Teens sought to teach
Health Rocks program

DOWNSTATE — Delaware 4H is looking for teens ages 13 and up who are interested in developing important life skills and earning $100 or more by teaching the 4-H Health Rocks curriculum to youth in out of school sessions.

"Health Rocks!" is a curriculum-based life skills development program for youth ages 8 to 12, sponsored by the National 4H Council.

Health Rocks helps youth learn life skills such as decision-making, critical thinking, and stress management but places a special emphasis on tobacco-use prevention. The program also includes components that bring youth and adults together as partners in developing community strategies that prepare young people to make healthy lifestyle choices.

Research indicates that youth who have positive social skills and competencies are more resistant to substance abuse. Delaware 4H will provide training to teens in how to deliver the curriculum and assist them as necessary to find sites that are interested in having the curriculum delivered including afterschool programs, church groups and more. Health Rocks can be taught anywhere in the state. Teens do not have to be a member of 4-H to participate.

For more information on Health Rocks, contact the 4H Health Rocks coordinator, Karen Johnston at kjpjohn@udel.edu or call 831-8866.