

4HCIM10



# EXPLORING CITIZENSHIP

## UNIT I

### ME, MY FAMILY AND MY FRIENDS

**THIS BOOK BELONGS TO:**

**MY NAME:** \_\_\_\_\_

**MY ADDRESS:** \_\_\_\_\_

**MY PHONE NO.:** \_\_\_\_\_

### ACKNOWLEDGEMENTS

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COMMITTEE: Norma Roberts, Louisiana (Chairman); Treva Sawatski, Arkansas; Ruth Milton, Florida; Maurice Spencer, Georgia; Robert Soileau, Louisiana; and Ben Powell, Tennessee.

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## WHAT WILL I LEARN IN THIS PROJECT?

- WHAT IS GOOD CITIZENSHIP?
- MORE ABOUT MYSELF
- MORE ABOUT MY FAMILY
- MORE ABOUT MY FRIENDS

## WHAT WILL I DO IN THIS PROJECT

- FILL IN THE BLANKS
- EXPLORE THINGS
- DRAW THINGS
- TAKE PHOTOS
- WORK WITH MY FAMILY
- THINK AND LEARN
- SHARE WITH OTHERS

(THIS IS MY BOOK TO FILL OUT AND KEEP.)

## INTRODUCTION

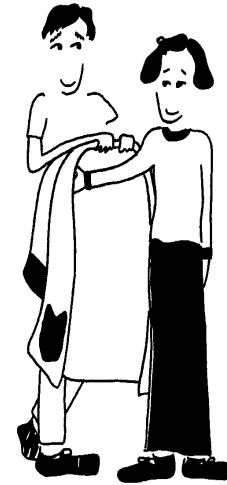
### WHAT IS GOOD CITIZENSHIP?

HELLO, I'M \_\_\_\_\_  
(MY NAME)

AND I AM READY TO HAVE SOME FUN  
AND TO PRACTICE BEING A GOOD  
CITIZEN. SO LET'S GET STARTED AND  
EXPLORE THIS THING CALLED  
CITIZENSHIP!

DID YOU SAY "WHAT'S CITIZENSHIP?"  
CITIZENSHIP IS HOW WE TALK AND ACT  
TOWARD EACH OTHER. ALSO, HOW WE THINK  
AND FEEL ABOUT EACH OTHER. IT IS OUR  
RELATIONSHIP WITH OTHER PEOPLE.

*GOOD* CITIZENSHIP IS SHOWING CONCERN FOR OURSELVES AND OTHERS AROUND US. A GOOD CITIZEN TREATS OTHERS AS HE OR SHE WOULD LIKE TO BE TREATED. ASK YOURSELF THE FOLLOWING QUESTIONS.



YES            NO            SOMETIMES




(CHECK ONE BOX)  
DO I THINK OF SAFETY FOR MYSELF AND OTHERS BEFORE I DO SOMETHING?




DO I CONSIDER OTHER PEOPLE'S FEELINGS BEFORE I SAY OR DO SOMETHING THAT MAY HURT THEM?

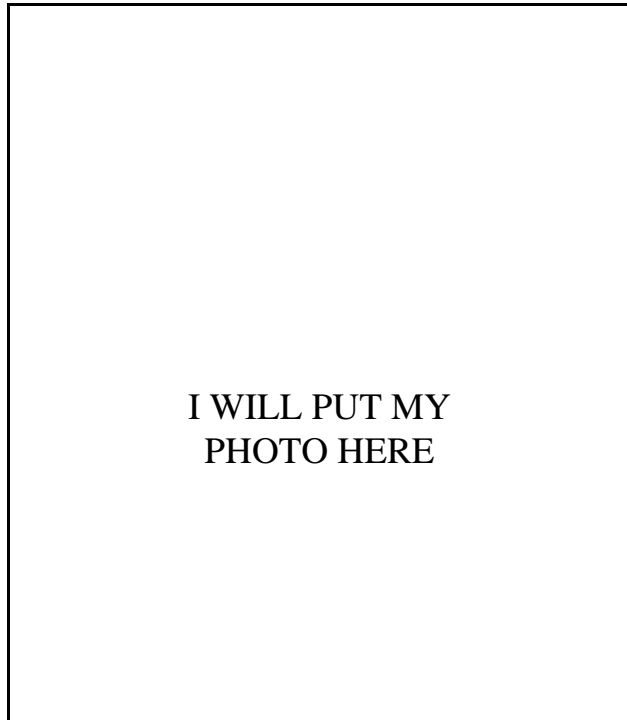



DO I ACCEPT OTHER PEOPLE WHO ARE DIFFERENT FROM ME AND TRY TO MAKE FRIENDS WITH THEM?

**PART ONE - GETTING TO KNOW MYSELF, MY BEST FRIEND**

\_\_\_\_\_ IS MY BEST  
(MY NAME)  
FRIEND. WE WILL BE TOGETHER FOR THE  
REST OF MY LIFE SO WE SHOULD GET TO  
KNOW AND LIKE EACH OTHER. JUST  
THINK, NO ONE IN THE WORLD IS JUST  
LIKE ME. I AM UNIQUE (LOOK IT UP IN  
THE DICTIONARY).





THAT'S ME!

1 INCH = 2.54 CENTIMETERS  
1 POUND = .45 KILOS

MY BIRTHDAY IS:

MONTH \_\_\_\_\_

DAY \_\_\_\_\_

YEAR \_\_\_\_\_

I AM \_\_\_\_\_ YEARS OLD.

MY HAIR IS \_\_\_\_\_.

(COLOR)

MY SKIN IS \_\_\_\_\_.

MY EYES ARE \_\_\_\_\_.

I AM \_\_\_\_\_ FEET AND \_\_\_\_\_

INCHES TALL.

THAT IS \_\_\_\_\_ CENTIMETERS.

