



STATE 4-H CONGRESS 2018

General Information Packet June 25-28, 2018



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 the Great Summer Showcase, Service Learning, & Competitions;
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.

2018 PROGRAM INFORMATION & HIGHLIGHTS

MONDAY EVENING WELCOME PICNIC AND MIXER: On Monday evening, you will get an opportunity to enjoy an informal welcome picnic which will be held on the GLC Lawn. 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.

CONGRESSIONAL GAMES: Congressional Games this year will provide teens with opportunities to participate in corn hole, basketball, volleyball, kickball, board games and much more. Congressional Games will be the Tuesday evening program and pre-registration will be required. Delegates will need to sign up for a specific competitive activity or the non-competitive board game and card room. **All delegates must first go to the game that they pre-registered for, however once that game is completed, delegates may move to other games.** All Delegates must participate in Congressional Games (competitive or non-competitive) and participants must check-in at the game they pre-registered for to confirm attendance. **Please remember to pack appropriate attire for the Congressional Game you sign up for. Congressional Games are assigned on a first come, first served basis so be sure to register within 4Honline and submit payment on or before the deadline.**

DANCES: Two dances will be held. Monday evening's dance will be informal; this is another great opportunity for delegates to mingle and meet other Congress participants. Wednesday 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 attend the dances.

GREAT SUMMER SHOWCASE: The "Great Summer Showcase" (GSS) will provide 4-H Congress delegates with exciting learning opportunities, including hands-on, interactive workshops in afternoon sessions. Workshops will be three (3) hours in length. Participants can choose from one of four different content areas. The workshop areas include: Animal Science, Healthy Living, Environmental Education, Leadership, Citizenship, and STEM (Technology, Engineering and Math; Science is included in separate animal science and environmental science tracks). There is a listing

of 2018 workshops on the Congress website. REMINDER: **Workshops are assigned on a first come, first served basis so be sure to register within 4Honline and submit payment on or before deadline. For those delegates registering themselves in 4HOnline, they will not need to rank their choices. They will just choose the workshop they would like to attend. If the unit office will be registering on behalf of the youth, the unit will have to have their delegates rank their choices.**

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 highlighted at the Share-The-Fun Show on Wednesday. Please see the competition information for more details.

2018 COMPETITION WORKSHOPS: For delegates who will not be competing in competitions on Tuesday morning, we will be offering competition workshops to introduce delegates to the various competition areas available through 4-H. Delegates will choose their top selections and sessions will be filled on a first come, first-served basis. A service learning project will be available for those not wishing to learn about competitions. For those delegates registering themselves in 4HOnline, they will not need to rank their choices. They will just choose the workshop they would like to attend. **If the unit office will be registering on behalf of the youth, the unit will have to have their delegates rank their choices.**

Workshops include but not limited to:

1. Introduction to EquiSmarts
2. LifeSmarts
3. Intro to Nat'l 4-H Forestry Invitational
4. Extemporaneous Speaking
5. Service Learning Project –VT Engage and Micah's Backpack

RECOGNITION OF 4-H ALL STARS: This year marks the 97th Anniversary of Virginia 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 Wednesday afternoon. Newly tapped 4-H All Stars will be invited to Share the Fun Show on Wednesday evening. **In addition, All-Stars would like to collect two digital pictures of each delegate who will be tapped into All-Stars, preferably pictures depicting members in their major 4-H project area. Please email these to Mellissa Breen at 4HCongress@vt.edu by May 14. Be sure to include the following in the subject line: "All Star Photo" and the All Star's name. For example, All Star Photo – Susie Smith.**

ALL STAR TAPPING: The All-Star tapping will be held on the Drillfield in front of the War Memorial Chapel on Wednesday afternoon (2:30-3:30 PM). **All delegates are expected to attend the All-Star tapping.**

ALL STAR ORIENTATION: The All-Star orientation will be held on Wednesday from 3:30-4:30 PM.

ALL STAR ICE CREAM SOCIAL: This event will be held on Tuesday from 8:30 – 10:00 PM during the Congressional Games at War Memorial Gym. This event is sponsored by the Virginia 4-H All Stars.

CAREER & LEADERSHIP DEVELOPMENT EXPERIENCE: This year we will be having a new and exciting Career and Leadership Development experience that will involve three components which include: (1) College, Career, and Military Fair; (2) youth voice and assessment on career awareness and perceptions of civic engagement; and tours of Virginia Tech campus for all Congress participants on Wednesday morning.

