

Healthy Living

General Guidelines

JUDGING: Judged at Miscellaneous Project Judging. Members must bring completed project book and an educational display of what they learned. Along with above judging requirements, bring a one-page report.

FAIR: Display a poster, exhibit, or a finished product from the project in your 4-H club booth or in the county miscellaneous booth in the youth building.

300 You're the Athlete

I,★

This is a 4-H project for youth that participate in sports and adults that work with them. Through this project, members learn the fundamentals of being a well-rounded athlete. Sportsmanship, Time Management, Goal Setting, Nutrition and Sports, Strength and Conditioning, Leadership, Conflict Resolution, and Career in Athletics are topics covered in this project. This project may be completed individually, with a team, or a group. Project may be taken for multiple years.



351 Staying Healthy

B,★

Explore your body and learn how to keep it healthy. You'll have fun learning to keep fit, increase your brain power and express yourself in positive ways.

352 Keeping Fit

I,★

Develop a personal fitness plan to gain the benefits of exercise and test your fitness knowledge.

353 First Aid in Action (3rd-5th grade)

B,★

Learn about first aid and create your own family first aid kit.

357 Alcohol and Drug Abuse

A,★

New in 2012! Member will examine the hazards associated with the consumption of alcoholic beverages and drug use. Complete the Project Guidelines listed in project book.

358 The Truth About Tobacco

A,★

In this advanced-level project youth are asked to complete eight activities that cover the physical effects of tobacco use, and how tobacco products are made, marketed and consumed in America. The project guide is found on page 4.

Home Living

General Requirements

JUDGING: *Judged during MISCELLANEOUS Judging.* Be prepared with your completed project book, records of activity, accurate time sheets, itemized cost analysis, and before, during, and after pictures. A notebook is an excellent way to organize and display your records and pictures. Be prepared to discuss what was learned.

FAIR: Display an item made, a poster or a small educational display in your 4-H booth or in the county miscellaneous booth in the youth building.



Recommended Poster Size 14"x22"

491 Adventures in Home Living

B,★

This project is recommended for younger members. You will learn to use good design principles in making simple changes in the furnishings or accessories in a room.

JUDGING: Along with the above requirements, please bring two items made.

494 Make Over My Space

I,★

New in 2012! Ready to make a big change in your bedroom or a common room in your home? This project, which is all about room makeovers, is intended for members with little or no design experience who are old enough to complete a significant interior decorating project independently. Ten project activities cover planning, design basics, color, flooring, walls, windows, and lighting.

JUDGING: Be prepared with your completed project book, a notebook or portfolio of your project makeover. Be prepared to discuss what you learned.

495 Your First Home Away from Home

A,★

This project is for members ages 15 and older. You will use the knowledge, ideas, and principles of housing, furnishings, management, and equipment, in planning your first room at college, your first apartment, house, etc. Project Guidelines are on page 4 of the project book.

JUDGING: Be prepared with your completed project book, a notebook or portfolio of your anticipated plan for your housing, an itemized total cost analysis, a poster or collage of three items purchased, made, or remodeled, and a projected yearly budget. Be prepared to discuss what you learned.

Leadership & Citizenship

General Requirements for Government Project

JUDGING: Judged at Miscellaneous Project Judging. Bring completed notebook, scrapbook, or journal that summarizes experiences. Be prepared to answer questions about your experiences.

FAIR: Member will make a display or poster which can be exhibited at the fair.



1014J County Government I (County Project Only)

Member will attend a project orientation meeting; learn about how county government operates by spending a full day in June with a County Commissioner, touring various government departments. Member will also choose a county government department to observe and visit for one day; and keep a record of activities and experiences.

1014S County Government II (County Project Only)

Member must have taken County Government I before enrolling in County Government II. Member will develop a special interest project with guidance from a County Commissioner to do advanced study of some area of local government. Examples of topics are: court systems, four levels of local government, auditor duties, sheriff responsibilities, engineer responsibilities, land issues, Board of Elections, legislation, special projects and grants, or current issues (finances, land development, annexation, tax increment financing, tax abatement, etc.). This project can be taken multiple years using a different focus each year. Member will keep a record of activities and experiences.

X-all levels B=beginner I=intermediate A=advanced

LEADERSHIP

(Required project for ALL Junior Leadership Club Members,
Project may be taken through JL or your 4-H club)

****General Requirements for ALL Leadership Projects****

JUDGING: You must have your completed project book with you and be prepared to discuss what was learned. Judging will be done at the Miscellaneous Project Judging. Bring poster or display showing what was learned in the project.

