

# Youth & Family



A state is only as healthy as its people. When New Hampshire's youth and families are strong, its communities are strong, and strong communities are the foundation of a vibrant state economy and high quality of life.

Our Youth & Family Team delivers programming and education to help fortify this foundation—giving residents young and old the information and tools they need to make good decisions and choices that will positively impact their lives.

We are in all 10 New Hampshire counties, teaching about health and nutrition, civility, life skills, science, coalition building, financial management and more.

## WHAT WE DO

For educators and mentors

- Professional development
- Science literacy/STEM teacher training

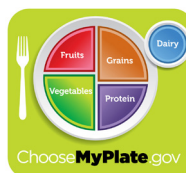
For New Hampshire youth and families

- Youth leadership opportunities
- Health and nutrition education
- Science technology, engineering and math immersion
- Bullying-prevention/civility training
- Online financial management courses

For organizations and agencies

- Collaboration training
- Capacity expansion

**Y**outh who participate in 4-H have significantly lower drug, alcohol and cigarette use than their peers and are more than two times more likely to exercise and be physically active. In addition, they obtain better grades in school and are nearly two times more likely to plan to go to college.



## OUR IMPACTS: A SNAPSHOT

**Ninety-six percent** of Nutrition Connections program participants report that they have better nutrition practices as a result of this program. Better nutrition means better health.

Participants in the Courage to Care **anti-bullying program** at multiple New Hampshire middle schools say that as a result of the program, they are more empathetic and less likely to bully their peers.

More than 92 percent of participants in the More Than Wheels **financial education workshops** have prepared both savings plans and debt repayment plans. One participant said, "This was a life-changing course. I learned so much I am much more in tune with how financial planning will help me gain financial success."

healthy families. science-savvy youth. effective mentors. empowered adults. more civility. better life skills. effective collaborations. strong youth leaders.

**Working with regional, state and federal partners to increase impacts**

- NH Department of Health and Human Services
- NH Department of Education
- NH Afterschool Network
- NH Fish & Game
- National Science Foundation Center for Indigenous and Rural Science Education
- FIRST LEGO League
- UNH Leitzel Center
- STEM NH

**Learn more**  
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