

National 4-H & Youth Development Outcomes & Indicators

Guidance for adoption in Plan of Work/Annual Reports: The following charts provides a listing of indicators that are grouped into four categories: Universal, Citizenship, Science, and Healthy Living. There are two sections for each category: one for grades 4-7 and one for grades 8-12. The indicators are listed in a format that suggests how programs may use them to give surveys and collect data from 4-H/Youth Development program participants. However, for the purpose of incorporating into the Plan of Work Software, NIFA suggests choosing which indicators are applicable to your programs and doing some minor re-wording in order to fit the format for outcome measures in the software. For example, Item #16 under "Universal" could be constructed in the POW software as: "As a result of experiences in a 4-H program or project, the number of participants who learned to used technology to help them express ideas." Then, when filling out your Annual Report, you would report the quantitative number in the box provided in the software and also enter in any related qualitative data/description (i.e. the issues, what was done, and results boxes).

Adopting the indicators in this manner will allow you to incorporate them into your POW/ARs and begin collecting data that is applicable to your institution's programs. In the future, NIFA plans to update the software itself so that you are able to simply click certain indicators (already there and worded for you) and enter the associated data collected. **Also, please remember that adopting any of these indicators is completely VOLUNTARY.** NIFA is providing them here so that states can have a baseline of indicators from which to choose that were developed and agreed upon by multiple stakeholders in the 4-H/Youth Development arena who represented NIFA and LGU/Extension personnel in all four regions.

Demographics											
Item #	Question	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6	Choice 7	Choice 8	Choice 9	Choice 10
1	How old are you?	write in answer									
2	What grade are you in?	write in answer									
3	Are you... (select ONE.)	Boy	Girl								
4	Are you... (select ALL that apply.)	African American/Black	Asian	American Indian/Alaskan	Native Hawaiian/Other Pacific Islander	White	Other				
5	Are you... (select ONE.)	Hispanic or Latino	Latino								
6	Where do you live? (Select ONE.)	Farm	Rural (non farm residence/town under 10,000)	Town or City 10,000-50,000	Suburb of a City over 50,000	City over 50,000					
7	How many years have you been participating in 4-H? (Select ONE.)	This is my first year	This is my second year	Three or more years							
8	In general, how many hours do you spend in 4-H programs/projects each week? (Select ONE.)	One hour or less each week	Between one and three hours each week	More than three hours each week							
9	What types of 4-H programs or projects are you involved in? (Select ALL that apply.)	Clubs	Camps	After-school programs	In-school programs	Special interest clinics or workshops	Web based or online programs	Local fairs/events	Community service projects	Working on my projects at home	Other

Universal (4-7)

Item #	Question	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6	Choice 7	Choice 8	Choice 9	Choice 10
In this 4-H program or project ...											
1	I use information to make decisions	Never	Sometimes	Usually	Always						
2	I set goals for myself	Never	Sometimes	Usually	Always						
3	I take responsibility for my actions	Never	Sometimes	Usually	Always						
4	I listen well to others	Never	Sometimes	Usually	Always						
5	I am respectful of others	Never	Sometimes	Usually	Always						
6	I have the confidence to speak in front of groups	Never	Sometimes	Usually	Always						

7	I can work things out when others don't agree with me	Never	Sometimes	Usually	Always
8	I work well with other youth	Never	Sometimes	Usually	Always

As a result of my experience in this 4-H program or project ...