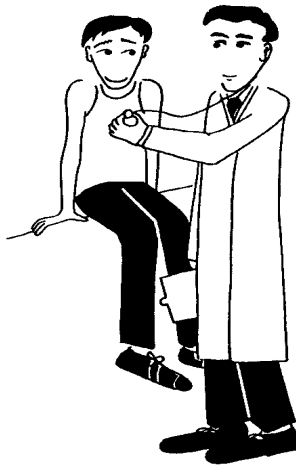
(ASK MOM AND DAD TO HELP).

I WEIGH \_\_\_\_\_ POUNDS.

THAT IS \_\_\_\_\_ KILOS.

I BELIEVE THAT MY HEALTH IS

- EXCELLENT
- GOOD
- FAIR
- POOR



SIT DOWN WITH YOUR MOM, DAD OR SOMEONE WHO CAN ANSWER THESE QUESTIONS. ASK THESE QUESTIONS AND FILL IN THE BLANKS.

**MY HEALTH**

WHAT VACCINATIONS HAVE I HAD? \_\_\_\_\_

WHICH CHILDHOOD DISEASES HAVE I HAD? \_\_\_\_\_

WHO IS MY DOCTOR? \_\_\_\_\_

WHO IS MY DENTIST? \_\_\_\_\_

THE LAST TIME I SAW MY DENTIST WAS \_\_\_\_\_

IS IT TIME TO GO TO THE DENTIST AGAIN? \_\_\_\_\_

WHAT ALLERGIES DO I HAVE? \_\_\_\_\_

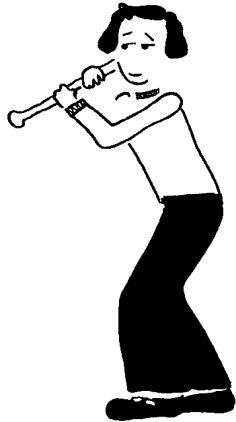
I HAVE THESE SPECIAL HEALTH NEEDS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**THINGS I LIKE TO DO**



IN MY FREE TIME I LIKE TO \_\_\_\_\_  
\_\_\_\_\_ AND \_\_\_\_\_.



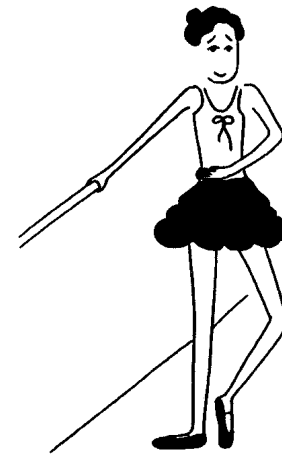
I WOULD REALLY LIKE TO MAKE A \_\_\_\_\_  
\_\_\_\_\_ WITH MY OWN  
HANDS.



ONCE I MADE A \_\_\_\_\_  
\_\_\_\_\_ AND I FELT REAL PROUD.

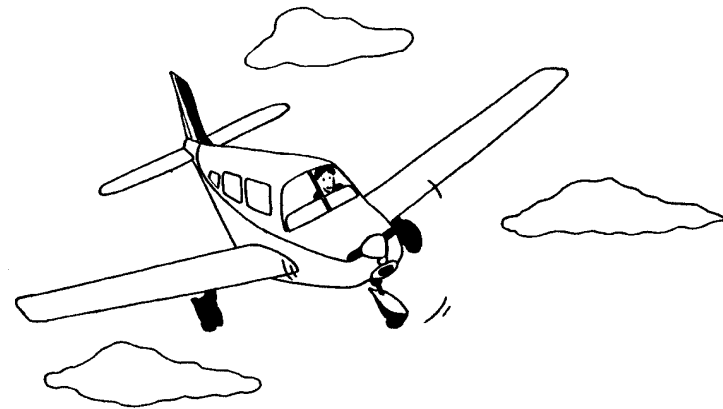
IF MOM OR DAD OR ANOTHER ADULT  
WOULD HELP ME, I WOULD LIKE TO

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WHEN I AM OLDER I THINK I WILL \_\_\_\_\_

