4-H Public Speaking Project

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, sharing 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 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.

### Resources
- CA 4-H Presentation Manual
  [http://4h.ucanr.edu/Projects/Leadership/PublicSpeaking/](http://4h.ucanr.edu/Projects/Leadership/PublicSpeaking/)
- 4-H Exemplar Presentations
  [https://www.youtube.com/user/California4H/](https://www.youtube.com/user/California4H/)
- WSU Getting to the Point
  [http://4h.wsu.edu/eM2778cD/pdf/EM4787E.pdf](http://4h.wsu.edu/eM2778cD/pdf/EM4787E.pdf)
- Toastmasters Youth Leadership Program
  [https://www.toastmasters.org/Membership/Community-Based-Programs](https://www.toastmasters.org/Membership/Community-Based-Programs)

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### Connections & Events

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<th>Connection &amp; Event</th>
<th>Curriculum</th>
<th>4-H Record Book</th>
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<tr>
<td><strong>Presentation Days</strong> – Share what you’ve learned with others through a presentation.</td>
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<td><strong>Field Days</strong> – At these events, 4-H members may participate in a variety of contests related to their project area.</td>
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<td>Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.</td>
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| CA 4-H Presentation Manual
  [http://4h.ucanr.edu/Projects/Leadership/PublicSpeaking/](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](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. |
| To access the 4-H Record Book online, visit
  [http://ucanr.edu/orb/](http://ucanr.edu/orb/) |

University of California Agriculture and Natural Resources

Author of 4-H Public Speaking Project Sheet Steven Worker
UC ANR 4-H Youth Development Program • http://4h.ucanr.edu
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University of California
Agriculture and Natural Resources
Communication Services
2801 Second Street
Davis, CA 95618
Telephone 1-800-994-8849
E-mail: anrcatalog@ucanr.edu

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California 4-H Project Sheet Series Authors

JOHN BORBA, 4-H Youth Development Advisor, UC Cooperative Extension, Kern County; CLAUDIA DIAZ, 4-H Youth Development Advisor, UC Cooperative Extension, Riverside and San Bernardino counties; MARCEL HOROWITZ, Healthy Youth, Families, and Communities Advisor, UC Cooperative Extension, Yolo County; ANNE IACCOPUCCI, 4-H Healthy Living Academic Coordinator, California State 4-H Office; SHANNON KLYSCH, UC CalFresh Community Education Supervisor, UC Cooperative Extension, San Luis Obispo County; KENDRA LEWIS, 4-H Evaluation Academic Coordinator, California State 4-H Office; KATHERINE SOULÉ, Youth, Families, and Communities Advisor and Director of UC Cooperative Extension, San Luis Obispo and Santa Barbara Counties; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma counties.