

Kentucky 4-H Healthy Living Mentor Job Description

What is a Mentor?

A mentor is someone who shares their knowledge with others. Healthy Living Mentors will share their knowledge of healthy living, including physical activity and nutrition with younger 4-H members.

Ultimate Goals:

- Learn about and promote healthy lifestyle choices
- Educate younger 4-H members about healthy lifestyle choices
- Create media about healthy living
- Community outreach & education
- Create and facilitate community change

Attributes a Mentor should have:

- Participated in a STEPS to a Healthy Teen Program
- Good Role Model - Walk the walk and talk the talk about living a healthy lifestyle
- Must be drug/tobacco/alcohol free
- Responsible & Reliable & Trustworthy
- Available for events
- Willingness to partner with adults to reach the community about the healthy living message.
- Creative & Outgoing
- Must be a high school aged 4-H member



Activities and Outreach Might Include:

- Conducting an activity at an afterschool site or community location
- Teaching a Health Break activity at your 4-H club or school
- Manning a table at a healthy living event
- Create video/media for community outreach & education
- Using social media to communicate about 4-H Healthy Living
- Learning about healthy habits/nutrition
- Recruit your friends to be healthy living mentor
- Provide leadership in your community about healthy living
- Design t-shirts for your county 4-H program