Share Your Story

2019 4-H Youth in Action Awards
Program Guidelines

Submission Deadline: June 1, 2019
Questions: Delaware 4-H Office
(302) 831-2509
A. About the 4-H Youth in Action Awards Program

Every 4-H’er has a story, and every story is worth telling! The Delaware 4-H Youth in Action Awards Program is a premier opportunity for youth to share their stories of how 4-H has changed their lives and how they have, in turn, impacted others. Through this program, we will honor four confident leaders who will have the chance to tell their stories on a national level. Applications of state selected winners will be forwarded on to the National 4-H Youth in Action Awards.

The 2019 4-H Youth in Action Awards will recognize four pillar winners – one in each of our core pillar areas. Through a formal selection process, one winner will be chosen in each pillar area: Agriculture, Citizenship, Healthy Living and STEM (Science, Technology, Engineering & Mathematics).

The 4-H Youth in Action Awards are presented at the Delaware State Fair during the 4-H Awards Ceremony. This event will be held on Saturday, July 27, 2019.

Selecting Your Pillar Area

Within the application you’ll be asked to share your story of leadership & community impact within your chosen pillar area. Your work within the pillar area may include a key project, program, or 4-H experience, or it may center around a series of activities in which you’ve served as a leader. You will self-select the pillar area with which you feel your experiences best align. Each pillar area is represented by a variety of topics, and several examples for each pillar are listed below. Read the pillar area descriptions carefully to choose the best pillar area for your work. If you have any questions regarding which pillar area to select, please contact the State 4-H Office or your respective County 4-H Office.

4-H Youth in Action: Agriculture

In Agriculture programs, 4-H’ers experience activities that range from farming & raising animals to growing crops & other resources. Some of the topics that may be covered in the Agriculture pillar include, but are not limited to:

- Animal Science – responsibility, proper care & nutrition
- Veterinary Science – animal nutrition, examinations & treatment, infectious diseases
- Biotechnology & Sustainability – producing healthy, plentiful & environmentally responsible products
- Plant Science & Forestry – plants, insects, water, soil, tree identification, forest evaluation

4-H Youth in Action: Citizenship

In Citizenship programs, 4-H’ers experience activities that encourage youth to engage others around causes or issues that are important to the community. Some of the topics that may be covered in the Citizenship pillar area include, but are not limited to:

- Community Action - community service, service learning, community youth development
- Communication & Expressive Arts - artistic expression, communication
- Civic Education & Engagement - history & cultural heritage, civic & social responsibility, government principles, promoting quality of life and advocacy
4-H Youth in Action: Healthy Living

In Healthy Living programs, 4-H’ers may learn about healthy eating, physical fitness, managing emotions, and developing & maintain positive relationships. Some of the topics that may be covered in the Healthy Living pillar area include, but are not limited to:

- **Health, Nutrition & Fitness** – eating right, physical fitness, being active, good hygiene
- **Social & Emotional Well-Being** – alcohol/tobacco/drug use prevention, bullying prevention, stress management, encouraging good decision-making skills

4-H Youth in Action: STEM

In STEM programs, 4-H’ers learn about Science, Technology, Engineering & Mathematics through hands-on activities and projects. Some of the topics that may be covered in the STEM pillar area include, but are not limited to:

- **Environmental Science & Alternative Energy** - alternative energy, conserving energy, limiting humanity’s impact on the environment, natural science
- **Engineering & Technology** – rocketry, computer science, technology, engineering, mathematics

Awards & Recognition

State selected nominations in each pillar area will be forwarded on to the National 4-H Youth in Action Awards program.
B. Qualifications

4-H Youth in Action Award applicants should meet the following qualifications:

A. **4-H Member**: Applicants should be an enrolled, current 4-H member of the Delaware 4-H Program. The 4-H Youth in Action program is open to youth involved in any type of 4-H program.

B. **Age**: Applicants should be ages 16-19. NOTE: Applicants should turn 16 prior to September 1, 2019. Applicants who turn 20 before January 1 of the application year (2019) are not eligible to apply.

C. **Impact**: Applicants should be able to share their story in the following areas:
   - **Personal 4-H Impact**: How 4-H impacted the applicant and helped him or her develop life skills to overcome a personal obstacle.
   - **Community Impact in Pillar Area**: How 4-H has empowered the applicant to positively impact the community through the chosen pillar area.

D. Application Requirements

The following criteria is required for an application to be considered acceptable. Successful applicants will receive an email confirmation of their submission. Applicants will NOT receive an email confirmation for incomplete applications. If you are not sure you have received a confirmation email, you may contact the State 4-H Office at (302) 831-2509.

The application can be found on the State 4-H website at http://extension.udel.edu/4h, and is comprised of the following components:

1. **General Information**
   - Youth will submit personal and county/state 4-H leadership contact information.

2. **Short Answer Questions**
   - In the following questions, you will be asked to share your 4-H story – how 4-H has impacted your life and what you learned about yourself as a result of being a part of 4-H. You’ll also be asked to share your story of leadership and community impact within your chosen pillar area. This work should provide benefit to the community and require significant personal leadership. Sub-questions are provided for each short answer question to aid you in your answers.

   1. **Describe how 4-H has impacted your life. (250 words)** How did 4-H change or improve your life? Has your experience in 4-H helped you overcome a personal challenge? What have you learned about yourself through 4-H? Has 4-H helped you define your interests/passions? Are there particular traits or skills you’ve gained in 4-H?

