



# 4-H COMMUNICATIONS PROJECT



## Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

## Are you Into It?

**Jennifer Tackett,**  
Extension Specialist for 4-H Youth Development

Learn how you can become a better communicator!

- Practice and develop communication skills
- Interpret verbal and nonverbal messages
- Demonstrate effective written skills
- Demonstrate effective public speaking
- Use presentation aids to enhance quality of spoken communication

## Here's what you can do all year!

### Starting Out Basic/Level 1

- Interpreting nonverbal cues
- Communicating with symbols and codes
- Communicating through art
- Understanding word meanings
- Improving listening skills
- Communicating with family
- Communicating through music
- Writing letters
- Communicating emotions

### Learning More Intermediate/Level 2

- Presenting yourself
- Communicating assertively
- Giving directions
- Listening effectively
- Communicating with friends
- Controlling emotions
- Practicing internet etiquette
- Presenting oral reasons
- Writing PSAs
- Planning and writing a speech
- Presenting a speech

### Expanding Horizons Advanced/Level 3

- Connecting with others
- Putting together a speech
- Using presentation aids
- Overcoming stage fright
- Making a persuasive speech
- Making a campaign speech
- Performing in public
- Exploring communication careers
- Writing resumes and cover letters
- Interviewing for a job

### Communication

- Share your speech or demonstration with a local organization.
- Write a letter to someone.

### Citizenship

- Develop a PSA for a local nonprofit organization.
- Organize a letter writing campaign to soldiers overseas.

### Leadership

- Run for a 4-H office.
- Teach a class on internet safety.
- Present a session at Teen Conference.

4-H is a community of young people who are learning leadership citizenship and life skills.

Learn more at [www.kentucky4h.org](http://www.kentucky4h.org) or contact your county extension office.





# Take Communications Further!

Here are some other opportunities to explore communications:

- Participate in a county speech and demonstration contest.
- Participate in a mock job interview.
- Participate in the Kentucky 4-H Written Communication Contest. Website: [http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/kentucky\\_4-h\\_written\\_communications\\_contest\\_rules\\_0.pdf](http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/kentucky_4-h_written_communications_contest_rules_0.pdf)
- Assist younger 4-H'ers in planning and organizing a speech.
- Write a song.
- Win at your district level and participate in the Kentucky 4-H State Communications Day. Website: <http://4-h.ca.uky.edu/content/state-4-h-communications-day>
- Job shadow or interview a motivational speaker, politician, or news broadcaster.
- Become a State 4-H Officer! Website: <http://4-h.ca.uky.edu/content/state-4-h-officers>

## Exhibit Ideas

- Exhibit a Communication Scrapbook Display at the county and state fair.
- Exhibit a Resume at the county and state fair.
- Enter a song in the Kentucky 4-H Written Communications Contest.
- Enter a poem in the Kentucky 4-H Written Communications Contest.
- Enter a "What 4-H Mean to Me" Essay in the Kentucky 4-H Written Communications Contest.
- Enter an original monologue in the Kentucky 4-H Written Communications Contest.
- Enter a press release in the Kentucky 4-H Written Communications Contest.
- Enter a Public Service Announcement in the Kentucky 4-H Written Communications Contest.

## Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> <li>• National 4-H Level 1 Picking Up the Pieces</li> <li>• National 4-H Level 2 Putting It Together</li> <li>• National 4-H Level 3 The Perfect Fit</li> <li>• National 4-H Group Activity Helper's Guide</li> <li>• Kentucky 4-H Publication 4-H Speeches</li> <li>• Kentucky 4-H Publication 4-H Demonstrations</li> </ul>	<ul style="list-style-type: none"> <li>• Ashley, J., (1996) <i>Overcoming Stage Fright in Everyday Life</i>, New York: Clarkson N. Potter Publishers.</li> <li>• Cook, J., (1990) <i>Elements of Speechwriting and Public Speaking</i>, New York: Macmillan Co.</li> <li>• Desber, P., Ph.D., (1996) <i>No More Butterflies: Overcoming Shyness, Stagefright, Interview Anxiety, and Fear of Public Speaking</i>, Oakland, Calif.: New Harbinger Publications, Inc.</li> </ul>	<ul style="list-style-type: none"> <li>• Complete the project planning guide in <i>Level 1 Picking Up the Pieces</i>.</li> <li>• Complete the project planning guide in <i>Level 2 Putting it Together</i>.</li> <li>• Complete the project planning guide in <i>Level 3 The Perfect Fit</i>.</li> <li>• Create a portfolio of writing pieces.</li> </ul>

