

HARDIN COUNTY 4-H COMMUNICATION PROGRAMS

SPEECHES

Write a speech about a topic of interest to you.

- Jr. 4-Her's (ages 9-13)
 - 3-5 minutes long
- Sr. 4-Her's (ages 14-18)
 - 5-7 minutes long

DEMONSTRATIONS

Show HOW to DO Something.

- 7 Topic Categories to choose from
- Jr. 4-Her's (ages 9-13)
- Sr. 4-Her's (ages 14-18)
- Both age categories
 - 5-15 minutes long
 - Team Options

MOCK JOB INTERVIEW

Practice real-life skill of applying for a job.

- Develop a resume
- Prepare for interview
- Actual interview
- Sr. 4-Her's
 - ages 14-15
 - ages 16-18

WRITTEN PROJECTS

Express your ideas through writing.

- Original Monologue
- Poetry
- Press Release
- Public Service Announcement
- Songwriting
- "What 4-H Means to Me" Essay



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Created: 1/14/2026

Deana K. Reed

Hardin County Extension Agent for 4-H Youth Development Education

2026 Hardin County 4-H Communications Program

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WRITTEN COMMUNICATION CONTEST

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Martin-Gatton
College of Agriculture,
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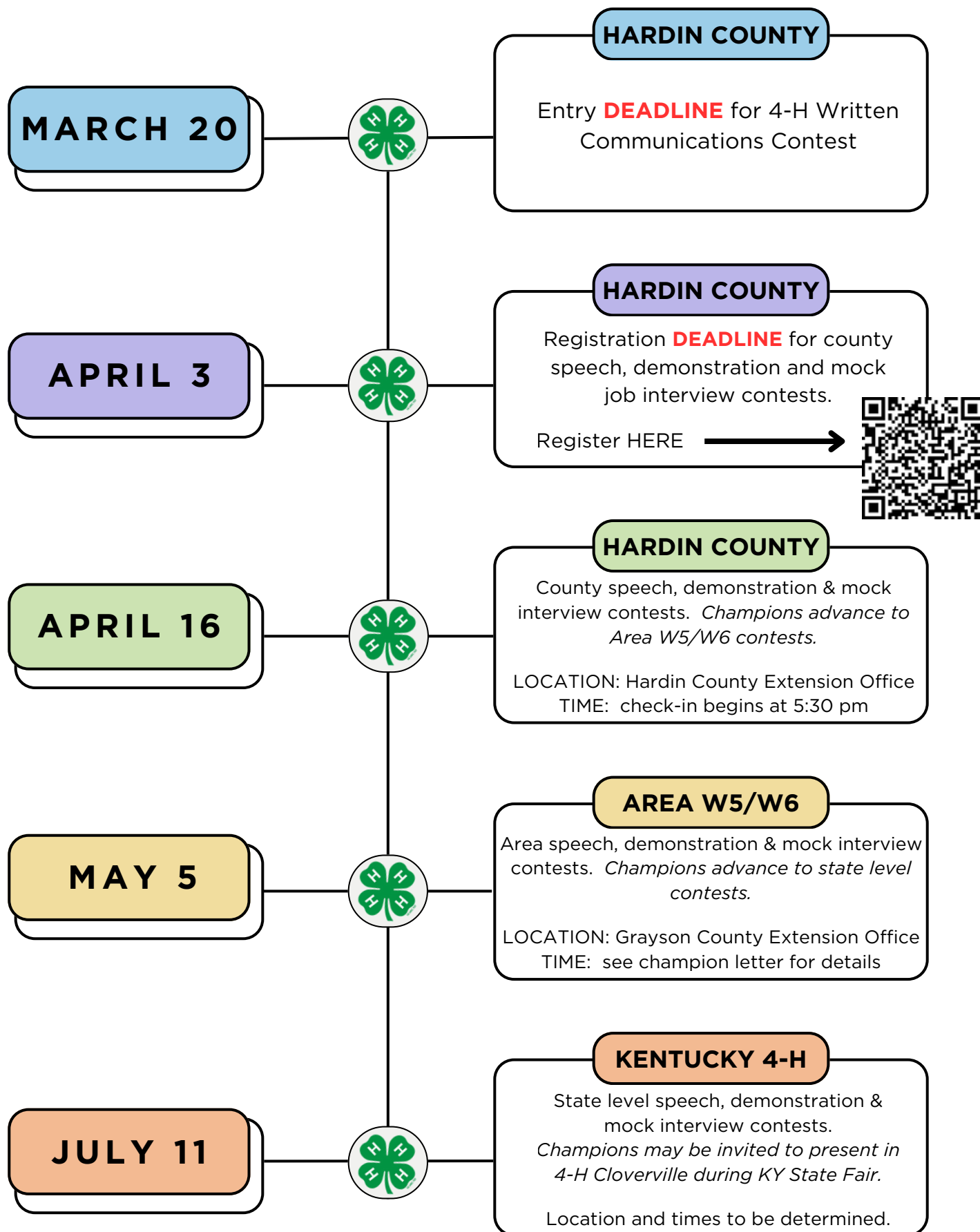
Hardin County 4-H Youth Development
270-765-4121

<https://hardin.ca.uky.edu/4h-youth-development>

Agent Contact: Deana K. Reed
deanakreed@uky.edu

111 Opportunity Way Elizabethtown, KY 42701

2026 DATES



*** IN PERSON** dates subject to change due to weather, school cancellation, etc.
Call 270-765-4121 for most update information.

Kentucky 4-H State Communication Contest

Speech and Demonstration Contest Rules and Categories

General Rules

1. This event includes speeches and demonstrations (individual and team).
2. The age of a young person participating in the State Communication Contest is the age they are on January 1 of the program year in which the state contest is held. Age divisions include: Junior: 9-13 years old; Senior: 14-18 years old.
3. Each Area Grouping can send one participant per category.
4. The state standard is that State Communication Contest participants earn a blue ribbon at the Area Grouping level to qualify for the State Communication Contest event.
5. Participants can participate in one speech and one demonstration category per year.
6. State champions may participate only in categories in which they have NOT previously won.
7. It is suggested that the speech or demonstration given by the 4-Her be a new topic from previous years.
8. The contestant will be introduced by name and title by the room host. There will be no penalty if name and subject or title is used during the presentation.
9. A penalty of three points will be subtracted from the participant's total overall score for time errors (under/over time). The time requirement penalty will apply to the state contest, but not necessarily to county or area events. Participants will be eligible for champion placement.
10. The decisions of the judges are FINAL.

