



# VOLUNTEER AND TEEN FORUM

Grow and Glow

November 23-24, 2024

The Carousel Hotel in Ocean City

Who: 4-H members age 13-18,  
4-H volunteers and professionals

Why: To support networking, connections  
and learning for teen and adult leaders



## Join us for the 2024 Maryland 4-H Volunteer and Teen Forum in Ocean City, MD!

This event is open to all 4-H volunteers, parents, teens and educators, and provides time to meet others from around the state and learn more about all the wonders of the 4-H program. This is an excellent opportunity for teen and adult volunteers to learn the knowledge and skills necessary to be leaders in their local 4-H programs. This event can also be used as a family “get-away” due to the location and opportunities provided for youth to learn and have fun simultaneously, while their parents are attending workshops.

The Forum provides professional development workshop sessions and hands-on, educational evening activities on Saturday and connection opportunities for youth and adult leaders on Sunday. This year’s workshop topics include a focus on Thriving, Connections, STEM and Service. Sessions are designed for teens (actual age 13-18) and adult volunteers and 4-H professionals. The youth classes will also be offered on Saturday during the workshop sessions (for parents attending the Forum) and are guaranteed to engage and educate youth Clovers (4-H age 5-7), Juniors (4-H age 8-10,) and Intermediates (4-H age 11-13).

**But wait! That’s not all!** To add to the fun, there will be engaging activities on Saturday night, opportunities to connect, and energizers at all large group gatherings. We will round out the weekend

with a youth and adult partnership on Sunday followed by a Maryland 4-H State Council Open House that is open to all!

## Come join us for the perfect mix of fun, connections and learning.

The **Carousel Oceanfront Hotel & Condos**, Ocean City is our destination for the weekend, which is truly a home away from home. Basic accommodations feature a fully-equipped kitchenette and plush furnishings for the ultimate comfort in Ocean City. Each accommodation also offers a full array of modern amenities, including complimentary Wi-Fi, HDTV with cable, and convenient pull out sofa beds for additional guests.

What better way to spend a weekend than relaxing with friends on the ocean front.

**\* Registration fees must be paid in full by credit or debit card linked to your 4-H Online event registration. If your local 4-H program agrees to pay part or all of your registration, you will need to make arrangements for reimbursement.**

Only complete registrations will be approved and only approved participants will be able to attend.

You will receive an email from 4-H Online confirming your approved registration. **Thank you and we hope to see you at the Volunteer and Teen Forum.**

If you need a reasonable accommodation to participate in this event or activity, please contact your local University of Maryland Extension Office at least two weeks prior to the event.

**This year's program includes:**

**Saturday, November 23<sup>rd</sup>**

- 7:30-10:00 am Forum Check In
- 8:30-9:30 am Breakfast (full time registrants)
- 9:30-10:00 am Welcome and Getting Started
- 10:15-12:30 Volunteer and Teen Workshops & Youth Classes
- 12:30-1:30 pm Lunch and Connections (all registrants)
- 1:45-4:00 pm Volunteer and Teen Workshops & Youth Classes
- 4:00-7:00 pm Explore Ocean City and Dinner on Your Own
- 7:00-9:00 pm Evening Activities and Connections



**Sunday, November 24<sup>th</sup>**

- 8:30-9:30 am Breakfast (full time registrants)
- 9:30-10:30 am Volunteer and Teen Leadership Connection- Sharing your Spark and Inspiring Others
- 10:30-11:30 am State Council Open House
- 11:30 am Farewell






