



Healthy Lifestyles

Safety Projects

Objectives

4-H'ers will learn to:

- demonstrate increased knowledge, skills, or improved practices relating to personal health and safety.
- demonstrate increased positive activities that promote physical health and well-being.

Project Manuals & Other Resources

For copies of these materials, please contact your [county 4-H agent](#).

ATV Safety (Ages 5-18)

The 4-H ATV Safety program helps young people, parents, caregivers and other community members come together to help ensure that every ATV ride is a safe ride. Parents and other adults have a lot of power when they work with young people to support their safe behaviors while riding ATVs. They need to exercise that power by directly supervising and educating young riders.

Headlines for Health (For Youth Ages 8-10)

The risks of environmental hazards can be greatly reduced by teaching youth and families how to identify and remove dangers, and create safe environments in their homes and schools. This curriculum

guides youth through an investigation of major environmental health issues including hazardous household products, mold, lead, radon, and general air pollution. Produced by Florida 4-H.

Supporting Events & Activities

For further information and requirements, please contact your county 4-H agent.

Competitive Contests:

County, District, State or National Levels Demonstration and Illustrated Talks

Demonstrations in this area are performed as part of the “**Health and Safety**” category. This includes all presentations related to general health education (i.e. coping with stress, first aid, substance abuse, self-help skills, physical fitness, dental care, healthy lifestyles, sex education, immunizations and prevention of disease. It also includes presentations dealing with accidental safety hazards, disaster preparedness or home environmental health (i.e. mold, radon or other hazards).

Reminder: The University of Florida prohibits firearms on campus.

Public Speaking Contests

Public Speaking Contests offer 4-H'ers opportunities to gain experience in the preparation and delivery of a 4-H related speech.

Photo Exhibit

The General Photo Exhibit Contest provides a showcase for 4-H member's photographic accomplishments with the intent of increasing public awareness and understanding of the 4-H program

Poster Art Program

The Poster Art Program gives 4-H members an opportunity to use the visual medium of poster art to promote public understanding and support of the 4-H program.

Award & Recognition Opportunities

Ribbons and Awards for Competitive Events

Blue, Red, and White ribbons are awarded based on quality of performance during a competitive event using a standard scoring system. In addition to ribbons, youth may receive additional recognition for excellence, such as trophies, at the district, state and national levels.

4-H Project Reports

Certificates, pins and other county determined awards are available to youth who complete their project records annually at the county level. The project report forms are available for each age group (Junior, Intermediate, Senior). For copies of these materials, please visit our website <http://florida4h.org>.

4-H Portfolios

Senior 4-H'ers (ages 14 and up) are eligible to complete and submit a 4-H Portfolio of their 4-H experiences and activities. Youth in these project areas may compete in one of the following categories:

- **Citizenship** - (if activities have been significantly focused on community and helping others)

- **Achievement** - (if 4-H activities include a broad spectrum of 4-H projects)
- **Leadership** - (if 4-H experiences have centered on leadership provided to other youth or teaching and leading project activities)

The award for 4-H Portfolio is a partially expense paid trip to National 4-H Congress.

College Scholarships

Graduating Seniors in 4-H are eligible to compete for a variety of educational scholarships.

Contact your local 4-H office for these and other supporting project events, activities and award opportunities.