Colleges across Virginia Tech will be offering an in-depth view of their particular departments and potential career options available. Virginia Tech has eight academic departments including; Agriculture and Life Sciences, Architecture and Urban Studies, Pamplin College of Business, Engineering, Liberal Arts and Human Sciences, Natural Resources and Environment, Science, and Veterinary Medicine. In addition to Virginia Land grant universities within Virginia Tech and Virginia State University, other universities will be invited to highlight their programs as well.

For those who have already selected a college or who might not be interested in higher education, you will have an opportunity to engage with Virginia Tech Career Services, campus tours, visit displays highlighting several careers, give your opinion on perception of civic engagement, and/or talk with the military. No pre-registration will be required.

SHARE-THE-FUN SHOW and STATE AWARDS: This year's Share-the-Fun Show will highlight outstanding performing art acts. The public, including delegate families, are invited to attend. In addition to Share-The-Fun, all competition winners will be honored for their achievements, and the 2018 National 4-H Congress Delegation will be announced. The show will be held in Burruss Hall on Wed. June 27, 2018 beginning at 7pm.

MONDAY NIGHT PIZZA PARTY: Leave your money at home and join in on the fun as we begin the week of Congress with laughs, pizza, and fun for everyone! The pizza party will be held during the dance on Monday night.

STATE 4-H LEADERSHIP POSITIONS: Consider running for a **State 4-H Ambassador or Cabinet Officer position**. Information about the positions and the application form will be posted on the 2018 Congress website in April. The application deadline is May 21. Qualifying candidates will need to have their campaign speech approved by their 4-H agent or program assistant before coming to Congress. See elections packet for specific information.

BILLS FOR BRAZIL: Virginia 4-H is working in Brazil, South America to involve Brazilian youth in CHARACTER COUNTS! and positive youth development. Training has been conducted for school teachers, principals, judges, and community leaders in Joinville, Santa Catarina; Passos, Minas Gerais; and Natal, Rio Grande Do Norte. Funds are needed for training and supplies for their efforts in CHARACTER COUNTS! and positive youth development. Please help support the "Bills for Brazil" project to continue to grow and expand the 4-H work in Brazil. You'll have an opportunity to donate to this importance cause during Congress, so bring your bills!

SERVICE LEARNING PROJECT: This years' service learning project will be hosted by VT Engage and Micah's Backpack. Community service is always a special part of the 4-H Congress, come and participate in Service Learning with VT Engage! During this session, participants will learn about how to make their volunteering efforts more impactful in their own communities. Come and learn about how to move yourself along the Active Citizens Continuum, how to think more deeply about your service and leadership efforts, and how to have a greater impact on your own community and the issues you care about! Also during this session, participants will also gain ideas here on campus to help create action and progress at home!

CONGRESS DELEGATION PHOTO: The entire Congress delegation will come together for a group photo on the Drillfield in front of Burruss on Tuesday evening. The photos of the Delegation may be purchased for \$5.00 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 Wednesday 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 \$5.00 each. Only those participants from the Unit that paid for their photo will be provided a copy.

CONGRESS SLIDESHOW DVD: Do you ever wish you could have a copy to take home of the slideshow that is produced at Congress? Well now you can! DVDs with the 2018 Congress Slideshow can now be purchased for \$5.00 each. DVDs will be mailed to the units for distribution after Congress.

CHARACTER COUNTS! The six pillars of character are trustworthiness, respect, responsibility, fairness, caring, and citizenship. They provide the foundation of 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 in the forefront of delegates minds we will be celebrating one or two pillars each day.

Monday, June 25th – Respect & Trustworthiness Day

Tuesday, June 26th – Caring & Responsibility Day

Wednesday, June 27st – Citizenship Day

Thursday, June 28nd – Fairness Day

REGISTRATION PROCESS FOR DELEGATES AND ADULTS: Complete all paper forms received from your unit Extension Office. Be sure to select your competition area if you are competing this year, choose your Competition Workshop (if you are not competing), and Great Summer Workshop return all paper work with payment to your local Extension Office. Registration in the online registration system and registering for workshops will begin on April 23. Please check with your unit office to see how online registration will be handled in your locality. The unit office will be provided a handout with instructions on how to register all youth and adult participants within the 4-H Online Events System. Payments will be due to the State Office on May 21.

