



Teens as Teachers – A Leadership Opportunity for Thurston County 4-H Members

What will I do?

The YA4-H! Teens as Teachers is a leadership program that empowers senior age 4-H Members to make a difference in Thurston County by facilitating lessons about health, nutrition, and active living. Teens as Teachers is one of the leadership options available through the Thurston County Teen Leader Club. The Teens as Teachers will earn a stipend for their volunteer service.

Teens as Teachers will work as a team with 4-H staff and 4-H volunteers to learn about important health issues, brainstorm local solutions, and will put ideas into action by helping with community outreach projects.

Teens as Teachers will:

- Participate in Teens as Teachers team orientation, training, and team meetings.
- Prepare and practice facilitating/teaching lessons before virtual sessions with students.
- Work with teammates to complete work and brainstorm ideas.
- Deliver lessons to elementary age students virtually and possibly in-person during the summer months.

Tell me more about the two projects?

Within the Thurston County Teen Leader club, we will start by offering two projects that teens can work on:

- **Tumwater HOPES:** 4-H Teens as Teachers will help start a virtual 4-H Club and facilitate a series of six health focused lessons. The 4-H Club will meet virtually on Friday evenings and is for Tumwater School District elementary age students (about 30 students). Teens as Teachers will also help to assemble “take home kits.” Tumwater School District families will pick-up the “take home kits” at their local school so they can follow along with 4-H project lessons from home. Teens as Teachers will also support youth participants in entering completed project work in the Thurston County Fair. The Tumwater HOPES 4-H Club will be using a curriculum called Positive Action and 4-H project learning materials. The six sessions will be held starting in March and ending in June 2021.
- **Healthy Habits:** Teens as Teachers in this project will be learning about food, nutrition, and physical health. Teens as Teachers will be trained in using a health focused curriculum called CHFFF (Choose Health: Food, Fun and Fitness). Teens as Teachers will present the CHFFF lessons virtually and possibly in-person during the summer to small groups. The hands-on portion of the CHFFF lessons will include making simple snacks like fruit smoothies and wrap sandwiches. Our goal is to reach 100 elementary age participants. This program will end in August 2021.

Can I volunteer with one project or both?

You can apply for one or both projects! Depending on interest both projects may run at the same time or Healthy Habits may start after Tumwater HOPES is finished in June.

What's the difference between service and a job?

This service opportunity is mainly focused on teaching you the skills necessary to complete the work or role. Jobs typically offer a short training period but then require you to work independently from that point on. So, we will be learning-by-doing as we work together. This service opportunity is also taking place within a 4-H club-like environment, so we will be developing leadership skills, having fun, and teambuilding in addition to developing job skills.

What's the schedule?

- **Tumwater HOPES:** We plan to start the Tumwater HOPES 4-H Club project first. The Tumwater HOPES 4-H Club meetings will be held on the first and third Fridays of the Month, starting March 19 and will end in June 2021. There will be an orientation and some training required. We will likely meet on a weekdays after-school to plan the six club meetings (this will depend on the final team's schedule). We won't meet during Spring Break. A typical work week will look like: 1.5 hours of team time and 1 hour of independent or partner work.
- **Healthy Habits:** We'll develop the schedule for this project based on the interest and availability of the team! If this project starts in the spring, Teens as Teachers will likely work about 2 hours per session, spring through summer 2021.

Is everything online?

To start, yes! Currently, all 4-H programs, are being conducted online. We'll meet over Zoom as a team, but some work may happen on your own time away from the computer. When 4-H programming is approved to take place in-person we'll hold conversations about what we wish to do moving forward. Since Teens as Teachers will probably live in multiple areas around Thurston County, it is likely that team meetings will continue online regardless of COVID-concerns.

What does it pay?

Teens as Teachers will be earning \$30 per session. The more sessions you assist with the greater the stipend earned. A session will last from 1 to 1.5 hours.

How old do I need to be?

The Teens as Teachers opportunity is designed for teens within 4-H's senior age division that means you should be 14-18 years old by October 1st, 2020.

Do I have to be a 4-H member to apply?

Nope, but part of the process will include enrolling in the Thurston County Teen Leader club, which means becoming a 4-H member. The \$35.00 enrollment fee will be paid for by WSU/4-H.

How do I apply?

Submit a resume to tc4h@co.thurston.wa.us. In your resume, highlight any relevant 4-H knowledge and/or any experience you have working with elementary age students. **Please apply by Friday, February 26.**

We are hoping to select 6 to 8 Teen Teachers from Thurston County, so please invite any friends who may also like to earn a volunteer stipend while serving the community. If you have any questions, concerns, or ideas please reach out to Emily Killeen, 4-H Coordinator, at killeene@wsu.edu.

Washington State University (WSU), U.S. Department of Agriculture and Thurston County cooperating. Extension programs are available to all without discrimination. If you have a disability for which you seek an accommodation, please notify the WSU Extension Office ten days prior to the event.