9	I am comfortable making my own decisions	Strongly Disagree	Disagree	Agree	Strongly Agree
10	I have a plan for reaching my goals	Strongly Disagree	Disagree	Agree	Strongly Agree
11	I know how to deal with stress in positive ways	Strongly Disagree	Disagree	Agree	Strongly Agree
12	I can explain my decisions to others	Strongly Disagree	Disagree	Agree	Strongly Agree
13	1. I can change my plan when I need to	Strongly Disagree	Disagree	Agree	Strongly Agree
14	2. I don't let my friends talk me into doing something I don't want to do	Strongly Disagree	Disagree	Agree	Strongly Agree
15	I am comfortable sharing my thoughts and feelings with others	Strongly Disagree	Disagree	Agree	Strongly Agree
16	I can use technology to help me express my ideas	Strongly Disagree	Disagree	Agree	Strongly Agree
17	I know who I can go to if I need help with a problem	Strongly Disagree	Disagree	Agree	Strongly Agree
18	I can work successfully with adults	Strongly Disagree	Disagree	Agree	Strongly Agree
19	I have friends who care about me	Strongly Disagree	Disagree	Agree	Strongly Agree
20	I am connected to adults who are not my parents	Strongly Disagree	Disagree	Agree	Strongly Agree
21	I am someone who wants to help others.	Strongly Disagree	Disagree	Agree	Strongly Agree
22	I like to work with others to solve problems	Strongly Disagree	Disagree	Agree	Strongly Agree
23	I have talents I can offer to others	Strongly Disagree	Disagree	Agree	Strongly Agree
24	I learned things that helped me make a difference in my community	Strongly Disagree	Disagree	Agree	Strongly Agree
25	I helped with a project that made a difference in my community	Strongly Disagree	Disagree	Agree	Strongly Agree

Universal (8-12)

Item #	Question	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6	Choice 7	Choice 8	Choice 9	Choice 10
In this 4-H program or project ...											
1	I use information to make decisions	Never	Sometimes	Usually	Always						
2	I set goals for myself	Never	Sometimes	Usually	Always						
3	I take responsibility for my actions	Never	Sometimes	Usually	Always						
4	I can explain why my decision is a good one	Never	Sometimes	Usually	Always						
5	I consider the consequences of my choices	Never	Sometimes	Usually	Always						
6	I can resist negative social pressures	Never	Sometimes	Usually	Always						
7	I listen well to others	Never	Sometimes	Usually	Always						
8	I am respectful of others	Never	Sometimes	Usually	Always						
9	I have the confidence to speak in front of groups	Never	Sometimes	Usually	Always						

10	I can resolve differences with others in positive ways	Never	Sometimes	Usually	Always
11	I work well with other youth	Never	Sometimes	Usually	Always

As a result of my experience in this 4-H program or project ...

12	I am comfortable making my own decisions	Strongly Disagree	Disagree	Agree	Strongly Agree
13	I have a plan for reaching my goals	Strongly Disagree	Disagree	Agree	Strongly Agree
14	I know how to deal with stress in positive ways	Strongly Disagree	Disagree	Agree	Strongly Agree
15	I can make alternative plans if something doesn't work	Strongly Disagree	Disagree	Agree	Strongly Agree
16	I am comfortable sharing my thoughts and feelings with others	Strongly Disagree	Disagree	Agree	Strongly Agree
17	I can use technology to help me express my ideas	Strongly Disagree	Disagree	Agree	Strongly Agree
18	I know who I can go to if I need help with a problem	Strongly Disagree	Disagree	Agree	Strongly Agree
19	I am willing to consider the ideas of others even if they are different than mine	Strongly Disagree	Disagree	Agree	Strongly Agree
20	I can stand up for things that are important to me	Strongly Disagree	Disagree	Agree	Strongly Agree
21	I can work successfully with adults	Strongly Disagree	Disagree	Agree	Strongly Agree
22	I have friends who care about me	Strongly Disagree	Disagree	Agree	Strongly Agree
23	I know community leaders who support me	Strongly Disagree	Disagree	Agree	Strongly Agree
24	I have adults in my life who care about me and are interested in my success	Strongly Disagree	Disagree	Agree	Strongly Agree
25	I am someone who wants to help others	Strongly Disagree	Disagree	Agree	Strongly Agree
26	I like to work with others to solve problems	Strongly Disagree	Disagree	Agree	Strongly Agree
27	I have talents I can offer to others	Strongly Disagree	Disagree	Agree	Strongly Agree
28	I learned things that helped me make a difference in my community	Strongly Disagree	Disagree	Agree	Strongly Agree
29	I led a project that made a difference in my community	Strongly Disagree	Disagree	Agree	Strongly Agree

