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# Guardians 4 Health

A Bystander Intervention Curriculum for 4-H Shooting Sports-Involved Youth

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**Lifespan**  
*Delivering health with care.™*



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# Disclosures

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(Ranney) Senior Strategic Advisor, AFFIRM at the Aspen Institute;  
Board Member, Research Society for the Prevention of Firearm-Related Harms;  
Board Member, NonViolence Institute (all unpaid)



# The "Why"

Firearm injury was **leading cause of death for American youth in 2023**; similar death rates in rural and urban communities

**More than 1/3** of American youth live in a home with a firearm

Firearm injury is preceded by **identifiable, modifiable risk factors**

**Bystander interventions** work to change intention & risk behavior



Evidence for approaches **that are acceptable to—  
let alone designed with— the firearm-owning  
community** remains limited.



# Our Collaborators: 4H Shooting Sports Clubs





Lil' Green

MISSISSIPPI

MISSISSIPPI

SHOOTING

SPORTS

LEARN BY DOING















# The Study

A cluster randomized trial of a  
**bystander intervention firearm injury  
prevention curriculum** for youth  
ages 12-18 in 4-H Shooting Sports  
Clubs nationwide





Curriculum was **designed in collaboration** with 4-H leadership, instructors, youth, and parents.



Three, one-hour, interactive sessions, **co-taught by study staff and 4-H Shooting Sports instructors.**



## **Session 1**

### **Why are we here?**

- Introduces G4H
- Presents firearm injury data of all types
- Explains why 4-H youth are role models for firearm injury prevention
- Includes an interactive quiz with stories of peers safely reducing firearm injury risk

## **Session 2**

### **What does it mean to intervene?**

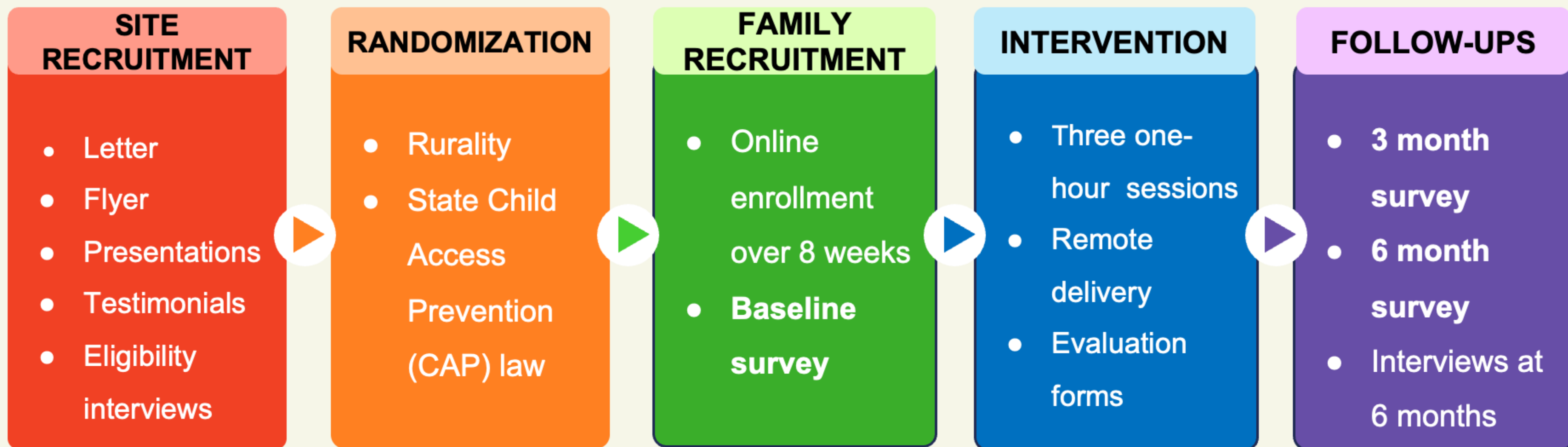
- Explores risks for firearm injury
- Introduces 5 steps to taking action
- Outlines direct and indirect ways that you can help others be safer
- Discusses personal values and shared responsibility

