



Oklahoma 4-H Healthy Living Ambassador Application

Oklahoma 4 H Healthy Living Youth Ambassador Roles and Responsibilities

Overview

4-H Healthy Living Youth Ambassadors are an asset in accomplishing the goals and outcomes of the 4-H Healthy Living Mission Mandate. Oklahoma 4-H Healthy Living Ambassadors will work closely with their Ambassador Team to 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 10 Oklahoma youth.

The 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 the Oklahoma 4-H Healthy Living Summit and conference calls providing feedback and discussion.
- Work closely with Cathy Allen 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. Healthy living ambassadors must reapply each year.

Age of applicants: High School Freshmen, Sophomores and Juniors

Approximate Cost: Ambassadors will be responsible for travel within the state and expenses associated with events (i.e. registration fees)

Responsibilities:

- HL Ambassadors will plan and implement Oklahoma Healthy Living activities and participate in conference call planning meetings.
- Work with State 4-H Staff and Extension Educators to help plan and support 4-H Healthy Living programs.
- Inform 4-H youth, 4-H volunteers, 4-H educators and other interested persons about 4-H Healthy Living opportunities and resources.
- Share program ideas and resources with youth 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 during Roundup.

Qualifications:

- Must be active in 4HOnline
- 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:

1/15/21 Healthy Living Ambassador Application due to State 4-H Office
1/30/21 Zoom Interviews
2/13-16/21 Virtual National 4-H Healthy Living Summit

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: Last First M.I. Date:

Address: Street Address

City State ZIP Code

Phone: Email

Shirt size:

Healthy Living Category

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

- Bullying, Emotional, Environmental, Exercise/Physical Activity, Hunger, Nutrition/ Healthy Eating, Poverty (action, prevention, etc.), Social, Other

If "Other", please explain here:

Short Answer

Please complete the 5 questions below. (additional pages can be added)

- 1. Why are you interested in serving as a State 4-H Healthy Living Ambassador?
2. What is your most significant leadership experience and what did you learn from it?
3. How would your participation benefit 4-H Healthy Living? What unique skills do you bring to the table?
4. Describe a situation when you worked as part of a team of youth and adults to accomplish a goal.
5. Describe previous experience(s) you have had presenting or participating in healthy living activities. Indicate if you were a participant or presenter.

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)
- Fax: 405.744.6522 or

Mail: Cathy Allen, Oklahoma State University, State 4-H Office, 205 4-H Youth Development Building; Stillwater, OK 74078. Applications mailed must be postmarked on or before January 15, 2021

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