

# STATE 4-H CONGRESS 2023

## General Information Packet June 27 – 30, 2023

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the State 4-H Office, at 540-231-6372/TDD\* during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120



**Virginia Cooperative Extension**

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## **MISSION OF VIRGINIA 4-H STATE CONGRESS**

The mission of Virginia 4-H State Congress is to provide competitive and non-competitive educational experiences to Virginia teens and the adults who work with them, helping them to develop life skills and leadership abilities to become contributing citizens in their communities.

## **GOALS OF VIRGINIA 4-H STATE CONGRESS**

1. Provide a high-quality educational experience for 4-H youth ages 14-18;
2. Promote 4-H as a major statewide educational youth program;
3. Provide educational, recreational, and social experiences for youth that would not normally be available at the unit or district level;
4. Enhance skill development through all 4-H Congress activities including Competitions, Hands-on Workshops, and Community Service projects;
5. Recognize all competition and award winners in front of their peers at a Statewide event;
6. Recognize the support of volunteer adult 4-H leaders that support 4-H Congress;
7. Promote an understanding of the value of diversity among Congress participants;
8. Enhance delegate's sense of personal and social responsibility through an environment that fosters independence, accountability, decision-making, and time management.

## **2023 PROGRAM INFORMATION AND HIGHLIGHTS**

**4-H STATE COMPETITIONS:** 4-H members have a chance to compete with their peers from across the state. Please review the policy and guidelines found in this packet. Participants with high scores in each blue-ribbon category will be recognized during the Closing ceremony on Friday, June 30, 2023. Please see the competition information for more details.

**PRE-CONGRESS ACTIVITY:** Upon arrival, units and their chaperones will have the option to participate in a self-guided campus scavenger hunt after settling into the dorms. The State 4-H Office will provide all materials for the scavenger hunt. This will be a great activity to familiarize yourself and your delegation with the areas of campus we will be visiting throughout Congress.

**TUESDAY AFTERNOON PICNIC AND FUN:** On Tuesday afternoon, you will get an opportunity to enjoy an informal welcome picnic which will be held at the Duckpond Field. This picnic and fun time will be hosted by your current State 4-H Cabinet members, along with Meet and Greets by the Congress Cabinet Candidates, 4-H All-Stars. This picnic will consist of music, food, and fellowship designed to allow delegates to mix and mingle and get to know each other in an informal setting.

**OPENING SESSION:** Featuring Heather Massie, professional actor, writer, and Virginia 4-H All-Star, in ***HEDY! The Life & Inventions of Hedy Lamarr***

**EDUCATIONAL WORKSHOPS:** During State 4-H Congress, delegates will have the opportunity to choose from a variety of workshops with hands-on and engaging learning experiences. Congress workshops will consist of two interactive 60-minute sessions on Wednesday morning, followed by a longer 90-minute session Wednesday afternoon. Participants will be asked to select their top five (5) workshop choices and final assignments will be made before check-in. There is a listing of 2023

workshops in this packet, as well as, on the Congress website.

**DANCES:** Two dances will be held. Wednesday evening's dance will be informal. This is another great opportunity for delegates to mingle and meet other Congress participants. Thursday evening's dance will be a semi-formal dance. Both dances will include a **VARIETY** of music. Alternate recreation will be available for those delegates who choose not to participate in the dances.

**COLLEGE FAIR:** Virginia Tech and Virginia State University pride themselves on the variety of majors that are offered to potential students. During Congress, colleges and organizations across Virginia Tech and Virginia State will be offering an in-depth view of their particular departments and potential career options available. No pre-registration will be required.

**COLOR RUN/WALK:** Wednesday evening, join us for our Color Run/Walk. This unique paint race celebrates healthiness, happiness, and individuality. Participants will receive a t-shirt and paints to participate in this event. There will be an additional cost of \$15 to participate in this event and proceeds will help to support State 4-H Congress.

**COMMUNITY SERVICE:** Each delegate will participate in a Community Service project that will be held on Thursday morning.

**RECOGNITION OF 4-H ALL-STARS:** During 4-H Congress, those who will be tapped into the All Stars will be recognized during an opening assembly program and the tapping ceremony will be held on Thursday afternoon.

**ALL-STAR TAPPING:** The All-Star tapping will be held in an indoor location on Thursday afternoon (2:00-2:45 PM). **All Congress delegates (youth and adult participants) are expected to attend the All-Star tapping.**

**ALL-STAR ORIENTATION:** The All-Star orientation will be held on Thursday from 2:45 - 3:45 PM.

**STATE AWARDS AND CLOSING CEREMONY:** On Friday morning, State 4-H Congress will close out with a special closing ceremony. This closing ceremony will honor all of the State 4-H Congress award recipients, including competition winners, 2023 National 4-H Congress delegates, Innovative Programming Awards, etc., as well as installing the 2024 State 4-H Cabinet.