Citizenship (4-7)

Item #	Question	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6	Choice 7	Choice 8	Choice 9	Choice 10
In this 4-H program or project...											
1	I enjoyed learning about people who are different from me	Strongly Disagree	Disagree	Agree	Strongly Agree						
2	I can make a difference in my community through community service	Strongly Disagree	Disagree	Agree	Strongly Agree						
3	I help make sure everyone gets an opportunity to say what they think	Strongly Disagree	Disagree	Agree	Strongly Agree						
4	I can apply knowledge in ways that solve "real-life" problems through community service	Strongly Disagree	Disagree	Agree	Strongly Agree						

5	I gained skills though serving my community that will help me in the future	Strongly Disagree	Disagree	Agree	Strongly Agree
6	I treat everyone fairly and equally when I am in charge of a group	Strongly Disagree	Disagree	Agree	Strongly Agree

As a result of my experience in this 4-H program or project ...

7	I plan to work on projects to better my community	Definitely Not	Probably Not	Maybe	Definitely
8	I am encouraged to volunteer more	Definitely Not	Probably Not	Maybe	Definitely

Citizenship (8-12)

Item #	Question	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6	Choice 7	Choice 8	Choice 9	Choice 10
In this 4-H program or project...											
1	I pay attention to news events that affect my community	Strongly Disagree	Disagree	Agree	Strongly Agree						
2	I am of aware of the important needs in my community	Strongly Disagree	Disagree	Agree	Strongly Agree						
3	I really care about my community	Strongly Disagree	Disagree	Agree	Strongly Agree						
4	I talk to my friends about issues affecting my community, state, or world	Strongly Disagree	Disagree	Agree	Strongly Agree						
5	I'm interested in others' opinions about public issues	Strongly Disagree	Disagree	Agree	Strongly Agree						
6	I listen to everyone's views whether I agree or not	Strongly Disagree	Disagree	Agree	Strongly Agree						
7	When hear about an issue, I try to figure out if they are just telling one side of the story	Strongly Disagree	Disagree	Agree	Strongly Agree						
8	I explore cultural differences	Strongly Disagree	Disagree	Agree	Strongly Agree						
9	I value learning about other cultures	Strongly Disagree	Disagree	Agree	Strongly Agree						
10	I respect people from different cultures	Strongly Disagree	Disagree	Agree	Strongly Agree						
11	I have learned about people who are different from me	Strongly Disagree	Disagree	Agree	Strongly Agree						
12	I can make a difference in my community through community service	Strongly Disagree	Disagree	Agree	Strongly Agree						
13	I help make sure everyone gets an opportunity to say what they think	Strongly Disagree	Disagree	Agree	Strongly Agree						
14	I can apply knowledge in ways that solve "real-life" problems though community service	Strongly Disagree	Disagree	Agree	Strongly Agree						
15	I gained skills though serving my community that will help me in the future	Strongly Disagree	Disagree	Agree	Strongly Agree						
16	I treat everyone fairly and equally when I am in charge of a group	Strongly Disagree	Disagree	Agree	Strongly Agree						
17	I am able to lead a group in making a decision.	Strongly Disagree	Disagree	Agree	Strongly Agree						
As a result of my experience in this 4-H program or project ...											
18	I would enjoy hosting someone from another culture	Definitely Not	Probably Not	Maybe	Definitely						

19	I can contact someone I've never met before to get their help with a problem	Definitely Not	Probably Not	Maybe	Definitely
20	I plan to work on projects to better my community	Definitely Not	Probably Not	Maybe	Definitely
21	I am encouraged to volunteer more	Definitely Not	Probably Not	Maybe	Definitely
22	After high school I will continue to work to better my community	Definitely Not	Probably Not	Maybe	Definitely
23	I am interested in a career that helps others	Definitely Not	Probably Not	Maybe	Definitely
24	I am interested in working in government (such as school board, Director of parks and rec, legislator, legislative aide, intern)	Definitely Not	Probably Not	Maybe	Definitely

Science (4-7)

Item #	Question	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6	Choice 7	Choice 8	Choice 9	Choice 10
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As a result of my experience in this 4-H program or project ...

