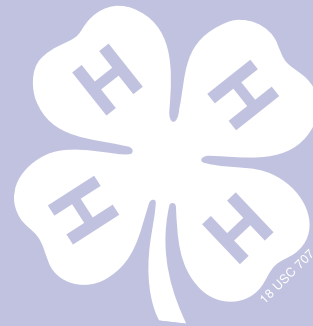


# KENTUCKY

## 4-H TEEN CONFERENCE

JUNE 13-16  
2023  
UNIVERSITY  
OF  
KENTUCKY



#CELEBRATEKY4H

EDUCATIONAL  
MAJORS  
&  
LEADERSHIP  
MINORS

**PRICE:** \$150.00

**REGISTRATION**

**DEADLINE:** May 16th

**CONTACT YOUR COUNTY  
AGENT FOR MORE  
INFORMATION**

- CLOVERFEST
- DANCE
- FASHION REVUE
- PERFORMING ARTS SHOWCASE

COMMUNITY  
SERVICE





# Kentucky 4-H Teen Conference

## June 13-16, 2023

### University of Kentucky



| Tuesday, June 13, 2023   |   |
|--------------------------|---|
| 10:00 am – 2:00 pm       | Registration – <i>Woodland Glen 3 Residence Hall</i>  |
| 10:30 am                 | Central Region Arrival  |
| 11:00 am                 | East Region Arrival   |
| 12:00 pm                 | West Region Arrival   |
| 12:30 pm                 | UK Recruitment & Ag Ambassador Sessions<br>Central Region   |
| 1:30 pm                  | UK Recruitment & Ag Ambassador Sessions<br>East Region  |
| 2:30pm                   | UK Recruitment & Ag Ambassador Sessions<br>West Region  |
| 2:00 pm                  | Auditions and Interviews for Leadership Boards  |
| 3:00 pm                  | All Adult Orientation – <i>First Floor of Residence Hall</i>  |
| 3:00pm – 4:00 pm         | Fashion Revue Orientation – <i>Residence Hall</i>   |
| 3:45 pm                  | Area Grouping Meetings – <i>Woodland Glen Complex</i><br><i>Complete Area Grouping Roll Call</i>  |
| 4:00 pm                  | Depart for Opening Assembly: Group 1<br><i>Load Bus and Shuttle by Area Groupings/County</i>  |
| 4:30 om                  | Depart for Opening Assembly: Group 2<br><i>Load Bus and Shuttle by Area Grouping/County</i>   |
| 5:00 pm – 6:00 pm        | Opening Assembly – <i>Sit by Area Grouping</i><br><i>Introduction of University Leadership, State Teen Council, Leadership Boards, and the Officer Candidates</i> |
| 6:00 pm                  | Transit Time to Manchester Music Hall!<br><i>Travel with your Area Grouping!</i>  |
| 6:30 pm – 9:00 pm        | Clover Fest at Manchester Music Hall!<br><i>Food Trucks, Music, Inflatables, Yard Games, and Networking</i>   |
| 9:00 pm                  | Depart for Residence Hall: Group 1<br><i>Load Bus and Shuttle by Area Grouping/County</i>   |
| 9:30 pm                  | Depart for Residence Hall: Group 2<br><i>Load Bus and Shuttle by Area Grouping/County</i>   |
| 11:00 pm                 | Quiet Hours   |
| Wednesday, June 14, 2023 |   |
| 7:00 am – 8:00 am        | Breakfast   |
| 8:10 am – 8:20 am        | Assemble for Major Cohort Areas – <i>Woodland Glen Complex</i>  |
| 8:30 am – 11:45 am       | Major Cohort Areas  |
| 12:00 pm – 1:00 pm       | Lunch   |
| 1:00 pm – 1:15 pm        | Assemble for Afternoon Assembly – <i>Woodland Glen Complex</i><br><i>Gather by Leadership Minor Assignment</i>  |
| 1:15 pm – 2:30 pm        | 4-H Officer Platform Speeches<br>Keynote Speaker  |
| 2:30 pm – 2:45 pm        | Dismissal by Leadership Minor Assignment  |
| 2:45 pm – 4:45 pm        | Leadership Minor – <i>Whitehall Classroom Building</i>  |
| 5:00 pm – 6:00 pm        | Dinner  |