**CONGRESS DELEGATION PHOTO:** The entire Congress delegation will come together for a group photo and more information will be provided when delegates are on-site. The photos of the Delegation may be purchased for \$5 each. Delegates must pay for photos in advance through the registration system. Photos will be provided to units during Congress.

**UNIT PHOTOGRAPHS:** Unit delegation photos are scheduled for Thursday and more details will follow once delegates arrive on site. Delegates and chaperones will be in semi-formal attire. Each unit will be designated a time slot for their photo. The unit photos may be purchased for \$5 each. Only those participants from the Unit that paid for their photo will be provided a copy.

**DIGITAL CONGRESS SLIDESHOW:** Do you ever wish you could have a copy to take home of the slideshow that is produced at Congress? Well, now you can! Digital versions of the 2023 Congress Slideshow can be purchased for \$5 each. Links will be distributed after Congress.

**CHARACTER COUNTS!**<sup>®</sup>: The six pillars of character are trustworthiness, respect, responsibility, fairness, caring, and citizenship. They provide the foundation on which Virginia 4-H character is grounded. Each participant will be expected to use these six pillars to guide their thoughts and conduct throughout the week. To assure that good character is kept at the forefront of delegates' minds we will be celebrating one or two pillars each day.

Tuesday, June 21<sup>st</sup> – Respect & Trustworthiness Day  
Wednesday, June 22<sup>nd</sup> – Caring & Responsibility Day  
Thursday, June 23<sup>rd</sup> – Citizenship Day  
Friday, June 24<sup>th</sup> – Fairness Day



## **REGISTRATION PROCESS FOR DELEGATES AND ADULTS:**

Registration will be online only through 4-H Online. All participants must be enrolled 4-H members or adult volunteers. Registration is available through enrolled member family accounts at: <https://v2.4honline.com>. Registration will open on April 17, 2023. Registration will close at 11:59 PM on May 26, 2023.

### **Registration Structure and Fees:**

- ✿ Full Congress Registration - \$270/person
  - For both Youth and Adults
  - Includes
    - Lodging for Tuesday, Wednesday, and Thursday nights in Air-Conditioned Dorms (double occupancy)
    - 8 meals
      - Breakfast on Wednesday, Thursday, and Friday
      - Lunch on Wednesday and Thursday
      - Dinner on Tuesday, Wednesday, and Thursday
    - Congress T-Shirt
- ✿ One-day Competition Registration - \$60/person
  - For both Youth and Adults
  - Includes:
    - Congress T-Shirt
    - One meal (either lunch or dinner in Dietrick Hall or Wednesday evening)
      - Preference needs to be listed on the registration
- ✿ A La Carte Items
  - Color Fun Run/Walk
    - \$15 to participate; proceeds will help support State 4-H Congress
  - Digital 2023 Congress Slideshow - \$5
  - Congressional Delegation Photo - \$5
  - Unit Photos - \$5

**Payments** - All delegates, both youth and adults, will be responsible for their Congress registration payments directly to their unit offices.

After the registration process, each participant will receive an email confirmation that their registration has been submitted. Once the agent approves the registration, the participant will receive a second email with payment information.

- A. **Check Payment** – If the delegate's unit is not covering the cost of Congress Registration, then delegates will need to submit their Congress registration fee of \$270 directly to the Unit office. Delegates will need to reach out to their unit office to verify who to make the check payable to, as well as the unit's payment deadline.

**Refunds** – All refund requests should come to the State 4-H Office by June 1, 2023.

- If State 4-H Congress is canceled by us, or by the state or federal government, fees will be fully refunded.

- Refunds will be provided up until June 1, 2023 however, a \$25.00 processing fee will be assessed for all cancellations up until June 1.
- After June 1<sup>st</sup>, no refunds will be issued unless:
  - Between 2 weeks before (June 13, 2023) and up to the day of arrival at Congress, if for **Medical Reasons**, youth are not admitted into Congress, a refund minus \$25 will be provided.
- If youth have to leave Congress once they have checked in due to a COVID exposure, a partial refund will be prorated and granted.

**Need-based Scholarships** – There are a limited number of scholarships available. The final amount and number will be determined based on the number of applicants and need. To apply for a scholarship, please complete the short Google form at: <https://forms.gle/tevMKS5DUt1HkWdu6> Delegates will be required to make a deposit payment of \$170.00, and will receive additional information about final payment after the selections have been made. If a scholarship is not awarded, the balance of the registration will be required to be paid.

