



Oklahoma 4-H Healthy Living Ambassador Application

Oklahoma 4 H Healthy Living Youth Ambassador Roles and Responsibilities

Overview

4-H Healthy Living Ambassadors work both individually and as a team, bringing wellness awareness, programs, and initiatives to communities across Oklahoma. Oklahoma 4-H Healthy Living Ambassadors provide support and programming to local 4-H clubs, county, district, and state programs. Healthy Living Ambassadors will also be called upon to attend health related programs and events.

The team will consist of up to 10 Oklahoma 4-H members.

Oklahoma 4-H Healthy Living Ambassadors will:

- Help set and achieve goals in the 4-H Healthy Living framework
- Support the work of 4-H Healthy Living
- Participate in Oklahoma Healthy Living Summit and conference calls
- Work closely with Healthy Living Ambassador Advisor at the Oklahoma State 4-H office and other team members.

4-H Healthy Living Youth Ambassador

Time Required: 4-5 hours per month minimum requirement

Length of Term: 1 year (November - October). Healthy Living Ambassadors must reapply each year.

Age of applicants: High School Freshmen, Sophomores, Juniors, and Seniors

Healthy Living Ambassadors Provided: polo shirt and name badge

Additional Approximate Cost: Healthy Living Ambassador may also have the opportunity to apply and attend the National Healthy Living Summit in Washington D.C. This is an optional trip with an approximate cost of \$1,300.

Responsibilities:

- Selected Ambassadors will be required to attend and assist at the 4-H State Healthy Living Summit
- Complete scheduled trainings and team meetings which includes:
 - Monthly zoom meetings
 - Annual retreat (held in central location based on participants' locale)
- Selected Ambassadors will determine a project goal and are expected to follow through with plan by August 31, 2023
- Deliver 8 hours or more of programming on Healthy Living topic to youth and/or families at the county, district or state level.
- Be a part of the planning team and help coordinate 4-H Healthy Living Day at the OKC State Fair in September.
- Embody the role of Healthy Living Ambassador to be a voice in your community advocating for healthy changes.

- Work with State 4-H Staff and Extension Educators to help plan and support 4-H Healthy Living programs.
- Share program ideas and resources with peers that will help strengthen and expand 4-H Healthy Living programs.
- Represent 4-H in a positive light and serve as a youth voice for 4-H Healthy Living.
- Submit a workshop application for Roundup 2023.

Qualifications:

- Must be active in ZSuites
- A passion for and active engagement in at least one of the key areas of 4-H Healthy Living:
 - Health, Nutrition & Fitness
 - Social and Emotional Well-Being
- An interest in sharing knowledge to enhance youth educational experiences
- Ability to be a team player working with local club, county, community and state level professionals to share resources and opportunities
- The ability to communicate effectively both written and verbally

Benefit Received:

- Enhance and promote 4-H Healthy Living educational experiences
- Enhance your 4-H Healthy Living understanding and skills
- Network with peers and healthy living leaders around the nation
- Play a leadership role in moving forward the 4-H Healthy Living mission
- Enhance your professional development opportunities
- Increase your knowledge and skills for implementing and managing 4-H Healthy Living programs.

Timeline:

- 11/15/22** Healthy Living Ambassador application due to State 4-H Office via email to cathy.allen@okstate.edu
- 11/19/22** Zoom Interviews (if needed)
- 11/23/22** Announcement of 2023 Healthy Living Ambassador Team

Date listed is when information is due to the State 4-H Office. Please check with your local Extension office as each county may establish a due date prior to the date posted. Forms that require an Extension Educator's signature will not be processed if signature is not present.



Oklahoma 4-H Healthy Living Ambassador

Application

Applicant Information

Full Name: _____ Date: _____
Last First M.I.

Address: _____
Street Address

City State ZIP Code

Phone: _____ Email _____

Healthy Living Category

What areas of Healthy Living are you passionate about (check all that apply)?

- Bullying Nutrition/ Healthy Eating
Environmental Poverty (action, prevention, etc.)
Exercise/Physical Activity Social
Mental Well-being Other
Hunger/Food Insecurity

If "Other", please explain here:

Short Answer

Please complete the 4 questions below. (Maximum of 3 pages total, Double spaced; Font 10-12 points)

- 1. Why are you interested in serving as a State 4-H Healthy Living Ambassador?
2. Provide one or more examples of how you have exhibited or developed skills in leadership in projects or programs related to healthy living.
3. How have your 4-H experiences in healthy living helped you reach your personal goals? How will these experiences benefit you in your future endeavors?
4. Describe a situation when you worked as part of a team of youth and adults to accomplish a goal.

Disclaimer and Signature

I certify that my answers are true and complete to the best of my knowledge.

Signature: _____ Date: _____

Signature Parent/Guardian: _____ Date: _____

Signature Extension Educator: _____ Date: _____

- *E-mail:* cathy.allen@okstate.edu (Subject line: HL Youth Ambassador Application) before 5:00 p.m. November 15, 2022.

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