



NH 4-H Youth Development Youth Opportunities

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The 4-H experience as a youth or volunteer is progressive and enhanced by participation in 4-H youth development programs at the local, county, state, regional, or national levels. Typically, as one starts their 4-H experience, most of the involvement is at the local level and then builds to county and state. Regional and national level 4-H youth development programs are focused for older youth who have demonstrated project accomplishments, life skill growth, leadership, community service, or overall achievement. **The opportunities vary among the counties and are announced in UNH Cooperative Extension mailings or posted on the UNH Cooperative Extension website <http://ceinfo.unh.edu>.** New opportunities that meet 4-H Youth Development goals and objectives can also be designed by members and volunteers working with Extension staff. The following 4-H youth development opportunities are categorized by levels: L= Local, club, community opportunities; C= County opportunities; S= State opportunities; R= Regional opportunities and N= National opportunities.

For 4-H Youth

Participate in meetings and project sessions, whether in a 4-H community club, after school program, special interest group, workshop or conference. Advance one's knowledge and competencies in project interest areas while developing personal life skills. Round out the experience with community service, communication experiences, and leadership opportunities. Trips, both recognition and career, increase the opportunity to make friends from around the state.

Develop communication and organizational skills while teaching others and sharing ideas or talents.

Demonstrations (L, C, S, R, N,)

Describe how to make or do something while working on an actual project or through using visuals.

Action Exhibits (L, C, S, R, N,)

Involve the audience while working on a project and explaining the steps.

Public Speaking (L, C, S, R, N)

Formal talk about a topic without visual aids.

Posters & Photography Exhibits (C, S, R)

Design a creative poster or submit a photograph following contest directions.

Fashion Revue & Selection (C, S, R)

Fashion Revue

Model garments that have been sewn, knitted, or crocheted by the 4-H'er. Garments are evaluated for quality of construction, fit, and appearance.

Fashion Selection

Model garments that have been purchased to meet specific wardrobe goals. Attend personal development workshop, design stage sets, and write narrations.

State Activities Day - (S)

Held at UNH, Durham. County representatives, selected youth ages 12 and older, participate in public speaking, demonstration, action exhibit, fashion revue, poster, and photography competitions. Celebrate everyone's accomplishments and learn new skills and ideas.

Quiz Bowls (C, S, R, N)

Challenge thinking skills in dairy, horse, and other topics. Four member teams work together to answer questions using buzzer boards just like TV quiz bowls.

Judging (C, S, R, N)

Can you tell the differences between four like items? Judging events are held in horse, dairy, livestock, rabbit, horticulture, and family consumer science. Decide the rank order in the class and explain reasons for the placements.

Hippology (C, S, R, N)

This comprehensive equine science program combines judging, knowledge quiz, tack and feed identification, and team problem-solving challenges.

Fairs (project and animal exhibits) (C, R)

Showcase 4-H projects at a county fair, either in exhibit buildings or show rings. Learn from feedback about the quality of projects completed, receive ribbons and premiums. Serve as an ambassador explaining projects and 4-H to the public. Participate in learn by doing programs, volunteer at food booths or 4-H fund-raisers and other places around the fair, and make friends with youth from other counties.



4-H Ambassadors (L, C)

Promote 4-H by writing articles for town or school papers. Create window displays or make posters, ads, public service announcements, or flyers to promote 4-H. Serve on county 4-H expansion and review teams to expand 4-H opportunities to others.



“Hands-on Learning” allows 4-H participants to set goals, learn about a topic, practice skills related to the topic, share and reflect on the learning experience and often explore career opportunities.

Workshops, Clinics, or Conferences (L, C, S, R, N)

Become an inspired learner by focusing on one or more project areas, share ideas with others who have similar interests, and discover resources for learning. Get acquainted with current research or practices, awesome technology, or tools and equipment utilized in the given field.

Short Courses or Special Interest (L, C,)

4-H projects/curricula are introduced in a multi-session format (at least 6 hours). Sessions are often conducted by cooperating community partners serving as volunteer instructors.

Food Festival and Food Shows (C)

Prepare food, learn about the nutrition or culture of the food prepared, design menus and place settings, and develop interview skills by discussing project with judges. The finale is usually a tasting party where you and your family sample the fare.

Family Fun Activities (L, C)

Join together sharing social recreational experiences such as skating, picnics, hikes, or marine trips.

4-H Spaces Conference (S)

Youth and adults learn together in this day of fun, experiential learning. “Outer Space” (science and tech) workshops help participants expand inventive, exploring, and discovering capacities. Other workshop sessions focus on personal development (“Inner Space”) and global or environmental issues (“Shared Space”).





Leadership opportunities challenge youth to work more effectively in groups and strengthen the NH 4-H Youth Development Program through youth and adult partnerships.

Club Officer or Group or Committee Member (L,C, S,)

Practice the leadership skills related to an elected office while learning effective decision-making and teamwork skills. Serve on committees to accomplish group goals.