**Army Youth 4-H Event Scholarships** – The Army 4-H Military Partnership Outreach & Support Project for Virginia is providing a limited number of 4-H event scholarships for youth ages 5 to 18 of Army Military-Connected families living in Virginia. These scholars will be awarded on a first-come, first-served basis. Eligible youth may live on or near an installation or live in communities across the state. Scholarships awarded can be used to assist with the cost to participate in Virginia 4-H camping opportunities or State 4-H Congress. The military parent of the youth must currently be serving in one of the following: **Active Duty Army, Army Reserve, or Army National Guard**. For more information please contact Louetta Jones - 4-H Military Club Director, at [lojones@vt.edu](mailto:lojones@vt.edu) or call 804-712-8467.



## **COVID GUIDELINES**

COVID Guidelines and Restrictions are subject to change based on the most current recommendations of the New River Valley Health District and Virginia Tech. All reasonable efforts will be made to communicate any changes in these guidelines as they arise.

All Congress Delegates (both youth and adults) are required to adhere to the COVID guidelines while participating in the 2023 State 4-H Congress.

The current guidelines state:

The CDC community level, which reflects stress on local hospitals, is one of the primary considerations in determining Virginia Tech's COVID-19 mitigation strategies. Based on the updated assessment, masks are no longer required in public indoor settings on Virginia Tech campuses, except for health care settings and on public transit. Masks are recommended in indoor instructional settings.

### **Face Coverings**

- 4-H Congress will follow VDH masking recommendations, including wearing a mask if symptoms appear, or if in the 10 days after testing positive for COVID-19, or if in the 10 days following exposure to a person with COVID-19.
- Encourage indoor masking when COVID-19 Community Levels are high, large indoor group activities are discouraged when high levels as well. Community Levels are monitored and updated by VDH each week. Most recently levels are Low-Medium across the state. Masking is not required in this situation but may change based on COVID-19 Community Levels in Montgomery County and the University.
- Our programs will remain supportive of anyone who chooses to wear a mask.



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# STATE 4-H AREAS OF COMPETITION

**Held at State 4-H Congress; Congress registration (1 day or 4 days) required**

Egg Preparation Demonstration

Extemporaneous Speaking

Discussion Meet

*Rules can be found at: <https://www.vafb.com/membership-at-work/farmers-in-action/young-farmers>*

Fashion Revue-Constructed Garment

Fashion Revue- Purchased Garment

Presentation – Animal Science – Dairy/Livestock/Poultry/Horse/Camelid/Domestic Food or Fiber Animal

*Examples: How to Groom a Horse, Dairy Free Stall Barn Design, How to Shear an Alpaca*

Presentation – Animal Science – Pet

*Examples: Geckos, Dogs, Cats, Exotic animals*

Presentation – Careers, Entrepreneurship, & Economic Education

*Examples: How to Start Your Own Business, Careers that Interest Me, How to Budget Money*

Presentation – Citizenship and Leadership

*Examples: The History of the Constitution, How to Be a Good Citizen in My School, Parliamentary Procedure*

Presentation – Food Demonstration (includes food preparation)

*Examples: How to Make Chocolate Chip Cookies, How to Preserve Garden Vegetables*

Presentation – Food Knowledge

*Examples: How to Prevent Foodborne Illness, Cooking Methods for Beef, Gluten-Free Recipes*

Presentation – Home, Family & Personal Management

*Examples: How to Prepare Meals on a Budget, Furniture Upholstery, How to Manage Your Time More Efficiently*

Presentation – Natural Resources & Environmental Education –

*Examples: Forestry, Wildlife, Conservation, Fisheries, Recycling*

Presentation – Nutrition, Health, and/or Fitness

*Examples: How to Prepare to Run a 5K, Proper Tooth Care and Hygiene, Vitamins and Minerals*

Presentation – Outdoor Adventure, Sports & Recreation

*Examples: Fishing, Hunting, Trapping, How to Dribble a Basketball, Safety Gear for Rock Climbing*

Presentation – Communications & Performing Arts

*Examples: Ballet, Knowledge presentations about instruments (How to Care for your Violin), HAM radio, How to Give a Presentation*

Presentation – Plants, Soils, & Entomology

*Examples: The Importance of the Honey Bee, establishing a Community Garden, Amending Soil to Grow Fruit Trees, How to Grow a Plant from a Seed, Understanding Invasive Plant Species*

Presentation – Shooting Education

*Examples: Understanding Shooting Disciplines, Precision and Accuracy for Hitting the Target, Safety Whistle Commands on the Archery Line*

Presentation – Science, Technology, Engineering, Math (STEM Topics)

*Examples: Minecraft, Coding, Web Page Design, Gravity, The Importance of the Triangle in Designing Structures, How to Use a 3D Printer, How to Create Effective PowerPoint Presentations*

Presentation – Visual & Creative & Constructive Arts

*Examples: Tie Dye, Friendship Bracelets, How to Make Paper, Duct Tape Art, How to Compose a Photo, Architecture Styles, How to Use a DSLR camera*