Speech Specific Rules

11. Speeches by Senior level 4-H members must be between 5 to 7 minutes long. Speeches by Junior level 4-H members must be between 3 to 5 minutes.
12. Senior level: Because this is an educational learning experience, the Senior 4-Her is expected to choose a topic, research and write their own speech. A participant may have help with practicing the speech. Junior level: The 4-Her may have assistance in writing and preparation based on age level.
13. 4-H members should dress in business attire (such as dress shirt, blouse, slacks, dress pants, skirt, dress). Business attire refers to clothing to be worn in professional settings.
14. No visual aids will be used in speech competitions. Custom costumes* and/or electronic equipment (with the exception of electronic notes, see #15) are considered visual aids. Speakers using visual aids will receive a ribbon but will not be considered for champion placement. *If a 4-Her would not wear the item on a daily basis, then the item is considered a costume item and is not allowed.
15. The use of note cards/electronic notes is optional. Points will not be added or subtracted for the use of notes unless the speaker uses them in a distracting manner. *Electronic devices such as smart phones and tablets may be used in place of notecards for any category, however, laptops are not permitted except in the Digital Media Presentation Demonstration Category.
16. Dramatic readings, dramatic monologues and recitation of poems (as the entire speech) including web-based information will not be accepted. Excessive or distracting body or hand gestures will be counted against participants in the scoring section.

Demonstration Specific Rules

17. Demonstrations should be between 5-15 minutes.
18. Participants can receive assistance while practicing their demonstration, which may involve rehearsing in front of peers, club leaders, and others. However, at the Senior level, 4-H members are expected to showcase their own original work. This includes selecting a topic, conducting research, and writing their own speech or demonstration. While the internet can be used for reference, it should not be relied upon for non-original content.
19. A participant may have help setting up their demonstration but may not have another person helping

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Disabilities
accommodated
with prior notification.



during the demonstration. Only team demonstrations may have more than one person participating. Assistance from the audience is not permitted.

20. Team demonstrations are permitted at the state level. They will follow the same rules and regulations of the single participant demonstrations. Two 4-H members will comprise a team. Each person must have a significant speaking and presentation portion. Team demonstrations will be placed in a Junior Category or a Senior Category regardless of topic. All team members must be in the same age category.
21. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow, or other firearm.
22. The use of computers and presentation equipment is only permitted in the Digital Media Presentation Demonstration Category. The use of computers or presentation equipment is not allowed in any other category. *Electronic devices such as smart phones and tablets may be used in place of notecards for any category, however, laptops are not permitted.
23. Demonstrations must have a posterboard or tri-fold poster as aids during their demonstration with the exception of the Digital Media Presentation Demonstration Category.
24. Videos may not be used during presentations in any category with the exception of the Digital Media Presentation Demonstration Category
25. NO LIVE ANIMALS of any size are permitted.
26. Youth may participate in the individual demonstrations or choose to participate in the team demonstration category. They may NOT do both.

*Notes for State Contest:

- If judges for the same 4-H member are not within 20 points of one another's score, judges must meet and discuss scores.
- If there is a tie in a category and the judges are not able to come to a consensus, the room host will determine the winner for that category.

Speech Categories

9-Year-Old
10-Year-Old
11-Year-Old
12-Year-Old
13-Year-Old
14-Year-Old
15-Year-Old
16-Year-Old
17–18-Year-Old

Demonstration Categories

Junior (9-13) and Senior (14-18) -Category selection should be based on the primary purpose of the demonstration. It is suggested that demonstrations that do not clearly fit into one category be modified to include information and material relative to the selected category.

CORE: AGRICULTURE

Agriculture – to include information on agriculture business and economics, aquaculture, permaculture, horticulture, and plant and soil sciences (e.g. crops, agronomy, gardening).

Animal Science – to include information on selection, care and feeding of animals, financial records, operations, and animal products for small or large animals. This also includes companion animals. (Demonstrations on horses or horse related topics can be included in this category, however, it does not qualify the participant for the State Horse Contests as this is a different event).

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CORE: EXPRESSIVE ARTS

Visual Arts – to include drawing, painting, mixed media, decoupage, candle making, macramé, scrap booking, embroidery, quilting, silk screen, batik, block print, corn-shuck flowers, ceramics, jewelry making and similar topics. This category also includes demonstrations related to photography such as picture taking, composition, framing or scrapbooking.

Performing Arts – all demonstrations related to the performing arts including theatre, dance, musical instruments, and musical performance.

CORE: FAMILY & CONSUMER SCIENCES

Clothing & Textiles – to include construction, techniques, wardrobe selection and planning (color, design accessories, appropriate dress for various occasions) selection, use or care of clothing related equipment, care of clothing, posture as it relates to fit, fibers, fabrics, and textile related topics.

Family & Consumer Sciences – to include information on childcare, consumer and financial education, family life, and home environment. **THIS CATEGORY EXCLUDES CLOTHING & TEXTILES AND FOODS. THESE ARE SEPARATE CATEGORIES.**

Foods – to include preparation skills and creativity in using foods for meals and snacks (including breads). Please submit a copy of the recipe on the day of the event.

CORE: HEALTH

Health – to include information on physical activity, bullying, substance abuse, personal development, and safety.

CORE: LEADERSHIP

Team Demonstrations – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. either juniors or both seniors). Each participant must have a significant speaking AND presentation role in the demonstration. Youth may participate in either the individual demonstrations OR the team demonstration category. They may NOT do both.

CORE: NATURAL RESOURCES

Natural Resources– includes Entomology, Environment, Geology, Forestry, Soils, Water and Wildlife. This category can include science-fair type experiments related to these topics.

Shooting Sports – includes proper care and cleaning of equipment, safety, sighting alignment and shooting techniques, selecting equipment and ammunition. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow or other firearm.

CORE: SCIENCE, ENGINEERING & TECHNOLOGY

Science, Engineering and Technology – to include information on ATV safety, aerospace/rocketry, biotechnology, bicycle, energy, GPS/GIS, robotics, general science, and computer sciences [may NOT use computer projection equipment in place of posters]. This category can include science-fair type experiments related to these topics.

Digital Media Presentation – must include a hands-on demonstration with the use of presentation software (i.e. PowerPoint, Prezi) regardless of topic. Slides are used in lieu of poster boards. Please bring the presentation on media that can be transferred to another computer (i.e. portable drive).

Revised September 2024.

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4KA-04PO
Kentucky 4-H Communications Program

4-H Speeches



Preparing you for your future!

Do you like to speak in front of a group? Have you ever had to make a speech in your classroom? Would you like to learn the skills and gain the confidence to be an outstanding public speaker? Then you should participate in the Kentucky 4-H Communications Program! 4-H members can learn how to prepare and present a speech on any topic they feel passionate about.

What is a speech?

A **speech** or talk is 3 to 5 minutes long for junior 4-H members (9-13 years old) and 5 to 7 minutes for senior 4-H members (14-18 years old). No visual aids may be used.

Preparation

The following steps will help you prepare to give a speech or demonstration.

- **Choose a topic.** Find a subject that you know something about or that is of interest to you. Make sure your topic is not too broad.
- **Select a Title.** Think of a title that relates to the subject and is catchy, original and short. It should suggest the subject without telling the whole story.
- **Collect information.** Think about what you already know about your topic. What examples do you know that will illustrate your speech or demonstration? Is there a poem, a song, or a joke that you can use to make a point clear? Why is the topic important?
- **Organize materials.** Separate your materials and ideas into three parts: introduction, body and conclusion. Use the **4-H Speech Guide** at the end of this publication.
- **Introduction.** Get the attention of your audience, make them want to listen, inform them of your subject and show them how the subject concerns you. Tell a story or joke, or read a quote. Tell the audience what you are going to talk about and why that topic is important to them.
- **Body.** Select two or three main points and explain each point. Use accurate and up-to-date information. Arrange key points in logical order.