FAIR: Make a poster display of photos showing what you learned, or a display showing you "in action" with the local 4-H club or at county events.

370 One-on-One **A, ☆**
Designed for 13-19 year old members with at least two years 4-H experience. Member will mentor a first or second year member. As a mentor, you must complete a series of learning experiences with your protégée. Project Guidelines are listed on page 3 of the project book.

371 4-H Club Teen Leadership **A, ☆**
Designed for 13-15 year old members. Work with a 4-H advisor and develop an individual plan for obtaining leadership skills. Project Guidelines are located on page 3 of the project book.

372 Multi-Level 4-H Teen Leadership **A, ☆**
Teens complete responsibilities in local, county and state 4-H programs, especially appropriate for teens in Jr. Leadership Club or other leadership programs. Project Guidelines are listed on page 3 of the project book. This project may be repeated.

373 Teen Leadership on the Job **A, ☆**
Designed to help teens who are employed to develop knowledge, attitudes, and skills to "Make the Best Better" on the job. Complete areas 1-4 for the first year and 5-7 for the second year. Guidelines are located on page 1 of the project book.

374 Teen Boardmanship **A, ☆**
Designed for teens that serve or are interested in serving on a board or on committees. Teen will gain skills in working with groups, and gain a better understanding of how to fulfill their roles and responsibilities. Project Guidelines are listed on page 3 of the project book. (Good for teens on committees, Junior Fair Board, Student Council, etc.)



377 Speak Out **A, ☆**
Designed to help teens who are interested in serving on 4-H Awareness Teams or Ambassadors and developing their abilities in public relations by working with non-4-H groups and organizations. Project Guidelines are listed on page 1 of the project book.

378M Leadership Master **A, ☆**
New in 2012! Designed for teens who want leadership experiences different from the opportunities provided through other 4-H leadership projects. 4-H teens who complete this project should have enough previous leadership experience (ie. having completed at least 3 leadership projects) to be able to plan and complete this advanced-level project on their own with minimal supervision or assistance.

Recommended Poster Size 14"x22"

Money Management

****General Requirements****

JUDGING: Judged at Miscellaneous Project Judging. Bring completed project book with records of income and plans for use of money. Be prepared to discuss what was learned.

FAIR: Member may exhibit a poster or small educational display in their 4-H club booth or in the county miscellaneous booth in the youth building.

445 Becoming Money Wise **B, ☆**
Monitor your cash flow and see where your money goes by developing a budget and good records to become a responsible consumer. Project is designed for 10-13 year old members. Project Guidelines are found on page 2 of this project book. Mark on your enrollment form 1st or 2nd year in the project.

446 Money Fundamentals **I, ☆**
Book 1 for ages 12-13. Identify your money personality and values and apply this information on setting goals, identifying wants and needs, and communicating about money issues.

447 Money Moves **I, ☆**
Book 2 for teens age 14-15. We all need money. This project prepares you to become confident in your uses of money, the benefits and drawbacks of services, how advertising influences you, and the art of being a savvy consumer. Project 446 should be completed prior to this.

448 Teens...On the Road to Financial Success **A, ☆**
This project is recommended for 14-18 year old members. Member will keep a record of their finances in this project for at least three months and up to one year. Project Guidelines are located on page 2 of the project book. This project is designed to be taken for one or two years.

Natural Resources

GARDENING AND PLANT SCIENCE

(May exhibit at the State Fair in Open Class-Junior Fair)

670 Canning & Freezing **I, ☆**
New in 2012! Explore water bath canning and freezing home preservation methods with this interesting and informative project book (Pressure canning is not included.) Learn how pH determines which canning method to use, become familiar with canning equipment and when fruits and vegetables are in season, and preserve produce using the freezing method. Members must have access to a current, reliable home food preservation guidebook.

JUDGING: Project will be judged at Miscellaneous Judging. Bring completed project book and a sample of your food preservation. Be prepared to discuss what was learned.

671 How Does Your Garden Grow **B, ☆**
Designed for youth with limited or no experience in flower gardening. Project Guidelines are found on page 3 of project book.

JUDGING: Project will be judged during the summer in the member's garden. Be prepared to answer questions about

X=all levels B=beginner I=intermediate A=advanced