Public Speaking

Radio Spot/4-H Promotion

Science Fair Presentation & Display Experiments, Research

Share the Fun – Combination

Share the Fun – Dance

Share the Fun - Drama

Share the Fun – Instrumental

Share the Fun – Variety

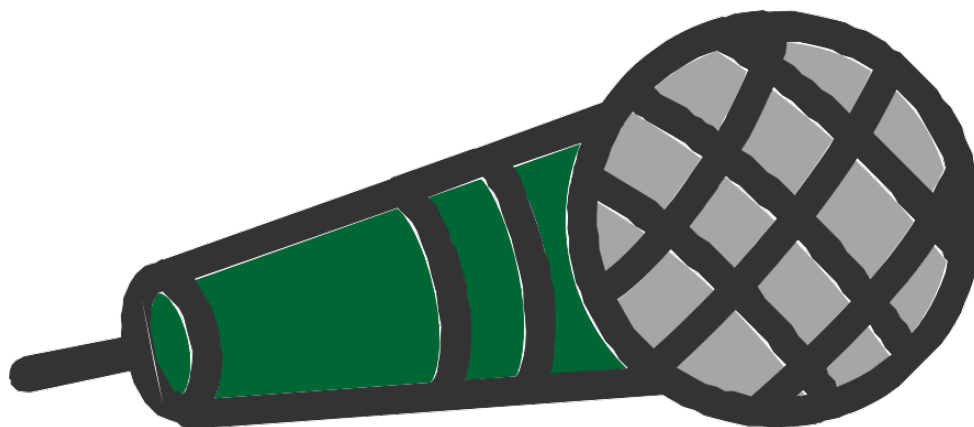
Share the Fun – Vocal

Table Setting

## **2023 State 4-H Congress Competition Policies and Guidelines**

1. Participants have a responsibility to review the rules, resource documents, and score sheets with their local 4-H Agent.
2. State contests will use the rules, score sheets, etc. posted only on the competition's web page listed above, regardless of how qualifying county and district contests are run. Local units and districts are encouraged to adopt and abide by the state rules out of fairness to youth participants. For contests in which there is a national event, contestants should check the national rules for any differences at that level of competition.
3. 4-H Congress (and therefore state-level competition at Congress) participation is limited to senior age 4-H youth, those ages 14-19 as of September 30 of the 4-H year. Mixed-age acts that competed at the unit or district level will be ineligible at the state level. (Example: four young people in a Share-the-Fun act where at least one is age 13 or less would not qualify.)
4. All Congress competitors must have participated in a qualifying event whether at the unit or district level, depending on the local situation. All units and districts are encouraged to hold contests before Congress.
5. A list of sample topics is provided for additional information only. Participants are not limited to subjects but do have to fit into one of the above categories. Contestants should be prepared to show judges the connection/correlation to the category area. Judges' or contest managers' decisions are final.
6. Competition scoring will follow the Danish Awards System (Blue: 90-100; Red: 75-89; White: 74 and below). Overall high score blue ribbon winner in each category will receive a medal. Modifications have been made for competition categories where the total score is greater than 100 points.
7. A 4-H member can participate in only one competitive event during Congress even if he/she qualified in more than one contest at previous levels of competition. It is difficult when youth are assigned to multiple competitive event locations and difficult to arrange the scheduling of two competitions to accommodate one individual at two different events.
8. At 4-H Congress, the Share-the-Fun contests have limits on the number of acts each unit can send. Each unit may send one act per Share-the-Fun category.
9. A unit may send more than one participant in all competition categories except Share-The-Fun. For example, a unit may send more than one 4-Her to compete in public speaking, fashion revue, presentations, etc. Check specific team contest rules for the number of teams and the number of participants on a team allowed in state competitions.
10. The genre of presentations, demonstrations, public speaking, STF acts, fashion review garments, etc. must remain consistent between unit/district and state competitions. Improvements based on input provided by the last judging panel can be incorporated, but the genre of the work cannot be changed.

11. Once a youth is the overall state winner in a competition category, he/she cannot compete in that category again at the state level. For instance, if a youth is the overall winner in vocal, he/she cannot compete in vocal again but could compete in another category such as instrumental, variety, forestry, or foods, etc. State medal winners should not repurpose their act to try to fit into another category in another year.
12. State competition contestants are encouraged to attend 4-H Congress, but are not required to. Competitors may register as one-day participants to compete. Pre-registration is required; see Congress information for deadlines.



*Calling all 4-H Youth and Adults!  
Not competing in Share-The-Fun but want to share your awesome  
talents at the 2023 Congress?*

*Please submit a 60 - Second video  
highlighting your performance using this Dropbox address  
by Friday, May 19<sup>th</sup>.*

*You will receive an email if selected to perform during a Congress  
Event.*



## **Educational Workshops**

*Wednesday– June 28*

Delegates will be asked to select their top five (5) Educational Workshop selections during the registration process. Once workshop capacities are established and final workshop times are assigned, delegates will be placed in one of their selections. Best efforts will be made to get all delegates in their top choices, but final workshop assignments will depend on interest and participation in the particular workshop. Workshop assignments will be distributed in the Congress Welcome packets. Once workshops are assigned, there will be no changes in workshop assignments upon arrival at Congress.

