

HEALTH

Members 14 years of age and older may apply Health and Safety State Achievement Record Award.

<i>Project # and Name</i>	<i>Skill Level, Age Time Commitment</i>	<i>Project Requirements for Completion, Project Judging and Fair</i>	<i>4-H Competitive and Educational Opportunities</i>
351 Staying Healthy	Beg. skill level all ages	<ul style="list-style-type: none"> ◆ Complete all activities or interest areas and tasks as outlined in project book guideline's section. <p>Miscellaneous Project Judging Requirements:</p> <ul style="list-style-type: none"> ◆ Project Book: Bring your completed project book with all 12 interest areas and activities completed. ◆ Health Project Educational Display: Create and bring an educational display on a selected topic from your project book. ◆ Project Interview: Answer questions about your project experience including general 4-H knowledge, project book knowledge and activities and educational display. ◆ State Fair Selection: One Jr. (8-13) and one Sr. (14-18) member may be selected. No member may be selected in more than one health related project (Staying Healthy, The Truth About Tobacco, Alcohol and Drug Abuse, First Aid in Action, Medicine Science and Safety, Tracking Your Health and Fitness, You're the Athlete, Your Thoughts Matter, Superhero You, Your Feelings Matter, Relationships 101). Only one member selected in Tracking Your Health & Fitness and Superhero You. <p>County Fair Exhibit Requirements:</p> <ul style="list-style-type: none"> ◆ Fair Exhibit: Bring educational display to exhibit in club's booth. 	<p>County Events 4-H Misc. Judging Tues., July 9, 3 PM - 7 PM, Fgrds., Annex</p> <p>Clark County Fair Club Booth and Exhibit Set-Up: Fri., July 19, 9 AM - 9 PM, Youth Bldg.</p> <p>4-H Winner's Revue: Tues., July 23, 7 PM, Entertainment Tent</p> <p>Ohio State Fair 4-H Project Judging Day: Wed., July 24, Lausche Youth Exploration Space</p> <p>Regional and State Contests 4-H Health and Safety Skits and Speeches – See Com. for details</p>
353 First Aid In Action	Beg. skill level all ages		
354 Medicine Science and Safety	Beg. skill level all ages		
355 Tracking Your Health and Fitness	Int. skill level all ages		
356 Relationships 101	Int. skill level youth in grades 5 to 12		
357 Alcohol and Drug Abuse	Adv. skill level youth in grades 5 to 12		
358 The Truth About Tobacco	Adv. skill level youth in grades 5 to 12		
359 Your Thoughts Matter	Adv. skill level youth in grades 5 to 12		
360 Your Feelings Matter	Beg. skill level all ages		
434 Superhero You	Beg. skill level all ages		
365:012 Disability Advocacy and Awareness	Adv. Skill level grades 5-12 1 to 3 Months Pro. Work Time		