

NJ 4-H Prom

- ◆ Organized by NJ 4-H National 4-H Conference delegates
- ◆ For 4-H members in grades 8 - 1 year out of high school
- ◆ Includes a service project and a Court of Honor recognizing teen 4-H members who exemplify the four H's: head, heart, hands and health

State 4-H Camp Counselor In Training & Camp Volunteer

- ◆ Apply to be a Counselor in Training (CIT) at NJ 4-H Summer Camp
- ◆ For teens who have completed 9th grade and up
- ◆ CITs train to be full camp counselors through leadership and personal development experiences at camp
- ◆ Those who are at least 16 years of age can apply to be a Camp Volunteer. After training, individuals are assigned to assist camp staff for a week



National 4-H Trips

Citizenship Washington Focus

- ◆ CWF is a citizenship and leadership program for youth ages 14–19 from across America
- ◆ Held at the National 4-H Youth Center near Washington, D.C. in early July
- ◆ Meet NJ legislators and tour D.C. monuments

Leadership Washington Focus

- ◆ LWF is a leadership program for middle school youth grades 6-8
- ◆ Held in mid July at the National 4-H Youth Center near Washington, D.C.
- ◆ Take part in communication, leadership and personal development workshops
- ◆ Make new friends from all around the country and tour D.C.

National 4-H Congress

- ◆ Held in Atlanta, GA each November
- ◆ Congress brings teens together to learn about community involvement, cultural diversity and service to others
- ◆ For teens grades 10-12

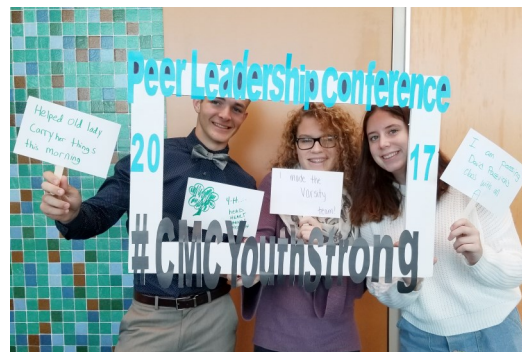
National 4-H Conference

- ◆ Conference is held 7 days each April at the National 4-H Center
- ◆ For teens grades 10-12
- ◆ 4-H members become acquainted with government, meet with federal officials and enhance leadership skills
- ◆ Teens provide feedback on the 4-H Youth Program

International 4-H Trips

Leadership for Life

- ◆ Adopted from Ireland's *Foroige*
- ◆ For teens grades 9-11
- ◆ Four learning modules including a community action project and a possible trip to Ireland



TEEN OPPORTUNITIES



Cape May County 4-H Youth Development Program

www.cmc4h.com

Get Involved!

4-H is the largest youth organization in the nation. It's a place where teens can make new friends, go on trips, build leadership skills, grow confidence and self esteem, help the community, mentor younger kids and work with caring adults. There are so many opportunities for teens in 4-H in Cape May County. What are you waiting for?



County Activities

Teen Ambassadors 4-H Club

- ◆ Our teen club is open to all youth 7th grade - 1 year out of high school
- ◆ The club is the 4-H program's teen council
- ◆ Members plan many leadership, community service and fun activities

4-H Project Clubs

- ◆ All 4-H clubs welcome teen members.
- ◆ We have clubs for robotics, fishing, cooking, horses, bunnies, sewing, poultry, livestock, reptiles & amphibians and more!

Awards & Recognition

- ◆ 4-H honors youth for their achievements in many ways:
 - ⇒ Outstanding Teen Ambassador
 - ⇒ Outstanding 4-H Members
 - ⇒ Germanio 4-H Teen Award
 - ⇒ Equestrians of the Year
 - ⇒ 4-H Fair Cavalcade of Winners
 - ⇒ 4-H Scholarships



Rutgers 4-H Teen Summer Leadership Program

- ◆ Now in its 21st year at New Jersey Audubon's Nature Center of Cape May
- ◆ 8-week program June-August
- ◆ Youth practice mentoring, learn marine science, leadership and communication skills and do community service at the 4-H Fair
- ◆ For youth entering 7th-12th grades

4-H Winter Camp

- ◆ Get away from it all at the LG Cook 4-H Camp in Stokes State Forest in Sussex County, NJ
- ◆ Relax with 4-H friends, hike in the woods, go tubing, play games and sip hot chocolate by the fireplace
- ◆ Held over President's weekend in January
- ◆ Heated cabins
- ◆ For 8th grade - 1 year out of high school



Regional Events

South Jersey 4-H Teen Conference

- ◆ Annual leadership weekend in a regional hotel for teens grades 8 - 1 year out of high school
- ◆ Topics include leadership, citizenship, and communication, careers and more
- ◆ Make new friends and attend field trips, workshops, banquet and a dance
- ◆ Teens work with 4-H staff to plan and conduct the conference.
- ◆ Held 1st weekend in March

Discover the Leader in You! 4-H Leadership Conference

- ◆ 1-day leadership conference for 4-H members in grades 6-8
- ◆ Make friends and build leadership and communication skills through fun games
- ◆ Held in south Jersey in February

State Events

NJ 4-H goLEAD Youth Leadership Institute

- ◆ Designed for 4-H members in grades 6-8
- ◆ Overnight stay at Rutgers University in July
- ◆ Participants strengthen leadership skills and learn how to plan and conduct service activities in their community

State 4-H Public Presentations

- ◆ Compete with other 4-H teens from New Jersey in public speaking
- ◆ Held at Rutgers University each June
- ◆ A great resume builder!

Contact Us

CMC 4-H Youth Dev't Program

**4 Moore Rd.,
CMCH, NJ 08210**

(609) 465-5115, ext. 3606

Linda.horner@co.cape-may.nj.us

**Visit us on facebook at Cape May 4-H
and the web at www.cmc4h.com**