

FAMILY LIVING RELATED PROJECTS 2008

READ THIS INFO BEFORE CHOOSING/STARTING PROJECT

Evaluation of these projects will be done at 4-H Evaluation Days during the summer. Participants will be interviewed to evaluate their exhibit and knowledge of their project. All posters should be no smaller than 14" x 22". Bring project book for all evaluations.

Posters must clearly show project information on what was learned to qualify for county fair premium. A few computer graphics on a sheet of paper does not qualify.

NOTE: UNDERLINED DENOTES ELIGIBILITY FOR STATE FAIR

ATHLETICS

300 YOU'RE THE ATHLETE

This project is to help youth, learn the fundamentals of being well-rounded athletes. Areas to be covered include:

- Goal Setting
- Time Management
- Strength & Conditioning
- Conflict Resolution
- Sportsmanship
- Nutrition & Sports
- Leadership
- Careers In Athletics

It is designed for youth ages 11-14, however, this project may be taken by older youth. There is no time limit to complete the project, however, the advisor may set specific deadlines to complete some parts of the project. Youth may complete the activities individually, with team members, or with other groups. Participants may work on all eight areas of the project or choose only one or two.

Judging Requirements

Complete project guidelines on page 5 of the project book. Bring completed project book and all other records/materials you used or developed for the project. Participants (individual) should also bring a tabletop exhibit illustrating highlights of their project experiences and accomplishments. Each participant will be limited to a 42" wide by 24" deep tabletop space. Electric is not available.

Participants (group/team) should be prepared to present a four to six minute presentation involving all group members in sharing highlights of experiences and accomplishments. (Each member of the team will also be judged individually at the county level.)

County Fair Exhibit

Display, poster or scrapbook that shows what was done or learned in project work.

HEALTH

351 STAYING HEALTHY

This beginning level project utilizes a "Project Helper" to help members explore their body and learn how to keep it healthy. Members will learn how to keep fit, increase brain power and express themselves in positive ways.

Judging Requirements

Complete all six Project Completion Guidelines as listed on page 2 of the project book. Bring the completed project book, and an educational exhibit representing the learning experience of the current project.

County Fair Exhibit

Records/materials you used or developed for this project or a poster (no smaller than 14" x 22") showing what was learned in this project.

352 KEEPING FIT

This intermediate level project is a three part curriculum designed to promote health, exercise and nutrition, while practicing life skills of communication, problem solving, decision making and organizing information.

Judging Requirements

Complete all six Project Guidelines as listed on page 2 of the project book. Bring the completed project book, and an educational exhibit representing the learning experience of the current project.

County Fair Exhibit

Records/materials you used or developed for the project or a poster (no smaller than 14" x 22") showing what was learned in this project.

353 FIRST AID IN ACTION

This beginning level project utilizes a "Project Helper" to help members identify, recognize, treat or prevent various safety and injury related situations.

Judging Requirements

Complete all six Project Completion Guidelines on page 2 of the project book. Bring the completed project book, and an educational exhibit representing the learning experience of the current project.

County Fair Exhibit

Records/materials you used or developed for this project or a poster (no smaller than 14" x 22") showing what was learned.

357 ALCOHOL DECISIONS

This advanced level project is a one-time experience. Topics covered are alcohol's effect on body, teen peer pressure, drinking and driving, alcoholism and others.

Judging Requirements

Follow project guidelines on page 4 of the project book. Make poster or display or write report on one of the project learning experiences or one of the Leadership/Citizenship activities in which you took part. Bring completed project book.

County Fair Exhibit

Display, poster or scrapbook that shows what was done or learned in project work. No alcoholic beverages allowed.

358 TOBACCO AND YOU

This advanced level project is a one-time experience. 4-H'ers learn how smoking affects the respiratory and circulatory systems as well as the effect of passive smoke on others. Members also learn about smokeless tobacco and how to stop smoking.

Judging Requirements

Follow project guidelines on page 1 of project book. Make poster or display or write report on one of the project learning experiences or one of the Leadership/Citizenship activities in which you took part. Bring completed project book.

County Fair Exhibit

Display, poster or scrapbook that shows what was done or learned in project work.

PERSONAL DEVELOPMENT & LEADERSHIP

365 SELF-DETERMINED PROJECT

Member develops own project. This should go beyond a present project or be an area which isn't currently offered as any Ohio 4-H project. See 365 Self-Determined under Special Interest Projects for complete requirements.

CHILD CARE

434 GROWING ON MY OWN

This project is to help youth learn about child development and themselves. It is designed for children 9-11 years of age. This project may be taken a second year, however, it is recommended that you plan additional experiences that build on previous experiences.

Judging Requirements

Complete all Project Guidelines. Bring completed project book and Project Portfolio (scrapbook, journal) and be prepared to discuss the activities and share the experiences you had through taking this project.

County Fair Exhibit

Bring to the county fair to display, your Project Portfolio or a poster (no smaller than 14"x 22") showing what you learned in this project.

435 GROWING WITH OTHERS

This intermediate level project was developed to help youth learn about child development and themselves. It is designed for children 11-14 years of age. Once you have successfully completed the activities you planned for your first year, this project may be taken a second year, however, it is recommended that you plan additional experiences that build on previous experiences.

Judging Requirements

Complete all Project Guidelines. Bring completed project book and Project Portfolio (scrapbook, journal) and be prepared to discuss the activities and share the experiences you had through taking this project.

County Fair Exhibit

Bring to the county fair to display, your Project Portfolio or a poster (no smaller than 14"x 22") showing what you learned in this project.

