

# 2024 Ohio 4-H Health HEROES Contract

## Ohio 4-H Healthy Living

I, \_\_\_\_\_ agree to actively participate in Ohio 4-H Health HEROES. I understand that I must follow the Ohio 4-H Code of Conduct. If at any time I feel I cannot fulfill my responsibilities as a Health Hero, I will immediately notify the State 4-H Healthy Living Educator.

As an Ohio 4-H Health Hero, I agree to the following (please ✓ once you've read):

### Roles & Responsibilities

\_\_\_ Attend all required trainings of Ohio 4-H Health HEROES (see schedule on website)

I understand that I must not have more than 1 unexcused absences during the year otherwise, I may be removed from the program. **To have an excused absence I, not my parents or friends, must let the State 4-H Healthy Living Educator know about my absence.** If I miss a meeting it is my responsibility to reach out and find out what I must do to make-up for the meeting I missed.

\_\_\_ Be currently enrolled in 4-H and in grades 9-12 at the beginning of the 2023-2024 academic school year.

\_\_\_ Be available to serve as a 4-H Health Hero from October 2023 through August 2024.

\_\_\_ Complete teaching and/or advocacy activities promoting healthy living in your local community.

\_\_\_ Have a local trusted adult 4-H volunteer or OSU Extension Employee as an Adult Mentor.

\_\_\_ Keep up-to-date on 4-H Health Hero activities by consistently checking and responding to communication from program staff in a timely manner.

\_\_\_ Be interested in learning about healthy eating, leading an active lifestyle, and other health-related topics.

\_\_\_ Be excited to teach others about nutrition, physical activity, mental health, and drug prevention.

\_\_\_ Create an "Action Plan" to impact health in your local community, record activities conducted, and report to State 4-H Healthy Living Educator.

\_\_\_ Present your results and findings of conducting your "Action Plan" at the Ohio State Fair on Health Day.



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# Contract continued...

As an Ohio 4-H Health Hero, I agree to the following (please ✓ once you've read):

## Character Agreement

- \_\_\_ Be responsible and trustworthy.
- \_\_\_ Be passionate about making a difference in your community.
- \_\_\_ Actively share the message of Healthy Living within your local 4-H clubs and/or school clubs.
- \_\_\_ Model healthy eating and physical activity to family, friends, and 4-H members.



I have read this contract and understand the roles, responsibilities, and character I will be expected to fulfill as an Ohio 4-H Health Hero. If I fail to meet any of these commitments, I understand that I may be removed as an Ohio 4-H Health Hero by the State 4-H Healthy Living Educator.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



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