# Kentucky 4-H Teen Conference

## June 13-16, 2023

### University of Kentucky



|                                |  |
|--------------------------------|--|
| 6:00 pm – 6:30 pm              | Prepare for Evening Activities!  |
| 6:00 pm                        | Achievement Program Delegates Report to Practice   |
| 6:30 pm – 6:45 pm              | Assemble for Evening Assembly – <i>Woodland Glen Complex</i><br><i>Assemble by Area Grouping</i>   |
| 7:00 pm – 8:00 pm              | Achievement Assembly   |
| 8:30 – 10:30 pm                | Area Grouping Night Out!   |
| 10:30 pm                       | Chaperone Meeting<br><i>Delegates Meet with Chaperone</i>  |
| 11:00 pm                       | Quiet Hours  |
| <b>Thursday, June 15, 2023</b> |  |
| 7:00 am – 8:00 am              | Breakfast  |
| 8:10 am – 8:20 am              | Assembly for Major Cohort– <i>Woodland Glen Complex</i>  |
| 8:30 am – 11:45 am             | Major Cohort   |
| 12:00 pm – 1:00 pm             | Lunch<br><i>Voting for officer platform and Kentucky 4-H tagline will take place in the residence hall starting at 12:30pm!</i>                |
| 1:00 pm – 1:15 pm              | Assemble for Community Service Project – <i>Woodland Glen Complex</i><br><i>Assemble by Minor Assignment</i>                                   |
| 1:30 pm – 4:00 pm              | Service Project – <i>Various Sites Across Lexington</i>  |
| 4:00 pm – 5:00 pm              | Networking   |
| 5:00 pm – 6:00 pm              | Dinner<br><i>Voting will continue in the residence hall until 5:30pm.</i>  |
| 6:00 pm – 6:45 pm              | Dress for Evening Assembly   |
| 6:45 pm                        | Depart for Assembly with County/Chaperone  |
| 7:00 pm – 8:00 pm              | Fashion Revue & Performing Arts Troupe Showcase!<br><i>Grand Ballroom in Student Center</i>  |
|                                | Officer Election Results   |
|                                | Officer Induction Ceremony   |
| 8:30 pm – 10:30 pm             | Closing Dance  |
| 11:00 pm                       | Chaperone Meeting<br><i>Delegates meet with Chaperone</i>  |
| 11:30 pm                       | Quiet Hours  |
| <b>Friday, June 16, 2023</b>   |  |
| 7:00 am – 8:30 am              | Breakfast  |
|                                | Check Out of Residence Hall by 12:00 pm, Keys Must Be Turned in By County  |
| 8:45 am                        | Depart for Closing Assembly by County  |
| 9:00 am – 11:00 am             | Closing Assembly<br><i>Grand Ballroom at Student Center</i><br><i>Outgoing Officer Speeches, Outgoing Officer Awards, Special Recognitions</i> |

Updated: 03-15-2023



# Kentucky 4-H Teen Conference: 2023 Registration Form



|           |  |         |  |
|-----------|--|---------|--|
| District: |  | County: |  |
|-----------|--|---------|--|

|                         |  |
|-------------------------|--|
| Participant Last Name:  |  |
| Participant First Name: |  |

|                                     |  |
|-------------------------------------|--|
| 4-H Age<br>(Jan. 1 of Current Year) |  |
|-------------------------------------|--|

|                      |  |
|----------------------|--|
| Participant Address: |  |
|----------------------|--|

|  |       |        |       |    |     |      |       |
|--|-------|--------|-------|----|-----|------|-------|
| T-Shirt Size:<br><i>Adult Sizes Only</i> | Small | Medium | Large | XL | XXL | XXXL | XXXXL |
|--|-------|--------|-------|----|-----|------|-------|

|                         |  |
|-------------------------|--|
| Participant Email:      |  |
| Participant Cell Phone: |  |

|       |       |       |                                |       |                                  |       |
|-------|-------|-------|--------------------------------|-------|----------------------------------|-------|
| Race: | White | Black | American Indian/Alaskan Native | Asian | Native Hawaiian/Pacific Islander | Other |
|-------|-------|-------|--------------------------------|-------|----------------------------------|-------|

|           |          |              |        |      |        |
|-----------|----------|--------------|--------|------|--------|
| Ethnicity | Hispanic | Non-Hispanic | Gender | Male | Female |
|-----------|----------|--------------|--------|------|--------|

|                    |                 |                 |                  |                  |                  |         |       |        |                   |                 |
|--------------------|-----------------|-----------------|------------------|------------------|------------------|---------|-------|--------|-------------------|-----------------|
| Category or Grade: | 8 <sup>th</sup> | 9 <sup>th</sup> | 10 <sup>th</sup> | 11 <sup>th</sup> | 12 <sup>th</sup> | Post HS | Agent | Intern | Program Assistant | Adult Volunteer |
|--------------------|-----------------|-----------------|------------------|------------------|------------------|---------|-------|--------|-------------------|-----------------|

|   |        |        |      |
|---|--------|--------|------|
| Achievement Program:<br><i>Award Received in Current Program Year</i> | Bronze | Silver | Gold |
|---|--------|--------|------|

|                                 |     |     |     |       |        |     |      |
|---------------------------------|-----|-----|-----|-------|--------|-----|------|
| Current State Level Leadership: | STC | FLB | PAT | SSTAB | NRESci | SET | HLLB |
|---------------------------------|-----|-----|-----|-------|--------|-----|------|

|                            |  |                             |  |
|----------------------------|--|-----------------------------|--|
| Parent/Guardian Last Name: |  | Parent/Guardian First Name: |  |
| Parent Guardian Email:     |  | Parent/Guardian Phone:      |  |

|                              |  |                               |  |
|------------------------------|--|-------------------------------|--|
| Emergency Contact Last Name: |  | Emergency Contact First Name: |  |
|------------------------------|--|-------------------------------|--|



|                                 |  |   |  |
|---------------------------------|--|---|--|
| <b>Emergency Contact Phone:</b> |  | <b>Emergency Contact Alternate Phone:</b> |  |
|---------------------------------|--|---|--|

|  |  |
|--|--|
| <b>Dietary Restrictions:</b><br><i>Include any restrictions (i.e.-vegetarian, etc.)</i>  |  |
| <b>Medical Conditions:</b><br><i>Include allergies, if individual carries inhaler, epi-pen, etc.)</i>  |  |
| <b>Community Service Site Concerns:</b><br><i>Delegates will be placed at random community service sites, if there are any concerns about random placement please list here. (i.e.-allergic to dogs)</i> |  |
| <b>Preferred Roommate and County:</b>  |  |