When using gestures, try to be natural and relaxed.

- **Conclusion.** Briefly restate your main ideas. Leave your audience with an attention-grabbing statement, question or wrap-up thought.
- **Make note cards.**
Do not write your entire speech on cards. Have only the main points and key words written down. Note cards should help you organize your speech but should not be a distraction.
- **Practice!** Give your speech in front of a mirror and in front of friends and family.



Delivery

- **Eye Contact.** Look directly into the eyes of your audience during your speech. Look at people in various parts of the audience.
- **Posture.** Stand in a comfortable position with your feet several inches apart and your back straight.
- **Voice.** Speak loudly and clearly enough for all to hear. Try to sound conversational. Do not yell or talk too softly.
- **Gesture.** When using gestures, try to be natural and relaxed.
- **Emphasis.** Pause just before and after an important point. You may also change your tone of voice or step closer to the audience.
- **Quotations.** Give full credit to your source and pause before and after so the audience knows where the quote begins and ends.

- **Notes.** Do not write your entire speech on cards. Do not read from your note cards! Refer to your cards for the main points you want to make.
- **Attire.** Dress appropriately for your audience and topic. Costumes are ***not*** allowed for speeches.

Practice, Practice, Practice!

As you practice your speech or demonstration, ask your leader, teacher or family to evaluate it using the checklist below.

- ☐ Dress clean, neat and appropriate
- ☐ Posture erect but not stiff
- ☐ Gestures poised and natural
- ☐ Voice easily heard
- ☐ Voice expressive
- ☐ Introduction interesting, brief and gives purpose
- ☐ Body of speech well organized in logical order
- ☐ Eye contact with the audience
- ☐ Correct grammar and vocabulary
- ☐ Notes do not distract
- ☐ Talk flows smoothly from one point to the next
- ☐ Subject matter accurate and up to date
- ☐ Suitable for age

Contact your County Extension Agent for 4-H Youth Development for more information on the 4-H Communications Program!

Adapted by Jennifer Tackett from Speak Up! Kentucky 4-H Talk Meet (4KA-01PB) by Jann Burks and Would You Like to Do a 4-H Demonstration? (4KA-02PA) by Anna B. Lucas and Susannah Denomme.

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4-H Speech Planning Guide

Title _____

Introduction

Introduce your subject using a story, quote, or joke. Should be short and designed to get the attention of your audience. Tell the audience what you are going to talk about and why that topic is important to them.

Body

The most important part of your speech. Select one or two main points and give facts to explain or back them up.

Conclusion

Summarize your main points. Use a story or quote to express your point. Finish strong with an attention-grabbing statement, question or wrap-up thought!

Kentucky 4-H Speech Planning Guide

Before you start getting your speech ready, it's important to check out the 4-H Speech Contest rules. These rules will give you all the important information and guidelines you need to follow to make sure your speech fits the contest requirements. You can get the contest rules from your county 4-H agent.

Preparation Checklist

- ☐ Choose a topic
- ☐ Select a title
- ☐ Collect information
- ☐ Organize ideas into three parts: introduction, body, and conclusion
- ☐ Practice giving your speech

Speech Outline

Use this outline to organize your ideas into three parts: the introduction, body, and conclusion of your speech. Use additional space as needed.

Introduction

The purpose of your introduction is to capture the attention of your audience. Get them excited to listen to the speech through a joke, a quote, a poem, or a captivating story. Share why this speech can be important to them.

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Body

Explain two or three main points of your topic. Explain each point clearly and concisely, using up-to-date factual information and key points in a logical order.

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Conclusion

Wrap up your speech, summarizing the main points while leaving your audience with an attention-grabbing statement, question, or wrap-up thought. End strong!

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NAME: _____ **COUNTY:** _____ **AGE:** _____

CATEGORY: _____ **TITLE:** _____

Instructions: Write the appropriate rating in the "Score" column. Make comments to help participants identify their strengths and areas for improvement. Use the back of the sheet if necessary. Scores below a three must include a comment.

EVALUATION CRITERIA	EXCELLENT	VERY GOOD	GOOD	FAIR	POOR	SCORE	COMMENTS
APPEARANCE: 1. Neat, well-groomed, dressed appropriately.	5	4	3	2	1		
AUDIBILITY: 1. Pitch, volume, speed, tone, rhythm.	5	4	3	2	1		
2. Clear pronunciation.	5	4	3	2	1		
3. Clearly heard and easy to understand.	5	4	3	2	1		
4. Enthusiastic, personality shows through.	5	4	3	2	1		
5. Speaker captures and retains audience attention.	5	4	3	2	1		
EYE CONTACT AND POISE: 1. Eye contact with audience.	5	4	3	2	1		
2. Gestures natural (contribute to talk).	5	4	3	2	1		
3. Posture (erect but not stiff).	5	4	3	2	1		
4. Body language exhibited by contestant desirable.	5	4	3	2	1		
5. Effective use of notes (if used; displays confidence & composure).	5	4	3	2	1		
ORGANIZATION OF MATERIAL: 1. Introduction gets audience attention & introduces subject.	5	4	3	2	1		
2. Main points organized.	5	4	3	2	1		
3. Flow of speech (smooth with no unnecessary pauses).	5	4	3	2	1		
4. Conclusion (short, interesting, and final).	5	4	3	2	1		
GENERAL: 1. Originality.	5	4	3	2	1		
2. Use of correct grammar and vocabulary.	5	4	3	2	1		
3. Information age appropriate.	5	4	3	2	1		
4. Speaker understands the content of the speech.	5	4	3	2	1		
5. Subject matter accurate and up to date.	5	4	3	2	1		

TIME: _____ **TIME PENALTY: YES/NO** _____

TOTAL SCORE: _____

TIME: SENIOR: 5-7 min; JUNIOR: 3-5 min. Participants going over/under time will be assessed a one-time penalty of 3 points from the final, averaged score and **WILL BE ELIGIBLE** for a 1st, 2nd or 3rd placing.

SCORING:	RIBBON:	PLACE
BLUE 100 - 80	BLUE	CHAMPION
RED 60-79	RED	2ND
WHITE 59 AND BELOW	WHITE	3RD

JUDGE SIGNATURE: _____ **DATE:** _____

SCORE 1	
SCORE 2	
AVERAGE	
TIME PENALTY	
FINAL SCORE	





4KA-03PO
Kentucky 4-H Communications Program

4-H Demonstrations



Preparing you for your future!

Do you like to speak in front of a group? Do you like to teach others how to do things? Would you like to learn the skills and gain the confidence to be an outstanding public speaker? Then you should participate in the Kentucky 4-H Communications Program! 4-H members can learn how to prepare and present a speech on any topic they feel passionate about. Or, if you are a more hands-on person, you can learn to give a demonstration, a “how to” presentation in which you will teach someone how to do something using posters and other props.

What is a demonstration?

