

Building Resilient Rural Communities

How 4-H contributes to rural human capital

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Rural Challenge

- Rurality = Adversity Rural = SED health
 - Canada 25/30 OECD for child wellbeing
 - Rural areas worse off:
 - 140% higher alcohol
 - 25% more obese
 - Less higher ed (57 vs. 66% urban)
 - More low income / inadequate housing
- Economic diversity and challenge

The System Isn't Working



- Hypocrisy/ schizophrenia:
(or at least cognitive dissonance)

We know community /endogenous
dev works best

Yet Persist in talking about external
investors: business, immigrants
(OMRA Rural Roadmap 2014)

Hole in Bucket:

Brain Drain



Who does that leave?

How prepared are they?

Education biased urban

“the greatest demand for change of education is now from the poorest people in this society.” **Peter Drucker**

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Rural Community Assets



What Are Strengths?

Human capital: People- more young people

Civic capital: volunteerism, community engagement, collaboration

Green Capital: green infrastructure

Established Relationships: networks of public/private/non-profit (volunteer) relationships: ie: 4-H volunteers running what could be municipally endorsed low barrier recreation on participating business (farm) or municipal green sites (farm, park, forest, water) or built locations (church halls, community centres)

How do you get resilient, resourceful people?

Before you can start a business or join a municipal sub-committee, ***you have to believe you can.***



Self-Efficacy: one's belief in one's ability to succeed in specific situations or accomplish a task. *Albert Bandura*

Resilience: it's not individualism

“The capacity of an individual to navigate their way to resources that sustain wellbeing, plus the capacity of their physical environment to provide those resources; plus the capacity of the individual, their family and the community to create resources which are culturally relevant.”

(Ungar 2008, p.22)

Self-Efficacy a subset of resilience.

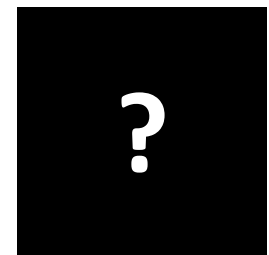
4-H: one of oldest youth dev, not just farm



Resilience Research Project: sport for positive youth development through rural and resilience lenses.



Youth Development, Nature Therapy & Sport for Development: **Black Box**.
How does transformation happen?

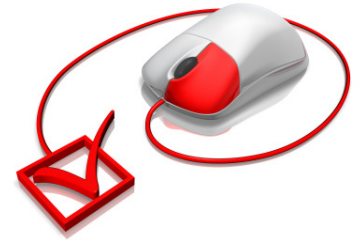


Why I studied 4-H: Approach

- Everyone capable
 - Leadership & Learning
 - Positive Contribution to community/economy
 - Collaborative
- Clubs include gender, IQ, skill, age, ability
- Community-based: sustainable, affordable
- Mentoring Adult * youth development key
- Club topic = portal: more topics, experiences

4-H Resilience Project: What We Did

1. Survey: CYRM-28 Liebenberg & Ungar,
Schwarzer & Jerusalem self-efficacy, basic
demographics, qualitative questions
(65 /400)