Junior or Teen Leader (L,C)

Strengthen your club or group by becoming a junior leader. Work with adult volunteers to carry out responsibilities such as: teach a project to younger youth; organize a community service project, a fair display, or a special family program; assist club officers or volunteers; or orient new members or families to 4-H.

County Teen Clubs (C)

Plan and coordinate programs, practice leadership, work on community service learning, and volunteer to enhance 4-H youth development programs and activities. Friendships are formed between teens from different towns.

State 4-H Teen Council (S)

The State 4-H Teen Council meets throughout the year and works in partnership with advisors to plan the State Teen Conference. Creativity, leadership, teamwork, and a focus on completing tasks are some of the characteristics of state teen council members. Teens apply and are interviewed on the county level before selection to participate in the campaign and election process at State Teen Conference.

Leadership on 4H Youth Development Planning or Curriculum Teams (L,C,S)

Help review curriculum, plan, conduct, and evaluate events and activities. Serve on 4-H Foundation Boards and Advisory Councils.

Leadership on Coalitions (L, C, S)

Express ideas and youth concerns, help determine priorities and develop action plans to improve communities. Represent 4-H Youth Development on community coalitions and work with others in your community to reach group goals.

Meeting new people, seeing new places, learning new things, and becoming friends with those who may have different backgrounds, are all part of out-of-county, often over night, experiences.

New Hampshire 4-H Camps (S)

Develop skills and friendships that last a lifetime while exploring our natural environment, living in cabin groups, and participating in camp programs. Develop self sufficiency, learn to work with others, and better appreciate our natural world. Spend time swimming, boating, exploring nature, creating crafts, playing sports, hiking, learning archery or shooting sports, fishing, and much more. Bear Hill 4-H Camp is located in Bear Brook State Park. Barry Conservation Camp, on the grounds of the Berlin Fish Hatchery, is run in cooperation with NH Department of Fish and Game.



Teen Conference (S)

Held at UNH, Durham. The NH 4-H State Teen council invites teens from throughout the state to participate in small group workshops, all-conference programs, social and recreational activities, and leadership building experiences. Develop leadership skills, meet other teens from throughout the state and develop friendships, explore living on campus and opportunities at UNH, and bring back information to enhance county teen programs.



Teen Exchanges (C)

Spend time living with 4-H families in a different state or county learning about different cultures and various regions in our country or state. Usually travel one year and host the next.



State Career Trips (S)

Field trips in the areas of Family and Consumer Science or Agriculture are held to acquaint older youth with career opportunities. Gain in-depth insights into a project area by exploring business and industry. The trips vary in length from one to four days.

Eastern States Exposition- ESE or Big E (R)

Eastern States Exposition is the New England Fair held in September in West Springfield, Massachusetts.

Showing 4-H Animals: Qualified youth are invited to participate at the Big E. Different days focus on the animal species: horse, dog, sheep, dairy, and dairy goats. Working steer members participate in the open youth show at Eastern States.

New England Center - New Hampshire youth selected at State Activities Day will showcase to thousands their presentation skills and subject matter knowledge by performing an action exhibit, fashion revue, or demonstrations on stage.

Eastern National Horse Round Up (N)

Qualified NH 4-H members join teens from the eastern seaboard to compete for national honors in four distinct program areas: Quiz Bowl, Judging, Hippology, and Communications (includes individual and team demonstrations, and public speaking). While in Louisville, Kentucky, teens showcase talents and knowledge, learn from others, and explore some favorite horse industry sites.

National Dairy Quiz Bowl and National Dairy Judging (N)

Qualified NH 4-H members challenge their knowledge of dairy science in the national quiz bowl that is held annually in Louisville. The state's dairy judging team participates on alternate years in the national event held in Madison as part of the World Dairy Expo.

Throughout the 4-H Experience, workforce preparation skills are developed. The job application process is modeled for teens who apply for National 4-H Conference, National 4-H Congress, and National 4-H Dairy Conference. "Marketing You" is a tool for organizing the accomplishments of a teen's experiences in 4-H,



school, and other community involvement. The 4-H resume, narrative story, and cover letters are developed for an application packet. A panel of judges review the packets, select individuals to be interviewed on the state level, and recommend teens for the trips.

National 4-H Youth Congress (N)

Four to eight selected youth hear outstanding speakers and participate in educational workshops, cultural tours, community service projects, and entertainment. Join over a thousand 4-H teens from other states at this conference held in Atlanta.

National 4-H Dairy Conference (N)

Youth, ages 15-18, with a minimum of three years experience in the 4-H dairy program may apply. Explore dairy careers, debate issues facing the dairy industry, share ideas with peers nationwide, and practice leadership at this three-day conference. Dairy Conference is part of the World Dairy Expo held in Madison, Wisconsin.



National 4-H Conference (N)

A team of up to four NH 4-H youth between the ages of 15 and 18 interact with 200 4-H teens from throughout North America and exchange program ideas. Working in consulting groups with youth, volunteers, donors, and 4-H professionals, teens discuss world issues and make recommendations relating to 4-H programming. While meeting with elected officials, delegates gain insights into the workings of government and share with legislators the important role youth play in today's 4-H. An action plan is developed for implementing in N.H..

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