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**MY FAVORITE**

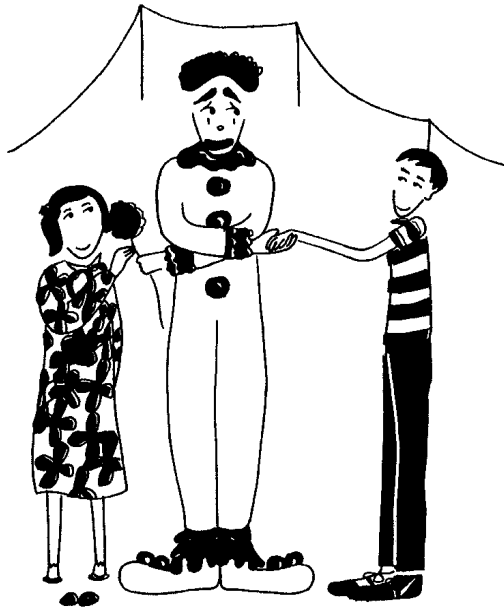
**PLACES**

OF ALL THE PLACES I HAVE BEEN, I LIKE  
\_\_\_\_\_ THE BEST  
BECAUSE \_\_\_\_\_

IF I COULD GO ANYWHERE IN THE WORLD  
I WOULD GO TO \_\_\_\_\_

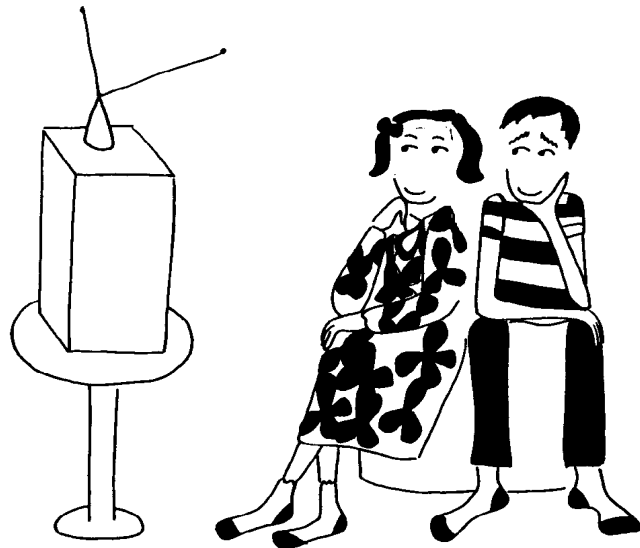
**THINGS**

MY FAVORITE THING IS MY \_\_\_\_\_  
\_\_\_\_\_  
IT IS MY FAVORITE BECAUSE IT  
\_\_\_\_\_



### MOVIES AND T.V.

\_\_\_\_\_ IS MY  
FAVORITE TV PROGRAM.  
THE BEST MOVIE I HAVE EVER SEEN IS  
ENTITLED \_\_\_\_\_.  
IT WAS BEST BECAUSE \_\_\_\_\_  
\_\_\_\_\_  
MY FAVORITE ACTOR IS \_\_\_\_\_  
\_\_\_\_\_  
MY FAVORITE ACTRESS IS \_\_\_\_\_  
\_\_\_\_\_.



### MUSIC

MY FAVORITE SONG IS \_\_\_\_\_  
\_\_\_\_\_  
AND MY TWO FAVORITE SINGERS ARE:  
1) \_\_\_\_\_  
2) \_\_\_\_\_  
I LIKE \_\_\_\_\_ MUSIC BEST.  
(WHAT TYPE?)  
 I PLAY THE \_\_\_\_\_  
(INSTRUMENT.)  
 I DON'T PLAY A MUSICAL INSTRUMENT.



### ANIMALS

MY FAVORITE ANIMAL IS \_\_\_\_\_.

MY SECOND FAVORITE ANIMAL IS \_\_\_\_\_.

I OWN ONE       I OWN BOTH

I OWN NEITHER

IF I COULD BE AN ANIMAL I'D BE A

\_\_\_\_\_.

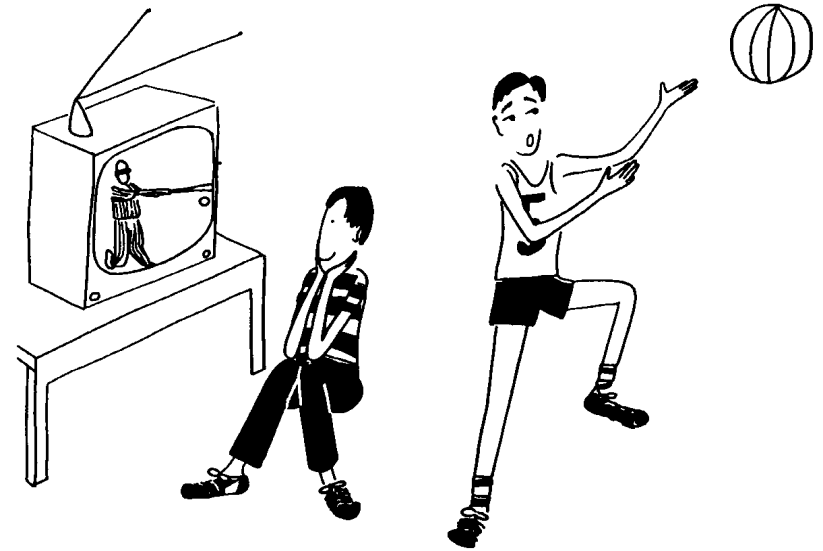


### SPORTS

MY FAVORITE SPORT TO WATCH IS \_\_\_\_\_.

MY FAVORITE SPORT TO PLAY IS \_\_\_\_\_.

\_\_\_\_\_.



I'M  GOOD     FAIR

NOT SO GOOD

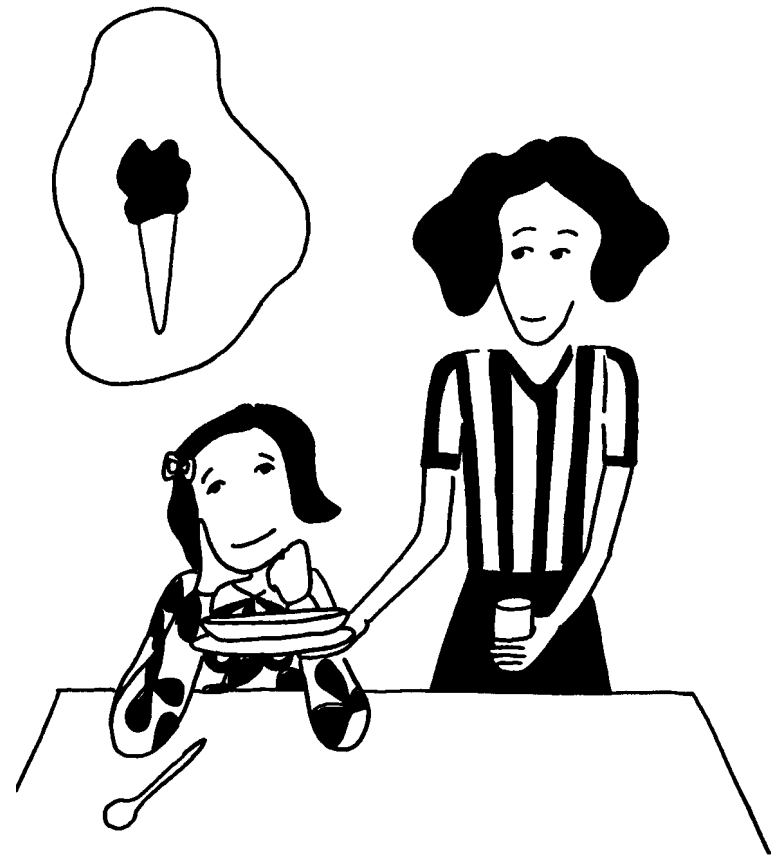
MY FAVORITE ATHLETES ARE \_\_\_\_\_

AND \_\_\_\_\_.

