

Youth Development in Oneida County

UW-Extension to teach curriculum to Kids in Need staff in January

By **Lynn Feldman**
4-H Youth Development
Educator



A year ago, I was introduced to the Be Safe Curriculum out of Michigan State University. It is a 10-week interactive anti-bullying program designed for middle-school youth in afterschool settings.

Activities in the program, which are devoted to emotional and social intelligence, the creation of a safe discussion environment, and the opportunity to increase sensitivity to human differences, make it especially appealing. The inclusion of a teen facilitation component potentially increases the effectiveness of teens creating culture change through younger youth mentoring.

Last March, I taught the Be Safe lessons to several members of the

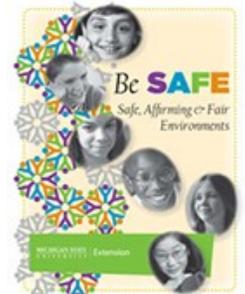
Rhinelander High School Diversity Club, and they in turn led the activities with the School District of Rhinelander NCSS middle school students. Post-survey results showed positive changes in attitudes by the participating youth regarding the desire to address bullying when seen, an increase in awareness of the harm caused by bullying, an increase in the perception of the youth that they have options to manage their own negative emotions, an understanding of the difference between the terms bystander and ally, and an increase in awareness of the impact media has on how youth feel about themselves.

Starting Jan. 7, and running for seven consecutive Thursdays from 4-5:30 p.m., I will be teaching the Be Safe curriculum program at Kids in Need in downtown Rhinelander. The program will consist of experiential activities designed to facilitate discussion and critical thinking. Its teamwork framework is meant to

foster problem-solving and thought exploration. The initial activity of creating a "safe" environment will enable youth to create and then monitor a program atmosphere of consistency, sensitivity, and fairness. The pre- and post-test to be administered will evaluate program effectiveness.

My goal for program leadership is to teach facilitation of the program, as I am leading the sessions, to the Kids in Need staff. In the future, the staff can lead the program possibly along with youth who have been through it.

For more information, contact **Lynn Feldman** at lynn.feldman@ces.uwex.edu or call 715-365-2750.



TELECONFERENCE: FEB. 2



Policy issues facing Governor Walker and the Legislature

Before the Wisconsin State Legislature kicks off the 2015-16 session, representatives from the Wisconsin Counties Association, the Wisconsin League of Municipalities and the Wisconsin Towns Association will offer a preview of major policy issues facing Gov. Walker and the Legislature including their implications for local government.

This teleconference will be the final session in a five-part series titled, "Current Issues Affecting Local Officials," sponsored by the University

of Wisconsin-Extension Local Government Center. These programs are designed to provide unbiased information on the key issues facing local government officials.

The teleconference on the Wisconsin Legislative Preview will be held from 10-11 a.m. on Monday, Feb. 2.

To Register:

The teleconference can be broadcast directly to a participant's home or business. Visit lgc.uwex.edu or call 608-262-0810.

To register online, follow the link at lgc.uwex.edu or call 608-262-0810.

The cost to attend is \$20 per program. If you are unable to participate during the live session, you can purchase an online audio stream of the presentation.

For more information on any teleconference session, call the Local Government Center at 608-262-9960.

Family Living in Oneida County

UW-Extension introduces 'eParenting' to schools

By Sara Richie
Family Living Educator



James Williams Middle School in Rhinelander is taking part in Oneida County UW-Extension's eParenting®: High Tech Kids Pilot project, which provides parents information and support.

This is the second year of the pilot project and about 20 schools across the state are participating. Email newsletters will be sent weekly to parents of James Williams Middle School students throughout the spring semester. Each week parents will be sent a blog post and a link to resources on different subjects related to parenting and teen issues.

Blog posts will provide parents with a link to the full UW-Extension eParenting® blog site with tips on how to use digital media in a positive way with their child and how to strengthen family relationships. Parents will have the opportunity

to evaluate the eParenting® project at the end of the semester. This will help UW-Extension educators determine the impact of the eParenting® resources and make improvements or adjustments where needed.

Teens and technology are often thought of in a negative way. eParenting® will help parents to positively use digital media to impact their relationship with their teens, find parenting resources and better relate to this high tech world that they we are living in.

The eParenting® Blog pilot project is an important educational response to the parent presentation held in December at Rhinelander High School regarding online predators and monitoring your child's internet use.

You can reach Sara at 715-365-2750 or by email at sara.richie@ces.uwex.edu.

A GOOD QUESTION FOR SARA:

HOW DO I STAY ACTIVE HERE?

Staying active this winter in Oneida County is easy!

There are a number of trails for cross-country skiing, snowshoeing and hiking. There are also sledding hills to check out with the family at Winter Park in Minocqua and Siroka Field in Rhinelander. And don't forget about ice skating! There are ice skating rinks in Minocqua, Rhinelander and Three Lakes.

For more information about how you can stay active here, visit the Oneida County Public Health website: www.oneidacountypublichealth.org/.

Click on "Family Health" and then "Physical Activity Opportunities."

You can also stop by the UW-Extension Oneida County Office and our staff and educators can get you the information you need!

Wisconsin Nutrition Education Program

What are WNEP Educators Teaching in the Classroom?

By Ginger Zastrow
Wis. Nutrition Education Program Educator



Oneida County Wisconsin Nutrition Education Program educators have stayed plenty busy in the classroom this winter.

So, what exactly is WNEP?

The Wisconsin Nutrition Education Program is a major educational program within UW-Extension Family Living Programs, which responds to community needs with research-based education and partnerships that support Wisconsin families and communities.

The Wisconsin Nutrition Education Program is primarily made up of two federally-funded nutrition education programs for low-income families and individuals—the Expanded Food and Nutrition Education Program (EFNEP)

and the Supplemental Nutrition Assistance Program Education (SNAP-Ed).

Since the beginning of this school year, Oneida County WNEP educators have taught nutrition lessons to more than 960 individuals at 190 teaching events just in Oneida County alone.

The graphic on the right shows a few topics taught during one or more lessons.



To learn more about Oneida County's WNEP program, visit: www.uwex.edu/ces/wnep/overview.

You can reach Oneida County WNEP staff at 715-365-2750.