## **Session 3**

### **What would you do?**

- Addresses potential barriers to action and ways to overcome them
- Offers hands on practice of the skills and strategies learned via realistic interactive scenarios



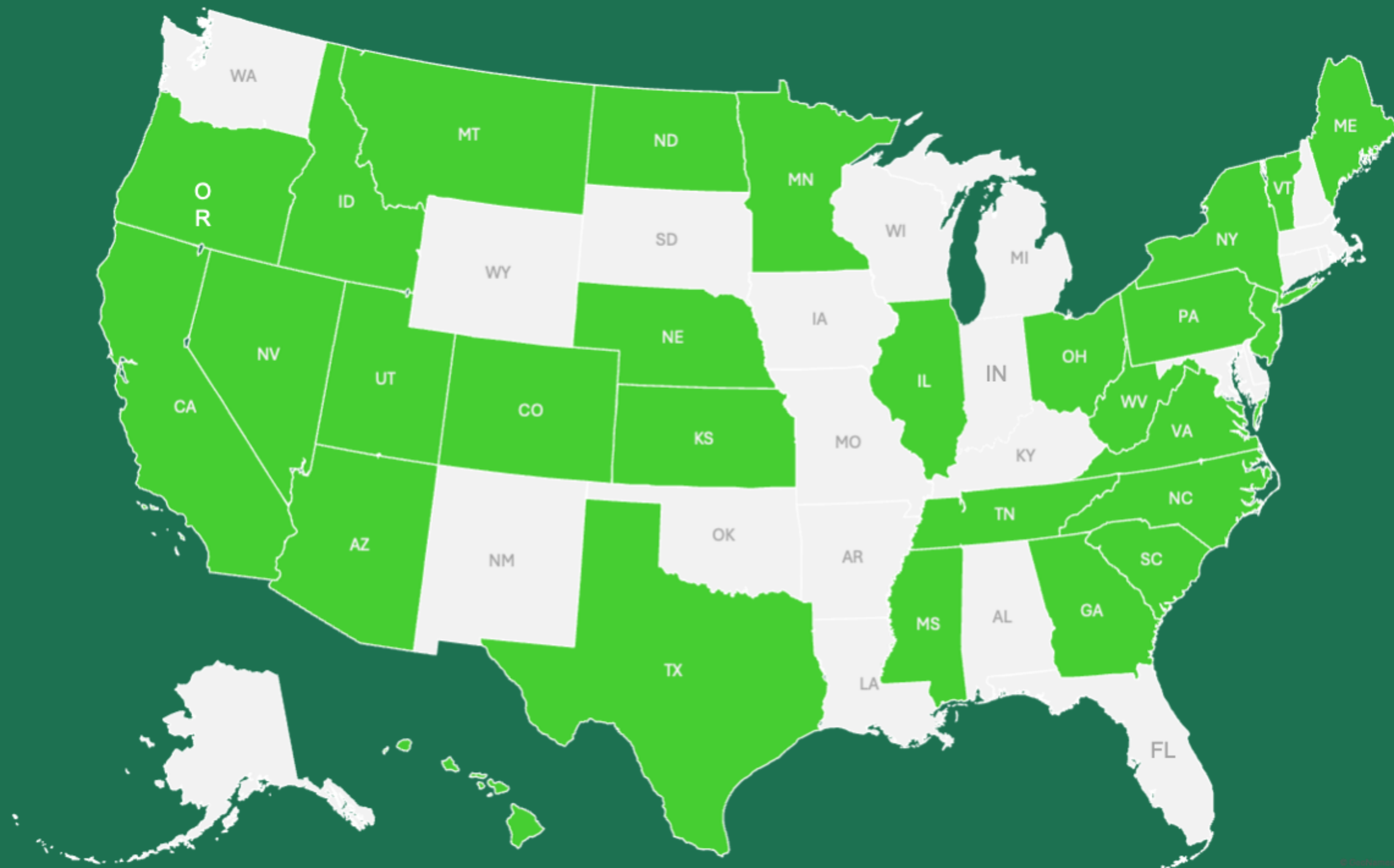


**Began  
June 2022**

**Finished Sept  
2024**



# 50 sites in 28 states





# Youth

	Youth (n=424)	
	G4H (n=250)	Control (n=174)
Median age (SD)	14 (13, 16)**	15 (13, 16)**
Male	58%	50%
White	85%*	82%*
Hispanic	2.0%	3.5%
Guns in Home	90%	84%

# Parents

	Parents (n=303)	
	G4H (n=179)	Control (n=124)
Veteran	4.4%	7.0%
Fairly/very well off	81%	85%
College grad	43%***	63%***
Employed	86%	89%
Married/partnered	90%	90%



# Results

Qualitative and quantitative data **support acceptability** amongst both youth and club leaders in 4H Shooting Sports Clubs.