### Major Cohort Area Choices

Each individual attending 4-H Teen Conference will receive six hours of education in a subject area of their interest on Wednesday and Thursday. Please see attached information for Major-Cohort Area you would like to choose. Choose your top three major areas you are interested in, and for each major area rank your top three cohorts offered in order you would like to participate, you may get any of these. **These are first come, first serve based on registration in 4-H Online.**

| Major Area                  | Cohort#1            | Cohort #2           | Cohort #3           |
|-----------------------------|---------------------|---------------------|---------------------|
| <i>Example: Agriculture</i> | <i>Example: AG1</i> | <i>Example: AG3</i> | <i>Example: AG6</i> |
|                             |                     |                     |                     |
|                             |                     |                     |                     |
|                             |                     |                     |                     |

**Delegate:** I acknowledge all information in this registration form is correct and I agree to fully participate in 4-H Teen Conference and adhere to the Kentucky 4-H Code of Conduct. I agree to complete a voluntary program evaluation at the end of the conference to assess the effectiveness of the conference, I will discuss any reservations I have with my 4-H Agent.

|                  |        |       |       |
|------------------|--------|-------|-------|
| <b>Delegate:</b> | Print: | Sign: | Date: |
|------------------|--------|-------|-------|

**Parent/Guardian:** I acknowledge all information in this registration form is correct. I understand the activities of the conference (service, majors, minors, etc.) and I agree that my child will fully participate in 4-H Teen Conference and adhere to the Kentucky 4-H Code of Conduct. I approve my child to participate in a program evaluation at the end of the conference to assess the effectiveness of the conference. If I have reservations, I will discuss these with my 4-H Agent.

|                         |        |       |       |
|-------------------------|--------|-------|-------|
| <b>Parent/Guardian:</b> | Print: | Sign: | Date: |
|-------------------------|--------|-------|-------|





## 4-H Participant Information/Enrollment Form (NOT FOR RESIDENTIAL CAMP)

The form must be completed by the participant and/or parent or guardian in order to participate in the 4-H program. **All items must be completed, even if the response is not applicable – indicate by using N/A (i.e. no health insurance).** Failure to complete this form in its entirety will result in the person being ineligible to participate in 4-H activities. Please print in blue or black ink to allow for photocopying. Form Updated: August 2022

Name: \_\_\_\_\_ County/Area: \_\_\_\_\_  
 Preferred Name: \_\_\_\_\_ School Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Grade: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Gender:  Female  Male  
 Residence:  Farm  Town < 10,000 or Rural Non-Farm  Town/City/Suburb 10,000-50,000  City/Suburb >50,000  City– Central >50,000  
 Race (please choose more than one if applicable):  American Indian  Asian  Black  Hispanic  Non-Hispanic  Native Hawaiian or Pacific Islander  White  Prefer Not to Say  Not Listed: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Parent/Guardian 1: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Parent/Guardian 2: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Email: \_\_\_\_\_

Emergency Contact #1: \_\_\_\_\_ Phone  H  W  C: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Emergency Contact #2: \_\_\_\_\_ Phone  H  W  C: \_\_\_\_\_  
 Email: \_\_\_\_\_

Is any member of your family a current or former member of the United States Military or National Guard?  Yes  No

### Health History

Does the participant have, or at any time has had, any of the following? Check "Yes" or "No" to each item. Please explain any "yes" answers (noting the number of the item) in the space below or on an additional sheet if necessary. Reporting conditions will not prevent a person from attending and will be kept confidential.

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1) Asthma .....                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Bronchitis.....                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Convulsions.....                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Diabetes.....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ear Infection.....                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Fainting.....                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Heart Condition.....                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Headaches.....                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Hypoglycemia.....                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Serious Allergy to Insects.....      | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Serious Allergy to Nuts.....         | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Serious Allergy to Gluten.....       | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) Serious Allergy to Dairy.....        | <input type="checkbox"/> | <input type="checkbox"/> |
| 14) Wear Glasses/Contacts.....           | <input type="checkbox"/> | <input type="checkbox"/> |
| 15) Other Conditions.....                | <input type="checkbox"/> | <input type="checkbox"/> |
| 16) Drug Allergy (please explain) .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 17) Food Allergy (please explain) .....  | <input type="checkbox"/> | <input type="checkbox"/> |
| 18) Other Allergy (please explain) ..... | <input type="checkbox"/> | <input type="checkbox"/> |

Please explain any "yes" responses:

Please explain any restrictions (dietary, physical, etc):

- The following over the counter medications may be administered to my child without contacting me:
- Antihistamine Pill       Antacid       Ibuprofen (Advil)       Hydrocortisone Cream
- Acetaminophen (Tylenol)       Decongestant       Dramamine       Polysporin (topical antibiotic)

List any conditions requiring medication: \_\_\_\_\_

Name of Family Doctor: \_\_\_\_\_ Doctor's Phone: \_\_\_\_\_  
 Health Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_  
 Name of Policy Holder/Relationship to Participant: \_\_\_\_\_ Member ID: \_\_\_\_\_

### Medical Treatment

All information provided on this form is correct and complete to the best of my knowledge. This person has permission to engage in all events and activities. I hereby give permission to the event designee to provide routine health care, administer prescription and over the counter medications as noted and seek emergency medical treatment if warranted. I agree to the release of all records necessary for medical treatment, billing, or insurance. In the event I cannot be reached in an emergency, I give permission to the attending physician to secure and administer treatment, including hospitalization.