STATE 4-H AREAS OF COMPETITION

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

Chicken Que[†]

Egg Preparation Demonstration[†]

Extemporaneous Speaking

Fashion Revue –

Constructed Garment

Fashion Revue –

Purchased Garment

Food Challenge – Texas Food Challenge Site

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

Table Setting

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

Turkey Que [†]

[†] = denotes national contest availability

* state winner for horse (and qualifying event for Southern Regional and Eastern National) is awarded at EquiSmartz, but horse presentations CAN compete at Congress

State 4-H Congress Competition Policies and Guidelines

1. Participants have a responsibility to review the rules, resource documents, and score sheets which can be found on the state 4-H website at:
 - a. <http://ext.vt.edu/topics/4h-youth/competitions/index.html>.
2. State contests will use the rules, score sheets, etc. posted only on the competitions 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 local situation. All units and districts are encouraged to hold contests prior to Congress.
5. A list of sample topics is provided for additional information only. Participants are not limited on 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. At 4-H Congress, the Electric Energy Challenge and Arc Welding have limits on the number of youth each unit can send. Each unit may send one youth in these categories.

10. A unit may send more than one participant in all competition categories except Share-The-Fun, Arc Welding, and the Electric Energy Challenge. 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.
11. 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.
12. 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 in order to try to fit into another category in another year.
13. State competition contestants are encouraged to attend 4-H Congress, but are not required to. Competitors may register as one-day participants in order to compete. Pre-registration is required; see Congress information for deadlines.

Competition Workshop

Workshop Descriptions Tuesday Morning – June 26

Many youths participate in competitions while at Congress. However, many simply do not know what competition is all about. To encourage more youth to participate in competition at Congress, competitions workshops will be offered this year during regular competition times. Delegates should choose within 4-Honline the competition workshop that they would like to learn more about. There will be no changes upon arrival at Congress. Youth that are registering for competitions or national congress interviews should select a competition workshop.

Animal Science

Intro to EquiSmartz

No horse? No problem! Experience horses through classroom, pre-contest introduction to EquiSmartz. EquiSmartz is the state educational horse project competition held every year in the spring. You don't have to own a horse to do EquiSmartz! Get a feel for these events as we break out into rotations of hippology, horse bowl and horse judging.

Citizenship

LifeSmarts

Come experience "LifeSmarts", a quiz bowl style competition. We'll introduce you to the topics and then you'll get a chance to test your knowledge by competing in a competition against other 4-H'ers. Each year the winner from the Virginia state competition in February represents us at the national competition. Come find out what you need to do to form a team and how the statewide competition works.

Communication and Expressive Arts

Clovers and Company

Learn how Georgia 4-H Clovers and Company works. Participate with the group and let them teach you a show opener song and choreography.

Extemporaneous Speaking

Have you ever given an extemporaneous speech? You may not realize this, but you speak extemporaneously every day! Explaining to your parents why you arrived home after curfew, answering a teacher's question in front of the class, and explaining to a 4-H member how to complete a specific task are all examples of speaking extemporaneously. This type of speaking is different than a normal presentation or public speaking because you have minimal time to plan your speech before presenting. It is also very exciting to compete in this area! This workshop will help you organize your thoughts quickly, respond thoughtfully to questions, speak clearly, and pull the speech together quickly. Skills learned will be a huge asset to you in school, 4-H, interviews, meetings, etc.

Environmental Education/Outdoor Education

National 4-H Forestry Invitational

Workshop participants will gain an understanding of the forestry skills and knowledge events that make up the National 4H Forestry Invitational contest and understand what is involved in training and preparing a team to compete in the national contest. Participants will learn about the event through a presentation and a series of hands on activities covering tree identification, compass orienting, reading maps, forest health, tree measurements, forest evaluation, and general forestry knowledge. Participants will also learn about the resources available to assist them with starting and training a 4H forestry team for competition.

Wildlife Habitat Education Program

The WHEP (Wildlife Habitat Education Program) is a 4-H and FFA hands-on environmental education program dedicated to teaching wildlife and fisheries habitat management. Participants will learn to identify wildlife, learn about wildlife habitat and wildlife habitat management practices, learn about wildlife damage management, and learn to judge the quality of wildlife habitat.

Healthy Living

Setting the Table: A Start to Finish Workshop to the New Table Setting

Youth will experience the Table Setting Contest from start to finish; from an overview of how the contest works, rules and strategies, and ways of choosing themes to giving a mock demonstration with provided materials in an informal contest competition atmosphere.

