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4-H Youth Development
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New 4-H Program Seeks Teens to Teach Younger Kids about Health, Environmental Science, STEM and a host of other topics

“Teens have a great opportunity to participate in a 4-H program called Teens as Teachers,” says, North Carolina A&T State University Extension Educator, Rachelle Purnell. Mecklenburg County 4-H’s Teens as Teachers program offers training to youth ages 13 to 18 in leadership and facilitation and prepares them to offer health, science and environmental-related lessons to younger children.

The hands-on, interactive program is designed to teach children ages 5 to 12 in after-school programs about the importance of healthy eating, active play, STEM and the environment in their daily lives. “Teens as Teachers came out of the realization that children are eager to learn from older youth,” Rachelle explains. “Teens make wonderful role models for younger children while learning valuable teaching skills. Everyone has fun in the process!”

Teens as Teachers strives to offer adolescents opportunities to experience belonging, mastery, independence and generosity, the hallmark of 4-H youth development programs. Teen teachers gain leadership and facilitation skills, as well as a greater understanding of and commitment to healthy habits, appreciation for their environment and an understanding of STEM’s influence on our daily lives.

For more information about Teens as Teachers, call the Mecklenburg County Cooperative Extension Office or visit <https://mecklenburg.ces.ncsu.edu/>.

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