### FOODS

I EAT LIKE A  HORSE  BIRD  
MY FAVORITE FOOD IS \_\_\_\_\_.

I CAN'T STAND \_\_\_\_\_.  
MY MOTHER THINKS I SHOULD LIKE  
\_\_\_\_\_ (BUT  
I DON'T).



### PEOPLE

MY FAVORITE TEACHER IS \_\_\_\_\_

I LIKE HER/HIM BECAUSE \_\_\_\_\_

MY FAVORITE RELATIVE IS \_\_\_\_\_

I LIKE HIM/HER BECAUSE \_\_\_\_\_

MY FAVORITE PERSON IN THE WHOLE  
WORLD IS \_\_\_\_\_

WHY? \_\_\_\_\_



SOMETIMES I FEEL SCARED

YES     NO

WHEN I'M SCARED I

\_\_\_\_\_  
\_\_\_\_\_.



SOMETIMES I CRY

YES     NO

I FEEL THE SADDEST WHEN

\_\_\_\_\_  
\_\_\_\_\_.

**MY FEELINGS**

I'M HAPPY

ALL OF THE TIME

MOST OF THE TIME

NEVER

I AM HAPPIEST WHEN

\_\_\_\_\_  
\_\_\_\_\_.

SOMETIMES I GET ANGRY AT PEOPLE.

YES     NO

I GET THE ANGRIEST WHEN \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_.

WHEN A FRIEND IS ANGRY AT ME, I

\_\_\_\_\_  
\_\_\_\_\_.

WHEN I AM ANGRY AT A FRIEND, I

\_\_\_\_\_  
\_\_\_\_\_.

WHEN I AM BEING TEASED I FEEL

\_\_\_\_\_  
\_\_\_\_\_.



**THE FIVE THINGS I LIKE MOST ABOUT ME ARE:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**I GET DOWN ON MYSELF AND FEEL LOW**

- NEVER
- SOMETIMES
- A LOT
- ALL THE TIME

**HERE ARE SOME THINGS ABOUT ME I WOULD LIKE TO CHANGE:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**WHEN I AM FEELING BLUE OR SAD AND LONELY I USUALLY**

- GO TO MY ROOM AND CRY
- CALL A FRIEND
- WATCH T.V.
- WORK ON MY HOBBY
- READ A BOOK
- ASK MOM OR DAD IF I CAN HELP THEM
- OTHER \_\_\_\_\_



SOMETIMES THERE IS SOMETHING ABOUT OURSELVES THAT WE DON'T LIKE, BUT WE CAN'T CHANGE IT. MAYBE IT'S OUR HEIGHT, OR THE COLOR OF OUR EYES. WE MUST LEARN TO LIVE WITH THOSE THINGS WE CAN'T CHANGE. DO YOU HAVE SOMETHING ABOUT YOURSELF THAT YOU JUST HAVE TO ACCEPT?

YES       NO

IF SO, WILL YOU ACCEPT IT AND NOT BE TOO HARD ON YOURSELF?

YES       NO

(I HOPE YOU ANSWERED YES 'CAUSE I LIKE YOU JUST THE WAY YOU ARE!)



## THINGS TO DO

DO ONE OR MORE OF THE FOLLOWING

1) LOOK OVER THE “THINGS I LIKE TO DO” PAGE. MAKE THE THING THAT YOU SAID YOU WOULD LIKE TO MAKE. SHARE IT WITH SOMEONE ELSE OR MAKE ANOTHER FOR THEM.

2) HOW’S YOUR HEALTH? ASK YOUR PARENTS IF IT’S TIME FOR YOU TO GO TO THE DOCTOR OR DENTIST. IF SO, ASK THEM TO HELP YOU MAKE AN APPOINTMENT.

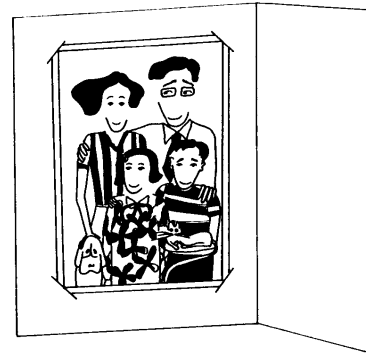
3) IF YOU TAKE MUSIC LESSONS, SET UP A TIME TO PRACTICE EACH DAY AND KEEP A RECORD OF HOW LONG YOU PRACTICE.

4) NAME ONE FOOD YOU DON’T LIKE THAT YOU OUGHT TO. TRY TO LEARN TO LIKE THIS FOOD BY EATING SMALL AMOUNTS OF IT WHEN IT’S SERVED.

5) IF YOU OWN A PET, TREAT IT LIKE A FRIEND. FEED IT ON TIME AND KEEP IT CLEAN. DO SOMETHING “EXTRA NICE” FOR IT.

**PART TWO - MY FAMILY: THE PEOPLE I LIVE WITH**

THERE ARE \_\_\_\_\_ PEOPLE  
IN MY FAMILY.  
LET'S MEET THEM!



NAME

RELATIONSHIP

BIRTHDAY

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

(I GOT THEIR AUTOGRAPHS!)