**SIGNATURE OF PARENT/GUARDIAN:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### Publicity Release

I hereby grant the 4-H program, University of Kentucky and their agents, the right to use, reproduce, assign and/or distribute still pictures, video and sound recordings of myself or my minor child without compensation for use in promotion, advertising, educational publications or online content.

**SIGNATURE OF /GUARDIAN:** \_\_\_\_\_  **NO, I do not permit**

# 4-H Youth Development CODE OF CONDUCT FORM (NOT FOR RESIDENTIAL CAMPS)

All 4-H members and family/friends associated with 4-H members must respect the individual rights, safety and property of others and adhere to this Code of Conduct. A 4-H member may be prohibited from participating in a specific event/program if the participation by the individual poses a danger to the 4-H member and/or others. The following guidelines are designed to make all 4-H events safe, meaningful, and satisfying to youth and others attending.

## WHILE ATTENDING ALL 4-H MEETINGS, PROJECTS, PROGRAMS, ACTIVITIES AND EVENTS:

- Each 4-H participant is expected to attend all planned sessions, workshops, field trips, and meetings of the event, and to be in appropriate attire. Dress codes will be specific to individual events. Delegation chaperones and/or volunteers are responsible for ensuring that members participate in all aspects of the planned program activities.
- The possession and use of alcoholic beverages, tobacco products, vape juice and/or devices, and/or drugs (except for medications prescribed to the participant by a licensed physician) are prohibited. Delegation chaperones and/or volunteers shall limit use of tobacco products to designated areas.
- Possession of firearms not for educational use is prohibited.
- Setting off fire alarms and tampering with fire extinguishing and other emergency equipment are prohibited.
- Gambling of any type is prohibited.
- Respect toward others and facilities shall be demonstrated. Bullying, harassment of others or destruction of property shall not be tolerated. Bullying and harassment can include the use of social media.
- Obscene, discriminatory and/or inappropriate language, roughhousing, and insubordination are prohibited at all times.
- Display of overly affectionate or inappropriate attention between participants is prohibited.
- Technological equipment (including but not limited to cell phones, laptops or mp3 players) shall not interfere with the program and may not be allowed in certain situations.
- Each county may adopt additional Code of Conduct guidelines.

## WHILE ATTENDING OVERNIGHT CONFERENCES, CAMPS, AND EVENTS, THE FOLLOWING WILL ALSO APPLY:

- All participants are to be in their assigned area at curfew and comply with quiet hours, lights out, and other rules of the event.
- No member or volunteer may leave the grounds without the permission of the conference director or adult in charge. An adult shall accompany a 4-H member any time they leave the grounds. Adults shall notify another adult in the delegation before leaving the grounds.
- At overnight events, only conference participants may be in sleeping areas. Lounges or common areas may be used only for working committees and social activities.
- Room service such as phone calls, food, laundry, or others shall not be permitted without chaperone permission.

Any violations of this Code of Conduct shall be reported promptly to the adult in charge of the delegation/program and to the person in charge of the event. The person in charge of the event shall have the final responsibility for disciplinary action. **Failure to comply with the Code of Conduct by 4-H'ers and family/friends associated with the 4-H participant may result in penalty including, but not limited to, the following:**

- Sent home from the activity or event at his/her own expense
- Released to nearest law enforcement authority
- Barred from participation from future 4-H events
- Termination of 4-H membership
- Assessed the cost of damages for destruction of property

I, \_\_\_\_\_, have read the Code of Conduct and agree to abide by its rules.

(Print Name)

I understand that infraction of this Code of Conduct will result in any or all of the penalties listed above.

Member/Volunteer \_\_\_\_\_ County \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Teen Conference 2023**  
**Major Cohort Area Choices**



University of Kentucky  
 College of Agriculture,  
 Food and Environment  
 Cooperative Extension Service  
 4-H Youth Development

Each individual attending 4-H Teen Conference will receive six hours of education in a subject area of their interest on Wednesday and Thursday. Please see attached information for Major-Cohort Area you would like to choose. Choose your top three major areas you are interested in, and for each major area rank your top three cohorts offered in order you would like to participate, you may get any of these. **These are first come, first serve based on registration in 4-H Online.**

| Code | Cohort Area | Title   | Description  |
|------|-------------|---|--|
| AG1  | Agriculture | Agritourism:<br>Farming Meets Fun                 | What is agritourism and why is it important to Kentucky's farmers? Join us as we visit several farming operations in central Kentucky and learn how they have embraced agritourism. Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council (STC) Member the first day of meeting; please wear closed-toed shoes.   |
| AG2  | Agriculture | Canine Connection -<br>All About Dogs!            | Do you love dogs? Join us as we explore different dog-related careers and get to love on a few cute canines along the way! Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council (STC) Member the first day of meeting; please wear closed-toed shoes.  |
| AG3  | Agriculture | Giddy Up and Go:<br>Horse Science                 | Lexington is known as the Horse Capital of the World! Join us as we explore horses in and around Lexington and learn more about the equine industry in Kentucky. Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council (STC) Member the first day of meeting; please wear closed-toed shoes.  |
| AG4  | Agriculture | Look Deeper into<br>Animal Science                | Join us as we take an in-depth look into animal sciences and, through hands-on investigations, learn more about livestock (we may even do some dissections!). Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council (STC) Member the first day of meeting; please wear closed-toed shoes.   |
| AG5  | Agriculture | Make it Grain: A<br>Crash Course in<br>Cash Crops | This program will squeeze an entire growing season into two days. Participants will learn about all that goes into planting cash crops, managing those crops and seeing them through to yield. They will also gain plenty of hands-on experience to help make decisions to ensure that the crops make it through to harvest. This session will occur at University of Kentucky's North Farm. Delegates are required to turn in their Personal Information Enrollment (PIE) form to the State Teen Council (STC) member the first day of the meeting; closed-toed shoes are required. |