Sessions provide Camp Training Hour




**1<sup>st</sup> Session 10:15-11:15**

Virginia	Maryland	Washington	Delaware
<p><b>Say This, Not That: Working Through Big Feelings from the "Inside Out!"</b> By Amanda Wahle &amp; Camp Action Team</p> <p>Communication plays a big part when supporting and understanding other feelings, behaviors, and actions. Our words matter! With the help of our friends from the movie "Inside Out" let's explore ways to adjust our words and be more supportive of the feelings we are all navigating.</p> 	<p><b>Healthy Animals   Healthy YOUth: Zoonosis Education Resources</b> By Chris Anderson, Sheryl Bennett, Ashley Travis, &amp; Kai Huang</p> <p>Zoonotic disease, or zoonoses, is of growing importance in our society, especially among youth engaged in animal agriculture. Zoonotic diseases can spread between animals and people, and show how human health is related to the health of animals and their environment. Join us for a hands-on exploration of the many teaching resources from this project that are ideal for leading important hands-on activities at club meetings, county workshops and shows and expos.</p>	<p><b>Out of the Box Officer's Training</b> By Marylisa Schaedel</p> <p>Fun, interactive lessons to teach 4-Hers and Volunteers parliamentary procedure. Participants will have the opportunity to try several hands on activities to implement at a future club meeting or Officers Training Workshop.</p>	<p><b>Talking About Communication: 4-H Style</b> By Navonne Owen</p> <p>Many people use the term communication and public speaking interchangeably. But, is there a difference? Simply put, YES! Communication and public speaking are the root of our daily lives - school, work, home life, meetings, events, and programs; which is certainly true for 4-H. However, these are skills that do not always come natural or easy for most youth, or even adults. Participants will explore what the true difference is and why both communication and public speaking are each important (for the individual and society), and will discover strategies for incorporating communication and public speaking experiences and skills in their lives and with their 4-H clubs. A key component of the presentation is providing an experiential learning opportunity.</p> 



**2<sup>nd</sup> Session 11:30-12:30**

Virginia	Maryland	Washington	Delaware
<p><b>Allow Me to Introduce Myself: Pronouns and Inclusive Language</b> By Arnelle Quashie</p> <p>Have you heard someone say “My pronouns are...” and don't understand what that means and why they are sharing it in the first place? Learn about the increased visibility and expression of gender expression and pronouns, how to use someone's pronouns, and the importance it plays in creating a safer and brave space for LGBTQ+ youth and adults.</p> 	<p><b>4-H Club Meetings in a Bag</b> By Barbara Barga</p> <p>Do you ever feel that you need new, fresh program ideas to use in your club meetings? If so, this workshop is for you. We will explore ways to make exciting 4-H Club meetings which are easy to put together. This session will be active and fun!</p> 	<p><b>Forest Clover: The Natural Resources Component of 4-H</b> By William O'Boyle, Angela Frye, &amp; Grace Worth</p> <p>This workshop will include several unique activities and thought experiments for teens and volunteers about how to incorporate natural resources and the environment into their home clubs. Whether your club's focus is in natural resources directly, or fashion, livestock, gardening, cooking or any other specificity you can use natural resources to help develop programs and add a different perspective to your 4H projects. We will go over some activities to use as icebreakers and projects, as well as opportunities available to you as a young adult/teen or as a club leader to include natural resources and nature based programing.</p> 	<p><b>Positive use of Social Media &amp; 4-H</b> By Erica Willing &amp; Karli Abbott</p> <p>Keeping up with the forever revolving Social media trends from “Mememes” to “Reels” and using them positively to highlight your club or county events and the positive impact 4-H has in the community.</p>

