



# NYS 4-H Code of Conduct

Our first priority is to create a safe, inclusive space for learning, sharing, and collaboration welcoming to people from diverse backgrounds, cultures and perspectives. Diversity includes, but is not limited to: race, color, religion, political beliefs, national or ethnic origin, immigration status, sex, gender, gender identity and expression, transgender status, sexual orientation, age, marital or family status, educational level, learning style, physical appearance, body size, protected veterans, and individuals with disabilities. CCE actively supports equal educational and employment opportunities. No person shall be denied admission to any educational program or activity on the basis of any legally prohibited discrimination. CCE is committed to the maintenance of affirmative action programs that will assure the continuation of such equality of opportunity.

All 4-H Participants—youth, families, volunteers, and Extension staff—in or attending any activity or event sponsored by Cornell University’s Cornell Cooperative Extension (CCE) 4-H Youth Development Program are required to uphold the values of the NYS 4-H program and conduct themselves according to these standards. The standards also apply to online activity, including social media internet presence.

## Ground Rules

The following Ground Rules apply to all 4-H participants and volunteers. In addition to these expectations, CCE volunteers are accountable to additional expectations outlined in the CCE Volunteer Code of Conduct. Extension staff is accountable to additional standards of professionalism that are outlined by position descriptions and CCE human resource policies.

1. **Create a Welcoming Environment for All.** Encourage everyone to fully participate in CCE and 4-H. Recognize that all people have skills and talents that can help others and improve the community. Though we will not always agree, we must disagree respectfully. When we disagree, try to understand why.
2. **Bring Your Best Self.** Respect and follow Cooperative Extension rules, policies, and guidelines that relate to 4-H Youth Programs and Events. Conduct yourself in a manner that reflects honesty, integrity, self-control, and self-direction. Accept the results and outcomes of 4-H contests with grace and empathy for other participants. Accept the final opinions of judges and evaluators. Be open to new ideas, suggestions, and opinions of others
3. **Obey the Law.** Commit no illegal acts. Do not possess or use illegal drugs, tobacco products, firearms, weapons, or any harmful object with the intent to hurt others at any time. (Firearms are allowed only as part of supervised 4-H Shooting Sports programming.) Do not attend CCE or 4-H activities under the influence of alcohol or controlled substances.
4. **Honor Diversity – Yours and Others’.** Respect and uphold the rights and dignity of all staff, volunteers, families, and youth who participate in CCE and 4-H programs. Follow [Cornell Cooperative Extension Non-Discrimination Policy](#).
5. **Create a Safe Environment.** Do not carelessly or intentionally harm youth or adults in any way (verbally, mentally, physically, or emotionally). Refrain from romantic displays and sexual activities either in public or private situations. Be kind and compassionate towards others. Do not insult or put down other participants. Harassment, bullying, and other exclusionary behavior aren’t acceptable. Be considerate and courteous of all youth and adults and their property.
  - a. Youth must stay in the designated dormitory lodging areas: boys may not be in girls’ dormitory or lodging areas and girls may not be in boys’ dormitory or lodging areas.



- b. Report any and all accidents, physical or verbal abuse or unsafe conditions that threaten the emotional or physical well-being of others or yourself to the NYS 4-H, Extension staff, and Event Coordinators as soon as possible.
- 6. **Be a Team Player.** Work cooperatively with Extension staff, volunteers, 4-Hers, and all involved in 4-H programs and activities. Be responsive to the reasonable requests of the person in charge. Respect the integrity of the group and the group's decisions.
- 7. **Participate Fully.** Participate in all of the planned programs, be on time and follow through on assigned tasks/responsibilities (including the completion of required records or reports) in a manner that insures the safety, well-being, and quality of the educational experience for self and others. Have fun!
- 8. **Watch What You Wear.** Use your best judgment. Wear clothing suited for the activity you will participate in. Clothing promoting alcohol and other intoxicants, or displaying messages that are racist, sexist, homophobic, or any other degrading message that detrimentally impacts the dignity and respect of members of our community are never acceptable. Don't wear revealing clothing, such as short skirts or shorts, midriff-baring tops, and sagging pants. If you are unsure about what is appropriate, contact the local CCE 4-H Educator in charge in advance.
- 9. **Be a Positive Role Model.** Act in a mature, responsible manner, recognizing you are role models for others, and that you are representing yourself, CCE, and the 4-H Youth Development Program. Be responsible for your behavior, use positive and affirming language, and uphold exemplary standards of conduct at all 4-H activities.