# THIS IS WHAT WE LOOK LIKE

**PASTE PHOTOS IN THESE CIRCLES**

**WRITE NAMES ON THE LINES**

THAT'S ME →

**OUR FAMILY PHOTO TREE**

- I TOOK THESE PHOTOS
- SOMEBODY HELPED ME
- SOMEBODY ELSE TOOK THEM

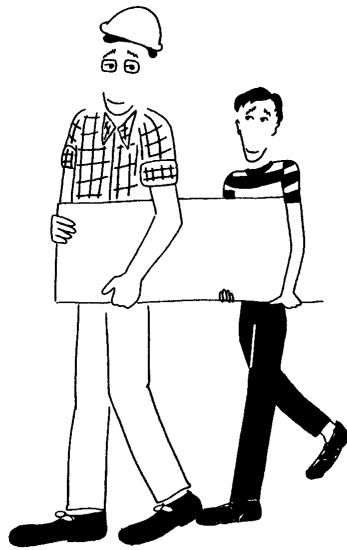
The graphic is a large cloud shape with a scalloped border. Inside the cloud, there are six circles arranged in two rows of three. Each circle is positioned above a horizontal line. In the top-left circle, the text 'PASTE PHOTOS IN THESE CIRCLES' is written. In the top-right circle, the text 'WRITE NAMES ON THE LINES' is written. In the center of the cloud, the text 'THAT'S ME' is written with an arrow pointing to the middle circle in the second row. Below the cloud, on the left, is the text 'OUR FAMILY PHOTO TREE' next to a small drawing of a hand holding a camera. On the right, there is a checklist with three items, each preceded by a square box: 'I TOOK THESE PHOTOS', 'SOMEBODY HELPED ME', and 'SOMEBODY ELSE TOOK THEM'.

**MY PARENTS**  
MY PARENTS WORK HARD  
FOR OUR FAMILY. I  
ASKED MY MOM AND DAD  
WHAT THEY DO AT WORK.  
THEY SAID \_\_\_\_\_

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DAD LIKES HIS WORK

- VERY MUCH
- SOME
- VERY LITTLE

MOM LIKES HER WORK

- VERY MUCH
- SOME
- VERY LITTLE

I THINK THE BEST THING ABOUT BEING A PARENT IS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I THINK I WILL BE A PARENT SOMEDAY

YES

NO

HAVEN'T MADE UP MY MIND YET

## FAMILY - WORD GAME

YOU GET LOTS OF IMPORTANT THINGS FROM YOUR FAMILY. IN THE MAZE BELOW, SEE HOW MANY THINGS YOU CAN FIND THAT YOU GET FROM YOUR FAMILY (ALL WORDS GO ACROSS OR DOWN. ANSWERS ARE ON THE NEXT PAGE).

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

IN MY OWN WORDS, A FAMILY IS

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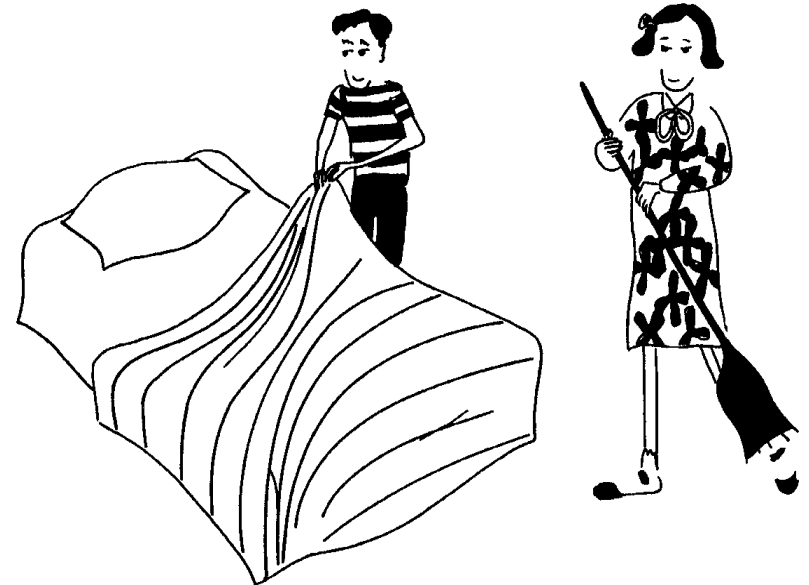
ANSWERS TO THE FAMILY WORD GAME

- |          |          |            |
|----------|----------|------------|
| LOVE     | TOYS     | SUPPORT    |
| KINDNESS | FOOD     | COMFORT    |
| HELP     | GIFTS    | SECURITY   |
| MONEY    | FUN      | PROTECTION |
| RULES    | CARE     | HOME       |
| VALUES   | TRUST    | SHARING    |
| CLOTHES  | TRAINING | STANDARDS  |

CAN YOU THINK OF OTHER IMPORTANT THINGS YOU GET FROM YOUR FAMILY?  
WRITE THEM HERE.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

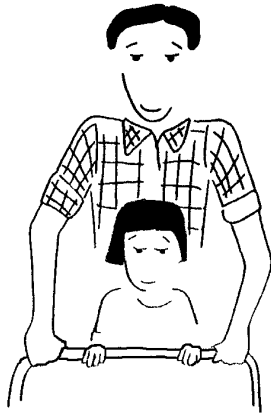
THERE ARE MANY JOBS OR RESPONSIBILITIES IN MAKING A GOOD HOME FOR OUR FAMILY. SOME OF THESE JOBS ARE WASHING THE DISHES, CUTTING THE GRASS, AND CLEANING MY ROOM. I ASKED MY FAMILY TO HELP ME AND WE MADE THIS LIST OF 10 IMPORTANT JOBS AT OUR HOME. (WE ALSO DECIDED WHO IS RESPONSIBLE FOR EACH ONE).





### THE JOB

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_



### WHO IS RESPONSIBLE?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ OF THEM ARE MY  
(NUMBER)  
RESPONSIBILITIES!

