



# 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, share 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 health related to the annual 4-H special recognition category—  
[http://4h.ucanr.edu/4-H\\_Events/SFD/PD/Recognition\\_Opportunities/](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

- National 4-H Volunteer Resources: Communications  
<http://www.4-h.org/resource-library/4-h-volunteer-resources/communications/>
- 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>
- Speakers League  
<https://speakersleague.com/>

### 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 county 4-H office to determine additional opportunities.

### 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/](http://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/>

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**University of California** Agriculture and Natural Resources

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