436 GROWING IN COMMUNITIES

This advanced level project was developed to help youth learn about child development and themselves. It is designed for children 15-19 years of age. Once you have successfully completed the activities you planned for your first year, this project may be taken a second year, however, it is recommended that you plan additional experiences that build on previous experiences.

Judging Requirements

Complete all Project Guidelines. Bring completed project book and Project Portfolio (scrapbook, journal) and be prepared to discuss the activities and share the experiences you had through taking this project.

County Fair Exhibit

Bring to the county fair to display, your Project Portfolio or a poster (no smaller than 14"x 22") showing what you learned in this project.

GENEALOGY

442 FAMILY HISTORY TREASURE HUNT

Designed for members 12 years and older, but can be used by younger members with adult assistance. The minimum expectations for the project are outlined in the *Planning Your Project*. This project may be used for three or more years and is designed to be the basis for a study of family history that may extend into your adult years.

Judging Requirements

Complete project guidelines listed on page 2. Complete activities appropriate to number of years you've taken the project (pages 4, 5, & 6). Bring completed project book (2004 issue), correspondence log, your research journal, pedigree charts, family group sheets with documentation of your research as outlined on pages (first year requirements, page 4); (second year requirements, page 5); and (third year requirements, page 6) of your project book. Be sure you follow the guidelines in the 2004 issue of "Family History Treasure Hunt" and use the new forms included in the revised project **DO NOT BRING** any of the following: big display/exhibit, poster board, computer, videos, tape recorder, photo albums, framed photos, reference books, family heirlooms, nor knick-knacks.

County Fair Exhibit

One of the visuals you prepared for your project.

MONEY MANAGEMENT

445 BECOMING MONEY WISE - LEVELS I & II

This project is designed for 10-13 year old members. There are two levels. The book is used for two years. Monitor your cash flow and see where your money goes by developing a budget and good records to become a responsible consumer.

Judging Requirements

Complete project guidelines for your level on page 2 of the project book. Bring completed project book, journal and all other records/materials you used or developed for this project.

County Fair Exhibit

Records/materials you used or developed for this project or a poster showing some of what you learned in this project.

446 MONEY FUN-DAMENTALS

This is the first book in *Financial Champions* and is for teens age 12-13 only. An adult helper may guide the member through the activities in this book or you can explore them on your own. Internet resources may help you learn more about a concept. Use the Achievement Program on page 26 to record the activities you complete. This project prepares you to begin to make money decisions by learning how to identify your money personality and values and applying this information on setting goals, identifying wants and needs, and communicating about money issues.

Judging requirements

Complete project guidelines found on page 26 of the project book, than bring completed project book, an exhibit or display (notebook, scrapbook, poster no smaller than 14" x 22", etc) on one of the activities.

Share with the judge one completed project book activity. Member needs to bring, for example: comparison of financial institutions, shopping comparison, use of credit analysis, money management record, advertisement collage, decisions making diary, written financial goals, etc. (If the member advances to the state fair, evaluation will also include hands-on activities and worksheet activities.)

County Fair Exhibit

Records/materials you used or developed for this project or a poster showing some of what you learned in this project.

447 MONEY MOVES

This is the second book in *Financial Champions* and is for teens age 14-15 only. An adult helper may guide the member through the activities in this book or you can explore them on your own. Use the Achievement Program on page 34-35 to record the activities you complete. You will continue to learn new skills to help you become a successful money manager. All of the activities will help you learn how to acquire and evaluate information.

In addition, you'll learn how to predict outcomes and analyze your own finances. *Money Fun-damentals* should be taken before this project.

Judging requirements

Complete project guidelines found on page 34 of the project book. Bring completed project book and an exhibit or display (notebook, scrapbook, poster no smaller than 14" x 22", etc.) on one of the activities.

Share with the judge one completed project book activity. Member needs to bring, for example: comparison of financial institutions, shopping comparison, use of credit analysis, money management record, advertisement collage, decisions making diary, written financial goals, etc.

County Fair Exhibit

Records/materials you used or developed for this project or a poster showing some of what you learned in this project.

448 TEENS.... ON THE ROAD TO FINANCIAL SUCCESS

This advanced level project is designed for members 14-19 years old and is also designed to be taken 2 years. Analyze spending habits; learn about developing a spending plan, consumer skills, savings and checking accounts, and credit. This project is designed to be taken one or two years. The second year, more in-depth study in each interest area should be completed.

Judging Requirements

Complete project guidelines on page 2 of the project book. Bring completed project book and all other records/materials you used or developed for this project.

County Fair Exhibit

Records/materials you used or developed for this project or a poster showing some of what you learned in this project.

HOME DECORATING & DESIGNING

491 ADVENTURES IN HOME LIVING (Beginning Level)

Bring an item(s) constructed in the project according to the requirements in the project book, visuals to show how the item(s) helps make more pleasing and practical living spaces in the home, and project records to show accomplishments. Be prepared to give a three to five minute presentation or illustrated talk to share knowledge, skills, or understanding gained through the project.

494 DESIGNING INTERIORS (Intermediate Level)

Bring visuals (an exhibit of items from the project, pictures etc.) and your project records to show project accomplishments according to the requirements in the project book. Be prepared to give a three to five minute presentation or illustrated talk to share knowledge, skills, or understanding gained through the project.

495 YOUR FIRST HOME AWAY FROM HOME(Advanced)

Bring your project records and an exhibit (items selected or made for your first home, records, pictures, etc.) showing how you have used the knowledge, ideas, and principles related to housing, furnishings management, and equipment in planning your first home away from home. Be prepared to give a three to five minute presentation or illustrated talk to share knowledge, skills, or understanding gained through the project.