



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 4-H Healthy Living Summit and conference calls
- Work closely with Healthy Living Ambassador Advisors and other team members.

4-H Healthy Living Youth Ambassador

Time Required: 4-5 hours per month minimum requirement

Length of Term: 1 year (August 1, 2025 - July 31, 2026). Healthy Living Ambassadors must reapply each year.

Age of applicants: 4-H members who will be High School Freshmen, Sophomores, Juniors, and Seniors during the 2025 - 2026 school year.

Healthy Living Ambassadors Provided: polo shirt and name badge

Healthy Living Ambassadors will have the opportunity to attend Leadership Team Retreat in Stillwater, Healthy Living Ambassador Retreat and possible out of state travel.

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 participant's locale)
- Selected Ambassadors will determine a project goal and are expected to follow through with plan by July 31, 2026
- 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 a 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 as an individual or with fellow Healthy Living Ambassadors.

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:

5/1/25 Healthy Living Ambassador application due to State 4-H Office via email to cathy.allen@okstate.edu
6/19 - 21/25 Zoom Interviews
6/2/25 Announcement of 2025 - 2026 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.

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. May 1, 2025.

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