Consequences

Any of the following may be used, depending on severity of the situation:

- 1. Participant will receive a verbal warning.
- 2. Participant may remain at the event/activity, but may possibly be barred from a future event.
- 3. Participant may be asked to leave the event/activity. If a youth, the parent(s) will be called and the youth will be sent home at family's expense.

**I have read and understand the above and will abide by the NYS 4-H Youth Development Code of Conduct.**

\_\_\_\_\_  
**Signature of 4-H Youth or Adult** \_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Signature of Parent/Guardian (if youth)** \_\_\_\_\_  
**Date**

**4-H Program Year:** October 1, 2018 to September 30, 2019

Participant Full Name (please print): \_\_\_\_\_ County: \_\_\_\_\_

## NYS 4-H Permission Slip

Information in this form will be used to help ensure a safe, positive experience for you and/or your child. Only Cornell Cooperative Extension and 4-H staff (including the event coordinator and medical director) will be able to view this form and information will only be used as needed.

Activity Date(s) and Location: \_\_\_\_\_ Activity Director: \_\_\_\_\_

### Participant Information (please print):

Participant's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Check one:  Youth  Adult Volunteer  CCE staff

If youth: Parent/Guardian Name: \_\_\_\_\_ Parent/Guardian Phone: \_\_\_\_\_

Address (city, state, and zip code): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

### Medical Release

#### Family Medical and Hospitalization Coverage

Type of Insurance Coverage: \_\_\_\_\_ Subscriber of Policy: \_\_\_\_\_

Address of Insurance Company: \_\_\_\_\_ Identification/Policy #: \_\_\_\_\_

Family Physician's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

#### Medical History – please check all that apply

##### Medical Conditions

- Ear Infections
- Rheumatic Fever
- Convulsions
- Diabetes
- Asthma
- Other (specify): \_\_\_\_\_

##### Allergies

- Hay Fever
- Insect Stings
- Ivy Poisonings
- Penicillin
- Other (specify): \_\_\_\_\_

##### Food Allergies/Dietary Restrictions

- Peanuts
- Milk
- Eggs
- Tree Nuts
- Seafood/Shellfish
- Gluten Products
- Other (specify): \_\_\_\_\_

Date of Last Tetanus Booster: \_\_\_\_\_

Current Prescribed Medication (specify): \_\_\_\_\_

The nurse/medical director will inventory and collect all medications (with the exception of epi pens and inhalers) at registration, and keep them locked at the nurse's office. As needed, participants will request their medication from the nurse for self-administration. Any need for assistance (e.g., injection) will be referred to Gannett Health Center.

Please specify any other health concerns, physical activity restrictions, and/or any other information you want 4-H staff and chaperones to be aware of on behalf of your child's welfare.

#### Parent/Guardians

- I understand that I will be notified in case of serious injury or illness. However, in the event that I cannot be reached, I hereby give permission for my child named above to be medically treated by a physician or medical facility as appropriate.
- I hereby give permission for the nurse/medical director to inventory, collect, keep all medications and supervise my child's self-administration for the duration of the event, as described above.

#### Adult Participants

I give my permission to be medically treated by a physician or medical facility as appropriate, in the event of an emergency or illness.

Initials: \_\_\_\_\_

Initials: \_\_\_\_\_

Participant Full Name (please print): \_\_\_\_\_

County: \_\_\_\_\_

## NYS 4-H Permission Slip (page 2)

### Photo Release

Cornell University is granted permission to use and/or publish my or my child's photograph or image (including: audio, film, digital image or any other media) for educational purposes on their respective websites or for the promotion of their respective programs. I understand that I/my child/ward are not being compensated in any way for the use of our images and that I/we do not have approval over the final product in which it appears. I hereby release Cornell Cooperative Extension, Cornell University, and all persons acting under their permission or authority from any and all claims or liability arising out of use of our images. This release shall bind our heirs, guardians, assigns, and legal representatives.

Check here if you DO consent.

Initials: \_\_\_\_\_

### Program Evaluation Consent.

Through participation in Cornell Cooperative Extension and 4-H programs, you or your child may be asked to complete a survey about their experiences in the program or activity. The New York State 4-H State Office at Cornell University regularly uses data collected from these surveys for evaluation efforts designed to inform our programming and to provide better, more meaningful educational experiences in the future. Participation in the survey is anonymous, voluntary, and there is no impact on program participation if someone refuses to complete a survey. A participant, parent, or guardian may withdraw consent at any time and a participant may refuse any survey request at any time.

Check here if you DO consent.

