



National 4-H Week: Tell Your 4-H Story!

National 4-H Week is a great time to tell your 4-H story to elected officials, donors and community partners. When developing your 4-H story, remember these four key points:

- **Part 1: About You**
 - What is 4-H and how long have you been involved?
 - What is one of your sparks? (interests or passions)
 - What are your plans for the future?

- **Part 2 – 4-H Projects, Activities and Service**
 - What are your 4-H project areas?
 - What skills have you learned in 4-H?
 - What service projects have you been involved in through 4-H? How have they made a difference in your community?

- **Part 3 – Leadership and Citizenship**
 - How has 4-H helped you become a better leader and citizen?
 - What types of citizenship projects or leadership roles have you been involved in?

- **Part 4 – 4-H's Impact on You**
 - What has being a 4-H member meant to you?
 - How has 4-H helped you identify your Spark?
 - How can someone learn more about 4-H?

After you develop your story, you want to share your story with others! Talk to your 4-H Agent about getting on the calendar to speak at a County Board of Commissioners Meeting, write a letter to your State Representative or Senator, create a social media post to share through your county social media accounts or write a piece for the local newspaper. There are endless opportunities to share your 4-H story, to encourage others and to celebrate National 4-H Week.

How to contact your State Representatives and Senators:

- Find your Legislators : <https://www.ncleg.gov/FindYourLegislators>
- Contact your Representative: <https://www.ncleg.gov/House>
- Contact your Senator: <https://www.ncleg.gov/Senate>

Appropriate Forms of Written Address Are:

Senator

The Honorable Chris Clover
Address

Dear Senator Clover

Representative

The Honorable Chris Clover
Address

Dear Representative Clover

Appropriate Forms of Verbal Address Are:

Senator Clover

Congressman/Congresswoman Clover
Representative Clover

How to contact your County Clerk

- <https://www.ncacc.org/DocumentCenter/View/4984/Contacts-for-county-clerks-to-the-board?bidId=>

Resources:

- California 4-H Record Book Manual – My 4-H Story Instructions
- Citizenship Washington Focus Coordinator Handbook – 2017
- National 4-H Conference Handbook
- The University of Wisconsin -Madison – 4-H Story Elevator Speech Worksheet

When it is safe to do so, you might want to consider making a trip to Raleigh to visit your State Representatives and Senators or contact them to schedule a meeting when they are in your district.

Things to Remember During Legislative Visits

- Make sure that you are neat and clean in appearance
- Make sure you arrive a few minutes early. Arriving early will allow you time to gather your thoughts and not feel rushed during your meeting.
- Be respectful to everyone you meet.
- When shaking a legislator, aide, or any government official's hand, grasp it gently, but firmly. Don't try to "out-squeeze" the person whose hand you're shaking!
- Be prepared for your legislator to potentially cancel your meeting. Many General Assembly members are part of special committees and will be working on different bills and budgets for the state. Sometimes one of their commitments will overlap, and they will be required in attendance for one of these various things – should this happen, make sure to stop by their office anyways and talk to their LA or other aides!
- Come to any meeting prepared with questions for your legislator. Ask them about what they are working on, what it is like to be a legislator, what their favorite part of the job is, etc.
- Make sure to express how important 4-H is to you and be prepared for them to ask you about your own 4-H experiences!
- If pictures are taken, give your best smile.
- When your meeting is concluded, thank the legislator for their time, and for their commitment to North Carolina.
- Have fun! Not only is this a chance for you to see the going-ons of government, it is a chance for you to see how you are a part of things.