IS THIS SHARING OF RESPONSIBILITIES  
FAIR?             YES

NO

WHY OR WHY NOT? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MOST FAMILIES NOT ONLY WORK TOGETHER BUT THEY DO SOME “JUST FOR FUN” THINGS, TOO.

SOME FAMILY FUN THINGS ARE DONE INDOORS, SOME ARE DONE OUTDOORS. SOME WE PLAY OURSELVES AND OTHERS WE JUST WATCH.

HERE ARE SOME THINGS I HAVE DONE OR WATCHED WITH MEMBERS OF MY FAMILY.



WHAT I WATCHED      WHAT I DID

OUTDOOR THINGS

INDOOR THINGS


### GETTING ALONG AT HOME

I GET ALONG WITH MY FAMILY

- VERY WELL
- PRETTY WELL
- NOT TOO WELL
- NOT AT ALL

SOMETIMES WE FORGET THAT THE OTHER MEMBERS OF OUR FAMILY ARE REAL PEOPLE, TOO. THEY HAVE FEELINGS WHICH GET HURT JUST LIKE OURS.

WE NEED TO UNDERSTAND HOW THEY FEEL BEFORE WE SAY OR DO SOMETHING THAT WILL UPSET THEM. IF WE THINK ABOUT THIS BEFORE WE SPEAK OR ACT, WE'LL GET ALONG WITH THEM MUCH BETTER.



SAD



HAPPY



UPSET



TIRED



LONELY



AFRAID

HERE IS A CHECKLIST FOR GOOD CITIZENSHIP AT HOME. CHECK THE CORRECT ANSWER FOR EACH ITEM AND SEE HOW WELL YOU ARE DOING.

	YES	NO	SOMETIMES
1) I PICK UP AFTER MYSELF			
2) I SEE THINGS THAT NEED TO BE DONE AND I DO THEM.			
3) I OFFER TO HELP OTHERS WITH THEIR CHORES.			
4) I KEEP MY ROOM NEAT.			
5) I ENJOY DOING NICE THINGS FOR FAMILY MEMBERS.			
6) I WAIT UNTIL OTHERS ARE THROUGH TALKING BEFORE HAVING MY SAY.			
7) I TRY TO HELP OTHERS FEEL BETTER WHEN THEY ARE FEELING LOW.			
8) I REALLY TRY TO SEE THEIR SIDE OF AN ARGUMENT.			
9) I HELP OTHERS UNDERSTAND ME BY EXPLAINING HOW I THINK AND FEEL.			
10) I RESPECT OTHERS' IDEAS EVEN WHEN THEY ARE DIFFERENT FROM MINE.			

	YES	NO	SOMETIMES
I TRUST THE OTHER MEMBERS OF MY FAMILY.			
I AM INTERESTED IN WHAT OTHERS ARE DOING.			
I LIKE TO DO THINGS TOGETHER WITH MEMBERS OF MY FAMILY.			
I FIND IT EASY TO SAY WHAT I REALLY FEEL AT HOME.			
I FEEL FREE TO DISAGREE WITH FAMILY MEMBERS AND TO EXPRESS MY OPINION.			
I TRY TO "COOL OFF" AND MAKE UP AFTER FAMILY QUARRELS.			
I STOP TEASING FAMILY MEMBERS BEFORE THEY GET ANGRY.			
I REALLY TRY TO MAKE OUR HOME A HAPPY PLACE.			

HOW DID YOU DO? IF YOU CHECKED "NO" OR "SOMETIMES" QUITE OFTEN, YOU MAY WANT TO IMPROVE IN THOSE AREAS WHERE YOU KNOW YOU CAN BE THE BEST EXAMPLE OF A GOOD CITIZEN IN YOUR OWN HOME. YOU CAN HELP BRING YOUR FAMILY EVEN CLOSER TOGETHER.

## THINGS TO DO

### DO ONE OR MORE OF THE FOLLOWING

- 1) ASK YOUR FAMILY TO ALL JOIN IN A "CAMP IN" AT HOME! SPEND A WHOLE DAY AND/OR NIGHT TOGETHER WITHOUT RADIO, RECORD PLAYER, OR OTHER THINGS TO DISTRACT YOU. JUST PLAY GAMES, SIT AROUND AND TALK, DO THINGS YOU WOULD DO AT CAMP, AND ENJOY EACH OTHER.
- 2) MAKE YOUR OWN BIRTHDAY CARD FOR THE MEMBERS OF YOUR FAMILY ON THEIR BIRTHDAYS.
- 3) COMPLETE YOUR FAMILY TREE AND FRAME IT. HANG IT UP IN YOUR HOUSE SO EVERYONE CAN ENJOY IT.

4) ASK YOUR PARENTS TO TAKE YOU TO VISIT THE PLACE WHERE THEY WORK.

5) TAKE ON A NEW JOB AROUND YOUR HOME THAT YOU ARE WILLING TO BE RESPONSIBLE FOR. ASK YOUR PARENTS FOR THEIR HELP IN DECIDING WHAT YOU'LL DO.

6) ASK YOUR PARENTS TO HELP YOU PLAN A "JUST FOR FUN" THING FOR YOUR FAMILY. TAKE A LEADING PART IN CARRYING OUT YOUR PLAN.

AT HOME, WE DEVELOP HABITS WHICH WILL HELP US FORM WARM RELATIONSHIPS WITH OTHERS. THIS WILL LEAD TO REAL FRIENDSHIPS, AND WE ALL NEED REAL FRIENDS, DON'T WE? SO NOW, LET'S LEARN ABOUT FRIENDS.

**PART THREE - MY FRIENDS, THE OTHER PEOPLE I LIKE**



FRIENDS ARE PEOPLE WHOM YOU LIKE  
AND TRUST.



THERE ARE ABOUT \_\_\_\_\_  
(HOW MANY)  
PEOPLE WHOM I CALL FRIENDS.  
\_\_\_\_\_ ARE GIRLS AND  
\_\_\_\_\_ ARE BOYS.