Disabilities  
 accommodated  
 with prior notification.



**Teen Conference 2023**  
**Major Cohort Area Choices**



University of Kentucky  
 College of Agriculture,  
 Food and Environment  
 Cooperative Extension Service  
 4-H Youth Development

Each individual attending 4-H Teen Conference will receive six hours of education in a subject area of their interest on Wednesday and Thursday. Please see attached information for Major-Cohort Area you would like to choose. Choose your top three major areas you are interested in, and for each major area rank your top three cohorts offered in order you would like to participate, you may get any of these. **These are first come, first serve based on registration in 4-H Online.**

| Code | Cohort Area               | Title  | Description  |
|------|---------------------------|--|--|
| CC1  | Communication/Citizenship | Learn What it Takes to Be a Mentor                       | Dr. Elijah Wilson will discuss the successes and challenges of a community-based mentoring program. Delegates will participate in hands-on activities that have made the Cumberland County 4-H Mentoring Program one of the longest running mentoring programs in the state.   |
| CC2  | Communication/Citizenship | Working Together to Plan a Community                     | Interested in community planning and/or environmental issues? Join us as we learn about the challenges and opportunities involved in planning a community through hands-on activities. From keeping a watershed clean to planning where to best place a greenway, delegates will work together to determine the best way to meet their community's needs.            |
| CC3  | Communication/Citizenship | CommUNITY Connections: Leveraging Inclusion to Power 4-H | #POV You are a part of building the common ground of inclusion in KY 4-H<br><br>CommUNITY Connections is about discovering what makes us who we are and how that connects through our community of 4-H. You will engage and takeaway activities that promote inclusion to be used as you lead county programs. Let's Connect! Let's Leverage Inclusion to Power 4-H! |



**Teen Conference 2023**  
**Major Cohort Area Choices**



University of Kentucky  
 College of Agriculture,  
 Food and Environment  
 Cooperative Extension Service  
 4-H Youth Development

Each individual attending 4-H Teen Conference will receive six hours of education in a subject area of their interest on Wednesday and Thursday. Please see attached information for Major-Cohort Area you would like to choose. Choose your top three major areas you are interested in, and for each major area rank your top three cohorts offered in order you would like to participate, you may get any of these. **These are first come, first serve based on registration in 4-H Online.**

| Code | Cohort Area     | Title  | Description  |
|------|-----------------|--|--|
| EA1  | Expressive Arts | Journal Making for Art and Creative Writing                  | Join us in making unique handmade books that you can use as journals or sketchbooks. You will also learn how you can benefit your overall wellness by exploring your thoughts and telling unique stories through creative writing and art journaling. You will leave this class with two journals and tons of inspiration for continued creative expression. Previous art experience is not required.  |
| EA2  | Expressive Arts | Kentucky 4-H Performing Arts Troupe                          | This cohort is for current 4-H Performing Arts Troupe members only.  |
| EA3  | Expressive Arts | My Old Kentucky Choir  | Learn the basics of music and learning how to sing in a choir. Work on the hits from Hamilton! Learn to read musical notes, rhythm, and learn to sing properly.  |
| EA4  | Expressive Arts | The Smallest Mask in the World: A Red Nose Clowning Workshop | Are you scared of clowns? Do you find them off-putting? Well, it is time to confront that fear by becoming a clown yourself! This workshop, guided by real life clown performer Treyton Blackburn, will guide participants through the wonderful world of physical comedy. In this workshop, students will learn how to quickly create characters and how to implement those characters in improvised comedy scenes. Does it build confidence? Absolutely. Will it be funny? Only if you commit to the bit! Please be advised that wearing the nose is mandatory and that breathable exercise clothes are suggested. |



Disabilities  
 accommodated  
 with prior notification.

**Teen Conference 2023**  
**Major Cohort Area Choices**



University of Kentucky  
 College of Agriculture,  
 Food and Environment  
 Cooperative Extension Service  
 4-H Youth Development

