



# South Carolina Family and Community Leaders EDUCATION LESSONS

## 2010 PROGRAM YEAR

### **YOUTH AND FAMILY ISSUES**

Boats, Cars, Planes, and Trains: Travel Safety  
How to Save a Dollar When You Don't Have a Dime to Spare

### **ENVIRONMENTAL AND HEALTH ISSUES**

Top 10 Ways to Save Energy and Reduce Carbon Footprint  
Don't Let The Bedbugs Bite

### **NUTRITION AND FOOD SAFETY**

Small Steps to Big Losses  
Time's Up

### **COMMUNITY DEVELOPMENT**

Well - Behaved South Carolina Women Do Make History  
Smile and The Community Smiles With You

### **OPTIONAL LESSONS**

Container Gardening  
Caring for Houseplants

### **STATE PROJECT 2010-2011**

#### **FCL Yards and Neighborhoods (FCLYN)**

SCFCL Members understand and promote sound environmental practices, encourage the creation and maintain attractive landscapes in local community and become familiar with nine major principles that can create and maintain beautiful lawns and gardens.

#### **4-H and FCL Making the Best Better –Together**

SCFCL Members are trained to become county and regional judges for the 4-H Communications Program (public speaking, record books, etc.) and will provide youth with a fresh perspective on how they can improve their written and oral presentation skills. SCFCL members will gain a better understanding of youth and the 4-H Communication program.

### **STATE PROJECT IN COMMON WITH NVON 2010-2012**

#### **NVON, LET'S TAKE OFF**

Take off what, why, where, when? Take off weight to avoid the problems associated with obesity. Each state will develop programs to raise the awareness of obesity and recognize ways to help combat the effects of obesity on the overall health of individuals.