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**State 4-H leader shares tips on raising resilient youth**

Lessons taught through 4-H help young people prepare for the future

MANHATTAN, Kan. — Learning by doing has been the experience for generations of young people who have grown-up through the 4-H program. From crafting through woodworking to turning a creative lens on photography to caring for livestock from a young age, 4-H teaches many life lessons through hands-on experiences.

But sometimes there are lessons beyond the project that carry into life, said Wade Weber, state program leader for Kansas 4-H.

“There are skills that we need to practice in order to create a supportive environment for young people to help them see their value while also being able to handle adversity in a positive way,” Weber said.

To that end Weber sees three obstacles that adults and young people must learn to overcome.

- Stress and fatigue.
- Mistrust of authority.
- Misinformation.

“These factors are corrosive to any organization,” Weber said.

To combat the negative influences, Weber names three individual opportunities to move ahead.

- Focusing on self-care.
- Choosing to trust rather than be suspicious.
- Engaging with others for a better understanding.
Weber said understanding these principles will help young people later in life to overcome the obstacles set before them.

He said: “Our mission is to help young people connect with resources and opportunities to help them grow in their capacity to see themselves as a learner, communicator, collaborator and ultimately a contributor to their local communities.”

To learn more about the Kansas 4-H program, visit Kansas4-h.org.

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https://www.kansas4-h.org

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