Each individual attending 4-H Teen Conference will receive six hours of education in a subject area of their interest on Wednesday and Thursday. Please see attached information for Major-Cohort Area you would like to choose. Choose your top three major areas you are interested in, and for each major area rank your top three cohorts offered in order you would like to participate, you may get any of these. **These are first come, first serve based on registration in 4-H Online.**

| Code | Cohort Area              | Title   | Description  |
|------|--------------------------|---|--|
| FCS1 | Family Consumer Sciences | Enterprising Clovers                                  | Do you have a unique idea that will revolutionize the modern world, a fantastic pitch, and/or a mentor to help you through the process? Then you may be one of the next Enterprising Clovers! Join us as we connect with up-and-coming local entrepreneurs and learn if you have what it takes to be your own boss.  |
| FCS2 | Family Consumer Sciences | Fashion Frenzy: Learning the Basics of Fashion Design | Do you watch models on the runway and wonder how those exaggerated pieces are designed and translated to the everyday garments we see in our local malls? Join us in the Fashion Frenzy class to gain knowledge about garment types, style names, applying knowledge of fabric, coordinating color and texture, and monitoring quality and fit. Classes will offer a hands-on approach to learning about garment sewing and the fashion industry.  |
| FCS3 | Family Consumer Sciences | Fibers and Fabrics and Laundry, OH MY!                | Ready for an adventure in textiles? Come explore fabric basics and learn about different fibers through hands-on activities. We'll connect this with an interactive laundry lesson, including stain removal tips and clothing care advice. Use this knowledge to impress your friends - or at least make your pile of dirty clothes magically disappear!   |
| FCS4 | Family Consumer Sciences | Fun with Eggs   | Eggs are very versatile and can be included in any meal. We will learn about the many things you can cook with eggs, and provide information about a state-level contest, 4-H Egg Chef Challenge, that you can participate in to show off your cooking and presentation skills.  |
| FCS5 | Family Consumer Sciences | Skills That Pay the Bills                             | Youth will learn the skills that they will need when entering the workforce. We will focus on what they should think about when deciding on a career, what employers look for in an employee, how to prepare for an interview, and how to build their resume.  |
| FCS6 | Family Consumer Sciences | State Fashion Revue                                   | The purpose of the 4-H Fashion Revue is to cast the spotlight on youth in sewing, needlework, and Creating Fashion/Expressing Self Projects. The Revue is planned by the State 4-H Fashion Leadership Board and will be at the State Fair this year with Facebook Live watch parties as well.<br><br>There are seven ways to participate:<br>Exhibitor of a sewing project, presenting a complete outfit sewn by the member<br>Exhibitor of a needlework project, presenting an outfit that includes a needlework garment--knitted, crocheted, quilted or embellished with embroidery or tatting<br>Exhibitor of an acquired or sewn outfit coordinated as part of a Creating Fashion/Expressing Self Project<br>Exhibitor of an upcycled outfit re-created from previously worn garments<br>Fashion Leadership Board Member - the board plans the state fashion revue |



**Teen Conference 2023**  
**Major Cohort Area Choices**



University of Kentucky  
 College of Agriculture,  
 Food and Environment  
 Cooperative Extension Service  
 4-H Youth Development

Each individual attending 4-H Teen Conference will receive six hours of education in a subject area of their interest on Wednesday and Thursday. Please see attached information for Major-Cohort Area you would like to choose. Choose your top three major areas you are interested in, and for each major area rank your top three cohorts offered in order you would like to participate, you may get any of these. **These are first come, first serve based on registration in 4-H Online.**

| Code | Cohort Area | Title   | Description   |
|------|-------------|---|---|
| HEA1 | Health      | Become a Health Champion through Photos, Social Media, and Advocacy | Join University of Kentucky college students to create change in your community! Delegates will explore an issue of importance by taking photos and participating in hands-on opportunities to craft effective communication strategies, including developing their own YouTube video to spread a message they're passionate about.   |
| HEA2 | Health      | Cancer in the Commonwealth  | In this session, delegates will learn about basic cancer biology, cancer risk factors, and cancer treatments from the lens of cancer's effect on Kentucky. Additionally, they will hear directly from a researcher about their path into cancer research. Youth will also take a guided tour of some of the research space of the University of Kentucky's Markey Cancer Center.  |
| HEA3 | Health      | Fun with Fitness  | Spend some quality time with Campus Recreation! During your time you will take part in fitness classes, climb on the Rock Wall, or learn more about how to improve your well-being! Please be sure to wear athletic clothes and shoes! Get ready to have some Fun with Fitness!   |
| HEA4 | Health      | Hunger in Kentucky: Know More, Do More                              | According to Feeding Kentucky, hunger is an issue in every community across the Commonwealth. There are 700,000 Kentuckians who are food insecure — which means that 1 out of every 6 of our Kentucky neighbors do not always know if they will have enough food. By working together, communities can help those struggling with hunger and food insecurity. Find out how you and your 4-H program can empower and mobilize your community to learn about, identify, and act on local food insecurity issues.            |
| HEA5 | Health      | They Call It "Yuck Mouth"/Is "Stitch Fix" a Thing in Dentistry?     | Day 1- "They Call It 'Yuck Mouth'"- Delegates will learn about cavities in teeth and will have the opportunity to prep and fill a tooth in our simulation lab. Youth will also learn about the career of dentistry. Day 2- "Is 'Stitch Fix' a Thing in Dentistry?"- Delegates will get to experience various activities centered around the different specialties of dentistry in a round-robin rotation, as well as participate in a suture clinic. They will also get to learn what it takes to get into dental school. |



Disabilities  
 accommodated  
 with prior notification.

