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

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

**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/
- 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

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### 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/

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### 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/
- National 4-H Communications Curriculum http://www.4-hmall.org/Category/4-hcurriculum-communications.aspx

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.

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