

EXTENSION

4-H & YOUTH



# TRY 4-H!

## Become a Teen Ambassador



TRY 4-H! is our newest leadership opportunity for 4-H members ages 13-18. It is a teen-led program specifically designed to help grow the Vermont 4-H program. Through fun, hands-on activities TRY 4-H! teens will engage with younger youth and get them excited to join 4-H. This program is looking to tap into the passion, knowledge and experience with 4-H that we know our older members have and love to share!

TRY stands for Teens Reaching Youth, and the TRY program model is an excellent way to engage 4-H teens in their communities through volunteerism and service, to develop leadership and life skills, and to help reach new youth that currently are not involved with 4-H.

Teens who apply and are accepted to the TRY 4-H! program will become **Teen Ambassadors**. Each county will have a TRY 4-H! program and up to four teens will be chosen to serve as their county's TRY 4-H! Teen Ambassadors. One adult will be chosen as the TRY 4-H! Mentor. **Applications for both teens and adults are online.** *Note: Teens applying should encourage an adult they know to apply to serve as mentor.*

Teen Ambassadors and Mentors will serve a **one-year term** and will be expected to do the following:

- Submit an application by May 15, 2016 and be selected to serve.
- Attend a two-day, overnight training on June 27-28, 2016 at Lyndon State College.
- Coordinate with other Teen Ambassadors in your county to organize county TRY 4-H! programs. You will need to find a different location to host each program, recruit participants, and more.
- Run two TRY 4-H! programs between July 1—December 31, 2016. Each program runs for 1.5 hours.
- Attend a one-day training in January 2017. Location & date TBD; most likely held in southern VT.
- Run two TRY 4-H! programs between February 1—June 30, 2017.
- Complete a TRY Reflection after each program.
- Complete a TRY Data Sheet after each program.
- Assist with county and state events *(if asked and are available to help)*.
- Promote 4-H in county; be a positive role model.
- Keep track of all TRY 4-H! activity supplies.

Go to [www.uvm.edu/extension/teenleadership](http://www.uvm.edu/extension/teenleadership) and click on "Programs" to download the application.

For more information contact: Lauren Traister, 4-H Teen & Leadership Program Coordinator,  
Lauren.Traister@uvm.edu, 1-866-260-5603 x 402

If you require a disability-related accommodation to participate in this program  
please contact Lauren Traister at 1-866-260-5603 x 402 no later than May 15, 2016.



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