

Request for Proposals: Health Rocks!



University of Maryland Extension's 4-H Youth Development Program



The Maryland 4-H Youth Development Program is proud to announce its request for proposals from youth and adult teaching teams who have an interest in implementing the *Health Rocks!* program. This is a prevention program that's programmatic model emphasizes youth and adults working together as team teachers. Youth and adult teams teach participants to communicate with others, how to relate to change, and deal with stress. These teams are then able to connect and communicate to youth the importance of making wise decisions about their health.

Through participation in this curriculum, participants develop their decision-making skills and improve ability to resist risky behaviors. These skills help young people to increase their capacity to resist peer pressure and make wise choices about tobacco products and drug use. By learning strategies to enable youth to make choices based on solid scientific information, youth/adult teaching teams enable youth participants to make healthy lifestyle choices.

Together, youth and adult community member's team teach the *Health Rocks!* program to help implement health strategies in their communities. They increase community health as well as their own internal leadership capability. In addition to prevention, an over arching goal is using teens to assist in teaching, thus establishing and building teen role models for the youth participants. Often younger children want to imitate teen behaviors. By having teens work as part of the teaching team, younger participants see teens in positive leadership roles. Ultimately, youth participants replicate the affirmative behaviors they see modeled in these teens.

To apply for Health Rocks! please answer the following questions about your proposed request for funding (rfp) application.

The Project Description:

- **Statement of Need:** The statement of need enables the reader to learn more about the issues. It presents the facts and evidence that support the need for the project. Describe why the community you are targeting needs this type of programmatic effort? If you are offering a regionalized program include demographic information on each site and community you plan to reach.
- **Methods:** The methods section describes the specific activities that will take place to achieve the objectives. How many youth will you reach?

- **Staffing:** Discuss the number of staff, their qualifications, and specific assignments. This area must designate a youth and adult partnership.
- **Sustainability:** Long-term financial viability of the project to be funded and of the nonprofit organization itself.
- **The Budget:** How will you spend the funds allocated towards your program?

Expenditure	Grant Funds Requested	Leveraged Resources		Total
		Cash	In-Kind	
Salary				
Fringe Benefits				
Training/Facilities				
Travel/Transportation				
Materials and Supplies				
Marketing				
Collaboration				
Other				
Total				

- The maximum amount a city/county can be awarded is \$10,000.00.
- Contact Information: Include the name, address, telephone, and e-mail of the primary person responsible as the primary investigator for the grant application.
- All applications are due by January 17, 2012 to Lisa M Dennis at ldennis@umd.edu.

4-H opportunities to all eligible persons without regard to race, color, gender, religion, national origin, sexual orientation, age, marital or parental status or disability.