**Teen Conference 2023**  
**Major Cohort Area Choices**



University of Kentucky  
 College of Agriculture,  
 Food and Environment  
 Cooperative Extension Service  
 4-H Youth Development

Each individual attending 4-H Teen Conference will receive six hours of education in a subject area of their interest on Wednesday and Thursday. Please see attached information for Major-Cohort Area you would like to choose. Choose your top three major areas you are interested in, and for each major area rank your top three cohorts offered in order you would like to participate, you may get any of these. **These are first come, first serve based on registration in 4-H Online.**

| Code | Cohort Area       | Title  | Description  |
|------|-------------------|--|--|
| NR1  | Natural Resources | Happy Little Trees - Exploring the Value of Our Arboreal Companions    | Trees are all around us! Whether we live in the middle of the city or in a rural community, trees contribute a range of environmental, economic, and social benefits that enrich our lives. In this session, members of the UK Urban Forest Initiative will lead you on an exploration of the power of trees (and tree keepers!) and how we can measure, enhance, and celebrate their value across Kentucky. Activities will include a campus tree walk, tree mapping/inventory, tree identification, urban forestry careers discussion, and participation in the Adopt a Kentucky Tree Program.   |
| NR2  | Natural Resources | Teaming with Insects: Entomology 101                                   | Join Blake Newton, UK Entomologist, for an in-depth look at insects. Delegates will participate in hands-on investigations and field exercises. Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council (STC) Member the first day of meeting. Delegates must wear long pants and closed-toed shoes. Sunscreen and bug spray are highly recommended.  |
| NR3  | Natural Resources | What is Waste Reduction? Lessons on Recycling, Reusing, and Composting | Delegates will learn about University of Kentucky's waste reduction programs as well as some lessons on ways to reduce waste in your everyday life. In addition to upcycling projects and waste reduction activities, delegates will visit UK's farm in Woodford County to see first-hand how they process their organic waste. Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council (STC) Member the first day of meeting. Delegates are asked to wear closed-toed shoes.   |
| NR4  | Natural Resources | Wildlife Conservation and Outdoor Cooking                              | Join us for an introduction to the skills it takes to sustainably source wild protein, along with cooking in the outdoors to become a self-sufficient outdoors person. Wildlife Conservation and Outdoor Cooking covers topics in wildlife management, conservation, various methods of outdoor cooking, and food safety when cooking outdoors. Participants can expect hands-on learning with all types of equipment outside, including on an archery range. Delegates are required to turn in their Personal Information Enrollment (PIE) Form to the State Teen Council (STC) Member the first day of meeting. Delegates are asked to wear closed-toed shoes. |



Disabilities  
 accommodated  
 with prior notification.

**Teen Conference 2023**  
**Major Cohort Area Choices**



University of Kentucky  
 College of Agriculture,  
 Food and Environment  
 Cooperative Extension Service  
 4-H Youth Development

Each individual attending 4-H Teen Conference will receive six hours of education in a subject area of their interest on Wednesday and Thursday. Please see attached information for Major-Cohort Area you would like to choose. Choose your top three major areas you are interested in, and for each major area rank your top three cohorts offered in order you would like to participate, you may get any of these. **These are first come, first serve based on registration in 4-H Online.**

| Code | Cohort Area                         | Title                                     | Description   |
|------|-------------------------------------|---|---|
| SET1 | Science, Engineering and Technology | Engine Performance and Alternative Fuels  | New fuels and stricter emissions requirements are having a tremendous impact on internal combustion engine design and performance. In this workshop, participants will use dynamometers to evaluate the power performance of tractors and small engines. They will also discover how using alternative fuels in those engines will impact power output, fuel consumption, and emissions.  |
| SET2 | Science, Engineering and Technology | Food Bioscience - Concept to Market       | How does a food get from concept to the marketplace? In this introduction to food bioscience, follow a food product through various steps of product development. Delegates will participate in chemical and microbiological laboratory testing, shelf-life goals, sensory analysis, food safety considerations, and marketing steps.   |
| SET3 | Science, Engineering and Technology | RC Pulling Tractors                       | Tractor pulling is a sport that requires knowledge of a number of different STEM concepts. Participants in this workshop will have the opportunity to explore many science, math, and physics principles using remote controlled pulling tractors. Activities will incorporate the scientific method into configuring pulling tractors with different weights, gear ratios, tire configurations, and surface conditions to achieve optimum pulling performance. |
| SET4 | Science, Engineering and Technology | Drone Discovery: Code a Drone of Your Own | Drones are ever increasing in popularity for private use, but have you ever thought of all the things they are used for? Come join us to explore not only the fun side of drones but also many of the business/industry/agricultural uses as well. Learn more about how drones can be programmed to perform autonomous tasks as well as being flown by drone pilots!  |



Disabilities  
 accommodated  
 with prior notification.

**University of Kentucky  
Minors Participating in a Program/Camp Informed Consent, Voluntary Waiver,  
Release of Liability & Assumption of Risks Form**

---

**PROGRAM/CAMP INFORMATION:**

Program/Camp Name: \_\_\_\_\_

Date(s): \_\_\_\_\_ Time(s): \_\_\_\_\_

Location: \_\_\_\_\_

**PARTICIPANT INFORMATION:**

Name of Participant: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender: M \_\_\_\_\_ F \_\_\_\_\_

***PLEASE READ THIS DOCUMENT CAREFULLY BEFORE SIGNING. THIS IS A LEGALLY BINDING DOCUMENT. THIS FULLY SIGNED FORM MUST BE SUBMITTED BY A PARENT OR LEGAL GUARDIAN BEFORE ANY CHILD IS ALLOWED TO PARTICIPATE IN THE ABOVE REFERENCED PROGRAM/CAMP.***

**I, the undersigned, wish for my Child (hereafter "Child") to participate in the above referenced youth program (hereafter "Program") on the date(s) and location(s) indicated above and, in consideration for my Child's participation, I hereby agree as follows:**

I acknowledge, understand and appreciate that as part of my Child's participation in the Program there are dangers, hazards and inherent risks to which my Child may be exposed, including the risk of serious physical injury, temporary or permanent disability, and death, as well as economic and property loss. I further realize that participating in the youth program may involve risks and dangers, both known and unknown, and have elected to allow my Child to take part in the Program. Therefore I, on behalf of my Child, voluntarily accept and assume all risk of injury, loss of life or damage to property arising out of training, preparing, participating and traveling to or from the Program.

