

# 2023 New Hampshire 4-H Teen Conference Handbook



# Table of Contents

Conference Welcome

Check In/Out Procedures

Schedule

Accommodations, Meals, Spending Money and Weather

Packing Information and Dress Code

Conference Sessions and Activities

Health and Safety

Post Conference

# Conference Welcome

Teen Conference is an event that many teens in New Hampshire look forward to all year! It is open to any teenager that has completed 8th grade through to 12th grade. It is a multi-day experience, held right in the heart of UNH campus. All participants stay in the dorms and experience a multitude of different youth development opportunities that range from a service-learning project, to a field trip, to hands-on workshops, games, karaoke, and a closing semi-formal banquet.

4-H is open to all. Any teen interested in making friends, having days full of challenges, laughter, and learning is encouraged to attend.

## Check-In/Out Procedures

Teen Conference is located at the UNH, Durham Campus. Participants will be housed in the [Upper Quad](#), in Randall and Hitchcock Halls. Carpooling or parent drop off is encouraged since teens will be incredibly tired by the end of the conference.

Hitchcock Hall is directly across from B Lot, located on McDaniel Drive. Parents/guardians are encouraged to park in B Lot and walk over to the registration table with teen's belongings. They will be checked in, medication taken and stored if needed, and room code and instructions provided. We will have (2) staff from UNH Housing as well as chaperones available to help students find their rooms.

If your teen is driving themselves, they will proceed with the above plan, but then will park in D Lot by the UNH Alumni Center. We will have a chaperone and Teen Conference Commission member follow them to D Lot and drive them back to the Upper Quad in the Extension van. Written permission to drive themselves home is needed.

\*If the county from which the student is traveling is a high-transmission rate county for COVID-19 the student will move from registration to the rapid-test station. They will be rapid tested, enter the building masked to unload their belonging and come back to confirm that they are Covid negative and can proceed to activities. If they are Covid positive, they will remove their belongings and be unable to attend NH 4-H Teen Conference.

Parents/Guardians are invited to join our group for the Closing Ceremonies on Tuesday, June 27<sup>th</sup>. They should arrive by 9:00am to walk over to the Memorial Union Building with the group. After closing each student and their driver will check out at the Upper Quad with our Headquarters staff. If your child is leaving with someone other than their parent/guardian, please state that person's name and contact information at CHECK IN. All families are welcome to set up guided tour of campus with [UNH admissions](#), this will not be something coordinated by Teen Conference staff this year.

# Teen Conference Schedule

Saturday, June 24

Time	Activity and Location
12-2pm 2 hours	Check-In (HALL) and Lawn Games <ul style="list-style-type: none"> <li>• Check in forms, medication drop off, t-shirts and takeaways!</li> </ul> Mini Floor Team Building <ul style="list-style-type: none"> <li>• Tour of dorm/bathrooms/rules</li> </ul>
2pm 15 mins	Prep group to walk to Hamilton Smith Building and snacks (Upper Quad Lawn)
2:15pm 15 mins	Walk to Hamilton Smith
2:30-3:30pm 60 mins	Opening Ceremony (Hamilton Smith)
3:30-5pm 90 mins	Team Building and County Photos (Upper Quad)
5-5:45pm 45 mins	Floor Meeting and Fire Drill (Floors and Upper Quad Lawn)
5:45-7pm 75 minutes	Dinner and Socialize (Upper Quad)
7-10pm 3 hours	Explore Campus <ul style="list-style-type: none"> <li>• Walk downtown</li> <li>• Karaoke, Games, Movie (Durham Community Church)</li> </ul>
10-10:15pm 15 min	Walk from campus to dorms
10:15-10:45pm 30 mins	Quiet Time/Shower (Floors) <ul style="list-style-type: none"> <li>• Quiet time *Door open if hanging out*</li> </ul>
10:45-11pm 15 min	Floor Reflection (Floors) <ul style="list-style-type: none"> <li>• Chaperone guided reflection and prep for following day</li> </ul>
11:00pm	Lights Out (Rooms) <ul style="list-style-type: none"> <li>• Only allowed in your room</li> <li>• Chaperones to check-in each room</li> </ul>

Sunday, June 25<sup>th</sup>

Time	Activity
6:30-7:00am 30 mins	Fitness Fun (Optional) (Upper Quad)
7:30-8:00am 30 mins	Breakfast (Upper Quad)
8:00-8:30am 30 mins	Morning Assembly and TC4AD Check In (Upper Quad)

