

This booklet is provided to help participants and interested parties be better informed about opportunities for teens in the 4-H program. Further information on State, National and International 4-H programs can be found on the State 4-H website, [www.4h.uidaho.edu](http://www.4h.uidaho.edu)

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## A HANDBOOK OF OPPORTUNITIES FOR 4-H TEENS



I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service and my health to better living for my club, my community, my country and my world.

4-H Pledge

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State 4-H Public Speaking Contest

Any youth 13 - 19 who has participated in their county 4-H Public speaking contest and received a blue ribbon is invited to enter the 4-H Public Speaking Contest held in conjunction with the State 4-H Leaders Forum in the fall. There are two categories of speeches: the Dramatic Presentation and the Original Speech. Recommended time allowances for both categories is 5 to 7 minutes.

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Citizenship-Washington Focus

Delegate

Citizenship-Washington Focus helps youth, ages 15-19, identify and understand their active role in society. This unique 4-H youth program combines educational workshops, professional consultations, and operational simulations with educational field trips taking place in the Washington, DC metropolitan area in the summer. Topic highlights include youth issues, the U. S. Constitution and the federal government. Applications are due October 1.

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National 4-H Congress

Delegate

The purpose of the National 4-H Congress is to recognize and promote excellence in the 4-H Youth Development Education program. Congress will include workshops, cultural events, community service projects, and sightseeing in Atlanta, Georgia in November. Idaho 4-H members who are ages 14-18 and who have not attended National 4-H Congress before may apply. Applications are due in July along with a taped interview.

Teen Association Officers

*Elected*

President  
Vice President  
Secretary  
District Reps.

*Appointed*

Historian  
Reporter  
Entertainment Dir.  
Recreation Leader  
\*Senior Ambassadors  
\*N4-HYDC Rep

The Idaho Teen Conference is designed by the Teen Association Officers and adult mentors. Teen Association Officers are selected annually during Teen Conference. 4-H youth who have completed the 10th grade, have attended one previous Teen Conference, and have completed two years of 4-H projects, are eligible to be candidates in elections.

Elected officers campaign during the conference and are selected by attending delegates.

Appointed officers are interviewed by the State Appointed Positions Selection Committee.

Senior Ambassadors are appointed by the State 4-H Advisor to Teen Conference.

State Advisory Board  
Youth Rep

Contact your local Extension Office for more information on Teen Opportunities.

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The group serves in an advisory role to the State 4-H Staff. Four youth are selected from the Idaho 4-H Ambassadors by peers and from positions within the 4-H organization. The Idaho 4-H Advisory Board gives broad direction and guidance to help strengthen the Idaho 4-H Youth Development program. The group helps to establish vision and direction for the overall 4-H Youth Development program and works to improve communication among the program partners. Positions are two year terms.

State Advisory Board

Youth Rep



**International 4-H Youth Exchange (IFYE)**

*Travelers see mountains, museums and human masses, and mimic a country's culture. IFYEs pass through front doors of homes to live as sons, daughters, brothers, and sisters. Thus the culture engulfs them."*  
 - USA (Iowa) Delegate to the Philippines

Since its founding in 1948, The International Four-H Youth Exchange (IFYE) program has helped thousands of young people from across the United States, Africa, Asia, Europe, Latin America, and the South Pacific learn about life in other lands.

The 4-H International Program Committee has adopted the IFYE program for 2006 and beyond. In 2006 the program will include the countries of Finland, Australia and Mexico. 4-Her's 14 to 19 years of age will be sent as outbound participants. During the six-week summer program participants live and work as part of the family. Participants are typically hosted by 2 or 3 families during their stay so they can gain a broader perspective about life in their host country. Interested individuals should contact their State 4-H office for details and applications.

**Know Your Government (KYG)**

Legislative delegate

The Idaho 4-H Know Your Government Conference provides 4-H members in the 8th and 9th grades an opportunity to learn how the state government decision-making process works. Teens can participate politically to influence state government, learn how the state Judicial System works, and meet and share ideas with legislators, judges, and other elected officials.

**KYG Planning Committee**

Planning Committee

Thirteen delegates (at least three from each district) will be selected to serve on the Planning Committee for the following year's conference. They serve as Committee Chairmen, Speaker of the House for the Mock Legislative Session, Judges for the Mock Trials and News Editor. They attend planning sessions during the summer and help conduct the conference in February.

First or Second year delegates who are in the 9th grade can apply for the Planning Committee.

Eight delegates (two from each district) who have participated in both legislative and judicial workshops will be selected to participate in the reporter workshop and serve as conference reporters. Second year delegates only can apply for the reporter program.

