



DE 4-H Youth Voice, Youth Choice “Are You up for the Challenge?” Frequently Asked Questions

1. What is this program all about?

Quite simply, the program is about eating well and engaging in healthy physical activity and was developed to give teens teaching skills using a fun, easy 4-H and EFNEP inspired curriculum called “Up for the Challenge”. Up for the challenge teaches young people about good nutrition and fitness.

2. How old do you have to be to participate?

You must be at least 13 years old to be a trainer.

3. Do I need any special training?

You must attend one of the special trainings for the program developed by 4-H and EFNEP. The trainings are designed to familiarize you with the curriculum and to help you feel comfortable teaching.

4. How much time is involved?

Once you receive training you must teach the six lessons to kids. Once you have taught at your assigned group, and your teaching has been verified, you will be paid. You can teach in summer camps, afterschool programs, youth groups, and your 4-H club or anywhere kids gather.

5. Who verifies my teaching and how do I get paid?

Each time you teach someone in authority such as the camp counselor or staff member in charge should initial your attendance sheet. Once you have completed the six lessons, turn your attendance and evaluations into the staff member in charge of the program in your county and it will get faxed to the University of Delaware, who will issue a check for \$5.00 per participant who completes the six lessons. If you co teach with a friend, the \$5.00 is split between you and your friend. You will also be required by the University to fill out a W-9 form either electronically or on paper.

6. How long does it take to get my check?

About 3-4 weeks, maybe sooner if you have a checking account and fill out the W-9 form electronically at [Http://udapps.nss.udel.edu/w9_vendorReg/](http://udapps.nss.udel.edu/w9_vendorReg/)

7. How many times can I teach?

You may teach as often as you like, but you must teach the six lessons to different kids each time. That way, many kids get the benefit of your teaching!

8. Do I have to do a lesson plan?

Review your book before the teaching, and pick up your supplies for County staff. You should not need to purchase anything to teach your lessons. Once you have attended the training and worked with the staff to learn the curriculum, you will have all you need to be successful.

9. Do I have to teach every day?

No. You can schedule your lessons to fit into your schedule and that of the group you are

reaching. Typically the sessions run one week for an hour although some run once a week for 4 weeks. You can teach once a week or every day if you wish. You can even teach two different groups of kids a day too!

10. What about supplies. Do I have to buy my own?
You will not have to purchase supplies.

11. Do I have to teach in an afterschool program?
Not necessarily.

12. What about transportation?
There is no transportation available with this program, so we hope your parents or friends can help. If not, talk to an adult leader.

13. The form we use to keep track of our programs asks for the ethnic backgrounds of the kids. How am I supposed to know that and why is that there?

Someone on staff at the site can help you fill out this document. You will want to have all the kids listed because that is how you will be paid.

14. Do I need to be in 4-H to participate?
Any teen who is interested may sign up for this program. Your parents will be asked to fill out the 4-H paperwork which will entitle you to all the benefits of being a 4-H'er.



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