

## EXTENSION CENTER FOR YOUTH DEVELOPMENT

# Increasing Youth Learning Opportunities

**BECAUSE** young people have at least 1,900 hours of unstructured and unsupervised discretionary time each year (equal to a full-time job.) Out-of-school time programs can effectively provide opportunities for youth to explore their interests and find ways to contribute, especially during out-of-school hours.

**UNIVERSITY RESPONSE** Extension's Center for Youth Development increases the quality, availability and impact of community learning opportunities for youth throughout Minnesota by:

- Offering 4-H learning and leadership programs to all Minnesota youth
- Training youth workers in other MN organizations
- Studying the issues impacting youth
- Researching best practices for engaging youth
- Informing public policy
- Increasing public understanding of youth issues

**RESULTS** Youth engaged in 4-H get better grades, attend school more, score higher on achievement tests, and grow socially and emotionally. Extension helps Minnesota youth and the adults who work with them by:

- Teaching youth essential skills for a lifetime, like problem-solving, decision-making, coping and communicating
- Building the skills of youth workers and volunteers to engage youth more effectively

**DISCOVER MORE** [www.extension.umn.edu/Youth](http://www.extension.umn.edu/Youth)

