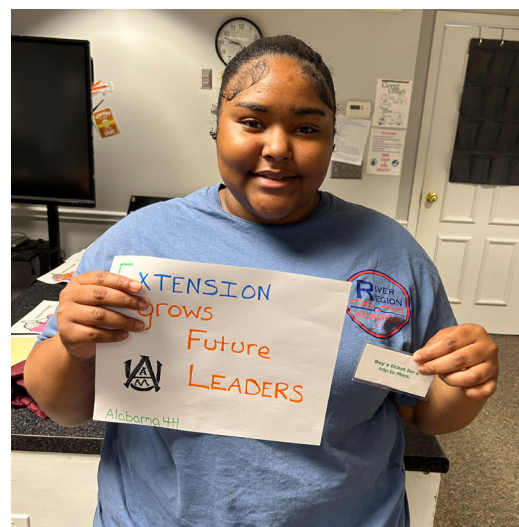


2026



Alabama 4-H Youth Development

Preventing Risky Behaviors through Health Rocks!®



2,997
participants
ages 9-16



2,295:1
ROI



96%
know strategies to
avoid risky behaviors



93%
identified
healthy behaviors



89%
will avoid
substance use

Health Rocks!®

According to the Centers for Disease Control and Prevention, alcohol continues to be the number one substance used in the United States among young people under the age of 21. Alcohol use is responsible for approximately 4,000 deaths annually among individuals under 21. When young people drink, they are more likely to engage in risky behaviors that can lead to personal injuries and other health conditions. They are also more likely to skip school, have lower grades, drive under the influence, and use more toxic drugs.

The 4-H program Health Rocks!® uses the positive youth development model to empower young people with life and decision-making skills to avoid substances like illicit drugs, alcohol, and tobacco.

In 2025, 2,997 youth ages 9-16 completed 10 hours of Health Rocks!® instruction. As a result, they improved their ability to make safe and informed

choices regarding drugs, alcohol, and tobacco use. Using the Common Measures Survey, 96% reported knowing strategies to avoid risky behaviors, and 93% were able to identify healthy behaviors. In addition, 89% stated they would avoid using alcohol, drugs, and tobacco.

Healthy life skills education can equip young people with the skills to make wise lifestyle choices.

ROI: 2,295:1

Health Rocks!® may reduce related medical and legal costs by preventing underage substance use.



Alabama 4-H Youth Development



Other 4-H Programs

HYPE

The HYPE: Helping Youth Promote Empathy program generally delivers a series of six lessons to educate youth on how to reduce and prevent school bullying in elementary, middle, and high schools.

STREAM

STREAM, which stands for science, technology, reading, engineering, agriculture, arts, and mathematics, offers six interactive lessons to foster greater interest in STEM.

More Information

For more information about 4-H programming, contact 4-H Youth Development Specialist Dr. Angela Williams at (256) 372-5713 or arw0033@aces.edu.

