4-H Healthy Living Teen Advocates will work with University of Idaho Extension to implement the 4-H Healthy Living Program – nutrition, physical activity, social well-being and community health.

**Time Commitment:** January to October 2021.

**Teen Advocate get to:**
1. Join monthly online (Zoom) meetings, on Wednesday’s beginning January 27, 2021.
2. Attend the virtual National Youth Summit, February 12-15, 2021
3. With a University of Idaho 4-H staff or Educator, complete one of the following:
   - Teach eight nutrition lessons. (Lesson planning and information is provided during monthly Zoom meetings.)
   - Work on a Well Connected Communities project (Marsing, Caldwell, Preston).
   - Design and deliver a community health project.
4. Promote healthy living at community events. The focus can be on nutrition, physical activity, social well-being, or community health. We will help you figure out a great project!

**Benefits for You:**
- Receive training on the best healthy living strategies – nutrition, physical activity, social-well-being.
- Stipend for community project and volunteer time (Zoom meeting hours not included) up to $600.
- **FREE Healthy Living Bag** with tools, gadgets, and materials to participate in Zoom meetings and help you volunteer within your community and county, promoting healthy living.
- Gain experience working with younger youth.
- Build leadership skills through new experiences.
- Count hours toward high school community service requirement or senior project.

**Required Monthly Zoom Meetings beginning Wednesday January 27 through September 1, 2021, 6:30-8:00p.m. (Mountain time).**
- Zoom meeting on Wednesday with the expectation you join 75% of them. See attached meeting schedule.

**You must meet these MINIMUM QUALIFICATIONS:**
- Must be 14 - 18 years old at time of application. (12 - 18 years if with the Well Connected Communities in Marsing, Caldwell, or Preston)
- Must be in 9th – 12th grade or equivalent home-school or online school. (Middle – High school if with the Well Connected Communities in Marsing, Caldwell, or Preston)
- Must be willing to participate in online meetings.
- Be interested in teaching health skills to other youth.
- Respond to texts, phone calls and emails from 4-H faculty and staff.
- No prior healthy living experience is needed.

**It is great if you also have these DESIRABLE QUALIFICATIONS:**
- Basic knowledge/experience in the areas of health and fitness, sports, or nutrition.
- Ability to follow directions, complete assignments and meet deadlines, and work cooperatively with others.
- Ability to speak Spanish fluently (for specific locations).
APPLY to be a Teen Health Advocate:

2. Have your county-based 4-H Coordinator or Extension Educator sign application. (List of county Extension, https://www.extension.uidaho.edu/find.aspx)

Email completed application packets as a Word doc or PDF to:
Maureen Toomey, University of Idaho Extension, 4-H Youth Development
1904 E. Chicago Street, Suite A-B
Caldwell, Idaho 83605 | Phone: 208-454-7648 | mtoomey@uidaho.edu
PART 1

Application for Teen Health Advocate
Application due January 21, 2021!

Name (exactly as it appears on your legal identification):
___________________________________________________________________________________
First Middle Last
Name for Name tag: ____________________________ Your Date of Birth: ____________________________
First & Last Month/Day/Year
Mailing Address: ____________________________________________
Street City State County Zip Code
Your Cell Phone: ____________________________ Your Email: __________________________________
Parent Name: __________________________________
First and Last
Parent Cell Phone: ____________________________ Parent E-Mail: ____________________________
University of Idaho Extension Educator or 4-H Coordinator Name: ____________________________
School Name: ____________________________________________ Current Grade: __________
School Address: ____________________________________________
Street City State Zip Code
Principal’s Name: _______________________________________

1. Are you available to attend the 75% of the Teen Health Advocate meetings on Wednesday's from 6:30-8:00p.m. Mountain Time? ☐ YES ☐ NO

2. Are you willing to meet all Requirements for Teen Health Advocate listed above? ☐ YES ☐ NO

3. Do you have reliable transportation (family support) to get to assigned teaching site or community event within your community? ☐ YES ☐ NO

4. Are you activated in 4-H Online? ☐ YES ☐ NO
   OR, is your parent willing to ‘enroll you’ or ‘activate your profile’ in 4-H Online? ☐ YES ☐ NO
PART 2

Previous work or volunteer experience

Name of Employer/Organization: ________________________________________________________________

Name of Supervisor: ___________________________________________ Phone Number: ___________________

Address: _________________________________________________________________________________

Street City State Zip Code

Length of Employment/Volunteering (include dates): _____________________________________________

Position & Duties: _________________________________________________________________________

__________________________________________________________________________________________

Reason for Leaving: ________________________________________________________________________

May we contact supervisor as a reference: □ YES □ NO

I certify that information contained in this application is true and complete. I understand that false
information may be grounds for not being accepted as a teen advocate. I authorize the verification of any or
all information listed above.

Teen Applicant Signature:__________________________ Date___________

Parent Signature: ______________________________ Date___________

4-H Coordinator or Extension Educator Signature: __________________________ Date___________
(From the county where you live)

The University of Idaho provides equal opportunity in education and employment on the basis of race, color, religion, national origin,
gender, age, disability, or status as a Vietnam-era veteran, as required by state and federal laws.