



## Oklahoma 4-H Healthy Living Ambassador Application

### Oklahoma 4-H Healthy Living Youth Ambassador Roles and Responsibilities

#### Overview

Oklahoma 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. Oklahoma 4-H 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

#### Oklahoma 4-H Healthy Living Ambassador

**Time Required:** 4-5 hours per month minimum requirement

**Length of Term:** 1 year (August 1, 2025 - July 31, 2026). Oklahoma 4-H Healthy Living Ambassadors must reapply each year

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

**Oklahoma 4-H Healthy Living Ambassadors Provided:** polo shirt and name badge

Oklahoma 4-H Healthy Living Ambassadors will have the opportunity to attend Leadership Team Retreat in Stillwater

Oklahoma 4-H 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
- Participate in scheduled trainings and team meetings which includes: monthly zoom meetings and annual retreat (held in central location based on participant's locale)
- Selected Oklahoma 4-H Healthy Living 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 programming 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 Oklahoma 4-H 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 Oklahoma 4-H 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, district, county, community and state level professionals to share resources and opportunities
- The ability to communicate effectively both written and verbally
- Age of applicants: 4-H members who will be High School Freshmen, Sophomores, Juniors or Seniors during the 2025 - 2026 school year

**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** Oklahoma 4-H Healthy Living Ambassador application due to State 4-H Office via email to [cathy.allen@okstate.edu](mailto:cathy.allen@okstate.edu)

**6/19-21/25** Zoom Interviews to be arranged

**7/2/25** 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](mailto:cathy.allen@okstate.edu) (Subject line: Oklahoma 4-H Healthy Living Ambassador Application) before 5:00 p.m. May 1, 2025.

*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.*