   2. **Describe a project, program, or 4-H activity within the pillar area in which you demonstrated leadership. (450 words)** What was your specific role as a leader? Why did you choose this particular area? When and where did your work occur? Is it on-going? What steps did you take to carry out your work? Did teamwork play a role?

   3. **Describe how your work in this particular area has improved or influenced your community. (150 words)** What has been the impact of your work? Who benefitted from your program or project? What are the long-term effects of your work?
3. **Photo Submission**

Each applicant should submit three photos demonstrating his or her work within the pillar area. These should be three individual photos; photo montages will not be reviewed. Photos will be submitted as an attachment with the application. File formats accepted include JPG, GIF, or PNG. Photo files should not exceed 5 MB each.

4. **Reference Form**

Applicants will also need to have a reference form completed. This form is available for download on the State 4-H website and will provide reference to the applicant’s 4-H experience and leadership skills. After completion, the person providing the reference will be asked to return the form directly to the State 4-H Office. A letter of recommendation **should not** be submitted in place of or in addition to the reference form, as it will not be reviewed.

This form should be completed by a 4-H educator, 4-H volunteer, community leader, or key project stakeholder, and it should not be completed by a parent, relative or youth. Once the top finalists in each pillar area have been selected, Delaware 4-H will contact the individual who completed the reference form for authenticity verification.

5. **Video Submission**

If you are selected as a state pillar winner, you will be required to do a video submission. An important responsibility of 4-H Youth in Action pillar winners is to serve as spokespeople for their pillar area, sharing their 4-H story. As such, it is important that the pillar winners demonstrate excellence in communication and ability to present themselves. The video submission component of the application should meet the following requirements:

- **Prompt:** Introduce yourself and share how 4-H has impacted your life. This may include similar information to the personal 4-H impact short answer question.

- **Time:** 60 seconds or less

- **Video Specifications:** Should feature the applicant speaking (no other speakers should be featured, and no supporting visuals should be used). May be recorded with a smart phone or other recording device – no sophisticated equipment or editing is expected.

- **Video Upload:** Should be uploaded to YouTube. Applicants will submit a link to the video on the online application and should ensure that the video is viewable by anyone with the video link. Video should be no more than 50 MB.
D. Award Timeline

<table>
<thead>
<tr>
<th>Date</th>
<th>Action</th>
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<tbody>
<tr>
<td><strong>State Awards:</strong></td>
<td></td>
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<tr>
<td>March 1, 2019</td>
<td>State Application Opens</td>
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<tr>
<td>June 1, 2019</td>
<td>State Application Closes</td>
</tr>
<tr>
<td>July 27, 2019</td>
<td>State Award Winners recognized at Delaware State Fair 4-H Awards Ceremony</td>
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<tr>
<td><strong>National Awards:</strong></td>
<td></td>
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<tr>
<td>Dates TBD</td>
<td>National Online Application opens</td>
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<tr>
<td>Dates TBD</td>
<td>National Online Application closes</td>
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<tr>
<td>Dates TBD</td>
<td>National Finalists selected</td>
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<tr>
<td>Dates TBD</td>
<td>Online interviews begin (If selected as a finalist, a 4-H staff member will have 3 business days to confirm an applicant’s participation in 4-H)</td>
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<tr>
<td>Dates TBD</td>
<td>Award notifications sent to all applicants. All applicants will be notified via email. No phone or email inquiries, please.</td>
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<tr>
<td>Dates TBD</td>
<td>Pillar winners announced to the 4-H Field.</td>
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<tr>
<td>Dates TBD</td>
<td>Professional coaching for media and PR.</td>
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<tr>
<td>Dates TBD</td>
<td>Video shoot for National 4-H Council’s Legacy Award spotlight.</td>
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<tr>
<td>Dates TBD</td>
<td>Travel arrangements finalist for trip to Washington, D.C.</td>
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<tr>
<td>Dates TBD</td>
<td>Pillar winners announced externally to local community &amp; media</td>
</tr>
<tr>
<td>Dates TBD</td>
<td>National 4-H Council’s Legacy Awards in Washington, D.C. All winners must attend.</td>
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E. Questions?

Contact the State 4-H Office at (302) 831-2509 or call your respective County 4-H Office.

We look forward to seeing your 4-H Youth in Action submission by June 1, 2019!
National 4-H Council’s Youth in Action Awards
Reference Form
This form should be completed by a 4-H educator, 4-H volunteer, community leader, or key project stakeholder, and it should not be completed by a parent, relative or youth.

Applicant Name:  ____________________________________________________________

Reference Name:  ____________________________________________________________

Relationship to Applicant:  ___________________________  Reference Phone Number:  ___________________________

Reference Email Address:  ____________________________________________________

Years Known Applicant:  ___________________________

The following questions will assess the applicant’s leadership skills within his or her project, program, and/or 4-H experience. Please answer each question honestly & to the best of your ability.

| The applicant is a motivated & driven leader. | Strongly Agree | Agree | Neither Agree nor Disagree | Disagree | Strongly Disagree |
| The applicant understands the importance of teamwork. | | | | |
| The applicant communicates well with others. | | | | |
| The applicant takes initiative. | | | | |
| The applicant’s work has made a significant impact on his/her community. | | | | |
| The applicant is confident when speaking in front of large groups. | | | | |
| The applicant is a positive role model for youth. | | | | |
| The applicant demonstrates a passion for 4-H. | | | | |

Please share any additional information regarding the applicant here.

If the applicant advances to the finalist round of interviews, you will be contacted to verify this recommendation.

Reference Signature:  ____________________________  Date:  ___________