NOT ALL MY FRIENDS ARE  
THE SAME. THEY ARE  
YOUNG AND OLD; THEY  
ARE MALE AND FEMALE.  
HERE IS A LIST OF MY  
DIFFERENT FRIENDS.

NAMES

A YOUNGER FRIEND - BOY

A YOUNGER FRIEND - GIRL

A FRIEND MY AGE - BOY

A FRIEND MY AGE - GIRL

A TEEN-AGE FRIEND - BOY

A TEEN-AGE FRIEND - GIRL

AN ADULT FRIEND - MAN

AN ADULT FRIEND - WOMAN

AN ELDERLY FRIEND - MAN

AN ELDERLY FRIEND - WOMAN

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NOT ALL MY FRIENDS ARE PEOPLE. SOME FRIENDS OF MINE THAT ARE NOT PEOPLE ARE

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

I LIKE MY FRIENDS FOR THESE REASONS:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

HERE ARE SOME THINGS I LIKE TO DO WITH MY FRIENDS:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_

MANY SONGS HAVE BEEN SUNG ABOUT FRIENDS. PEOPLE LIKE TO SING ABOUT FRIENDSHIP. CAN YOU THINK OF TWO SONGS ABOUT FRIENDS?

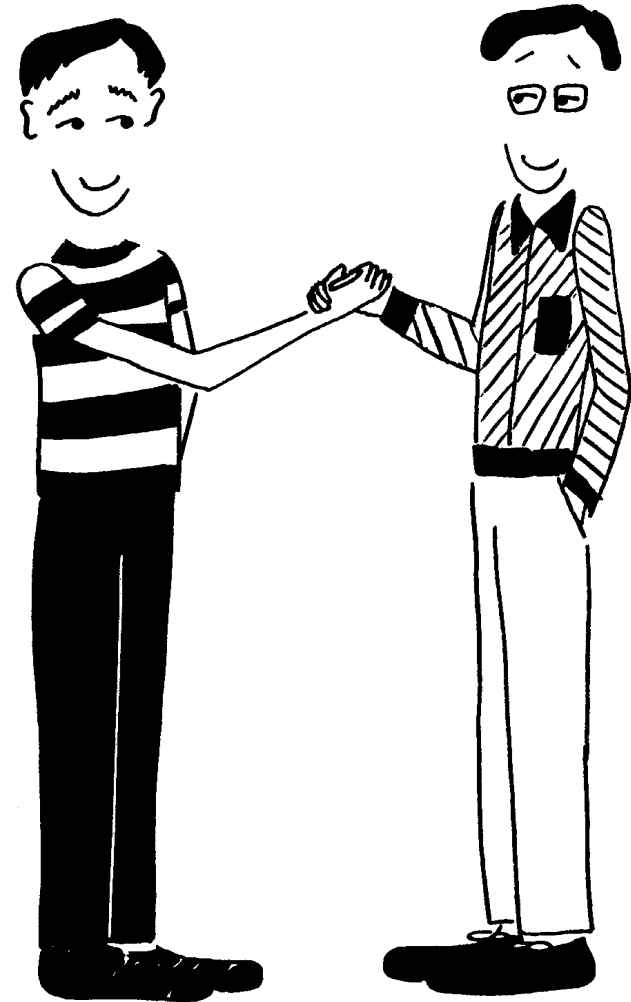
- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

THE MOST IMPORTANT THINGS I GIVE MY FRIENDS ARE

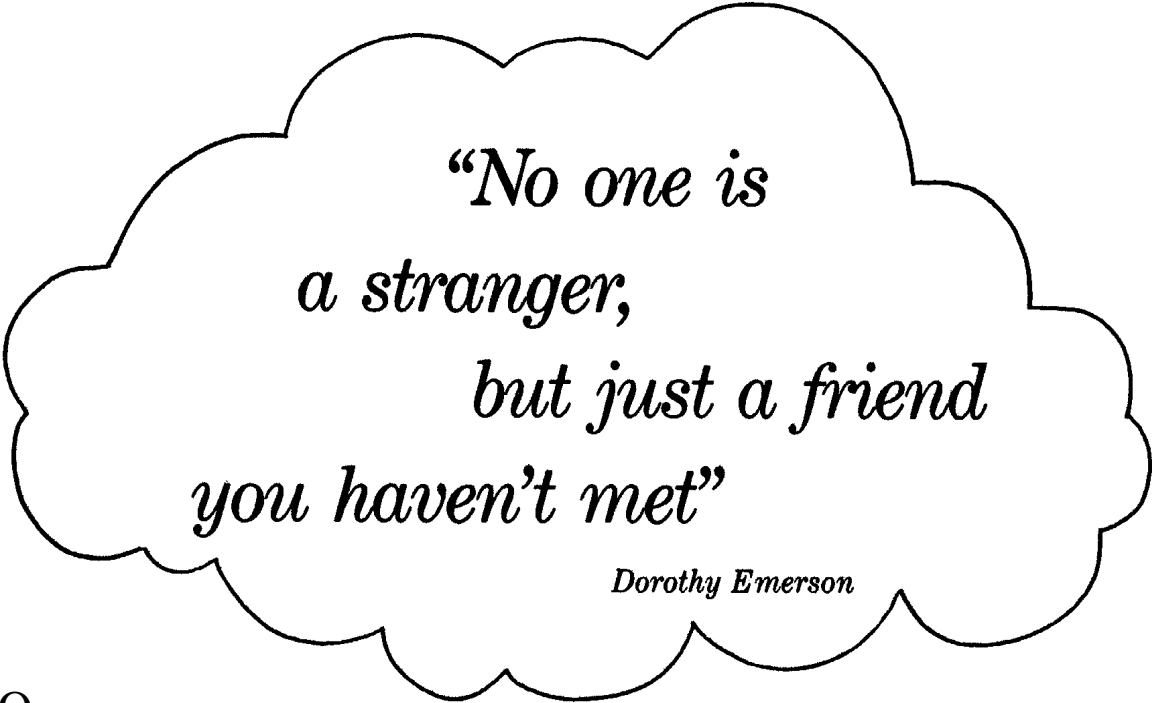
- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

WE ALL NEED FRIENDS AND PEOPLE WHO CARE FOR US. IN THIS BOOKLET, I HAVE LEARNED ABOUT MYSELF, MY FAMILY AND MY FRIENDS. NOW I'LL BE ABLE TO MEET NEW FRIENDS MORE EASILY.