I, on behalf of my Child, hereby release the University of Kentucky, its Board of Trustees, Administration, Faculty, Staff, Student Leaders, the Program Staff, and all other officers, directors, employees, volunteers and agents (hereafter "UK") from any and all liability as to any right of action that may accrue to my heirs or representatives for any injury to my Child or loss that my Child may suffer while training, preparing, participating and/or traveling to or from the Camp. This agreement is binding on my heirs and assigns.

I, on behalf of my Child, furthermore release, indemnify and hold harmless UK from and against any and all liability, actions, debts, claims and demands of every kind whatsoever, specifically including, but not limited to, any claim for negligence or negligent acts or omissions and any present or future claim, loss or liability for injury to person or property that my Child may suffer, for which my Child may be liable to any other person, that may or does arise out of my Child's participation in the Program. I understand that UK accepts no responsibility for my Child's personal property.

In the event of an accident or serious illness, I hereby authorize representatives of UK to obtain medical treatment for my Child on my behalf. I hereby hold harmless and agree to indemnify UK from any claims, causes of action, damages and/or liabilities, arising out of or resulting from said medical treatment. I further agree to accept full responsibility for any and all expenses, including medical expenses that may derive from any injuries to my Child that may occur during his/her participation in the Program.

**This RELEASE contains the entire agreement between the parties to this agreement and the terms of this RELEASE are contractual and not a mere recital. The information I have provided is disclosed accurately and truthfully. I have been given ample opportunity to read this document and I understand and agree to all of its terms and conditions. I understand that I am giving up substantial rights (including my right to sue), and acknowledge that I am signing this document freely and voluntarily, and intend by my signature to provide a complete and unconditional release of all liability to the greatest extent allowed by law. My signature on this document is intended to bind not only myself and my Child but also the successors, heirs, representatives, administrators, and assigns of myself and my Child.**

Participant Name \_\_\_\_\_ Parent/Guardian Name \_\_\_\_\_

Participant Signature \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_ Date \_\_\_\_\_

## 4-H Teen Conference & 4-H Summit Medication Policy

Adopted September 1, 2016

The Kentucky 4-H Agent/approved Volunteer is responsible for the collection and distribution of all prescription and over the counter medications taken by youth delegates at 4-H Teen Conference and 4-H Summit. The adult should follow the procedure listed below:

1. All medications should be in original containers.
2. All medications should be listed on the medication form provided by the event's coordinator.
3. The 4-H delegate should bring the medications and medication form in a large re-sealable plastic bag.
4. The agent or their designee should collect the medications in a central location. This should be secure with access only allowed by the agent or their designee.
5. Medications should be distributed to the 4-H delegate as outlined on their medication form.
6. Note: Over the counter medications that are listed as "approved" on the delegates Personal Information & Enrollment Form (PIEF) can be distributed according to directions listed on the medication. When provided, this should be logged by the agent or their designee on the provided form (kept with medications).
7. Healthcare Provider is present to distribute over the counter medications. All PIEF forms must be checked before providing over the counter medications to 4-H delegates.
8. Healthcare Provider is on ground during each 4-H Summit session for emergency situations.

Revised: 12/16/19







## Kentucky 4-H Medication Form

| Participant's Name | County | District | Age | Weight |
|--------------------|--------|----------|-----|--------|
|                    |        |          |     |        |

|   | Name of Medicine | Dosage | Time of Medicine<br>(Check all that apply) |       |        |         |       | Notes<br>(e.g., as needed, take w/ food) |
|---|------------------|--------|--|-------|--------|---------|-------|--|
|   |                  |        | Breakfast                                  | Lunch | Dinner | Bedtime | Other |  |
| 1 |                  |        |  |       |        |         |       |  |
| 2 |                  |        |  |       |        |         |       |  |
| 3 |                  |        |  |       |        |         |       |  |
| 4 |                  |        |  |       |        |         |       |  |
| 5 |                  |        |  |       |        |         |       |  |
| 6 |                  |        |  |       |        |         |       |  |

### DIRECTIONS:

Place the following items in a clear bag: (1) medications, (2) this completed form, and (3) a recent photo of the participant. On the outside of the bag write (with a permanent marker) the participant's name, county, and sleeping facility.

### OFFICE USE ONLY

|           | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | HCP Review Stamp |
|-----------|--------|--------|---------|-----------|----------|--------|----------|------------------|
| Breakfast |        |        |         |           |          |        |          |                  |
| Lunch     |        |        |         |           |          |        |          |                  |
| Dinner    |        |        |         |           |          |        |          |                  |
| Bedtime   |        |        |         |           |          |        |          |                  |
| Other     |        |        |         |           |          |        |          |                  |