A **demonstration** or illustrated talk is a method used to communicate an idea by showing and telling. Demonstrations should be 5 to 15 minutes long for both junior and senior 4-H members. Visual aids are used to enhance the presentation.

Preparation

The following steps will help you prepare to give a demonstration.

- **Choose a topic.** Find a subject that you know something about or that is of interest to you. Make sure your topic is not too broad.
- **Select a Title.** Think of a title that relates to the subject and is catchy, original and short. It should suggest the subject without telling the whole story.
- **Collect information.** Think about what you already know about your topic. What examples do you know that will illustrate your demonstration? Is there a poem, a song, or a joke that you can use to make a point clear? Why is the topic important?
- **Organize materials.** Separate your materials and ideas into three parts: introduction, body and conclusion. Use the **4-H Demonstration Guide** at the end of this publication.
 - **Introduction.** Get the attention of your audience, make them want to listen, inform them of your subject and show them how the subject concerns you. Tell a story or joke, or read a quote. Tell the audience what you are going to demonstrate and why that topic is important to them.

Look directly into the eyes of your audience during your demonstration.

- **Body.** Select two or three main points and explain each point. Use accurate and up-to-date information. Arrange key steps in logical order.
 - **Conclusion.** Briefly restate your main ideas. Leave your audience with an attention-grabbing statement, question or wrap-up thought. Ask audience if they have any questions.
 - **Make note cards.** Do not write your entire demonstration on cards. Have only the main points and key words written down. Note cards should help you organize your speech but should not be a distraction.
 - **Create visual aids.** Make sure that your aids are easy to read and add interest to your project.
 - **Practice!** Give your demonstration in front of a mirror and in front of friends and family.
- ## **Delivery**
- **Eye Contact.** Look directly into the eyes of your audience during your demonstration. Look at people in various parts of the audience.
 - **Posture.** Stand in a comfortable position with your feet several inches apart and your back straight.
 - **Voice.** Speak loudly and clearly enough for all to hear. Try to sound conversational. Do not yell or talk too softly.
 - **Gesture.** When using gestures, try to be natural and relaxed.
 - **Emphasis.** Pause just before and after an important point. You may also change your tone of voice.
 - **Quotations.** Give full credit to your source and pause before and after so the audience knows where the quote begins and ends.
 - **Notes.** Do not write your entire demonstration on cards. Do not read from your note cards! Refer to your cards for the main points you want to make.
 - **Attire.** Dress appropriately for your audience and topic.
 - **Visual Aids.** The more equipment, extension cords, utensils and other materials you use, the more you must practice and experiment. The following suggestions will help you plan your demonstration.
 - Select the best possible piece of equipment for the job and make sure that it is in good working order.
 - Arrange each piece of equipment in the order you plan to use it.
 - Make sure your audience can see all visual aids.
 - Be careful not to let equipment or supplies block the line of vision between your audience and your hands.
 - If you plan to use posters as a way of adding visual interest, limit the number to 3 to 5. Ask yourself:
 - » Do my posters add interest and excitement to my demonstration?
 - » Are the words large enough (at least 1 inch high) for those at the back of the room to see?
 - » Does each poster have one main idea?
 - » Do my posters make my demonstration more interesting and easier to understand?
 - » Are my posters on heavy cardboard that will not buckle or bend?
 - » Are my posters colorful?
 - Think about using posters with:
 - » Your title
 - » Key points
 - » Listing of ingredients or materials
 - » Summary



Practice, Practice, Practice!

As you practice your speech or demonstration, ask your leader, teacher or family to evaluate it using the checklist below.

- ☐ Dress clean, neat, and appropriate
- ☐ Posture erect but not stiff
- ☐ Gestures poised and natural
- ☐ Voice easily heard
- ☐ Voice expressive
- ☐ Introduction interesting, brief and gives purpose
- ☐ Body of demonstration well organized in logical order
- ☐ Eye contact with the audience

- ☐ Correct grammar and vocabulary
- ☐ Notes do not distract
- ☐ Demonstration flows smoothly from one point to the next
- ☐ Subject matter accurate and up to date
- ☐ Suitable for age
- ☐ Equipment, charts and visuals easy to follow and appealing
- ☐ Procedures visible to entire audience
- ☐ Talk while working, leaving no awkward silences

Contact your County Extension Agent for 4-H Youth Development for more information on the 4-H Communications Program!

Adapted by Jennifer Tackett from Speak Up! Kentucky 4-H Talk Meet (4KA-01PB) by Jann Burks and Would You Like to Do a 4-H Demonstration? (4KA-02PA) by Anna B. Lucas and Susannah Denomme.

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4-H Demonstration Planning Guide

Title _____

Introduction

Introduce your subject using a story, quote, or joke. Should be short and designed to get the attention of your audience. Tell the audience what you are going to demonstrate and why that topic is important to them.

Body

The body is the most important part of your demonstration. Review key points and materials. This is the “how to” portion of the demonstration

Conclusion

Summarize your main points. Use a story or quote to express your point. Finish strong with an attention-grabbing statement, question or wrap-up thought!

Kentucky 4-H Demonstration Planning Guide

Before you start getting your demonstration ready, it's important to check out the 4-H Demonstration Contest rules. These rules will give you all the important information and guidelines you need to follow to make sure your demonstration fits the contest requirements. You can get the contest rules from your county 4-H agent.

Preparation Checklist

- ☐ Choose a topic
- ☐ Select a title
- ☐ Collect information
- ☐ Organize ideas into three parts: introduction, body, and conclusion
- ☐ Consider your visual aids
- ☐ Practice giving your demonstration

Demonstration Outline

Use this outline to organize your ideas into three parts: the introduction, body, and conclusion of your demonstration. Use additional space as needed.

Introduction

The purpose of your introduction is to capture the attention of your audience. Get them excited to listen to the demonstration through a joke, a quote, a poem, or a captivating story. Share why this demonstration can be important to them.

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Body

Explain two or three main points of your topic. Explain each point clearly and concisely, using up-to-date factual information and key points in a logical order.

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Conclusion

Wrap up your demonstration, summarizing the main points while leaving your audience with an attention-grabbing statement or wrap-up thought. Finally, ask if anyone has any questions.

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NAME: _____ COUNTY: _____ AGE: _____

CATEGORY: _____ TITLE: _____

Instructions: Write the appropriate rating in the "Score" column. Make comments to help participants identify their strengths and areas for improvement. Use the back of the sheet if necessary. Scores below a three must include a comment.