Service Learning

VT Engage and Micah's Backpack

Community service is always a special part of the 4-H Congress, come and participate in Service Learning with VT Engage! During this session, participants will learn about how to make their volunteering efforts more impactful in their own communities. Come and learn about how to move yourself along the Active Citizens Continuum, how to think more deeply about your service and leadership efforts, and how to have a greater impact on your own community and the issues you care about! Also during this session, participants will also learn about food insecurity and will get to volunteer with Campus Kitchen at Virginia Tech and Micah's Backpack- two local organizations having an impact on food insecurity here in the New River Valley. Gain ideas here on campus to help create action and progress at home!

Great Summer Showcase

Workshop Descriptions

Tuesday Afternoon – June 26

The Great Summer Showcase Workshop has a great selection this year! They are **offered on a first to register, first to participate basis. Make your workshop preferences within 48 hours of online registration.** There will be no changes in workshop assignments upon arrival at Congress.

Animal Science

Purchasing Your Next Unicorn

This workshop will explore all the aspects of purchasing a horse. You will learn the process of how to purchase your perfect partner! With your given budget, it is your job to find that perfect unicorn you have always been looking for.

Do-It-Yourself Cows

In this workshop, you will learn more about the anatomy and physiology of the female bovine reproductive system with hands-on experience with reproductive tracts, as well as with the different reproductive technologies used in and out of the lab. Students will learn more about the processes of in-vitro fertilization and embryo transfer and their uses in cattle. They will have the chance to look at real bovine semen, oocytes and embryos and try their hand at determining embryo stage, fertilizing oocytes, and loading artificial insemination and embryo-transfer guns. Students will also learn how these lab technologies connect to real world producers and their cattle by having the chance to perform rectal palpation and ultrasonography.

A Day with USDA

During this workshop we will explore the career opportunities and discuss who works for the USDA, Animal and Plant Health Inspection Service, Veterinary Services. We will learn about biosecurity and how important it is to keep our livestock and poultry healthy and how it helps to prevent or control disease outbreaks. You will experience how we take on and off personal protection equipment and why we use it. We will also delve into zoonotic diseases that may be encountered with animal and poultry husbandry and how we can protect ourselves against them.

Citizenship

Increasing Ag Literacy with Agriculture in the Classroom

Want to increase agriculture literacy in your community? Attend this workshop to learn how to utilize the resources and activities of the Virginia Agriculture in the Classroom program (AITC). AITC has been engaging with non-farming youth for over 25 years so they have a better understanding of Virginia's food, fiber and fuel production. If you or your 4-H club are interested in learning new and fun ways to connect children to agriculture, this is the workshop for you!

Healthy Living

Yoga and Mindfulness 101

Are school, life, or relationships stressing you out? Would you like to learn skills to relax, manage stress and anxiety while embracing a healthy lifestyle? If so, please join us to learn more about yoga and practice poses that will help you in developing strength, flexibility, focus and balance. In addition, practice and instruction will be provided on skills to increase mindfulness and present moment awareness to help reduce stress and find calm.

Get Real!- Where does our food REALLY come from

Get Real! With so much information on facebook, twitter, and other social media how do we know what to believe about our food? This presentation will focus on looking at various farming methods involved with our food production. We will dive in to see where our food REALLY comes from farm to fork and how to make good food choices. We will put your taste buds to the test by comparing food flavor profiles and busting some of agriculture's biggest food myths. This will be an interactive workshop so come prepared for some fun activities and snacking!

STEM

Focus on Virtual Reality

Virtual reality (VR) photos and videos put the viewer in the middle of 360° scenes providing an immersive viewing experience with the ability to look around in all directions. Participants in this hands-on workshop will learn how to get started with creating and sharing 360° VR videos and photos for viewing with Google Cardboard viewers. Participants will work in groups to create 360° VR projects. Bring your smartphone to place in the Google Cardboard viewer.

Unmanned Aerial Systems

Participants in this program will be introduced to the world of Unmanned Aerial Systems (Drones). They will learn the basic FAA rules for flying drones in educational settings. The group will be made aware of the different types of drones for use in extension work. Finally, the participants will get to try their hand at flying drones.

STEM in Sports Turf Management: The hidden science behind Lane Stadium's Worsham Field

This workshop is designed to give participants a behind-the-scenes look at the science, technology, engineering, and math that go into the daily life of athletic field managers. Representatives of the Virginia Tech Turf Team will give a guided tour of Worsham Field and the practice facilities while diving into the biology and chemistry of a complex living system, the underlying engineering designed to keep players safe, and new technologies that help conserve resources. Participants will learn how technologies like drones and automated sprayers are changing the \$40 billion turf industry, and learn about key differences between natural and synthetic playing surfaces.

