband believe
in the American dream vs. 72%
with it



Digital access helps teens believe in opportunity



1,570 teens surveyed



Teens without broadband are **2X** as likely to lack **confidence** about graduating



70% of teens without broadband believe digital skills will help get a better job and financial situation in the future vs. **83%** with it



43% of rural teens plan to leave their hometowns due to poor connectivity



78% of teens with broadband say “Knowing coding creates more career growth opportunities in the future” vs. 61% without

Digital technology creates community investment for teens



Community Engagement

Teens with digital access are more engaged in community and political issues



Social Engagement

Broadband keeps teens connected with others, pop culture



Building Roots

56% of teens would be more likely to want to stay in their community if high speed internet was easily accessible

4-H Changemakers



Helen Honecker, West Virginia

Escaping stress during COVID by building an online community through a game design

“Many of us, including myself, feel socially isolated from friends. This program helps teens interact with other teens...”



Talon Callahan, Washington State

Reconnecting youth to their cultural heritage through rural broadband adoption

“I’m an advocate for rural tribal broadband because what I see as most problematic...It’s not about it being slow, there’s just not really access here.”



Clyde VanDyke, Cornell

Sparking community change through data mapping & visualization

“I wanted to show how other factors in society like unemployment rates and education level can impact drug overdose deaths.”

Teen Healthy Habits Survey

88%

of teens believe access to healthy food is a basic human right



84%

say “all students in America should have the same access to high quality food”



Access to healthy food is a basic human right



1501 teens surveyed



37% of teens cannot afford to eat healthy foods



25% of teens have to drive 30 minutes to buy groceries



68% get by on snacks and junk food during the school day



74% wish there were healthier options in their community and at home (69%)



89% Rural teens expect schools to provide healthy meals

4-H'ers take action to address food insecurity



31%

have donated to healthy food charities vs. 18% of non 4-H'ers



25%

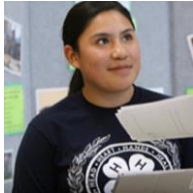
have volunteered at a community garden vs. 15% of non 4-H'ers



21%

have joined a march or protest compared to 11% of non 4-H'ers

4-H Changemakers



Daisy Buenrostro, Washington State

**Creating access to groceries online
Recreating in Spanish**

“Most...are still working, which puts them at risk. I recreated a video in Spanish...about ordering groceries online...COVID doesn't mean we stop serving our community”



Forest Perkins, University of Maine

**Community Feast (website)
Revitalizing school garden
Connecting farmers & food pantries**

“We are advocating for them [food banks and farmers] to donate excess food to food banks...to connect those with a food surplus to those most in need”



Janya Green, Fort Valley State

**Leading Village Community Garden
Sharing access to produce**

“Access to healthy food shouldn't be an issue of age, race, income, geographic location or any of the other ways that society divides us”

Teen Mental Health Survey

7 in 10

teens are experiencing mental health struggles



64%

believe COVID-19 will have a
lasting impact on their generation's
mental health



61%

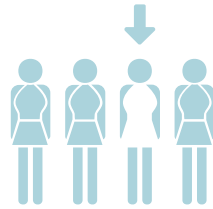
of teens say, “The COVID-19 pandemic has increased my feeling of loneliness.”



Teens see mental health as a significant issue



1516 teens surveyed



75% say a mental health stigma still exists



3X more likely to feel more peer pressure to hide their feelings than to drink or do drugs



40% of teens give themselves a grade of 'C' or below for wellbeing during COVID



45% have experienced excessive stress

“It’s time for Americans to talk more openly and honestly about mental health issues in this country”

– 82% OF AMERICAN TEENS

4-H Changemakers



Jordyn Maloy, University of Maine

#EmpoweringMEandYou
Creating online mental health classes

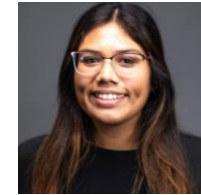
“With the anxiety levels that people...are undergoing right now, I think our project can effectively help a lot of people that may not have easy access to other forms of help.”



Gavin Crawley, Michigan State

Leading mental health trainings
improving access to resources & reducing teen suicide

“I believe in building a strong support network...we need a voice and people we can trust to connect us with tools to build life skills and access resources.”



Micah Palacios, Texas A&M

Navigating Your Thoughts Program
Reducing mental health stigma

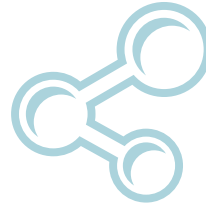
“You just never know what a person is going through. Just being kind to them and watching what you say...is an important lesson I have learned through my mental health journey.”

We use these insights to



Keep a finger on the pulse of teen perspectives

- **Racial Injustice Youth Survey**



Share findings with partners, media



Inform the work we do with 4-H Extension, Council



Thank You.

4-H is the youth development organization of our nation's Cooperative Extension System and USDA.