EVALUATION CRITERIA	EXCELLENT	VERY GOOD	GOOD	FAIR	POOR	SCORE	COMMENTS
DEMONSTRATOR:							
1. Neat, well-groomed, dressed appropriately.	5	4	3	2	1		
2. Posture (erect but not stiff).	5	4	3	2	1		
3. Gestures natural (contribute to talk).	5	4	3	2	1		
4. Eye contact with audience.	5	4	3	2	1		
PRESENTATION:							
1. Introduction interesting and gives purpose.	5	4	3	2	1		
2. Visual aids appealing, organized and visible.	5	4	3	2	1		
3. Steps well organized.	5	4	3	2	1		
4. Demonstrator skilled in working with equipment.	5	4	3	2	1		
5. Suitable equipment and proper techniques used.	5	4	3	2	1		
6. Procedures easy to view by audience.	5	4	3	2	1		
7. Effective use of notes (if used; displays confidence & composure).	5	4	3	2	1		
8. Display finished product, offer sample to judges or show that the exhibit works.	5	4	3	2	1		
9. Conclusion (short, interesting and reviews main points, asks for questions).	5	4	3	2	1		
AUDIBILITY:							
1. Clearly heard and easy to understand.	5	4	3	2	1		
2. Voice expressive.	5	4	3	2	1		
3. Talking while working (no dead silent moments, unless equipment is running)	5	4	3	2	1		
GENERAL:							
1. Originality.	5	4	3	2	1		
2. Use of correct grammar and vocabulary.	5	4	3	2	1		
3. Information age appropriate.	5	4	3	2	1		
4. Subject matter accurate and up to date.	5	4	3	2	1		

TIME: _____ TIME PENALTY: YES/NO _____ TOTAL SCORE: _____

TIME: 5-15 minutes. Participants going over/under time will be assessed a one-time penalty of 3 points from the average score and WILL BE ELIGIBLE for a 1st, 2nd or 3rd placing

SCORING: _____ **RIBBON:** _____ **PLACE:** _____
BLUE 100 - 80 _____ **BLUE** _____ **CHAMPION**
RED 60-79 _____ **RED** _____ **2ND**
WHITE 59 AND BELOW _____ **WHITE** _____ **3RD**

SCORE 1	
SCORE 2	
AVERAGE	
TIME PENALTY	
FINAL SCORE	

JUDGE'S SIGNATURE: _____ DATE: _____

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Kentucky 4-H Mock Job Interview Contest Rules

What is a Mock Job Interview Contest?

The Mock Job Interview Contest is a Public Speaking contest that gives members an opportunity to practice the real-life skill of applying for a job. The contest involves a set of fictitious Job Descriptions for senior 4-Her's that the members can go through the process of applying for. To enter the Mock Job Interview Contest the member must:

- Pick one of the four **job descriptions** for a job the member feels qualified for and interested in from the list below.
- Develop a **resume** of their real-life education and experiences that they feel make them a good candidate for that job selected. Bring this resume with you to the mock job interview (For confidentiality purposes, please do not put your actual address or phone number on resume.)
- **Prepare** for the interview.
- Participate in an actual **interview** where they are judged on all of the key elements in the process.

Members are encouraged to review the interview tips and resume writing ideas and supporting materials provided in the Kentucky 4-H Communications Expressive Arts Core Curriculum: The Perfect Fit Level 3.

Categories:

- 14-15 age category
- 16-18 age category

Eligibility:

Senior 4-H members may participate in the 4-H Mock Job Interview Contest. Senior 4-H members are youth ages 14-18. All ages are as of January 1 of the current 4-H year. Two winners per district per age category (exception District 3, which may have 3) may move on to the State Communications Day Mock Job Interview Contest.

Job Descriptions:

Vet Technician
Coffee Bar Attendant
Photographer
Retail Sales Associate

Position: Vet Technician

Position Overview

The Bluegrass Veterinarian Clinic is seeking a vet technician for their office. Duties would include taking care of overnight animal patients, assisting the veterinarian, checking in animals and updating records. Other duties would include assistance with billing and payments. Technician would also be responsible for communicating to the pet owners about special opportunities or vaccination drives.

Essential Job Functions

- Take care of animal patients
- Assist the veterinarian
- Update animal records with weight, addresses, etc.
- Assist with billing and payments
- Communicate with owners about vaccination drives and special opportunities

Other Necessary Skills

- Disease Prevention
- Problem Solving
- Communications
- Keeping Records
- Concern for Others

Position: Coffee Bar Attendant

Position Overview

Bright Starts Café is seeking a motivated and friendly individual to work the coffee bar. No previous food service experience is necessary. Position's duties would include brewing and preparing coffee drinks for customers, and serving breakfast food. Friendly and helpful service is a must. Attendant would also assist in making signs for coffee specials. Attendant would assist in the inventory and ordering of products.

Essential Job Functions

- Brewing and making coffee drinks
- Serving breakfast food
- Providing excellent customer service
- Assisting in making signs and displays
- Assisting in inventory and ordering

Other Necessary Skills

- Teamwork
- Social Skills
- Problem Solving
- Keeping Records

Position: Photographer

Position Overview

New Vision Photography provides excellent service to cover some of life's special moments. This position of photographer would cover general photography, birthdays, and sports photos. Training will be provided to a novice photographer. Duties would include setting appointments, shooting photo shots, and assisting in the photo shop. These would generally include assisting customers with package deals, showing proofs, deciding photo backgrounds and payment or orders. Some special projects may be assigned by manager.

Essential Job Functions

- Set up appointments with customers
- Assist customers in selecting backdrops for photos
- Take photos (general, sports, birthdays)
- Assist customers with proofs
- Work with customers on package deals and payment

Other Necessary Skills

- Self-Responsibility
- Problem Solving
- Social Skills
- Team Player
- Planning and Organizing

Position: Retail Sales Associate

Position Overview

In Town Closet is seeking a motivated and friendly individual to assist customers with purchases. No previous experience is necessary. Position's duties would include assisting customers on the floor, restocking inventory, and manning the cash register. Friendly and helpful service is a must.

Essential Job Functions

- Providing excellent customer service
- Assisting with displays
- Assisting in inventory

Other Necessary Skills

- Teamwork
- Social Skills
- Problem Solving
- Self-Responsibility
- Computer skills

Mock Interview Scoring

Participant Name: _____

County: _____ Age: _____

Please circle the response that most closely represents your feelings about each component of the interview.

1= the lowest score, strongly disagree, or low understanding

3= neutral, mediocre, or just ok

5=the highest score, strongly agree, or high understanding

Notes:

Introduction	1	2	3	4	5
Eye contact	1	2	3	4	5
Handshake	1	2	3	4	5
Confidence	1	2	3	4	5
Appearance	1	2	3	4	5
Gestures	1	2	3	4	5
Voice Level	1	2	3	4	5
Posture	1	2	3	4	5
Discussed Strengths	1	2	3	4	5
Discussed Growth	1	2	3	4	5
Enthusiasm	1	2	3	4	5
Grammar	1	2	3	4	5
Vocabulary	1	2	3	4	5
Enunciation	1	2	3	4	5
Knowledge of Position	1	2	3	4	5
Organized Answers	1	2	3	4	5
Persuasiveness	1	2	3	4	5
Experience	1	2	3	4	5
Closing	1	2	3	4	5
Resume	1	2	3	4	5

Total points: _____

Ribbon Color: _____

Blue: 100-80

Red: 79-60

White: 59-below

Mock Job Interview

County and Area Interview Questions

Please choose 7-10 questions for the interviews. You may also add your own if you choose.