9-9:15am 15 min	Load Busses (Upper Quad)
9:30-12:00pm 12:00-12:30pm 3 hours	Ecological Conservation Service Learning and Lunch <ul style="list-style-type: none"> <li>Trail maintenance, invasive species pull and estuary workshop</li> </ul> <a href="#">(Wagon Hill Farm)</a>
12:30-1:00pm 30 minutes	Load Busses (Wagon Hill Farm)
1:30-4:00 2.5 hours	Short Sands Beach Arcade, Ice Cream, York Wild Kingdom
4-4:15pm 15 min	Load Busses (Short Sands Parking Lot)
4:45-5:15pm 30 min	Free Time/Shower (Upper Quad)
5:30-7:30pm 2 hours	County Night Dinner/Dance Battle Prep (Upper Quad)
7:30-7:45pm 15 min	Walk to Hamilton Smith
8-9:00pm 60 mins	County Dance Battle (Hamilton Smith)
9:00-9:15pm 15 min	Walk back to Upper Quad
9:15-10:15pm 60 minutes	Hang Out and TCC Ice Cream Social (Upper Quad)
10:15-10:45pm 30 min	Quiet Time/Shower (Floors)
10:45-11pm 15 min	Floor Reflection (Floors)
11:00pm	Lights Out (Rooms)

## Monday, June 26<sup>th</sup>

Time	Activity
6:30-7:00am 30 mins	Fitness Fun (Optional) (Upper Quad)
7:30-8:30am 60 mins	Breakfast (Holloway Commons)
8:30-8:45am 15 mins	Morning Assembly (Upper Quad)
8:45-9:00am 15 min	Walk to Workshop 1
9:00-11:30pm 2.5 hours	Workshop 1 (Various Locations)
11:30-11:45pm 15 minutes	Walk to Holloway Commons

11:45-12:30pm 45 min	Lunch (Holloway Commons)
12:30-12:45pm 15 min	Afternoon Assembly (MUB Food Court)
1-3:30pm 2.5 hours	Workshop 2 (Various Locations)
3:30-3:45pm 15 min	Walk to Dorms (Upper Quad)
3:45-4:45pm 60 mins	Social Time and Banquet Prep (Floors and Upper Quad)
4:45pm-5pm 15 min	Load Busses (Upper Quad)
5:30-9:30pm 4 hours	Awards, Dinner, Dance (Waterfront at the Elks)
9:30-10pm 30 min	Candlelight Ceremony (Waterfront at the Elks)
10:00-10:15pm	Load Busses
10:45-11:15pm 30 min	Social Time (Upper Quad)
11:15-11:45pm 30 min	Quiet Time/Shower (Floors)
11:45-12am 15 min	Floor Reflection (Floors)
12am	Lights Out (Floors)

## Tuesday, June 27<sup>th</sup>

Time	Activity
7:00-8:00am 60 mins	Breakfast (Holloway Commons)
8:00-8:15am 15 mins	Morning Assembly (Upper Quad)
8:15-9:00am 45 min	Pack and Room Inspection (Floor and Upper Quad)
9:00-9:15am 15 min	Walk to Memorial Union Building Theater II
9:30-10:30 60 minutes	Closing Ceremony (Memorial Union Building)
10:30-10:45am 15 min	Walk to Upper Quad
10:45-11am 15 min	Check Out/Departure (Upper Quad Lawn)

## Accommodations

Hitchcock and Randall Halls are located on the Upper Quad. The majority of our participants will be staying in double rooms, with very few in singles. The rooms have twin sized mattresses, a small dresser and a recycling bin. Participants will be notified of their roommate prior to arrival, and will receive their dorm room number and entrance code at check in. Each floor will have at least two chaperones and are determined by gender identity. Each floor will have bathrooms with toilets and shower stalls, one floor will have a gender-inclusive bathroom option.

## Meals

While at NH 4-H Teen Conference participants will be provided full meal options for breakfast, lunch and dinner. Meals will vary with vegetarian, gluten free or dairy free options available. Please notify [Kristen.Landau@unh.edu](mailto:Kristen.Landau@unh.edu) if you have a food allergy at least 5 days prior to arrival. Your teen should eat lunch PRIOR to check in on Saturday.

Saturday: Catered Olive Garden Italian Buffet (dinner)

- Bring spending money if while exploring Durham you want to stop for an ice cream cone!

Sunday: Continental (breakfast), Subs (lunch), Pizza (dinner)

Monday: Holloway Commons Dining Hall (buffet breakfast), Holloway Commons Dining Hall (lunch), Pig Roast and sides (dinner)

Tuesday: Holloway Commons Dining Hall (buffet breakfast)

\*Snacks are not provided throughout the day, please send your teen with plenty of snacks they can pack and carry with them throughout the conference.

## Spending Money

Participants may want to purchase an item from the local bookstore or something from Main Street during their time at Teen Conference. There is a period of time with counties that they may opt to explore a little, and this would be the time to spend. It is recommended that a teen does not bring more than \$100. They are fully responsible for their money!