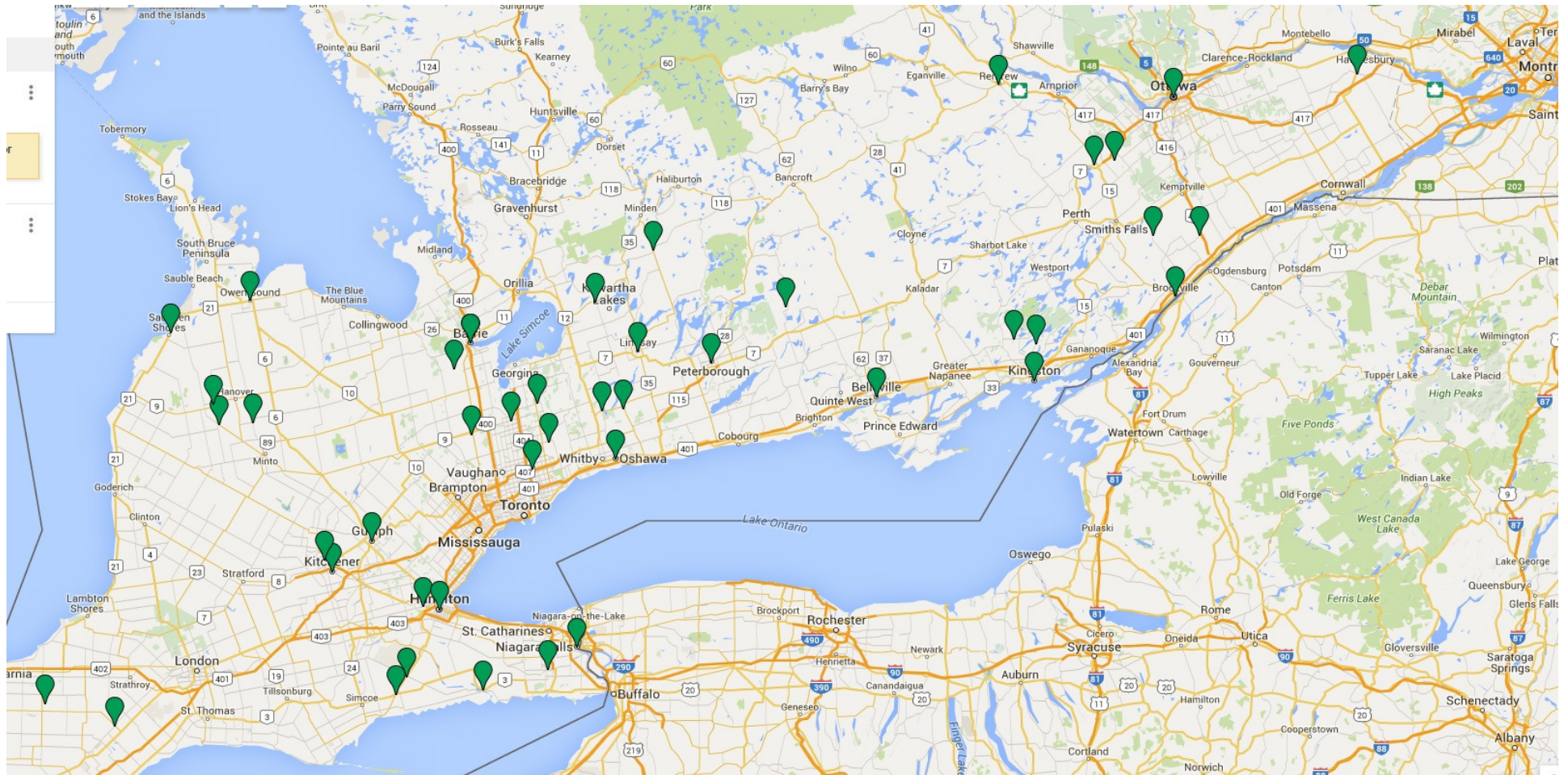
2. Key Informant Interviews:
semi-structured + survey (10 leaders)



3. Photo-voice: youth members
(arts/media elicitation) (30 youth)



Geographic Distribution Participants



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Welcome to the farm....



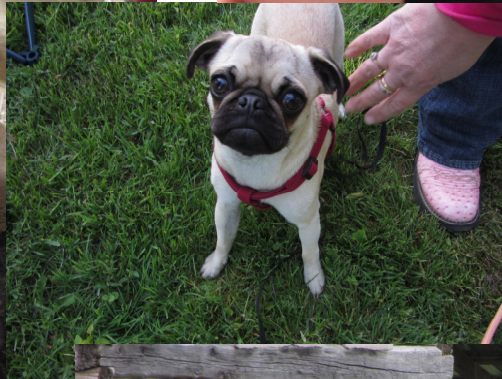
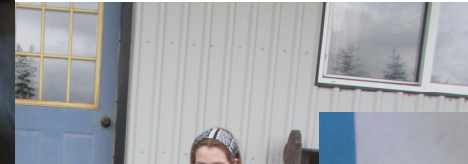
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Species & Lifecycle



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