**Teen Conference Delegate**

Youth who have completed the 8th grade through 12th can attend the Idaho Teen Conference held on the U of I campus in Moscow. Youth will participate in educational workshops, experience campus life, learn about state, national, and international 4-H opportunities; make new friends from throughout Idaho and develop a life-long enthusiasm for 4-H.

National 4-H  
Conference

Delegate

Nine 4-H'ers are selected to represent Idaho at the National 4-H Conference in Washington, D.C. held in April. The Conference will involve more than 300 delegates in strategic planning for the future of 4-H. Their recommendations will go to all the states, national leaders and others involved in determining national program direction. Delegates are selected for their achievements through 4-H, especially in leadership. Applications are due by December 15th.

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National 4-H  
Dairy  
Conference

Delegate

The Conference is held in Madison, Wisconsin in the fall and is an excellent opportunity to share your enthusiasm for the dairy industry with similar youth from all over the United States and Canada. Applicants must be 15 -19 years old and be currently enrolled in the third year or more of the 4-H Dairy or Dairy Foods Project. Applications are due May 1st.

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National Junior  
Horticultural

National Convention

This event is held annually at various locations in the United States in the fall, for youth ages 15-22. Convention highlights include tours, contests, youth activities and banquets. For more information visit their website at [www.njha.org](http://www.njha.org). or contact the Idaho NJHA Rep. Valdasue Steele at [vsteele@uidaho.edu](mailto:vsteele@uidaho.edu).

## 4-H Foundations

**Motto:** To Make the Best Better

**Slogan:** Learning By Doing

**Pledge:** (on front cover)

**Head:** Learning to think, making decisions, solving problems, and gaining knowledge.

**Heart:** Being concerned about the welfare of others, accepting responsibilities as citizens, determining values and attitudes by which we live, and discerning right from wrong.

**Hands:** Gaining new skills, perfecting skills already known, developing respect for work and pride in accomplishments, and learning to live with others.

**Health:** Practicing healthful living, protecting the well-being of self and others, and making constructive use of leisure time.

**Colors:** The 4-H colors are green and white. The white symbolizes purity and high ideals. Green, nature's most common color, is symbolic of springtime, life and youth.

**4-H Name and Emblem:** The 4-H Youth Development Program is represented by a popular, recognizable image that consists of a green four-leaf clover with a right turned stem and the letter "H" in white or gold on each leaflet.

**4-H Mission:** 4-H empowers youth to reach their full potential through working and learning in partnership with caring adults

**Club Officers**

President  
Vice President  
Secretary  
Treasurer  
Reporter  
Historian

4-H clubs provide members the opportunity to develop leadership through organizing as a body, electing officers and conducting business meetings. Elections are normally during one of the club's first meetings of the year. Leadership responsibilities will depend on the office elected to.

**Youth Advisory Board**

Current 4-H members ages 13-18 can apply for a position on a Youth Advisory Board. This Board works closely with Extension personnel to guide 4-H programming and is an active voice on the Leader's Association. Contact your local Extension Office for more details.

**Teen Leaders**

Project  
Club

Youth can develop leadership skills while working as a project or club teen leader by sharing current skills and knowledge with other members. Depending on their experience, teens can work with individual 4-H members; assist a volunteer with a particular project or club; or become the leader of a project with adult supervision.

**Ambassadors**

Ambassador-in-  
Training  
Jr. Ambassador  
Sr. Ambassador

A 4-H Ambassador is a teen, 9th grade through 12th, representative of the Idaho 4-H Program, who speaks on behalf of the larger 4-H membership. The mission of the Idaho 4-H Ambassadors is to apply their leadership skills to promote 4-H to youth, 4-H members, leaders and the general public through education, information, recruitment and financial support. State Ambassador leadership training is held annually in November.



The ultimate objective of 4-H global education programming is "peace through understanding".

**LABO-Japanese Exchange Program**

Inbound  
Host Family  
Outbound  
LABO Delegate  
Nihongo Delegate

Participating as a month-long Host Family for an Inbound Japanese youth age 12- 18 is a great opportunity for teens and the whole family to experience a different culture and to share their own culture and traditions. Being a 4-H International host family is easy, fun, rewarding and educational.

The 4-H Japanese/LABO Exchange Summer Outbound Program is a four-week program which runs from mid-July to mid-August. Youth delegates, ages 12-18, live with a Japanese host family and experience a world tourists never see. They share everyday life and activities, and meet relatives and friends of the community.

The 4-H Japanese/Nihongo Exchange Summer Outbound Program is a seven-week program that runs from the end of June to mid-August.. Youth delegates ages 12-18 live with a host family for three weeks in the Tokyo area and attend language classes at the LABO Center. Then they travel to a new host family and stay for four weeks. Delegates will share in the every day life of their Japanese host family.