Qualitative data support **increased knowledge, engagement, and self-efficacy** from participating in the Guardians 4 Health intervention



<b>Trust deficit (suspicion)</b>
<b>Role-based trust</b>
<b>Neutral trust</b>
<b>Functional trust</b>
<b>Proxy trust</b>
<b>*Critical-reflective trust*</b>



<sup>1</sup>Lucero, Julie Ermalinda. "Trust as an Ethical Construct in Community Based Participatory Research Partnerships.." (2013).  
[https://digitalrepository.unm.edu/cj\\_etds/43](https://digitalrepository.unm.edu/cj_etds/43)

Trust is at the place where mistakes and other issues resulting from differences can be talked about and resolved.

*"The only one that I could think that could have a little bit of bias was the — female victims that are put in place in a situation; because it didn't show the male side of it. Because there are—I know that, um, domestic violence cases usually happen with a female partner, but there's also some that could happen with a male partner."*

14-year-old female

*"I thought [having a subject matter expert teach G4H] was cool in how it's a new face and someone you can—like they have more stories than the people you've actually been around. Someone that actually **works on** [laughter] on the subjects."*

12-year-old male

*"No, that's what I liked about [how the data were presented], that it was very general, and it wasn't leaning one way or another, which unfortunately when you're watching any kind of news or a program, it is very slanted to their views. This was not that way, and I think the kids respond better because of that."*

59-year-old female



# Increased knowledge, engagement, and self-efficacy

## Participants realized they may not have the full picture about firearm injury

*I didn't realize how many intentional deaths were from firearms.*

**14-year-old male**

*I got a lot of data & more information about stuff that I didn't realize happened in our day-to-day life. Now I am more aware of things, as well.*

**15-year-old female**

## The “warning signs” were memorable and sometimes surprising

*I think learning about the warning signs of shootings was very helpful.*

**16-year-old female**

## Participants highlighted the value of “real statistics”

*I learned a lot of the statistics on suicide. It was surprising how high they were...*

**14-year-old female**

## Participants left the workshop empowered to take action

*The four Ds will be remembered. I think they can be very useful and I will be sure to use them if I ever should need to.*

**17-year-old female**

*I love the practical examples of ways youth can get involved in potentially dangerous situations. I love that there was a style for various personality types/comfort levels.*

**38-year-old female**

# Feasibility & Acceptability

Youth

	Informative (1-5)			Interesting (1-5)		
	S1	S2	S3	S1	S2	S3
Mean (SD)	4.6 (0.7)	4.5 (0.7)	4.3 (0.9)	4.1 (0.8)	4.2 (0.8)	4.1 (0.9)

Instructors

	Received (1-5)			Delivered (1-5)			Recommend
	S 1	S 2	S 3	S 1	S 2	S 3	S 3
Mean (SD)	4.5 (0.5)	4.6 (0.6)	4.3 (1.0)	4.4 (0.7)	4.4 (0.8)	4.3 (1.0)	5.0 (1.6)



Final outcomes are currently under review,  
but (rumor has it)  
**knowledge increased substantively** for 6+  
months,  
and **bystander intervention intention**  
**increased** for a short period of time.









**Next stop...  
OREGON!**





SHOT SHOW



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*project* >>  
*unloaded*



COMPASS  
YOUTH  
collaborative





# THANK YOU!

## Core Research Team

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- Todd Kesner
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- Katrina Nelson
- Jenn Leano
- John Patena
- Tony Tong
- Michelle Haikalis
- Lindsay Orchowski
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- Mike Yoder
- Russell Hill
- Erik Schroeder
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- Devon Newman
- Carson Ferrara



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