

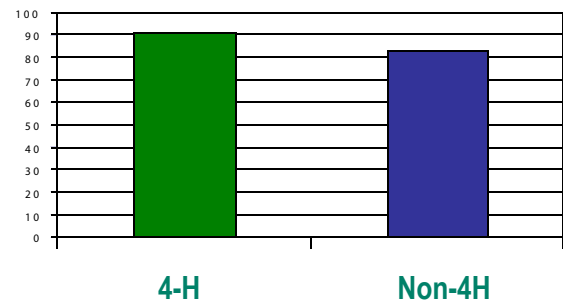
The 4-H Study of Positive Youth Development is a national longitudinal study directed by Tufts University. From 2003 through 2008 over 6,000 youth from 41 states participated in the study, which includes questions around a wide variety of topics, such as academic engagement, family and peer relationships, health behaviors, neighborhood indicators, participation in youth programs, personal values, goals, time use, pubertal changes, and risk behaviors. In 2008, California participated in the 4HSPYD for the first time, in the study's sixth wave.

A total of 285 youth from California ages 13-18 from 14 counties participated in the Wave 6 survey. About 70 percent of the California respondents were current 4-H members. Results from this study provide new data to illustrate 4-H's impacts. One of the components of the survey asked the youth questions about their participation in various risky behaviors. Levels of most risk behaviors were significantly lower for youth engaged in 4-H than for the other youth in the survey.

## Key Findings

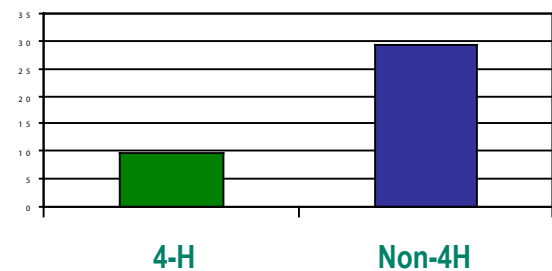
4-H youth tended to have higher levels of reported health safety practices than other youth. 4-H members were significantly more likely than non-4-H youth to report often or very often wearing a seatbelt (91 percent vs. 83 percent). 4-H members were also more likely to report that they "often" or "very often" wear a helmet when riding a bike, skateboarding, or roller skating, and they were also more likely to report wearing sunscreen when being outside for more than an hour on a sunny day.

### Often or very often wear a seatbelt



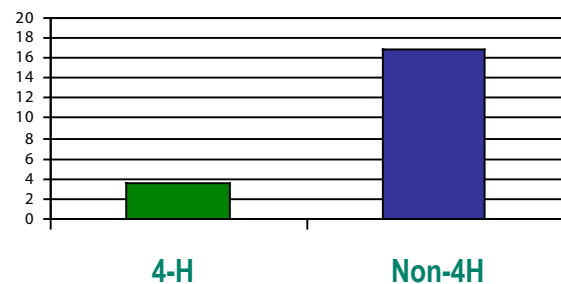
Reported rates of sexual activity were lower for 4-H youth than for other young people. The survey asked whether the youth had had sexual intercourse, and about 10 percent of 4-H youth reported having had sex compared with close to 30 percent of non-4-H youth. Among those who had had sex, 4-H youth were twice as likely as other young people to report always using contraception when they had sex.

### Ever had sexual intercourse



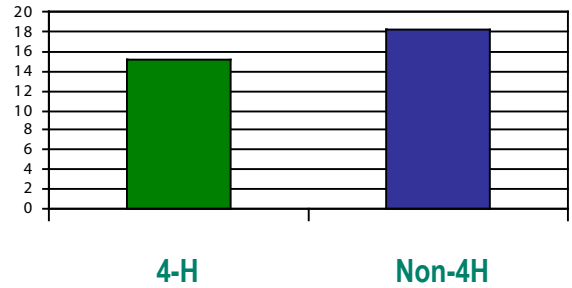
Smoking rates varied significantly between 4-H and other young people. Less than four percent of 4-H youth reported 'occasionally' or 'regularly' smoking cigarettes during the past 12 months, compared with almost 17 percent of non-4-H youth. Overall, 5.5 percent of the sample said yes to the question "Do you smoke?".

### Smoking



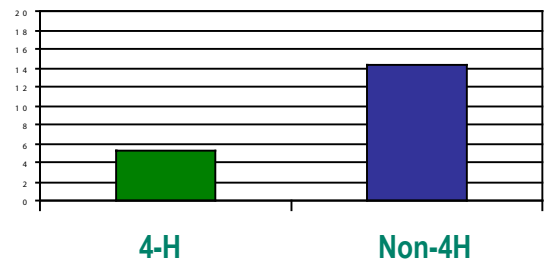
Reports of occasional or regular alcohol use were similar for 4-H and non-4-H youth. A larger number said they had drunk alcohol once or twice. Approximately 29 percent of 4-H youth said they had had more than a few sips of beer, wine, wine coolers, or liquor during the past 12 months, at least once, compared with 42 percent of non-4-H youth.

### Occasional or regular alcohol use



4-H youth were significantly less likely than other youth to report using marijuana or hashish. About 5 percent of 4-H youth reported occasionally or regularly smoking marijuana in the past 12 months, compared to about 14 percent of non-4-H youth. About 9 percent of 4-H youth had ever tried marijuana, while 22 percent of non-4-H youth reported having tried it.

### Marijuana use



The use of other types of drugs was rarely reported by either 4-H or non-4-H youth. About 9 percent reported ever sniffing glue, 2 percent reported using steroids without a prescription, and 3 percent reported the use of other types of drugs.

Summary Fact Sheet by **Katherine Heck** of the 4-H Center for Youth Development, University of California, Davis.



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