1. Tell me about yourself.
2. What do you want to do after high school?
3. Do you have any volunteer experience?
4. Do you have any work experience?
5. Why did you choose this position?
6. When did you know you wanted this position?
7. What are your career goals?
8. How do you plan to achieve these goals?
9. What is your definition of success?
10. Describe a situation in which you were successful?
11. What do you think it takes to be successful in this position?
12. What accomplishments have given you the most satisfaction?
13. Would you rather work with information or people?
14. Are you a team player?
15. What motivates you?
16. Why should I hire you?
17. Are you a goal oriented person?
18. Tell me about a recent goal and what you did to achieve them.
19. What are your short-term goals?
20. What is a long term goal you have?
21. What do you see yourself doing in five years?
22. Where do you want to be ten years from now?
23. Do you handle conflict well? Give an example.
24. Have you had a conflict with a classmate or fellow 4-H member? How did you resolve it?
25. What major problem have you had to deal with recently?
26. Do you handle pressure well?
27. What is your greatest strength?
28. What is your greatest weakness?
29. If I were to ask one of your teachers to describe you, what would he or she say?
30. Why did you join 4-H?
31. What changes would you make to Kentucky 4-H?
32. What are your favorite classes in school? Please tell why.
33. Do you prefer working alone or as a team?
34. How much training do you think you will need to become a productive employee?
35. What qualities do you feel a successful manager should have?
36. Why do you want to work in the _____ industry?
37. What do you know about our company?
38. Why are you interested in this position?
39. What qualities do you have that would make you a good fit for the position?
40. Describe a recent leadership experience.

Deadline to submit entries is March 20, 2026

Each entry must include a cover page and statement of authenticity.

Kentucky 4-H Written Communication and Digital Media Contest Information and Rules

The Kentucky 4-H Written Communication and Digital Media Contest is an opportunity for young writers to showcase their talents and develop and build upon essential life skills.

This packet includes:

- General Contest Rules
- Written Communication Category Information, Contest Rules, and Resources
- Digital Media Category Information, Contest Rules, and Resources
- Example Cover Page
- Statement of Authenticity

General Contest Rules

1. Each county may submit up to two junior-level and two senior-level entries per class. However, the Podcast class is open to senior-level 4-H members only; junior-level members are not eligible to submit entries in this category.
2. Each class will include both a Junior and a Senior division, except for the Podcast class, which is open to Senior-level members only. The age of a young person participating in 4-H is the age they are on January 1st of the current program year. Junior level members are ages 9-13, and senior level members are ages 14-18.
3. Each entry must be the original work of the 4-H member. If there is a question, the participant will be disqualified. A statement of authenticity must be completed by the 4-H member and included with the entry. The statement of authenticity is included in this informational packet.
4. Each entry must include a cover page with the 4-Her's category, age division (Junior or Senior), first and last name, and county. The 4-Her's last name must be included on every page. (Note: Some classes may need extra details on the cover page. If so, this information will be included with the class details and rules.)
5. Entries that do not include a cover page and statement of authenticity will not be judged at the state level and will be disqualified.
7. Check with your county Extension office regarding county entry deadlines. See the specific rules for each category regarding entry requirements and what should be included with each entry. (Agents - All entries must be submitted by the county Extension office on 4-H Online by April 1st. All documents must be uploaded through the 4-H Online system by the county Extension office.)
8. Tables 1 and 2 include each category and their classes.
9. Champions will be showcased at the Kentucky State Fair.

Written Communication Category Information

The Kentucky 4-H Written Communication Contest celebrates the power of words and the creativity of young writers. But what exactly is written communication, and why is it important?

Written communication involves expressing ideas, thoughts, and information through writing. This can include essays, stories, poems, reports, letters, and more. It's a way to share your message clearly and effectively with others.

In this contest, you can show off your skills in five different writing categories, including: Original Monologue, Poetry, Press Release, Songwriting, and *What 4-H Means to Me* Essay. We encourage you to explore the power of words and share your unique voice with everyone.

Written Communication Contest Rules

1. All Written Communication Contest entries must be uploaded through the 4-H Online system by the county Extension office

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- as one PDF document (the PDF document should include the cover page, entry submission, and statement of authenticity).
- Table 1 lists the classes and highlights specific requirements for each (with both Junior and Senior divisions). Additionally, class information is provided to assist you in preparing your entry.
 - Formatting requirements for entries: Use Calibri or Times New Roman font, set the font size to 12, and ensure the text is double-spaced (except for song entries).
 - Songs: single-space the text within verses, choruses, and bridges; double-spaced between each verse, chorus, and bridge. This will help keep the song section clear and easy to read.

Table 1: Written Communication Category and Requirements

<i>Classes</i>	<i>Requirements</i>
Original Monologue	None
Poetry	3 line minimum; 25 line maximum
Press Release	Maximum of 1,000 words
Public Service Announcement	None
Songwriting	None
<i>What 4-H Means to Me</i> Essay	Minimum of 500 words

Written Communication Contest Class Information**Original Monologue Class Information**

A monologue is a long speech given by one person. In a play or movie, it's when a character talks for a while, sharing their thoughts, feelings, or telling a story. Imagine you're on stage, and it's just you talking to the audience, letting them know what's going on in your mind. It's like having a conversation, but you're the only one speaking.

- Choose a Theme: Pick a topic that resonates with you and has a clear message.
- Character Development: Create a compelling character with a distinct voice and personality.
- Structure: Ensure your monologue has a clear beginning, middle, and end. Start with an engaging hook, develop the story, and conclude with a strong ending.

Poetry Class Information

A poem is a type of writing that expresses ideas, feelings, or tells a story in a creative way.

- Select a Form: Decide on the type of poem (such as haiku, free verse, sonnet).
- Imagery and Emotion: Use vivid imagery and emotional language to convey your message.
- Edit and Refine: Revise your poem to ensure each word contributes to the overall impact. Pay attention to rhythm and flow.

Poem entries should be at least 3 lines long, but no more than 25 lines.

Press Release Class Information

A press release is a short, written announcement that shares important news with the public. For the Press Release class, all entries must focus on one of the following topics:

- Why someone should join 4-H, or
- Why someone should attend a specific 4-H event (such as 4-H Camp, 4-H Project Day, etc.—you choose the 4-H event).

- Headline: Write a clear and attention-grabbing headline.
- Lead Paragraph: Summarize the most important information in the first paragraph (who, what, when, where, why, and

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how).

3. **Body:** Provide additional details, quotes, and background information. Keep paragraphs short and focused.
4. **Conclusion:** End with a call to action or contact information for further inquiries.

Press release entries must not exceed 1,000 words.

Public Service Announcement Class Information

A Public Service Announcement (PSA) is a short message that shares important information with people. It can be about things like staying healthy, being safe, or helping the environment. The goal of a PSA is to inform people and encourage them to take action or change their behavior in a positive way. PSAs can appear in many places—you might read one in a newsletter, see one on TV, hear one on the radio, or find one online. No matter the format, PSAs are designed to help people make informed choices and support their communities.

