



Why A Camera?

Life is like a camera:

- You focus on what's important.
- You capture the good times, and if things aren't in focus, you can take another shot.
- You can review the pictures and learn from mistakes.
- You can zoom in to take a closer look at the details or zoom out to see the big picture.

Young people are the focus of the Personal Development program. It is the adult's job to help youth discover things about themselves, stretch their boundaries to try new things and provide support and encouragement to help them be successful.



Lessons contain the following components using creative photography terms:

- *Here's the Angle* — Objectives
- *Life Skills* — Life skills targeted
- *Let's Focus* — Lesson Content
- *Zoom Out...* — Group Activity
- *Zoom In...* — Individual Activity
- *Framing Your Thoughts* — Discussion Questions
- *Panoramic View* — Extended activities
- *Developing the Picture* — Fair Projects

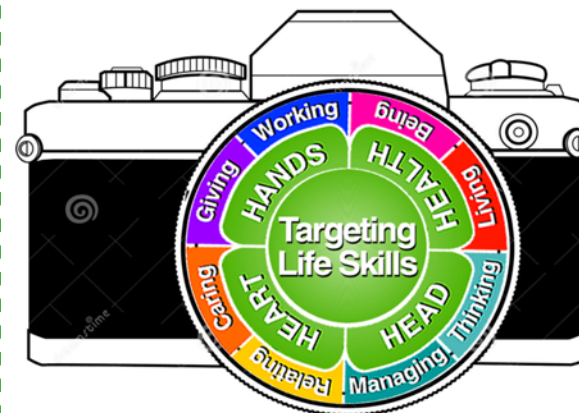


FOR MORE INFORMATION:



The Oklahoma State University Cooperative Extension Service offers its programs to all eligible persons regardless of age, race, color, religion, sex, sexual orientation, genetic information, gender identity, national origin, disability, marital or veteran status, or any other legally protected status. OCES provides equal opportunities in programs and employment.

Picture
Perfect
YOUTH 



Bringing
life skill
development
into FOCUS





Picture Perfect Youth

Oklahoma 4-H Personal Development Curriculum



Picture a child with good manners who can think on his feet and express feelings.

Imagine a child who knows how to problem-solve and make good decisions. Visualize a child who is a team player and is involved in her community.

These are the characteristics of a child who has developed life skills! Oklahoma 4-H is proud to showcase a personal development program which focuses on the whole child. **Picture Perfect Youth** targets the development of a well-rounded individual. The objectives of the program are to:

- Develop communication skills through sharing ideas, thoughts and feelings.
- Build strong and healthy relationships with others based on cooperation, empathy, trust and respect.
- Understand and utilize the tools and resources for dealing constructively with problems and conflicts that occur among people.
- Develop skills in managing time and seeking out useful resources to complete tasks.
- Develop good character, leadership and citizenship traits.
- Apply acquired knowledge to community activities.

FOCUS on Life Skills

The foundation of this program is based on the Targeting Life Skills Model for 4-H. Lessons are divided into four sections which represent the four H's of the 4-H program: Head, Heart, Hands and Health. Below are the life skills addressed in each section.



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|-------------------|-----------------------|
| Critical Thinking | Goal Setting |
| Decision Making | Keeping Records |
| Learning to Learn | Planning/Organizing |
| Problem solving | Wise use of Resources |

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|-------------------------|--------------------|
| Accepting Differences | Concern for Others |
| Conflict Resolution | Communication |
| Cooperation | Empathy |
| Nurturing Relationships | Sharing |
| Social Skills | |

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| Community Service/
Volunteering | Contributions to
Group Effort |
| Leadership | Marketable Skills |
| Responsible Citizenship | Self Motivation |
| Teamwork | |



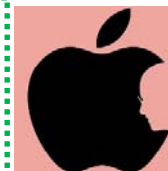
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| Character | Disease Prevention |
| Healthy Lifestyle
Choices | Managing Feelings |
| Self-Discipline | Personal Safety |
| Self-Responsibility | Self-Esteem |
| | Stress Management |

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Experiential Learning In Action

Picture Perfect Youth utilizes the Experiential Learning Model to facilitate lessons. The “Do-Reflect-Apply” strategy is effective in taking learning to the next level. Every lesson has discussion questions provided so youth have an opportunity to reflect on experiences and apply concepts learned to other areas of life.

Target Audience

The program has curriculum designed for three age groups:

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|----------------------|-----------------------------|
| • Beginner Level | Ages 9-11
(grades 3-5) |
| • Intermediate Level | Ages 12-14
(grades 6-8) |
| • Advanced | Ages 15-19
(grades 9-12) |

Your School +

**4-H School Enrichment =
Success!**

School enrichment is just one way that the Oklahoma Cooperative Extension Service delivers the 4-H program to youth in communities.

Consider partnering with your local Extension educator to implement the *Picture Perfect Youth* program in your classroom/school or host a teacher in-service, equipping staff to integrate the lessons with required curriculum. Either way, students win!