Initials: \_\_\_\_\_

### Permissions Granted

I hereby consent or give my child permission to fully participate (subject to the restrictions noted) in the Cornell Cooperative Extension activity on the date(s) and at the location(s) indicated above.

Parent/Guardian or Adult Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **STARR 2019**

### **Friday 4/5**

- 5:30 p.m. Arrival & Registration
- 6:00 p.m. Dinner
- 6:45 p.m. Adult Orientation
- 7:00 p.m. Opening Ceremony
- 7:30 p.m. Roundtable # 1 (1 hour)
- 8:30 p.m. Friday Night Activity
- 10:15 p.m. Free Time & Snacks
- 11:00 p.m. LIGHTS OUT

### **Saturday 4/6**

- 7:30 a.m. Breakfast
- 8:30 a.m. Roundtable # 2 (40 min)
- 9:10 a.m. Long Workshop (session1)
- 10:10 a.m. Free time
- 11:00 a.m. Short Workshop # 1
- 12:00 p.m. Lunch
- 12:50 p.m. Roundtable # 3 (40 min)
- 1:30 p.m. Long Workshop (session 2)
- 3:00 p.m. Free Time & Snacks
- 3:20 p.m. Short Workshop # 2
- 4:20 p.m. Roundtable # 4 (40 min)
- 5:00 p.m. Prepare for Dinner
- 5:45 p.m. County Photos
- 6:30 p.m. Dinner
- 7:30 p.m. Keynote Performance
- 8:30 p.m. Dance @ Empire Room
- 8:30 p.m. Movies & Board Games @ 4-H Youth Bldg
- 10:45 p.m. Return to 4-H Youth Bldg
- 11:00 p.m. Free Time & Snacks
- MIDNIGHT LIGHTS OUT

### **Sunday 4/7**

- 7:30 a.m. Breakfast
- 8:30 a.m. Roundtable # 5 (45 min)
- 9:15 a.m. Community Service
- 10:30 a.m. Roundtable # 6 (1 hour)
- 11:30 a.m. Closing Ceremony

## **2019 State Teen Action Representative Retreat Workshops**

**April 5-7, 2019**

**NYS Fairgrounds**

**Long Workshops – Choose One**

**3 Hours total broken into 2- 90 minute workshops!**

### **Earth Art & Digital Storytelling**

Painting, Pictures, Maps, Soils and Storytelling are all part of this workshop that has something for everyone. Come use your creative side to PAINT a work of art using SOILS from around the world. Bring a soil sample from your own home town and snap a PICTURE of the location to add local color to your painting and to your digital STORYTELLING. Learn about the value of soil to food security, economic development and healthy living. Use StoryMAPS to chart and illustrate your adventure and share the “dirt” on soil with the world. Meet and learn from award winning artist and scientist, Kirsten Kurtz, Check out these videos on soil painting:

<https://youtu.be/fuAbbeSy02k>

<https://www.facebook.com/CornellCALs/videos/1146557185477836/>

### **Outdoor Cooking- Traditional Fun with a Hi-Tech Twist**

Everyone knows how fun it is to prepare meals out doors on an open fire. But now you can learn how to take all the traditional fun way beyond the usual. In this workshop you will explore the basics of the outdoor cooking wood fires, and the science behind efficient, “clean” fires. Participants will also construct their own hi-tech tin can outdoor cooking “rocket Stove.” You will also get to explore how some of the most up to date, hi-tech bio fuel stoves work and how they allow us to “Act Local and Think Global” for healthy living. Participants are encouraged to take what they learn back to their own local clubs and community.

### **Reverse Tie-Dye – Time to Explore**

This workshop is much the same as short workshop, with an added bonus- time to explore many techniques! We will find out what happens when you scrunch, fold, twist and roll fabric and intentionally apply bleach to it. The effects are endless and always one of a kind. Each participant will leave with a unique t-shirt of your own design. Warning- the effects of bleach are permanent, so be sure to wear old clothes!

### **Survival Basics**

Developing a mindset that kicks into survival mode when the situation demands. Determining what equipment is necessary, how to use it, when to use it and where to procure it. Learn what a survival daypack consists of and where to obtain the materials for it. Participants will make some of the fire starting elements.

### **Career Explorations Planning Team**

This workshop is for the Career Explorations Planning Team (Focus Assistants and Educators) to begin team building and program planning for the 2019 Career Explorations Conference.

### **Body Image and Body Positivity**

During the first half we will explore different body images and talk about what the media puts out about body image and how it makes us feel. During the second half we will discuss body positivity and what that means and how we can express it.