Leadership

Take Confidence Wherever You Go

Get step-by-step instruction from a former Chesterfield 4-H'er and current Radford University communications major to help overcome any challenge. What is the key to a successful interview, an 'A-worthy' paper, or a jaw-dropping presentation? Confidence. Every facet of our lives incorporates specific confidence boosters to present your "best self" and land that dream job or make a winning speech. In this dynamic workshop you will build the tools you need and participate in numerous activities to put these skills in to practice. Guaranteed you walk out of this workshop walking a little taller and ready to face obstacles in a new, confident way.

Introducing Discussion Meet, how to tackle today's Agricultural Problems

Introduction of a new youth opportunity sponsored by Virginia Farm Bureau Young Farmers. This contest focuses on the ability of a participant to exchange ideas and information to solve problems in agriculture. You will learn to become persuasive speakers in order to offer your solutions to problems as a productive thinker.

Everyone has an Opinion, how to have a productive conversation regardless

An opportunity to learn the in's and out's to having a productive conversation in agriculture, regardless of what the opinion might be.

"iLeadership & Civic Engagement: A LiT Experience"

A leader is one who knows the way, goes the way, and shows the way. This interactive workshop will give youth tools to be a great leader, practice with public speaking, allowing youth to experience different leadership styles, discover strengths and weaknesses and ways to plan to utilize leadership qualities in the community. All participants at the end of the workshop will take a 10 minute perception of Community Involvement Survey by teaching technology clickers. This will be a "LiT" Experience and engaging.

"What's Your Style?"

Have you ever been frustrated working on a group project with others that just don't see eye-to-eye? Ever wondered why individuals perceive the same problem or situation in completely different ways? How we frame problems, assignments, and challenges is hardwired and impacts how we generate ideas, implement them, and interact with others. This interactive workshop will include taking a personalized assessment and activities that will provide insight into how to be a better leader and team member by embracing cognitive diversity as powerful and challenging.

"Mind Your Manners"

"Mind Your Manners" is an engaging workshop for youth to learn or refresh on proper manners and etiquette. Do you ever wonder what is expected of you when you're out at a restaurant, in an interview, or at your first day of work? In this workshop you will learn proper professional etiquette for those scenarios and more through hands on activities and group discussion.

"Team-Building; We're All in This Together"

In this interactive workshop, teens will have the opportunity to participate in team building activities that will strengthen their awareness of the strengths and needs of others, as well as their own. Teens will leave this workshop with the understanding that sometimes the most ordinary things can be made extraordinary when you have the right group of people together!



CHARACTER COUNTS!_{SM} at Congress

TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, AND CITIZENSHIP — these six core ethical values, which the CHARACTER COUNTS!_{SM} 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 really 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 State 4-H Congress and even after you leave, put your head, heart, hands and health into living by the Six Pillars of Character_{SM} 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!_{SM} is a service mark of the CHARACTER COUNTS!_{SM} Coalition, a project of the Josephson Institute of Ethics.

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!" 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 in order 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).
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 be in attendance at 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 adult 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 Extension Agent, Program Director, or other 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 18 and adults are encouraged not to smoke. State law prohibits smoking by youth under age 18.)**
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 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, TV's, 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 other adult in charge of the 4-H program/event. Without authorization, these items will be confiscated and returned to the participant (or the participants' parents/guardians) at the end of the program/event.
13. For Congress, teens are not allowed to drive their personal vehicles. All vehicles are to be parked in parking lot(s).
14. Suggestive dancing is NOT appropriate at 4-H Congress
15. 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. Upper and lower garments, undergarments and shoes will be worn at all times. Comfortable shoes are critical and recommended. You will walk several miles each day from event to event on campus. The following dress code is expected:

MALES

Sport - shorts and tee-shirts (no holes or cutouts; no tank tops, no inappropriate language or graphics), appropriate sports attire for congressional games/recreation.

Casual – sport shirts, polo shirts, slacks, and nice jeans or shorts.

Professional – shirt and tie may be paired with khaki or dress pants.

Semi-formal – suit or jacket/nice pants, shirt and tie.

FEMALES

Sport – shorts and tee-shirts (appropriate sports attire for congressional games/recreation)

Casual – slacks, jeans, shorts or skirts with blouses, knit tops.

Professional – dress slacks or skirts with appropriate top, suits, dresses.

