



BILL OF RIGHTS FOR 4-H MEMBERS

North Carolina 4-H Shooting Sports

The following statements are based upon a bill of rights for young athletes adopted by a team of sports psychologists as a standard for youth sports. They were adopted as foundation rights by the National 4-H Shooting Sports Development Committee many years ago, and they remain at the core of that program. Every person participating in the 4-H Program has the right to:

- Participate in the 4-H program with equal standing
- Participate at a level commensurate with their maturity and ability
- Participate with the assistance of qualified adult leadership
- Participate as a child, not as an adult
- Participate in the decision-making and leadership of their 4-H program experiences
- Participate in safe, healthy and supportive environments
- Become properly prepared for participation in their selected 4-H activities
- Enjoy equal opportunity to strive for success
- Experience the opportunity to set and strive for personally defined goals and objectives
- Be treated with dignity and respect
- Have fun in their 4-H participation

Adapted from Coaching Young Athletes by Martens, Christina, Harvey and Sharkey, Human Kinetics Publishers, Champaign, IL: after Guidelines for Children's Sports by Martens and Seefeldt, American Alliance of Health, Physical Education and Dance; Professor and Extension Specialist, 4-H Youth Development, Texas Agricultural Extension Service