



OSU EXTENSION  
**4-H YOUTH DEVELOPMENT**

# 2025 IMPACT ON OKLAHOMA



## Oklahoma 4-H Junior Governor

Understanding the makeup of Oklahoma’s state government is essential for young people to comprehend how the world around them works. The Oklahoma 4-H Junior Governor program was established to educate youth in grades 4-6 about the three branches of government, their primary functions and the interrelationships among them. Working with the Oklahoma Institute of Child Advocacy and Oklahoma 4-H, an educational day was designed to help youth understand basic government principles. Students participated in three workshops that used experiential learning theory and hands-on activities to teach the three branches of government. Youth learned how a bill becomes a law, how to identify the roles and holders of offices in the executive branch and how to interpret laws as written. Youth also had the opportunity to develop a platform important to them, and 5th-grade students were able to run for the office of Oklahoma 4-H Junior Governor. The youth delivered campaign speeches, visited with constituents and were able to vote for the junior governor.

**67.7%**  
of the youth were interested in government before the event



**80%+**  
were interested in government afterward

**96.7%**  
of the youth plan to register to vote when they turn 18

**80%**  
of those plan to vote in every election

**14.1K** enrolled participants

**183.1K** youth reached through 4-H programs

**25.8K** youth participated in STEM programs

**30.7K** youth participated in civic engagement and leadership programs

**39.2K** youth participated in healthy living programs

**49.7K** youth participated in agriculture programs

**15.9K** youth participated in environmental education programs

**512** grades K-2

**4.7K** grades 3-5

**3.8K** grades 6-8

**2K** grades 9-12

**1.3K** certified 4-H adults



## Cope-Able

Mental health is an essential part of health education, and we need hands-on ways to help our youth feel confident in responding to this area of life. Life is full of stressors, some bigger than others. Cope-Able is a card game created by OSU Extension Specialists to talk about coping skills and mental health stressors in a fun and engaging way for youth ages 12 and up. The game has a four-session curriculum designed as school enrichment that was piloted in two Oklahoma public schools with plans to expand the pilot moving forward. The curriculum teaches youth the differences between positive and negative coping skills, common coping patterns and introduces them to new skills to use in the future. By the end, the youth had created personalized coping plans, with 78% of youth in the pilot groups reporting that they had learned a new coping skill, with **100% feeling confident or somewhat confident in using healthy coping skills after participation.**

## Food, Fun, 4-H - inspiring the next generation of healthy home cooks

Food, Fun, 4-H (FF4H) was launched during the COVID-19 pandemic as a four-month response to support youth and families through a fun, healthy and educational experience. Born out of necessity when families were sheltering in place, FF4H was intentionally designed to be accessible regardless of internet access. Each month (May–August), participants received mailed educational packets, tested recipes and a kitchen utensil – allowing youth to cook alongside caring adults in their homes. What started as a short-term initiative has become a sustainable, impactful program that six years later continues to bring families together around the kitchen table. FF4H isn't just about cooking – it's about connection, capability and confidence. Monthly participant feedback and ongoing communication from families and volunteers reinforce that FF4H is exceeding expectations by bringing families together in meaningful ways.

## STEM Innovator Program

Oklahoma 4-H STEM Innovators are youth leaders who help deliver hands-on science and technology education in communities throughout the state. They build leadership skills while teaching workshops in areas such as agriculture, computer science and robotics, empowering younger students to explore STEM through real-world learning experiences.

- 22 innovators trained
- 163 workshops to 6,163 participants
- 28 other outreach events reaching 13,929 participants
- Total reach: 20K participants

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