## Weather

Teen Conference might be 90s, hot and humid or it could be raining and 45 degrees. Living in unpredictable New England is part of the package, so please plan accordingly. **Our events will not change even if Mother Nature wants to test our grit.**

# Dress Code

Teen Conference for the most part is casual, so we encourage you to wear clothes that help you feel comfortable and be your best self. When packing think about the workshop choices you made and plan accordingly. New Hampshire 4-H does not support the social construct of gendered clothing, so you will find guidelines for the dress code based on the activities you will be participating in. Prohibited clothing includes excessively tight clothing, bare feet, clothing that expose bare midriffs/undergarments/are see-through, or display profanity, products or slogans that promote tobacco, alcohol, drugs, sex or are in any other way suggestive or distracting. A chaperone or the Teen Conference leadership team may ask an individual to modify their clothing if standards of decency in appearance are not met.

	Saturday	Sunday	Monday	Tuesday
Casual	<p><b>All Day:</b> Jeans, khakis, t-shirts, dresses, leggings, shorts, etc., boots/sneakers/sandals.</p> <p>*Aim for casual, non-athletic wear*</p>	<p><b>Morning:</b> TC t-shirt and very comfortable bottoms with sneakers/work boots. Pack a pair of work/gardening gloves!</p> <p><b>Afternoon:</b> bathing suits (bikini fine), coverup, or beach-casual clothes.</p>	<p><b>Morning and Afternoon:</b> Jeans, khakis, t-shirts, dresses, leggings, etc., boots/sneakers/sandals.</p> <p>*Aim for casual, non-athletic wear*</p>	<p><b>All Day:</b> Jeans, khakis, t-shirts, dresses, leggings, shorts, etc., boots/sneakers/sandals.</p> <p>*Aim for casual, non-athletic wear*</p>
Exercise/ Casual		<p><b>Evening:</b> Athletic wear or other casual hang-out clothes.</p>		
Semi- Formal			<p><b>Evening:</b> Slacks or dress up jeans with a jacket and button up shirt/fancy top, celebration dresses. boots/ shoes/sandals</p>	

# Packing Tips

- Bring an all-weather coat like a fleece or lined raincoat.
- Mix and match clothing pieces to create multiple outfits.
- Bring comfortable well broken in shoes! There will be A LOT of walking.
- **Your Teen Conference t-shirt given to you at registration is to be worn on Sunday for the service project!**
- If you have a question of whether your clothing is 4-H appropriate leave it at home.
- Bring your phone charger, ear buds, anything that helps you feel comfortable.



# Packing Checklist

- Toothbrush, toothpaste, shampoo, soap
- Deodorant, feminine items, contact lenses/solution
- Vitamins, medication, hand sanitizer
- Face masks, ear buds, phone charger
- Backpack, sunglasses, fan
- Pillow, fitted twin sheet, blanket/sleeping bag, towel, shower shoes
- Snacks, small trash bags, Clorox wipes
- REUSABLE WATER BOTTLE
- Gardening/Work gloves and sneakers
- Spending money

# Workshop Sessions

There is a chance a session will be cancelled if there is low enrollment in that workshop. If that is the case every effort will be made for a teen to be placed in their second choice.

Monday, June 26<sup>th</sup> 9-11:30am

**Take No Bull; Yoga, Journaling and You:** Empowerment, Voice and Yoga: Join your peers in empowering yourself and one another in this "Take No Bull" workshop experience. Learn how to develop your voice to through thoughtful actions such as yoga and journaling so that you can create a healthy mindset. Connect with one another and further your health and wellbeing through this fun and interactive workshop.

**Public Speaking: Your Voice is Your Vehicle:** Do you want to take your speaking to the next level? Do you want to have the tools to launch your 4-H speaking careers to land National 4-H Trips and impress your school and work opportunities? This is the one workshop that can help you develop your leadership through speaking skills and help your voice become your vehicle for your vision!

**"My Little Life" Memoir-Zine Creation:** Self publish a 8 page micro book about your favorite character, YOU. Part writing, part crafting we will use creative writing prompts, storytelling techniques and collage to create micro literature memoirs.

**Farm to Table: Fresh Food Prep and Cooking:** Alongside UNH chefs and inside a professional kitchen this workshop will introduce farm to table right here on campus. Starting with harvesting fresh herbs at the high tunnels and ending with salsa, salad and a homemade vinaigrette our teens will eat healthy and eat well. Using safe handling and food safety rules our teens will dish up some good eats.

**Spheros Coding Challenge:** Many people think of coding as a skill that only software developers and engineers use; but learning to code is a fun way to develop skills that are important in any profession. In this workshop, you will dive into the world of coding by learning to program a Sphero robot to play a game we like to call Hackable Hockey. Once the robots are programmed, you'll compete in teams to be crowned the victors of our wacky hockey game.