IN THE NEXT UNIT, I WILL LEARN ABOUT GETTING ALONG WITH OTHERS IN MY NEIGHBORHOOD AND SCHOOL. BEING A GOOD CITIZEN MEANS GETTING ALONG WITH AND ACCEPTING OTHER PEOPLE AT HOME, IN MY NEIGHBORHOOD AND AT SCHOOL.



SO LET'S GET OUT, HAVE FUN, MEET  
PEOPLE, BE GOOD TO THEM AND MAKE  
FRIENDS, BECAUSE...



*“No one is  
a stranger,  
but just a friend  
you haven’t met”*

*Dorothy Emerson*

### THINGS TO DO

DO ONE OR MORE OF THE FOLLOWING

- 1) MAKE A NEW FRIEND
- 2) DO SOMETHING NICE FOR AN ELDERLY FRIEND.
- 3) PLAN TO DO SOMETHING WITH ONE OR MORE OF YOUR FRIENDS.
- 4) MAKE UP YOUR OWN SONG ABOUT A FRIEND OR FRIENDS.
- 5) DRAW A PICTURE OF SOMETHING YOU LIKE TO DO BEST WITH YOUR FRIENDS.

UNIT 1  
Citizen Project Summary

ME, MY FAMILY AND MY FRIENDS

Name \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_ Grade in School \_\_\_\_\_ Years in 4-H \_\_\_\_\_

Years in Citizenship Project \_\_\_\_\_

Name of 4-H Group or Club \_\_\_\_\_

My Project Goals: (Tell the things you want to do or learn in the project this year.)

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PART 1 - Getting to Know Myself

What I Did \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What I Learned \_\_\_\_\_

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**PART 2 - My Family -- The People I Live With**

What I Did \_\_\_\_\_

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What I Learned \_\_\_\_\_

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PART 3 - My Friends -- The Other People I Like

What I Did \_\_\_\_\_

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What I Learned \_\_\_\_\_

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(Your leader may ask you to cut out this summary  
and submit it for project completion.)

### Citizenship in other 4-H Projects

Citizenship responsibilities in earning and spending, and in many other areas of life, are practiced through 4-H projects. These are a central part of your 4-H experience. Learning to sew or build a birdhouse is not citizenship education in itself, but there are citizenship responsibilities that go along with learning such skills. These skills can be used to help you and others. You can help yourself by:

- Broadening your interests and knowledge.
- Developing self-confidence and self-discipline.
- Developing an awareness of job opportunities.
- Learning how to make intelligent decisions.
- Getting pleasure from interesting activities.

At the same time, you can help others by:

- Standing on your own feet and being less dependent.
- Serving family and friends through project skills.
- Helping younger members learn.

### Additional Citizenship Units

Good citizenship involves more than understanding and participating in government. Good citizenship is important in relationships with your family, friends, and neighbors. Good citizenship is important to your 4-H Club and other organizations you belong to. It means understanding and appreciating yourself and your heritage, and having the same respect for other people and their heritages.

The citizenship project is made up of a series of seven units. You have probably used some of these units in previous years and you may take the other units in the future.

The citizenship project consists of the following units:

- Unit 1 Me, My Family and My Friends
- Unit 2 My Neighborhood
- Unit 3 My Clubs and Groups
- Unit 4 My Community
- Unit 5 My Heritage
- Unit 6 My Government
- Unit 7 My World

### 4-H PLEDGE

The 4-H Pledge is an outline for the 4-H Citizenship Project. Citizenship education through 4-H should provide three-fold learning - knowing, feeling, acting.

#### I Pledge

My Head to clearer thinking

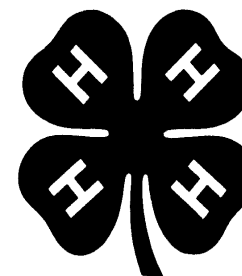
Understanding - using our heads for clearer thinking, getting information and understanding issues.

My Heart to greater loyalty

Attitudes -using our hearts to appreciate our rights and feel our responsibilities.  
My Hands to larger service, and

My Health to better living for my Club, my Community, my Country, and my World.

Skills - using our hands and healthy bodies and minds to put into practice what we understand and feel we should do.



## 4-H CITIZENSHIP PLEDGE

We individually and collectively pledge our efforts from day to day to fight for the ideals of this nation.

We will never allow tyranny and injustice to become enthroned in this, our country, through indifference to our duties as citizens.

We will strive for intellectual honesty and exercise it through our power of franchise.

We will obey the laws of our land and endeavor increasingly to quicken the sense of public duty among our fellowmen.

We will strive for individual improvement and for social betterment.

We will devote our talents to the enrichment of our homes and our communities in relation to their material, social and spiritual needs.

We will endeavor to transmit to posterity this nation, not merely as we found it, but freer, and more beautiful than it was transmitted to us.

1. This document is 4HC1M10, one of a series of the 4-H Youth Development Program, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. June 1985. Please visit the FAIRS Website at <http://hammock.ifas.ufl.edu>.
2. John Rutledge, professor, Youth Development Specialist, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, 32611.



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