Virginia Tech: Application Process and Workshop	An intimate workshop describing the application process to Virginia Tech and the key components of a successful application.	Morning
Interviewing 101: Acing your next interview!	Youth will gain skills to help through the interview process. Participants will learn about proper dress, First Impressions, Proper handshake, keeping eye contact, and many other skills to help you land whatever your next interview is for.	Morning
L.E.T.'s Go! Building Confidence through Leadership, Etiquette, and Teamwork	Join the Northeast District 4-H Cabinet Ambassadors for a fun-filled workshop that will focus on building life skills, such as how to carry yourself with confidence, prepare for job interviews, become a strong team player, and develop or expand your leadership skills.	Morning
Making Change - Literally!	Do you handle money as part of your job or maybe a concession stand? Do you panic when people pull out cash? Especially after you've already entered the total in the cash register or computer?  Fear not! With a few basic skills, you can easily make change with cash, and be confident you've done it correctly. Using play money, we'll teach you how to "count back" change and provide plenty of practice opportunities. We'll also throw in some customer service skills training so that you're ready for your summer job! (Or working in a concession stand for 4-H or high school sports.)	Afternoon
4-H Food Challenge	Participants will learn about preparing nutritious meals, budging, and practicing food safety. Within the last 40 minutes, teens will be challenged to prepare a meal.	Afternoon
Navigating the world of College Equestrian Sports	The world of College Equestrian has grown significantly in the last few years. I will build a presentation that focuses on the diversity throughout various disciplines and colleges that offer Equestrian programs. I will also put together a panel of coaches together for a round table discussion.	Afternoon
How would you vote? (How do your values affect the decisions you make?)	This workshop is based on an activity from the Mecklenburg 4-H Innovative Leadership Academy. Focusing on local government, participants will discuss the ideal qualities of a leader. We will also talk about leadership styles and how they may be affected by a person's values. After a series of activities designed to help participants identify their values, we will watch a clip of a rather heated debate that took place during a recent local government meeting. We will analyze this clip to decide if the arguments made may have been a reflection of the council members' values. Participants will then share how they would have voted on the issue!	Afternoon

Plant disease diagnosis with spectral imaging and DNA sequencing	Learn about the importance of early disease diagnosis using different technologies. We will emphasize the impact of plant disease on food security.	Afternoon
STEM Majors in Sustainability, Conservation, and Environment	There is a huge demand for STEM graduates in the world, and students/parents often feel it's essential to get a "good" job. However, environmental careers are often overlooked when students think of STEM. This session seeks to change that mindset by introducing "other" STEM disciplines for your students to consider and showcase in-demand career fields that are desperate for people. Virginia Tech is the #1 ranked natural resources college in the nation, and most graduates from our program enjoy a nearly 100% job placement rate and starting salaries above \$60K/year! Students will learn about our cutting-edge, in-demand STEM programs and how to identify environmentally focused careers and majors that suit them. The session will also include an overview of our holistic approach to academics, a fun and interactive careers/major matching quiz activity, and most importantly—tips on how to get accepted to Virginia Tech!	Morning
Acting & Improv with Mill Mountain Theatre	<p>The first 45 minutes of the workshop will be Mill Mountain Theatre's touring production of Mad Libs Live!</p> <p>Our story begins at the finals of Teen Superstars, the live TV show that will determine the most popular singing group at Blankville Central High. Virtuosa, Gogo, Geyser, and Merrily seem to have nothing in common – until just before airtime, when they realize that their songs are missing words! In the spirit of the “World’s Greatest Word Game,” our gang fills in the blanks with words from the audience! This truly interactive musical changes at every performance – thanks to you! Will GoGo get the girl? Will Geyser make new friends? Will Merrily come out of her shell? Will Virtuosa get out of the spotlight? And who will be the next Teen Superstars?? There is only one way to find out: Mad Libs Live!</p> <p>After the performance, there will be a Q&amp;A session with the actors about what it's like to work as an actor and live on the road. Then the remainder of the workshop will be various acting and improv games.</p>	Afternoon
Leadership Strengths Escape Room	Leadership requires collective problem-solving, leveraging the potential of individuals' strengths. This workshop will introduce participants to the strengths-based leadership framework and allow them to experience the concepts through an escape room activity. Participants must crack codes and solve puzzles to successfully access a lockbox of prizes. Get ready; the clock is ticking!	Afternoon
"Using Hydroponics to Grow Food for Sale or Personal Use"	Hydroponics is becoming an important method for us to grow food and is considered a type of Controlled Environment Agriculture (CEA) tool. Governor Youngkin proclaimed that March is now CEA month because "indoor farming is employing new and efficient technologies that make local, sustainable products available to more communities." We will share what hydroponics is and how it is used to grow food to inspire the next generation of agriculture leaders, as well as provide a figure for women's entrepreneurship and inventorship in both STEM and agriculture. We will walk through various topics like business planning, choosing a crop, the	Morning