**3<sup>rd</sup> Session 1:45-2:45**

Virginia	Maryland	Washington	Delaware
<p><b>Buttons and the Bat Band: Finding Humor, Support, and Connection When Camp Starts to Feel Batty</b> By Amanda Wahle, John Wahle, Arnelle Quashie, &amp; Jake Macary</p> <p>Balancing fun with safety and risk management is the challenge of camp. Throw in a late-night problem, or midday crisis and the team start to feel a bit batty. Join us to look at ways to pivot and problem solve through humor and connection. Together we can use our strengths, passion, and creativity to find effective solutions to tricky situations.</p> 	<p><b>4-H Club Leadership – Best Practices for a Successful 4-H Club Year</b> By Erin Kline</p> <p>In this session you will learn ways to have a successful 4-H year. We'll cover: how to create a positive club culture, communication - from good to great, youth leadership and more. Great for first time Club leaders, club officers or more seasoned leaders looking for a refresh.</p>	<p><b>What Does It Mean to Work with Neurodivergent Youth?</b> By Kelly Bryant</p> <p>Have you ever experienced a younger 4-H'er have an emotional outburst at camp or at a club meeting and you have no idea why? Have you struggled with how to help a 4-H'er that may process information differently than what you are used to in your environment? If you answered yes to either question, this workshop is for you! Come learn the meanings, types, and examples of neurodivergence and strategies to help ALL 4-H youth be successful in ALL settings.</p> 	<p><b>Enhancing Acceptance and Belonging in 4-H: Understand LGBTQ+ Youth and Families</b> By Dr. Jeff Howard</p> <p>LGBTQ+ youth are coming out at much earlier ages as well as straight children having same sex parents is an increased norm. Developing an understanding of the LGBTQ+ community will enhance 4-Hs ability to engage diverse audiences. This workshop will explore the what an LGBTQ+ child may be experience in adolescence as well as their families. This workshop will share the latest research, statistics regarding LGBTQ youth and adults as well as trends in LGBTQ acceptance. The workshop will showcase how to enhance 4-H clubs to create more welcoming spaces of belonging.</p> 

4<sup>th</sup> Session 3:00-4:00

Virginia	Maryland	Washington	Delaware
<p><b>We're All in This Together: Using Activities to Foster Inclusion and Belonging</b> By Amanda Wahle &amp; Camp Action Team</p> <p>This is a hands on, get out of your seats session! We will showcase the activities included in the new team-building backpacks each county program has received. Activities can be used in trainings, club meetings, and at camp to help connect our youth and volunteers.</p> 	<p><b>MD Health Rocks!</b> By Amy Lang, Vernelle Mitchell-Hawkins, Navonne Owens, &amp; Arnelle Quashie</p> <p>Movement, laughter, skits, and craft your way to learning healthy habits skills, and practices. Through Health Rocks! youth will develop resiliency in the face of change and stress and strengthen their life skills and talents.</p>	<p><b>Global Opportunities in 4-H</b> By Joseph Cho, Anna Glenn, &amp; Addison Eader</p> <p>Come learn about all the opportunities in Maryland 4-H to explore the world! Whether you want to leave your house or not, there is always a way to engage your global mind and connect with the world at large. More and more employers are looking for candidates who can think global but act local so take time now to broaden your mind and explore new ideas.</p>	<p><b>Communication for Tomorrow's Leaders - Practicing Effective Speaking and Listening Skills</b> By Michelle Harman &amp; Jessica Mellon</p> <p>You can speak and you can listen, but can you communicate? This workshop will describe communication styles, interruptions to listening, and listening to understand. Various interactive techniques will be used to demonstrate what effective communication is and what can get in the way of effective communication. Group discussion and hands-on activities will be utilized to enhance the learning process and promote retention of the materials learned. Attendees will learn the importance of being intentional in the message being sent, as well as, the medium and style used to deliver the message. Attendees should be prepared for full participation to gain the most from the skills presented in this workshop.</p> 

Youth Classes ....

**Clovers (5-7 year olds) & Juniors (8-10 year olds)**

The morning session will be from 10:00 am 12:30 pm and the afternoon session will be from 1:30 pm-4:00 pm. Parents will be expected to pick their child up for the lunch break from 12:30 pm-1:30 pm.

**See the registration and fee information section to make your plans! Youth's parent/guardian **must** be enrolled in Forum workshops.**

**Mad Scientist!**

Join us for a fun day being a scientist! You will be making cool experiments. Try creating elephant toothpaste, slime and more. You will be the "Mad Scientist."

**Intermediates (11-13 year olds) Health Rocks!**

Health Rocks! is a 4-H Healthy Living Program based on decision-making and appropriate health knowledge. Youth will be given additional activities to complete on their own to reinforce the knowledge gained during the session.

Additional activities...

**Saturday Evening Activities-** Enjoy informal connections and fun with fellow participants on Saturday, November 23<sup>rd</sup> from 7:00-9:00 pm! Activities will include:

**STEM Engineering Challenge-Architecture**  
Learn the intricate art of engineering through architecture.

**Let's Sew Together!-** Come unwind and learn how to sew a pillowcase. All are welcome, but space is limited.

And much more!