For the PSA class, all entries must be written as if they are going to appear in a newsletter or newspaper. Each PSA should focus on promoting a specific 4-H event—such as 4-H Camp, 4-H Project Day, or another 4-H event of your choice. For example, you might write a PSA for your county's 4-H newsletter about 4-H Camp, or one for the local newspaper encouraging people to attend a 4-H Project Day.

1. **Pick Your Topic:** Choose a 4-H event you want to tell people about. It could be something like 4-H Camp, 4-H Project Day, or another fun 4-H activity.
2. **Know Your Audience:** Think about who will read your PSA. Is it for 4-H members, parents, or the whole community? This helps you decide what to say and how to say it.
3. **Write a Catchy Opening:** Start with a sentence that grabs attention! You can ask a question or share a fun fact. Example: "Did you know 4-H Camp is one of the best ways to make new friends and learn cool skills?"
4. **Share the Important Info:** Tell people what the event is, when and where it happens, and why they should come. Example: "4-H Project Day is on August 15 at the County Fairgrounds. You'll get to try hands-on projects and meet other kids who love 4-H!"
5. **Encourage Action:** End your PSA by telling people what to do next—like sign up, ask for more info, or tell a friend. Example: "Don't miss out—ask your 4-H agent how to sign up today!"
6. **Check Your Work:** Read your PSA out loud. Make sure it's clear, exciting, and easy to understand. Fix any spelling or grammar mistakes.

Songwriting Class Information

Songwriting involves creating your own songs by writing lyrics and composing music.

1. **Theme and Message:** Decide on the theme and message of your song.
2. **Lyrics:** Write lyrics that tell a story or express emotions. You can use a rhyme and meter to create a musical flow.
3. **Melody:** Compose a melody that complements your lyrics. Experiment with different chords and progressions.
4. **Structure:** Follow a common song structure (e.g., verse-chorus-verse-chorus-bridge-chorus).

What 4-H Means to Me Essay Class Information

An essay is a piece of writing where you express your thoughts, ideas, or information about a particular subject. For this class, all entries must focus on the topic "What 4-H Means to Me."

1. **Introduction:** Begin with a hook to capture the reader's interest. Introduce the main idea of your essay.
2. **Body Paragraphs:** Describe specific experiences and lessons learned through 4-H. Use personal stories to illustrate your points.
3. **Conclusion:** Summarize your main points and reflect on the overall impact of 4-H on your life. Finish with a strong closing statement.

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What 4-H Means to Me Essay entries should have a minimum of 500 words.

Written Communication Contest Resources

These resources are available for purchase on the National 4-H website.

General Communications Resources

- Communications Curriculum – Modules 1, 2, and 3
- The Writer in You Project Guide

Specific Activities for Various Written Communication Contest Classes

Monologue

The Magic of Monologue Activity is available in National 4-H Council's Theatre Arts Level 1 Curriculum (available for purchase on the National 4-H website).

Poetry

The Poet in You Activity is available in The Writer in You Project Guide

Press Release and Public Service Announcement

Extra! Extra! Activity is available in the National 4-H Council's Communication Curriculum Module 2 (available for purchase on the National 4-H website).

Songwriting

Compose Your Song Activity is available in the National 4-H Council's Communications Curriculum Module 1

Digital Media Category Information

The Kentucky 4-H Digital Media Contest is all about celebrating the creativity and innovation of young people in the world of digital media. But what is digital media?

Digital media includes all kinds of content that you create, edit, and share using digital technology. This can be things like digital photos, graphic designs, videos, animations, websites, and social media posts. Basically, digital media is any type of media that you can access, share, and interact with on electronic devices.

In this contest, you get to show off your skills in three different digital media classes, including: Flyer, Infographic, and Podcast. The Flyer and Infographic class are open to both Junior and Senior-level 4-H members. The Podcast class is limited to Senior-level members only.

Digital Media Contest Rules

1. All Digital Contest entries must be submitted by the county Extension office through the 4-H Online system as a single PDF document. This PDF should include the cover page, the entry submission (if applicable), and the statement of authenticity.
2. Table 2 includes a list of the categories. Please note that participation in the podcast category requires forming a team (individual entries are not allowed).
3. Each class has specific requirements and rules. Refer to each class section for that information.

Table 2: Digital Media Category and Requirements

<i>Classes</i>	<i>Requirements</i>
Flyer	None
Infographic	None

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Podcast	For Senior Level Members Only; Team Event (No Individual Entries)
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Digital Media Contest Class Information

Flyer Class Information

A flyer is a one-page visual used to promote an event, program, or club. It should grab attention, share key details, and encourage people to take action, like attending a 4-H event or joining a club. Flyers use a mix of images, colors, and short text to get the message across quickly and clearly.

For this class, all flyer entries should focus on promoting a specific 4-H event, program, or club.

How to Make a Flyer

1. **Pick Your Purpose:** Decide what 4-H event, program, or club your flyer is promoting.
2. **Know Your Audience:** Think about who you're trying to reach and what will catch their attention.
3. **Gather Key Info:** Include the name of the event or club, date, time, location, contact info, and any other important details.
4. **Plan Your Layout:** Organize your flyer so it's easy to read. Use headings, bullet points, and sections to break up information.
5. **Add Visuals:** Use images, icons, or logos to make your flyer eye-catching.
6. **Choose Colors & Fonts:** Pick colors and fonts that are easy to read and match the tone of your flyer.
7. **Keep It Simple:** Don't overcrowd the flyer. Stick to the most important information.
8. **Review & Edit:** Check for spelling, grammar, and clarity. Make sure everything looks clean and professional.

Flyer Contest Rules

1. See the Kentucky 4-H Written Communication General Contest Rules (all rules apply).
2. The use of templates from websites is permitted.
3. Flyers should be clear, easy to read, and visually appealing.
4. Flyers must be saved and submitted as a PDF or JPG file.
5. Entries must include a cover page and statement of authenticity, submitted as one PDF document. The flyer itself can be submitted as a separate PDF or JPG file.
6. All entries must be submitted via 4-H Online by the county Extension office.

Infographic Class Information

An infographic is a picture that shows information or data in a way that's easy to understand quickly. It uses images, charts, graphs, and just a little bit of text to make the message clear.

How to Make an Infographic

1. **Pick a Topic:** Choose a topic you like.
2. **Find Information:** Gather important facts and data. Make sure your sources are reliable. Add a reference section at the end of your infographic to list all the sources you used for information.
3. **Plan Your Layout:** Decide how to organize your infographic. Include an introduction, main points, and a conclusion.
4. **Use Visuals:** Add charts, graphs, icons, and pictures to show your data. Keep it simple and tidy.
5. **Choose Colors:** Pick a few colors that look good together and are easy to read.
6. **Add Text:** Use short, clear sentences to explain your visuals.
7. **Check Your Work:** Make sure everything is correct and easy to understand.

Infographic Contest Rules

1. See the Kentucky 4-H Written Communication General Contest Rules (all rules apply).
2. The use of templates from websites is permitted.
3. Infographics should be clear and not blurry. A good size for an infographic is typically around 600 to 1000 pixels wide and 1200 to 3000 pixels long.