	different types of hydroponic systems and why they are useful and different, how to use them to grow your food or sell the crop, and then provide a hands-on demo with some of our equipment and tools.	
Companion animal science: Learning from our closest companions	Have you ever wanted to know what your cat or dog is thinking? Companion animal science is a flourishing research field and can help us understand our cats and dogs better. We will discuss how to read cat and dog behavior, and how to use positive reinforcement to communicate with your cat or dog. We will ask a dog and cat about their favorite treats. We will discuss cooperative care and we will watch a dog be trained using shaping.	Afternoon
Healthy Living Mash Up!	Health can mean so much! In this session, we will explore smoking/vaping, mindfulness, and how we can be more in touch with the here and now, physical and mental well-being through yoga, and healthy eating with a spin on our blender bike.	Afternoon
Drones Exploration - Workshop 1 (weather permitting) or Workshop 2 (backup plan)	During this workshop, if the weather is good, we will fly drones. - Youth will work as teams to fly assigned missions based on farming situations, ie. Which sheep is sick? How many sheep are standing outside the barn? How many sheep are at the water trough? The youth will use the drone camera to answer the mission question. Laminated sheets include numbered sheep, water troughs, barns, coyotes, etc. will be used.  if the weather does not cooperate we will do a computer lab exercise using Open Drone Map. Youth would have the ability to create a (small) image mosaic and to explore the image mosaic (digital map) using Open Drone Map.	Afternoon
STEM in Sports Field Management	This workshop will highlight STEM principles utilized by turfgrass managers every day in managing athletic fields, including at Virginia Tech's very own Worsham Field. Students will engage with soil science concepts that promote a healthy and high-quality turfgrass surface, discover new industry tools and technologies to implement precision turfgrass mgt., learn about engineering principles and design properties that separate professional mowers from residential equipment used for lawns, and will calculate how much water is required to irrigate the football field!	Afternoon
Game Changineer: Computational Thinking with AI	Introduction to computational thinking, artificial intelligence, and creating video games in plain English. Create your video game in just minutes, guided by artificial intelligence, while simultaneously learning many computing concepts of abstraction, algorithmic thinking, problem-solving, debugging, and critical thinking. Target students are Grades 6 through 12. No prior programming experience is necessary.	Afternoon
Effective Networking: Mingle Like You Mean It!	Mingle Like You Mean It! will focus on effective networking and developing/enhancing the skills you need to get yourself noticed for educational, enrichment, and employment opportunities. We will discuss and demonstrate strategies and skills that will help you make a good first impression.	Morning
Agribusiness from A to Z: What's In It For Me?	Introduce participants to the breadth and depth of the agribusiness industry, including all sectors from input supply to farming to output marketing. Share career opportunities and educational pathways.	Morning

Livestock, Robots, and the Environment	The use of robotic technologies is expanding in agriculture, but no one has explained that to the cows... In this workshop, we explore the interactions between livestock and robotic technologies, and how both influence the environment through climate changes and shifts in water quality. We will highlight different ways in which robots and livestock can interact, to try to reduce the stress incurred by animals during the introduction of new technology into their environments. In addition to showcasing robotic technologies and their interaction with different livestock species, this workshop will discuss career opportunities in the precision livestock farming areas, and the types of training and experiences needed to be successful when using these technologies on farms.	Morning
How Soil Can Protect Our Water	Learn about how proper soil management can improve water quality,	Morning
International Development and Positive Youth Development - what could your future look like?	Come learn about the vast opportunities in the international development sector and open their minds to this opportunity for future careers! We will complete activities that will allow them to see what a job in international development would be like.	Afternoon
Plant Diseases and Why Are They Important?	Show-and-tell disease symptoms presentation to learn about plant disease.	Morning
Lights, Camera, ACTION!	Join Heather Massie, professional actor/writer, and 4-H All-Star. in a hands-on workshop where creativity takes center stage. This workshop will focus on ensemble building, improvisation, and performance skills.	Morning
Women in STEM	Learn from visiting artist Heather Massie about the impact women have made in the field of STEM. Participants will learn more about Hedy Lamarr's role in the field as well as other female contributions to today's technology.	Morning
Human-Centered Design in a Global Setting	Learn from visiting 4-H Senegal Volunteer about how to design activities using human-centered design with a global flair! This will be a hands-on, fun workshop that will help you plan and implement activities in your local community	Afternoon
TEAMBuilding: Together Everyone Achieves More!	This interactive workshop will focus on the most important concepts of team building: communication, empathy, and trust. Whether you are a 4-H Camp counselor or not, you will have the opportunity to gain valuable life lessons that you will use for the rest of your life. Come prepared to do activities and move around – this will not be a lecture-style workshop!	Morning





## **CHARACTER COUNTS!® at Congress**

**TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, AND CITIZENSHIP** — these six core ethical values, which the CHARACTER COUNTS!® program calls "Pillars of Character," provides the basis for what Virginia 4-H stands for and what each member, leader, and staff member should strive to practice.

