Lessons are fun for all ages!

Health Rocks! is a curriculum-based life skills development program for youth ages 8 to 15, taught by youth ages 13 and up, sponsored by the National 4-H Council. This training helps youth learn skills such as decision-making, critical thinking, and stress management but places a special emphasis on tobacco, alcohol and drug use prevention. The Young Health Program IM40 teaches youth about their strengths and Assets and how to live healthier lives by building on those assets and increasing the number of Assets they possess. The program also engages adults, mobilizing them toward a shared goal of increasing the Assets of community youth. Funded by grants from National 4-H Council, Astra Zeneca, and the United Way. Sessions build Assets: 7-9,15, 16, 18, 21, 22, 26, 28-35, & 37-40.

How: Attend the Train the Trainer Class Sessions
Saturday, February 28, 2015
When: 8:45AM—12:45PM Session 1—Beginner
1:15PM—3:45PM Session 2 - Advanced
Light lunch will be provided to those attending both sessions.
Where: Paradee Center, Kent County Extension

For more info on Health Rocks! and Assets:
http://extension.udel.edu/4h/projects-activities-for-members/youth-substance-abuse/health-rocks/
Or
http://extension.udel.edu/kentcounty/im40

Ways To Register:
Call 302-730-4000 and leave your name, age, phone, and email address.
Email srent@udel.edu
Fax to 302-735-8130,
Attention: Sequoia Rent
Drop-off to 69 Transportation Circle, Dover, DE 19901
By February 23, 2015
Name: ______________________
Phone: ______________________
Age: _________
Email: ______________________
Session(s): ___________________

Free Materials for all Trainers!

4-H is teaching educators, young adults, 4-H youth, and leaders to deliver the Health Rocks Program to ages 8-17.

If you are interested in teaching a Healthy Living Curriculum, earning some cash, developing presentation skills, increasing your self-confidence, and improving your leadership skills, join us for Session 1, for new trainers. Continue or join us in Session 2 where we will explain further concepts as well as tips and tools for better teaching experiences.

Once you teach 10 lessons to the same group, trainers are paid a stipend of $6.50 per youth trained. Trainers may teach alone, with a partner and split the money, or with an adult such as your parent. 4-H can help you find places to teach.

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