Monday, June 26<sup>th</sup> 1-3:30pm

**Aptitude Exploration and Resume Building:** From aptitude to interview this workshop series will prepare you for the 4-H national trip process, first jobs and college resumes with other 4-Hers from around the state.

**Mini Babysitting Course:** Our mini-babysitting course will offer participants a taste of the basics of babysitting including topic areas such as child development, entertaining children, safety guidelines, nutrition, the principles of positive discipline, and more!

**Horse'n Around at the Barn:** This workshop will begin with a tour of UNH Equine facilities and horses. Participants will learn the basics of equine anatomy and conformation through live demonstrations with UNH horses led by COLSA staff and students. This knowledge will then be applied towards the learning foundation of horse judging. Real-life applications will be explored with an equine massage demonstration.

**Similarity Awareness: Celebrate Similarities and Differences with Northeast Passage:** Dive in with hands-on activities to promote discussion around the similarities we all share. Following a large group discussion, 4-Hers will explore the topic through activities and the opportunity to play a large group game in wheelchairs. We will conclude with a discussion based on any new ideas, facts, or questions.

**Calves Are Cute, But How Are They Made?:** In this workshop, you will learn about dairy cow reproduction – from sperm to calf. Hands-on demonstrations will evaluate semen samples, simulate breeding and show you real fetuses on an ultrasound.

**Perspective Building Through Digital Photography:** Have you noticed that photographs allow others to see the world through your eyes? In this workshop participants will use their cell phones, filters, and different perspectives to illuminate their world.

## General Health and Safety

Adult chaperones must know where youth participants are at all times in case of an emergency. Youth participants and adults are expected to attend all conference activities. Youth participants must remain at the dorm or assigned event area throughout the conference.

- Participants and Chaperones will be given nametags with a lanyard at registration. Nametags are used to identify you as a part of NH 4-H Teen Conference while on campus, including to enter buildings and the dining hall. Delegates must wear it at all times to conference events, activities, and workshops. If you don't have your nametag, you will be asked to go back to your room to get it. Nametags not only help us to know who you are, but also keep out those who don't belong.
- Keep door to dorm room locked securely at all times.
- Quiet time is time to wind-down/shower or quietly hang out. If you still want to be with friends during quiet time you have access to floor lounges, or in your room with the door open. When it is lights out all participants should rest up for the next day.
- We have access to supports at UNH such as a camp nurse, mental health services, police and fire. We will call on professional expertise if needed.
- Personal safety of each Conference participant is of utmost importance. Every person is entitled to be safe emotionally, physically, and socially. If at any time you feel vulnerable in any of these ways, contact a chaperone or member of the conference leadership team.

# COVID-19 Health and Safety

The chaperones and staff at NH 4-H Teen Conference are committed to the health and safety of all participants and adults during our event. Please familiarize yourself with [UNH's COVID protocols](#) prior to arrival. \*If your teen is traveling from a high transmission county, they will be required to take a rapid test at our testing station after checking in. If they are Covid positive, they will need to return home. Wearing a mask is optional and up to the participant's comfort level.

All participants are to self-monitor and NOT leave their home if they are showing any of the following symptoms at the time of the trip departure and/or two days prior.

- Fever (body temperature of 99.5° F/37.5° C or higher)
- Chills
- Shortness of breath or difficulty breathing
- Headache
- Sore throat
- Fatigue or muscle and body aches
- Cough
- Nausea or vomiting
- New loss of taste or smell
- Congestion or runny nose
- Diarrhea

If all precautions fail and a youth or adult delegate experiences COVID-19 symptoms, or are just unwell, they will be isolated as a precaution and sent home as soon as possible.

## Post-Conference

The spirit of Teen Conference should not end when you leave campus. How can you apply what you learned and experienced at conference locally and statewide? Here are a few suggestions:

- Apply to be on the 2023-2023 Teen Conference Commission to plan next year's conference! If interested email [Kristen.Landau@unh.edu](mailto:Kristen.Landau@unh.edu) by July 15, 2023!
- Reflect on which moments really sparked you. Do you want to pursue a higher 4-H leadership role as a 4-H Community Ambassador, Agri-Science Ambassador or STEM Ambassador? Reach out to [Kristen.Landau@unh.edu](mailto:Kristen.Landau@unh.edu) and she can connect you!
- Consider applying to the 4-H National Congress opportunity, some say it is like a "bigger Teen Conference"! Funded by the NH 4-H Foundation, a delegation will travel to Atlanta, GA from November 24-28, 2023, to meet teens from around the country. Information and application requirements coming in late July.
- Give a presentation to your county teen leadership group to tell them about what you learned at Teen Conference and why they should come.
- Ecological Conservation is needed everywhere. Interested in continuing to give back? Take a look at more volunteer opportunities on the [Nature Groupie website!](#)