



Prepared by Josey Landrieu, Extension Educator Youth Development

# Minnesota 4-H Youth Teaching Youth Program

## TEEN TEACHERS EVALUATION REPORT

*Teen teachers in University of Minnesota 4-H YTY are able to make healthy living choices and have their choices reinforced by the program.*

### PROGRAM OUTCOMES

The MN 4-H YTY team designed and implemented an end of year teen teacher survey to begin examining the following program outcomes:

- 1) Teen teachers will learn and engage in wise decision making
- 2) Teen teachers will establish a positive youth-to-youth relationship with their peers
- 3) Teen teachers will contribute to creating a healthy school and community climate
- 4) Teen teachers will demonstrate effective leadership, teamwork, and communication skills.



Through the Teen Teacher Survey, we wanted to answer the following evaluation questions

- What do teen teachers gain from participating in the 4-H YTY program?
  - What do teen teachers learn about themselves by participating in the 4-H YTY program?
- How have teen teachers developed/improved/gained leadership skills through their participation in 4-H YTY?
- To what extent does the 4-H YTY experience enable teens to avoid negative influences and allow them to focus on their strengths and potential?
- To what extent does the 4-H YTY experience enable teens to make positive healthy living choices?

### TEEN TEACHER SURVEY

The 12 item survey was created with input from program staff and sent to the teen teachers electronically. The survey included 9 quantitative items and 3 qualitative items covering areas such as ability to make healthy life style choices, leadership experience, helpful program elements, and barriers to making healthy choices. Respondents received the opportunity to be included in drawings for gift certificates as an incentive to complete the survey.

### SURVEY RESULTS

#### Healthy Life Style Choices

Survey respondents were asked to rank healthy lifestyle choices from most important to least important. Teen teachers (43.2%) ranked abstinence from using drugs as their most important healthy choice, positive social support followed at 20.9%, and managing stress and healthy eating were third and fourth (13.7% and 10.8% respectively).

### The 4-H YTY experience reinforces healthy behaviors and attitudes

Results demonstrate that the program provides teen teachers with opportunities to make healthy living choices on a regular basis. When asked about their ability to make healthy living choices at least once a week, 81.3% of respondents said they “strongly agree” and 16.5% responded that they “generally agree”. More importantly, when asked to agree or disagree with the following statement “Making healthy living choices makes me feel good about myself”, 82% of respondents said they strongly agreed and 16.5% said they generally agreed. This finding might be of importance as it relates to teen teacher’s self esteem. Research (Wagner, 1982) has shown that the teen teacher might increase his/her own confidence and self esteem due to their role as a mentors. Table 2 also demonstrates how the 4-H YTY experience has helped teen teachers make attitudinal (feeling good about themselves) and behavioral changes related to a healthier lifestyle.

### Healthy Living Choices and the Teen Teacher Experience

Teen teachers were asked about how important the Youth Teaching Youth experience was to their decision-making around healthy life style choices, and 41.3% said it was **important** and 44.2% said it was **extremely important**. In addition, 15.1% responded that healthy life style choices were **important** for a better and longer life and 83.5% said these choices were **extremely important** to a longer and better life. (See Table 1).

**TABLE 1: Importance of healthy life style choices**

	NOT VERY IMPORTANT	NOT IMPORTANT	UNDECIDED	IMPORTANT	EXTREMELY IMPORTANT
HOW IMPORTANT IS BEING A TEEN TEACHER IN 4-H YTY FOR YOU TO MAKE HEALTHY CHOICES?	3.6%	3.6%	7.2%	41.3%	44.2%
HOW IMPORTANT ARE HEALTHY LIFESTYLE CHOICES TO A BETTER AND LONGER LIFE?	0.7%	0%	0%	15.1%	83.5%

*“Every time I make a decision, I think about what my kids (in my classes) would think of me. If it's something that I would never tell my kids to do, I don't do it”*

### QUESTIONS OR COMMENTS?

Please contact: Amber Shanahan, Extension Educator, 651-480-7712 / shanahan@umn.edu

