



# 4-H CHARACTER CONNECTIONS

A 4-H Citizenship Newsletter

September 2009

What are you doing?

## 4-H School of Character

Have you ever been bullied? Do you sometimes feel unsafe around friends or classmates? Are you aware of others being bullied in your neighborhood or at school?

This year 4-H will tackle this subject "head-on" with a series of "hands-on" lessons on bullying as part of monthly 4-H Club meetings.

Officers and members will lead this educational campaign to help increase awareness of bullying practices and prevention.

4-H members make a real difference in their schools and communities. Join our campaign to stop bullying... everybody has the right to feel safe!



## WINDOW BOX

4-H SCHOOL OF CHARACTER Class Schedule		
SUBJECT	COURSE	ROOM
Social Studies	Bullying Is No Joke	Respect Hall
Reading	Bullying Myths & Legends	Fairness Library
Science	Anatomy of a Bully	Trustworthiness Lab
Computer Science	Stay Safe From Cyber Bullies	Responsibility Lab
PE	Halt the Hurt!	Caring Gym
Health & Safety	Know the Signs	Citizenship Activity Center
Math	Formulas for Change	Integrity Auditorium

## Citizenship & You

We share many communities. Our town and parish is a large community of many different types of people. Your school is a smaller community of teachers and other students like you! Even your home is a community of family members with shared memories and experiences.

An important part of citizenship is taking pride in your community by helping keep it clean, by following the rules and doing

your part to see that everyone is safe.



You can make a big difference! Start with your family by brainstorming together a list of chores that need attention. Assign everyone a task and decide on a day to work together to get the job done. You'll be glad you did!



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**Be the Change!**

- The 7 Greatest Gifts:**
1. Gift of Service: donate your time or money to a cause.
  2. Gift of Affection: be generous with positive feedback.
  3. Gift of Laughter: share your joy.
  4. Gift of a Written Note: send someone a hand-written expression of warmth.
  5. Gift of a Compliment: it's free. Be sincere.
  6. Gift of Listening: give your undivided attention.
  7. Gift of Solitude: spend some time in silence; support someone else's need for solitude.

# What makes 4-H members special?

P D T N E M E G A N A M H U S O I X F V  
 R I E L E A D E R S H I P S D U P S U J  
 O N E C Q G N I G N O L E B O K E L T G  
 B D N P I Q R E S P O N S I B I L I T Y  
 L E I C C S W Y Q C I S S E N R I A F A  
 E P L I H T I J A H T C E P S E R K F N  
 M E P T A E F O T C O O P E R A T I O N  
 S N I I R A X R N D I V E R S I T Y K G  
 O D C Z A M O C O M M U N I C A T I O N  
 L E S E C W N O I T A N I M R E T E D I  
 V N I N T O K G S J O K M A S T E R Y R  
 I C D S E R N O I T A Z I N A G R O Z A  
 N E U H R K L S F H Z A O N M V E D S C  
 G R I I N O I T A V I T O M G P V H Y W  
 T T O P G T G E N E R O S I T Y T X S H

Find these character traits vertically, horizontally or diagonally.

- BELONGING
- CARING
- CHARACTER
- CITIZENSHIP
- COMMUNICATION
- COOPERATION
- DECISION MAKING
- DETERMINATION
- DISCIPLINE
- DIVERSITY
- FAIRNESS
- GENEROSITY
- INDEPENDENCE
- LEADERSHIP
- MANAGEMENT
- MASTERY
- MOTIVATION
- ORGANIZATION
- PROBLEM SOLVING
- RESPECT
- RESPONSIBILITY
- TEAMWORK
- TRUSTWORTHINESS

## Easy ways to show good character

### How would you like to improve your corner of the world?

Try one of these today:

1. Say please, thank you, and you're welcome.
2. Smile at someone who looks like they need a little cheering up.
3. Tell three people you haven't met to have a good day.
4. Be extra-pleasant to a food server or someone else who

5. making your day better.
5. Say "please" as many times as possible in one day.
6. Offer someone your help before being asked.
7. Say something nice to every person you meet in one day.
8. Do your brother or sister's chores for them.
9. Tell your parents that they've done a great job.
10. Give someone a hug who really needs it.
11. Be the first to say you're sorry.
12. Go through one whole day without saying one unkind word about anyone.
13. Conserve energy by turning off the lights.
14. Send a thank you card just because someone did something nice.
15. Let someone know how much you appreciate them.

### A State Partner in the Cooperative Extension System

The LSU Agricultural Center is a statewide campus of the LSU System and provides equal opportunities in programs and employment. Louisiana State University and A. & M. College, Louisiana parish governing bodies, Southern University, and United States Department of Agriculture cooperating.