

## Youth Developmental Needs

### What Should You Know About 4-H Members?

You should have a basic understanding of the ages and stages of youth development to plan appropriate educational programs and activities for 4-H members. Make sure your 4-H game plan includes activities to meet your member's needs of physical activity, competence and achievement, self-definition, creative expression, positive social interaction, and meaningful participation with clear limits.

4-H members, who join at age 8 or 9, or even as Cloverbuds, often stay in 4-H longer. However, regardless of when members join, they will likely stay if you meet their interests and developmental needs. Your members will respond differently to activities depending on their age. Be a good listener and club observer to spot members who need additional support, a shot of self-confidence, or a nudge to take on a new challenge or leadership role. Learn more about the differences youth experience physically, emotionally, intellectually and socially at various age levels. Use the [Ages and Stages of Youth](#) resources to sharpen your coaching skills in working with youth of all ages.

***Coach your 4-H players at their respective levels...Sprouting, Budding, Blooming and Thriving 4-H Clovers.***