



## **What is a 4-H Healthy Living Educator?**

A 4-H Healthy Living Educator is a youth or adult who facilitates healthy living curriculum that teach life skills to youth ages 10 and up empowering them to make healthy life style choices regarding tobacco, alcohol, drug use, nutrition and fitness.

4-H is recruiting teen's ages 13-19 who would like to teach in out of school time settings. Teen educators are eligible to receive a stipend for the completion of 10 lessons (about 5 hours) with a group of younger students.

## **The curriculum meets the 8 National Health Education Standards and is fun to teach!**

### **Who Should Participate?**

Teens age 13 and older who have an interest in health, teaching, expanding communication, enhancing presentation skills, business students and those needing volunteer hours to name a few.

### **How and when can teens get started?**

Attend a 4-H training to become certified in a topic area. There is a training Saturday October 17, 2015 at the Paradee Center, 69 Transportation in Dover from 10:00-4:00 on Fitness and Nutrition.

At the training you will have a chance to teach other youth. 4-H provide opportunities for you to teach at other locations once you are trained.

### **Where will you teach?**

Health Rocks and Up for the Challenge have been taught at many locations including: Campus Community, Central Delaware Christian Academy, Holy Cross, Seaford Middle School, Smyrna Middle School, William Henry Middle School, Clarks Corner After School, Mifflin Meadows Afterschool, Liberty Court and Capital Green Afterschool are just a few examples.

Teen trainers may teach anywhere youth meet including school, community centers, clubs, churches, and recreation centers to name a few. 4-H staff will book the location for you.

At the train the trainer class, 4-H will ask you for a list of convenient locations for you, and times and days you are available to teach.

For more information and to see a video about one program visit our website at <http://extension.udel.edu/4h/projects-activities-for-members/youth-substance-abuse/>

To ask questions or sign up for future trainings contact

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