## **Long Workshops Continued...**

### **DIY Scrumptious Salutations**

For the first half we are going to make face masks, soaps, and body scrubs. There may be a possibility to make candles if there is enough time. For the second half we are going to make chocolate pretzels, hollow out candy apples, trail mix, and smores.

### **Wild Edibles**

You can eat that? Explore the NYS 4H new Wild Edibles Curriculum which includes emphasis on sustainable identification, and preparation of several wild plants found in the Northeast. Identify what is growing around the 4H building. Sample some recipes!

**Short Workshops** – Choose Four, first and second choice for both AM and PM workshops  
1 Hour Total

### **Mac Attack**

Learn how to make mac and cheese from scratch. Learn about the benefits of making homemade food with real ingredients rather than purchasing pre-packaged foods. Learn the "mother sauces" and how to make a roux.

### **Aging Whitetail Deer**

This workshop will be a lecture-based workshop designed to teach what to analyze to field the age of whitetail deer.

### **Sheep Handling & Management Skills**

Hands-on experience in Sheep Handling, Hoof Trimming, Dental Aging, & using the FAMACHA Anemia Guide for parasite management.

### **Felted Soap**

You may have seen these soap sweaters at farmer's markets and small boutiques. Join your friends in some good, clean fun! We'll learn the science behind felting and utilize NYS and other wool roving to complete two felted soap bars. The wool creates a thin wool sweater that helps soap last longer, is a gentle exfoliator and they make great decorative items and gifts. Creative packaging will also be explored!

### **Reverse Tie-Dye- The Down & Dirty**

We all know what happens when you accidentally get bleach on clothes, but what happens if you do it on purpose? In this mini-lesson, you will learn about the effects of bleach on color and you will purposefully create a one of kind t-shirt. Beware- the effects of bleach are permanent, so wear old clothes.

### **How to Cross-Stitch**

Introduction to the basics of counted cross stitch. Students will start a ladybug motif cross stitch that can be framed or used as a patch when completed.

## **Short Workshops Continued...**

### **4-H Safe and Brave Spaces**

We aim to grow 4-H as a safe and brave place for youth and adults to find true belonging as they explore, understand, and embrace all of the beautifully rich and complex aspects of their identity. What do safe and brave spaces look like? How can you be a leader creating in them in 4-H for yourself and others? How can we work together to nurture belonging and increase equity in our 4-H programs? Join this workshop to help us explore these questions and resources for personal growth and community impact.

### **"Wish Upon A Jar"**

DIY!, come make your own tasty snacks. Be healthy, Be unhealthy, treat yourself. You will be decorating your own snack filled jar with delicious treats.

### **REFIT - a "music+movement" fitness experience**

REFIT is a HEALTHY LIVING, fun, engaging, participatory fitness workshop for everybody and every body. It is a "music+movement" experience that adds resistance training elements to give you a total body workout. We know that you want to be inspired to make positive changes and in order to do that, you need an encouraging community and an empowering workout. REFIT believes that fitness should change more than your body, which is why we've created a powerful, positive workout that changes you from the inside out.

### **Outdoor Cooking**

Why cook outside? For starters, outdoor cooking is as old as mankind. The first efforts at cooking food were not done in any oven, but instead in fires made in the great outdoors. In our modern era of instantaneous gratification, the myriad of appliances and other machinery created for the express purpose of making our lives as filled with ease as possible has done just that – made menial tasks easier. It unfortunately has also resulted in a loss of basic traditional skills, such as that of cooking directly over a fire. This hands-on, interactive class will combine information with guidance to provide participants with the basic skills to start developing their own proficiency in outdoor cooking. This class will be held, rain or shine, so please come dressed for the weather, make sure to wear flame-retardant clothing, and notify the instructor if you have any food allergens.

### **Fighting Stereotypes**

We will air a documentary filmed and edited by local 4-H teen leaders about racial discrimination and propose ways to move past stereotypes through dialogue and discussion. Please come with your questions and remain open and curious.

### **Tai Chi for Better Health**

If you interested in discovering an easy way to decrease stress and improve your wellbeing than look no further! This workshop will introduce you to an ancient Chinese form of martial arts that also boasts of surprising health benefits for all ages and abilities. Based on several Sun Style forms, which combines Tai Chi movements and Qigong breathing techniques, it's easy to learn and practice anywhere.

### **Banking 101**

Students will learn about the different accounts that you can open at your local bank (checking, savings), debit cards vs credit cards, how to deposit money, how to withdraw money, and how to write a check.