



4-H PUBLIC SPEAKING PROJECT



4-H THRIVE

Help youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

Goal Selection: Choose one meaningful, realistic and demanding goal.

Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal.

Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

The 4-H Public Speaking project focuses on supporting youth in developing and strengthening their abilities and confidence to speak in front of people. Giving presentations helps develop many life skills including the ability to speak in front of a group; organize ideas; and create and use graphics to support the spoken word. While there are many opportunities for youth to present in 4-H, this project focuses on practicing and providing feedback.

- Discover important leadership skills through presenting ideas to others.
- Practice presenting and receiving feedback from adults and peers in a safe environment.
- Participate in county, sectional, and state presentation days.

Learn about 4-H presentation categories: demonstration, illustrated talk, science or engineering presentation, educational display talk, informative prepared speech, persuasive prepared speech, impromptu speech, interpretive reading, sharing the 4-H fun skits, and cultural arts.

Starting Out *Beginner*

- Learn about the parts of a speech—introduction, body, and conclusion.
- Explore the mechanics of presenting, such as body positioning, standing, voice, eye contact, gestures.
- Learn about using effective visual aids such as posters or digital slides and props.
- Plan and deliver a practice speech in front of project members.

Learning More *Intermediate*

- Learn about effective ways to respond to questions.
- Practice varying your voice—volume, pitch, and dynamic—to see how it changes the message you are conveying.
- Select a topic and develop a presentation, including visual aids, and practice at a 4-H Club meeting.
- Watch experienced speakers, rate their performance, and compare them.

Exploring Depth *Advanced*

- Participate in county, area, and state 4-H presentation days.
- Film and then evaluate yourself presenting.
- Develop and deliver a persuasive prepared speech at a community event.
- Serve as a volunteer evaluator and provide feedback to younger youth just starting out.

The activities above are ideas to inspire further project development. This is not a complete list.



Expand Your Experiences!

Citizenship

- Present how 4-H impacts your community and deliver it to the city council, commission, or the County Board of Supervisors.
- After completing a service learning project, present your work to groups in your community.
- Participate in a Model United Nations program.

Healthy Living

- Present on a topic related to the annual 4-H special recognition category—
http://4h.ucanr.edu/4-H_Events/SFD/PD/Recognition_Opportunities/.
- Research ways to reduce anxiety when speaking in public and share them with others.

Science, Technology, Engineering, and Mathematics

- Participate in the Science or Engineering Presentation category at county, area, and state 4-H presentation days.
- Research, plan, and deliver a science-based speech to your 4-H group.

Leadership

- Serve as a Junior or Teen Leader for this project.
- Promote public speaking opportunities in your 4-H group for younger youth.

Resources

- CA 4-H Presentation Manual
<http://4h.ucanr.edu/Projects/Leadership/PublicSpeaking/>
- 4-H Exemplar Presentations
<https://www.youtube.com/user/California4H/>
- WSU Getting to the Point
<http://4h.wsu.edu/eM2778cD/pdf/EM4787E.pdf>
- Toastmasters Youth Leadership Program
<https://www.toastmasters.org/Membership/Community-Based-Programs>

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

Connections & Events

Presentation Days – Share what you’ve learned with others through a presentation.

Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.

Curriculum

- CA 4-H Presentation Manual
<http://4h.ucanr.edu/Projects/Leadership/PublicSpeaking/>
- PennState: 4-H Public Speaker’s Handbook
extension.psu.edu/4-h/
- National 4-H Communications Curriculum
<http://www.4-hmall.org/Category/4-hcurriculum-communications.aspx>

4-H Record Book

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit
<http://ucanr.edu/orb/>



University of California Agriculture and Natural Resources

Light Your Spark

Flex Your Brain

Reach Your Goals

Light Your Spark

Flex Your Brain

Reach Your Goals



FOR FUTURE INFORMATION

To order or obtain ANR publications and other products, visit the ANR Communication Services online catalog at <http://anrcatalog.ucanr.edu/> or phone 1-800-994-8849. You can also place orders by mail or request a printed catalog of our products from

University of California
Agriculture and Natural Resources
Communication Services
2801 Second Street
Davis, CA 95618
Telephone 1-800-994-8849
E-mail: anrcatalog@ucanr.edu

©2018 The Regents of the University of California. This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/4.0/> or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

Publication 8618

ISBN-13: 978-1-62711-048-8

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a protected veteran or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 [USERRA]), as well as state military and naval service.

UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to: John Sims, Affirmative Action Contact and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397. Email: jsims@ucanr.edu. Website: http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/.

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.



An electronic copy of this publication can be found at the ANR Communication Services catalog website, <http://anrcatalog.ucanr.edu/>. This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by ANR Associate Editor for Human and Community–Youth Development Lynn Schmitt-McQuitty.

California 4-H Project Sheet Series Authors

JOHN BORBA, 4-H Youth Development Advisor, UC Cooperative Extension, Kern County; CLAUDIA DIAZ, 4-H Youth Development Advisor, UC Cooperative Extension, Riverside and San Bernardino counties; MARCEL HOROWITZ, Healthy Youth, Families, and Communities Advisor, UC Cooperative Extension, Yolo County; ANNE IACCOPUCCI, 4-H Healthy Living Academic Coordinator, California State 4-H Office; SHANNON KLISCH; UC CalFresh Community Education Supervisor, UC Cooperative Extension, San Luis Obispo County; KENDRA LEWIS, 4-H Evaluation Academic Coordinator, California State 4-H Office; KATHERINE SOULE, Youth, Families, and Communities Advisor and Director of UC Cooperative Extension, San Luis Obispo and Santa Barbara Counties; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma counties.

Light Your Spark

Flex Your Brain

Reach Your Goals

Light Your Spark

Flex Your Brain

Reach Your Goals