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 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

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4. Infographics should be saved and submitted as a PDF or JPG file.
5. Infographic entries should include a cover page and statement of authenticity which can be submitted as one PDF document and an Infographic entry that can be submitted as a PDF or JPG file. Entries must be submitted on 4-H Online by the county Extension office.

Podcast Class Information

Please note that this is for Senior level members only and is a team entry (no individual entries).

A podcast is an audio program that you can listen to on your computer or mobile device. Podcasts can cover a wide range of topics, including news, storytelling, interviews, education, and entertainment. They are like radio shows but can be listened to anytime and anywhere.

This class is a team project! Each team must consist of three to six members, and all participants must be Senior Level 4-H members. Your podcast should focus on something related to 4-H. This could include a 4-H event, 4-H project, or any other topic that highlights what 4-H is all about. Be creative, but make sure your content connects back to the 4-H experience!

To get started, create a free account on Spotify for Podcasters—**but be sure to ask your parent or guardian for permission first.** For detailed steps, see the section below on how to start podcasting with Spotify for Podcasters.

Podcast Guidelines: Rules, Formatting, Creation, and Submission

Podcast Contest Rules

1. Each team must include three to six members, and all participants must be Senior Level 4-H members.
2. Every team member must speak in the podcast.
3. The podcast must be between 3 and 6 minutes long.
4. After publishing your podcast, copy the shareable link from your episode dashboard in Spotify for Podcasters. Paste the link on your cover page, complete your statement of authenticity, and combine all materials into a single PDF to submit to your county 4-H agent. See the instructions below for how to locate and copy the shareable link from your Spotify for Podcasters account.
5. Entry Packet Requirements: Include the names of all team members on the cover page. Each team member must submit an individual statement of authenticity, and all documents (cover page with podcast link and all statements of authenticity) must be included in one entry packet per team.

Podcast Format – What to Include

1. Episode Title: Give your podcast episode a fun and clear title that tells listeners what it's about.
2. Introduction:
 - Start with a little music if possible.
 - Introduce your team members and give a quick preview of what the episode will cover.
 - Talk to your audience like you're having a conversation with them!
3. Feature Segment
 - This is the main part of your episode.
 - Cover 2–3 main points about your topic.
 - Make sure to use smooth transitions when switching speakers. Example of a Smooth Transition: "That was a great point about how 4-H Camp helps build confidence. Now, let's hear from Ashley, who's going to tell us about one of her favorite 4-H camp activities and why it made such a big impact."
4. Wrap-Up
 - Don't just say "bye" and stop recording!
 - Let your audience know the episode is ending.
 - You can tease the next episode, ask a fun question, or give a final thought.
 - End with music again if possible to give it a polished finish.

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How to Make and Share Your Podcast

How to Start Podcasting with Spotify for Podcasters (For Beginners Age 13+)

Step 1: Create a Spotify for Podcasters Account

1. Open a web browser and go to <https://podcasters.spotify.com>.
2. You'll see a button that says "Get Started" – click it!
3. Sign in or create a Spotify account:
 - If you already have a Spotify account (for listening to music), you can use that.
 - If not, click "Sign Up" and fill in your email, create a username and password, and enter your birthdate (you must be at least 13). Be sure to ask your parent or guardian for permission first
4. Terms and privacy policy: With your parent or guardian, read through the Terms of Service and Privacy Policy. If you both agree, go ahead and click "Agree" to continue.

Step 2: Create Your Podcast

1. Click "Create a new show".
2. Add podcast details:
 - *Go to settings to edit show name, description, and category.*
 - Show name: Pick something fun and unique!
 - Description: Write a short summary of what your podcast is about.
 - Category: Choose a topic like "Education" or "Marketing".
 - Language: Choose English.
 - Cover art: Upload a picture.
 - Make sure to save your work by clicking the button in the top-right corner.
 - Get started: Select "Publish an episode".
3. Make your episode:
 - You can upload a recording you already made, or record right in Spotify for Podcasters.
 - If you want to record and edit, you'll need to make a Riverside account with parent or guardian permission and supervision.
 - To record:
 - Click "Record," then "Audio only," then "Record" again.
 - When you're done, click "Stop."
 - Click "Edit recording." You can try out the tools or just click "Continue."
 - Click "Export to Spotify," then "Export audio to Spotify."
 - Add a title and description for your episode.
 - Click "Next."
 - Choose a date to publish or post it right away!
4. Once your podcast episode is complete and published, Spotify for Podcasters will generate a shareable link to your episode. You can find this by going to your episode dashboard, clicking on the episode title, and copying the public link provided.
5. Paste this link onto your cover page so judges can easily access your podcast. Then, complete your statement of authenticity and combine all parts—cover page, podcast link, and statement—into one PDF file. This file will be submitted by your county Extension office through the 4-H Online system.

Helpful Resources:

- How to Upload Your Podcast to Spotify: <https://www.youtube.com/watch?v=752kc9ZbAfE>
- Add Music and Intros Riverside Editor: <https://www.youtube.com/watch?v=YubX8zPP54U>
- Spotify for Creators YouTube Channel: <https://www.youtube.com/@SpotifyforCreators>
- Riverside YouTube Channel: <https://www.youtube.com/@Riversidefm>
- Want to hear what a podcast can sound like? Check out these examples

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- Cloverchat State Ambassador Leadership Team at the University of Minnesota
 Extension: <https://tinyurl.com/MNcloverchat>
- Deep in the Heart of Texas 4-H Podcast: <https://tinyurl.com/TX4HPodcast>

Safety Guidelines for Young Podcasters

Here are some important tips to stay safe while podcasting:

- Don't share personal info: Never say your full name, address, school, or phone number in your podcast.
- Use a nickname or podcast name: It's safer and more fun!
- Ask before sharing others' voices: Always get permission from friends or family before including them.
- Be kind and respectful: Avoid saying anything mean or hurtful. Keep your podcast positive!
- Check with a trusted adult: Before publishing anything, ask a parent, guardian, or your 4-H agent to review it.
- Use music that's free and safe to use: Only add music you're allowed to use in your podcast. Spotify and Riverside have free music options, or you can find more on websites like Free Music Archive.

Digital Media Contest Resources

General Communications Resources

These resources are available for purchase on the National 4-H website.

- Communications Curriculum – Modules 1, 2, and 3
- The Writer in You Project Guide

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Sample Cover Page

Category (Infographic, Original Monologue, Podcast, Poetry, Press Release, Public Service Announcement, Songwriting, or What 4-H Means to Me Essay)

Age Division (Junior or Senior Level)

4-H Member's First and Last Name

County

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Kentucky 4-H Written Communication and Digital Media Contest *Statement of Authenticity*

This is to verify that the piece I entered in the Kentucky 4-H Written Communication and Digital Media Contest is my original work.

I further verify that the entry I submitted has never been published and has not been submitted to the 4-H contest before this year.

I give permission for my writing or digital media entry:

- to be submitted for judging.
- to be published online and on social media.
- to be displayed at the Kentucky State Fair.

4-H Member Signature

Date

Parent/Guardian Signature

Date

**Deadline to submit entries is
March 20, 2026.**

Each entry must include a cover page and statement of authenticity.

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