These six Pillars should guide all Congress participants' thoughts and conduct. These core beliefs help us to distinguish right from wrong. Additionally, the principles represented by these six pillars act as filters through which to make decisions. So, being trustworthy is not enough — we must also be caring. Adhering to the letter of the law is not enough — we must accept responsibility for our actions. In holding others to be accountable - we must not forget to be compassionate.

Character does count! In personal relationships, at school, at the workplace, at 4-H Congress — in life — who you are makes a difference. Character is not hereditary, nor does it develop automatically; you must consciously develop it.

So, while you are at the State 4-H Congress and even after you leave, put your head, heart, hands, and health into living by the Six Pillars of Character® and the principles they represent.

• **Trustworthiness**

- Be honest
- Keep promises
- Be loyal

• **Caring**

- Be kind
- Express gratitude
- Forgive others

• **Respect**

- Follow the Golden Rule
- Be tolerant of differences
- Deal peacefully with anger, insults, and disagreements

• **Fairness**

- Play by the rules
- Take turns and share
- Be open-minded

• **Citizenship**

- Obey laws and rules
- Respect authority
- Protect the environment

• **Responsibility**

- Do what you are supposed to do
- Pursue excellence
- Be self-disciplined

**CHARACTER COUNTS!® is a service mark of the CHARACTER COUNTS!® Coalition, a project of The Robert D. and Billie Ray Center at Drake University.**

## VIRGINIA 4-H CONGRESS CODE OF CONDUCT

### PURPOSE

The purpose of the 4-H program is the positive development of youth. We believe in creating a safe learning environment that encourages the four-fold development of a young person (i.e., Head, Heart, Hands, and Health). We expect all persons involved in 4-H (youth members, parents, teen/adult volunteers) to practice behaviors that foster the total development of youth. Each 4-H member and associated individuals participating in 4-H activities must accept the responsibility of creating a positive image that reflects 4-H ideals. Furthermore, the Virginia 4-H program recognizes that "CHARACTER COUNTS!"<sup>®</sup> All 4-H participants should always strive to uphold the 6 Pillars of Character as described on the previous page. In seeking uniformity in the conduct expected at 4-H programs/events, the following code of conduct has been developed to provide a clear understanding of expectations. Participants and parents/guardians must sign a Code of Conduct form to participate.

### CODE OF CONDUCT

1. For the safety and wellness of all participants, a completed and signed 4-H Health History Report Form is required for participation in 4-H events. In addition, medications and medication forms (for all participants under 18 years old) must be turned in at the registration table upon arrival at the 4-H event (or according to another system outlined in the registration/orientation information). *Please see the [Medication Protocol](#) below for Congress.*
2. Participants should attend and be actively involved in all scheduled activities as part of this 4-H program/event (unless under the supervision of a medical staff person.) Curfew is to be followed as specified in the schedule for overnight events. Failure to be in assigned locations may lead to dismissal from the 4-H event. Some areas are off-limits to participants (ex: swimming pool; bodies of water such as lakes and rivers; challenge course, etc.) unless under appropriate instructor supervision. **(For Congress, teen and adult delegates are required to attend all scheduled programs, events, and activities. In addition, Congress delegates must be present for each evening's unit meeting in the dormitory with the supervising agent/volunteer by the time specified in the Congress program.)**
3. Visitors to a 4-H program/event must check in with the Extension Agent, Program Director, or other adults in charge of the 4-H program/event upon arrival.
4. Participants should remain at a 4-H program/event until the program/event is scheduled to end. Participants may not leave a 4-H program/event without prior permission from the Extension Agent, Program Director, or another adult in charge of the 4-H program/event. Participants may only be picked up from a 4-H program/event by the person designated on the 4-H Health History form. Identification may be requested at the time of pick-up.
5. Participants are expected to follow the directions of 4-H volunteers and paid staff. All 4-H'ers are under the supervision of the Extension Agent, Program Director, or other adult 4-H leader responsible for the 4-H program/event.
6. Participants should respect the property of others and be responsible for themselves. Deliberate destruction or removal of facilities or equipment is not permitted. Financial responsibility for any damages caused by deliberate destruction will be assumed by the participant and/or parents/guardians. The same applies to the property and personal items of other participants.