1	I like to see how things are made or invented	Strongly Disagree	Disagree	Agree	Strongly Agree						
2	I like experimenting and testing ideas	Strongly Disagree	Disagree	Agree	Strongly Agree						
3	I get excited about new discoveries	Strongly Disagree	Disagree	Agree	Strongly Agree						
4	I want to learn more about science.	Strongly Disagree	Disagree	Agree	Strongly Agree						
5	I like science	Strongly Disagree	Disagree	Agree	Strongly Agree						
6	I am good at science	Strongly Disagree	Disagree	Agree	Strongly Agree						
7	I would like to have a job related to science	Strongly Disagree	Disagree	Agree	Strongly Agree						
8	I do science activities that are not for school	Strongly Disagree	Disagree	Agree	Strongly Agree						

As a result of my experience in this 4-H program or project ...

9	I can do an experiment to answer a question	Yes	No								
10	I can tell others how to do an experiment	Yes	No								
11	I can explain why things happen in an experiment	Yes	No								

Science (8-12)

Item #	Question	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6	Choice 7	Choice 8	Choice 9	Choice 10
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As a result of my experience in this 4-H program or project ...

1	I like to see how things are made or invented	Strongly Disagree	Disagree	Agree	Strongly Agree						
2	I like experimenting and testing ideas	Strongly Disagree	Disagree	Agree	Strongly Agree						
3	I get excited about new discoveries	Strongly Disagree	Disagree	Agree	Strongly Agree						
4	I want to learn more about science	Strongly Disagree	Disagree	Agree	Strongly Agree						
5	I like science	Strongly Disagree	Disagree	Agree	Strongly Agree						
6	I am good at science	Strongly Disagree	Disagree	Agree	Strongly Agree						

7	I would like to have a job related to science	Strongly Disagree	Disagree	Agree	Strongly Agree
8	I do science activities that are not for school	Strongly Disagree	Disagree	Agree	Strongly Agree
9	I think science will be important in my future	Strongly Disagree	Disagree	Agree	Strongly Agree
10	I think science is useful for solving everyday problems	Strongly Disagree	Disagree	Agree	Strongly Agree

As a result of my experience in this 4-H program or project ...

11	I can use scientific data to form a question	Never	Sometimes	Usually	Always
12	I can design a scientific procedure to answer a question	Never	Sometimes	Usually	Always
13	I can use data to create a graph for presentation to others	Never	Sometimes	Usually	Always
14	I can create a display to communicate my data and observations	Never	Sometimes	Usually	Always
15	I can use science terms to share my results	Never	Sometimes	Usually	Always

In this 4-H program or project ...

16	I have helped with a community service project that relates to science (for example: planted trees or gardens, road or stream clean-up, recycling)	Yes	No
17	I used science tools to help in the community (for example: mapped with GIS, tested water quality)	Yes	No
18	I taught others about science (for example: demonstrated, gave presentation at a community meeting or a school)	Yes	No
19	I organized or led science-related events (for example: science fair, environmental festival)	Yes	No

Healthy Living (4-7)

