

NORTH  
CAROLINA 4-H

TRY-IT



## Teens Reaching Youth through Innovative Teams

### TRY-IT Goals

- Strengthen teen self-esteem & life skills
- Enable teens to maximize personal growth & understanding
- Empower teens to make a difference in others' lives
- Allow teens to contribute to common good through volunteerism & service

### TRY-IT Structure

- 45-60 minute lessons each
- Based upon Hendricks Targeting Life Skills
- Four focused emphasis areas
  - Individual & shared leadership
  - Effective teaching & learning
  - Teen-adult partnerships
  - Coaching & mentoring (next level)



# What is a TRY-IT Team

A team is a group of 3-5 teens ages 12-18 and one or two adult coaches who are trained to teach younger children and/or peers about any topic that is important in your community as identified by your community leaders.

## TRY-IT

### What Do You Mean by Trained?

Teams attend a weekend retreat to learn about teaching strategies, characteristics of younger youth, teamwork, and youth-adult partnerships. During the retreat, you'll get to work with your team members to apply your new skills by actually teaching a practice lesson to other teams. Once you are a trained TRYIT team, you'll receive information about additional special trainings in topics of statewide importance.

### What Happens Then?

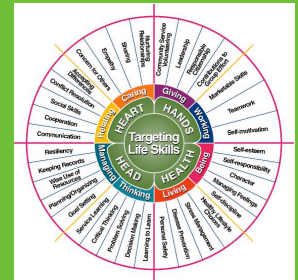
Once your team is trained, you'll work with your 4-H Professional and/or Adult Coach to prepare your lessons, identify groups to teach, and get involved "reaching youth" in your own community.

### How do I sign up?

You'll need to find a team to work with, and contact your County's 4-H Youth Development program at the Cooperative Extension office.



## TRY-IT teaches Life Skill Development:



To get involved in TRY-IT, contact your local Extension office.

### State Contact:

Dr. Shannon McCollum  
North Carolina 4-H  
[shannon\\_mccollum@ncsu.edu](mailto:shannon_mccollum@ncsu.edu)  
(919)515-8486

[www.nc4h.org](http://www.nc4h.org)