7. Participants should treat all others and themselves with respect. Aggressive, abusive, vulgar, or violent language and behavior towards others (ex: fighting, threats, insults, cursing, discrimination, etc.) are not permitted.
8. Participants should respect the privacy of others. Girls are not permitted in boys' lodging rooms nor are boys permitted in girls' lodging rooms. **(For Congress, females are not allowed to visit male sleeping rooms or areas designated for male occupancy, and males are not allowed in female sleeping rooms or areas designated for female occupancy.)**
9. Possession, distribution, or use of fireworks, weapons, knives, or other items that can be used as a weapon are not permitted at 4-H programs/events, except under adult supervision in scheduled instructional activities (ex: shooting education class supervised by a certified instructor, etc.).
10. Possession, distribution, or use of alcoholic beverages, illegal drugs, tobacco products, and unauthorized prescription drugs are not allowed at any 4-H sponsored program/event and must be reported to law enforcement. The Virginia 4-H program reserves the right to conduct a search of a participant's outer clothing, luggage, personal belongings, lodging rooms, and furniture being used by a participant(s) if there is "reasonable suspicion" that the participant has drugs, alcohol, or weapons. **(For Congress, all teens over 21 and adults are encouraged not to smoke. State law prohibits smoking by youth under age 21.)**
11. Animals and pets are not allowed at 4-H programs/events unless needed to accommodate a disability or as part of an organized program, or through specific authorization from the Extension Agent, Program Director, or other adult in charge of the 4-H program/event. Animals that are used as part of a 4-H program/event should always be provided with proper care.
12. Electronic and mechanical devices (ex: cellular phones, pagers, walkie-talkies, video games, radios, CD players, TVs, laptop computers, etc.) are not allowed at 4-H programs/events unless they are needed as part of an organized 4-H program/event, or with authorization from the Extension Agent, Program Director, or another adult in charge of the 4-H program/event. Without authorization, these items will be confiscated and returned to the participant (or the participant's parents/guardians) at the end of the program/event. During State 4-H Congress, youth may be permitted to carry their cellular phones with them, but they must be turned off and not in use during any group sessions.
13. For Congress, teens are not allowed to drive their vehicles. All vehicles are to be parked in a parking lot(s).
14. Suggestive dancing is NOT appropriate at 4-H Congress

### **DRESS CODE**

Participants are expected to dress appropriately based upon the **Virginia 4-H Congress Dress Code** as outlined below: All delegates will dress neatly and appropriately for the scheduled activities.

### **Dress Code Examples**

- **Sport** - shorts and tee-shirts
- **Casual** – polo shirts, t-shirts, casual shirts, slacks, nice jeans or shorts or skirts.
- **Professional** – shirt and tie, dressy top, khaki or dress pant, skirts, suits, dresses.

- **Semi-formal** – suit or jacket/nice pants, shirt and tie, party dress (long or short), dressy top with dress pants or skirt.

### **Additional Dress and Appearance Guidelines**

- Clothing with negative, indecent language or symbols is prohibited.
- Clothing should not be excessively tight or short. As a guide, mid-thigh length clothing is appropriate.
- Clothing with holes, tears, or slashes on the torso area should not be worn (lower pant legs are O.K.)
- All tops must have at minimum 2-inch straps and cover the full torso.
- See-through clothing is prohibited.
- Any adornment that could be perceived as or used as a weapon will not be allowed.
- Religious head coverings are the only headwear allowed indoors.

### **CONSEQUENCES**

Unacceptable behavior during a 4-H program/event (as defined within this Code of Conduct or through a review process by 4-H staff/volunteer) will result in consequences to the participant. Consequences may include:

1. Early release from this 4-H program/event without refund, (for Congress, teens and adults who choose not to abide by the 4-H Code of Conduct will be subject to early release from Congress and will be required to return any scholarship money awarded to them),
2. Restitution or repayment of damages,
3. Denial of future participation in the 4-H program/event at the local, district, state, and national levels for one or more years (as determined by the unit staff in charge of, or responsible for, the 4-H program/event),
4. Forfeiture of financial support for a 4-H program/event
5. Removal from 4-H offices held (if applicable), and
6. Releasing the youth to the appropriate law enforcement agency and/or the proper authorities.

***NOTE:*** Any conduct not specifically covered by this Code of Conduct, but deemed inappropriate by those responsible for the 4-H program/event will be viewed as a violation and appropriate action will be taken by the Congress Dean. If an infraction occurs, the person in charge of the 4-H program/event will provide appropriate communication to parents/guardians.

### **Medication Protocol**

- Each delegate is responsible for his/her prescription medications. Before attending Congress, discuss any medication needs with your 4-H Agent.
- Should delegates need assistance with medication while at Congress, contact the medical staff.
- Over-the-counter medications (acetaminophen, Ibuprofen, etc.) are available at the Medical Station and therefore, not necessary to bring with you. Refrigeration is available at Congress Headquarters for medications (insulin, etc.).