Semi-formal – Sunday best, party dress (long or short), dressy top with soft trousers or skirt. Strapless gowns are acceptable as long as they cover the appropriate body parts and have no exposed undergarments.

INAPPROPRIATE DRESS AND APPEARANCE

- Clothing with negative, indecent language or symbols
- Excessively tight or short garments
- Exposed undergarments
- Clothing with holes, tears or slashes on the torso area (lower pant legs is O.K.)
- Halter tops/tube tops
- Tank tops with straps of less than 2 inches in width and/or cut low enough to show bosom
- Skirts or dresses that do not reach mid-thigh (below fingertips) or do not cover appropriate body parts
- Belly shirts that expose excessive midriff
- See through blouses, skirts or pants
- Any adornment that could be perceived as or used as a weapon
- Headgear of any type should not be worn indoors

****No Spaghetti Straps.**

****Skirts or dresses are advised to reach mid-thigh (below fingertips) and cover the appropriate body parts.**

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 own prescription medications. Prior to 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.).



VIRGINIA STATE 4-H CONGRESS **“Congress Heroes” Program**



In an effort to ensure that State 4-H Congress is affordable for all teens wishing to attend, the State 4-H Office and the Virginia 4-H Foundation propose the “Congress Heroes” program. Through the proposed program youth will share information with corporate and private partners to help generate funds to support Virginia 4-H as well as providing an avenue for 4-Hers to have their Congress registration fee sponsored.

4-Hers interested in attending State 4-H Congress are encouraged to ask friends, family, and businesses to become a “Congress Hero”. Their tax deductible donation will help provide Virginia teens the opportunity to learn about leadership, citizenship, and life skills through innovative workshops, dynamic speakers, competitive events, service learning, and an issues forum. Small donations can make a big difference.

If a 4-Her is successful in securing \$250.00 in Heroes sponsorships, the 4-Her will only have to pay half of the registration fee for State 4-H Congress. Those who secure \$300.00 in Clover sponsorships wouldn’t have to pay any registration fee to attend State 4-H Congress. If the full \$300 is submitted before the May 21 deadline, no registration fees need to be submitted. However, if only partial amounts have been recruited, please submit the amount owed with your paperwork. After 4-H Congress is over a registration refund of \$100.00 will be issued to those who were successful in securing \$250.00 sponsorship. For those securing \$300.00 or more, a registration refund will be refunded. The sponsorship money and the sponsor form, provided on the Congress website, must be completed for each sponsor and submitted to the State 4-H Office. After the registration deadline, no credits will be applied even if sponsorship is received. All checks will be cashed immediately after receipt; donations are non-refundable, even if the 4-H’er doesn’t attend Congress.

PLEASE DO NOT SEND CASH. Checks and money orders are the only method of payment accepted. Please make these payable to the Virginia 4-H Foundation – State 4-H Congress. The tax deductible gift credit can only be given to the name on the check/money order. If the “Congress Hero” is interested in receiving a gift receipt for tax purposes for their donation, their gift must be paid in the form of a check or money order. If money is collected from numerous sources, multiple checks can be submitted and the names on those checks will receive a gift receipts. However, if only one check is written, only the name on that check will receive a gift receipt.

There is no pressure to ask individuals or businesses to be Congress Heroes, but the rewards are many. First, there is financial credit for the Congress registration fee if the \$300 sponsorship is met. Also, all youth who secure *any* amount of Hero sponsorships will be entered in a drawing for prizes donated by our sponsors and friends. A collection has already begun of 4-H related items. **The top five 4-H’ers for 2018 who raise over \$300 in donations will receive prizes.**

Registration Forms and Where to Find Them

Delegates and Adults will complete and return forms to local 4-H Agent. (Please check with your local unit (county/city) to see when the deadline is to have forms returned to the local unit!) Agents will return forms and payment to State Office no later than May 21, 2018.

For participants with a complete and active 4HOnline profile inclusive of Health History and Code of Conduct, no additional forms will need to be sent to the State 4-H Office. The State 4-H Office will print the forms onsite for those participants with a complete and active profile in 4HOnline. However, if hardcopies of the Health History and Code of Conduct are collected by the unit office and are not a part of the 4HOnline profile, the unit will need to mail copies of the forms to the State 4-H Office no later than May 21.

Download all Congress related forms from:

<http://www.ext.vt.edu/topics/4h-youth/state-congress/index.html>

- 1) 2018 Congress Registration Form
- 2) 2018 Congress Code of Conduct Agreement
- 3) 2018 Health History Form
- 4) 2018 Congress Hero Form