



Meet Michigan 4-H'ers!

Across the state, Michigan 4-H is growing true leaders for today and tomorrow. From Marquette to Monroe, these young people are impacting their clubs, communities, country and world. To help share this impact with others, we're looking for youth to share their own testimonials of how 4-H has influenced their own personal growth and development. Submissions will be posted on the [Meet Michigan 4-H'ers section](#) of the MSU Extension website and promoted digitally in newsletters and social media.

HOW CAN MICHIGAN 4-H'ERS PARTICIPATE?

There are two easy ways to participate.

1. Written essay testimonial. Youth can submit a first-person essay to share their 4-H story. The essay should be 300-500 words in length and include one or more photos.
2. Video testimonial. Videos should be one to three minutes in length and feature the young person on screen. These can be recorded with a simple recording device/smart phone and no special equipment or editing is expected, however, please ensure the video is shot horizontally. For more tips on producing video from your mobile device, view <https://www.canr.msu.edu/anrcom/video-production/best-practices-for-recording-video>. Once your video is finalized, upload to YouTube and make it viewable to anyone with the link. Videos must include closed captioning; these can be easily added on YouTube.

WHAT SHOULD 4-H'ERS SHARE?

All testimonials should tell the youth's story of what 4-H means to them and why they're proud to be 4-H grown. In addition, youth should include reference to their name, age, county, years in the program and program/project areas in which they participate. Remember, make it your own and show your creativity!

Need help getting started? Consider the following questions:

1. Why do you like being in 4-H?
2. What have you gained through 4-H?
3. How has 4-H helped you to develop personally or professionally?
4. What has 4-H taught you?
5. How has 4-H changed your life?
6. What have you learned about yourself in 4-H?
7. Has your 4-H experience helped you overcome something challenging in your life?
8. Did 4-H help you define your interests or passions, or gain any skills?

TIPS FOR YOUTH CREATING VIDEOS

We look forward to hearing your 4-H story. For your safety and security, consider the following as you create your video.

To contact an expert in your area, visit extension.msu.edu/experts or call 888-MSUE4MI (888-678-3464)



For additional information, visit extension.msu.edu

- **Limit identifiable details.** Consider how much and what types of personal information are being shared. Don't share your last name, hometown, school, or parent's name. It's best practice to share only your first name, county and 4-H club.
- **Online photos and videos create a legacy.** Remember that photos and videos shared online always have the potential for becoming a permanent part of history. Consider distractions such as articles of clothing, backgrounds items the viewer can see, and noises that occur in videos that can detract from the project. Consider who else might see this information at later point in time, such as potential employers, college admission officers, scholarship selection committees, etc.

WHERE ARE SUBMISSIONS SENT?

Youth should first send their submissions to their local 4-H program coordinator. Local staff will verify there is a signed media release on file for the individual and then share submissions with Children and Youth Communications Manager Jamie Wilson.