Item #	Question	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6	Choice 7	Choice 8	Choice 9	Choice 10
How hard would it be for you to...											
1	Eat fruit for a snack	Not hard at all	A little hard	Very hard							
2	Eat vegetables for a snack	Not hard at all	A little hard	Very hard							
3	Choose water instead of soda pop or Kool-Aid when you are thirsty	Not hard at all	A little hard	Very hard							
4	Drink 1% or skim milk instead of 2% or whole milk	Not hard at all	A little hard	Very hard							
5	Choose a small instead of a large order of French fries	Not hard at all	A little hard	Very hard							
6	Eat smaller servings of high fat foods like French fries, chips, snack cakes, cookies, or ice cream	Not hard at all	A little hard	Very hard							
7	Eat a low-fat snack like pretzels instead of chips	Not hard at all	A little hard	Very hard							
8	Drink less soda pop	Not hard at all	A little hard	Very hard							

9	Drink less Kool-Aid	Not hard at all	A little hard	Very hard		
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Tell us about you...

	I do moderate physical activities like walking, helping around the house, raking leaves, or using the stairs	Never	Sometimes	Usually	Always	
10						
11	I exercise 30-60 minutes every day	Never	Sometimes	Usually	Always	

Tell us what you think...

12	Being active is fun	I do not agree	I'm not sure	I agree		
13	Being active is good for me	I do not agree	I'm not sure	I agree		
14	Physical activity will help me stay fit	I do not agree	I'm not sure	I agree		

As a result of participating in a 4-H Healthy Living Program...

	I learned the foods that I should eat every day	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
15						
16	I learned what makes up a balanced diet	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
17	I learned why it is important for me to eat a healthy diet	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
18	I learned how to make healthy food choices	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable

As a result of participating in a 4-H Healthy Living Program I now take the following actions...

19	I eat more fruits and vegetables	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
20	I eat more whole grains	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
21	I eat less junk foods	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
22	I drink more water	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
23	I encourage my family to eat meals together	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
24	When I cook food, I am safe and careful	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
25	If I am sick, I ask an adult before taking medicine	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
26	I wear a helmet when I ride a bicycle	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
27	I wear a helmet when I rollerblade or ride a skateboard	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
28	I wear a helmet when riding an All-Terrain Vehicle	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
29	I follow safety rules when using a firearm or bow	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
30	I wear reflective clothing when walking after dark	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
31	I use a pedestrian crossing when crossing the road	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
32	I tell my friends what I think when they are going to do something unsafe	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
33	I avoid using substances that could harm me	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
34	I wear a seat belt when riding in a car	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable
35	I avoid riding in cars with unsafe drivers	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Applicable

		0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
	During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day (add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time)								
25	On an average school day, how many hours do you spend watching television?	I do not watch TV on an average school day	Less than one hour per day	2 hours per day	3 hours per day	4 hours per day	5 or more hours per day		
26	On an average school day, how many hours do you play video games, looking at a computer, smartphone or tablet for something that is not for school?	I do not play video games or computer games or use a computer for something that is not school work	Less than one hour per day	2 hours per day	3 hours per day	4 hours per day	5 or more hours per day		
27									

Tell us about you...

28	When you ride a bicycle how often do you wear a helmet?	I do not ride a bicycle	Never wear a helmet	Rarely wear a helmet	Sometimes wear a helmet	Most of the time wear a helmet	Always wear a helmet		
29	When you rollerblade or skateboard how often do you wear a helmet	I do not rollerblade or ride a skateboard	Never wear a helmet	Rarely wear a helmet	Sometimes wear a helmet	Most of the time wear a helmet	Always wear a helmet		
30	When you ride an All-Terrain Vehicle (ATV), how often do you wear a helmet?	I do not ride an ATV	Never wear a helmet	Rarely wear a helmet	Sometimes wear a helmet	Most of the time wear a helmet	Always wear a helmet		
31	When you use a firearm, how often do you follow safety rules?	I do not use a firearm	Never follow safety rules	Rarely follow safety rules	Sometimes follow safety rules	Most of the time follow safety rules	Always follow safety rules		
32	How often do you wear a seatbelt when riding in a car?	Never	Rarely	Sometimes	Most of the time	Always			
33	Have you ever ridden in a car driven by someone who had been drinking alcohol?	Yes	No	Not Sure					