

December 2016

Dear 4-H Teens,

You are invited to participate in the 10th annual **North Jersey 4-H Teen Conference**. All 4-H members in *grades 8 – 13* are invited to join their fellow 4-Hers for a weekend long teen conference that will be held **March 10-12, 2017** at the Regency House Hotel in Pompton Plains, NJ.

<http://www.regencyhousehotel.com/index.htm>

A group of dedicated teens have partnered with adult volunteers and 4-H staff to plan and implement this conference. The theme for this conference is **“Expand Your Horizons”** and will focus how you can build your leadership skills so you are ready for whatever the future holds.

Enclosed is the registration information and forms for the **2017 North Jersey 4-H Teen Conference (NJTC)**, including:

- General Brochure - objectives, schedule
- NJTC Participant Registration Form *
- Workshop/Activity Selection Form *
- 4-H Event Permission Form *
- Passive Consent Form *

Please remember the following:

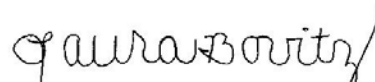
1. The **deadline for registration items** to be returned to your county 4-H office is **Friday, January 27th**.
2. If you have concerns about the cost of the conference, please contact your 4-H staff person for information regarding scholarship opportunities.
3. When sending in your registration form, please include the completed forms marked with an asterisk (*) above and your payment made out to your county 4-H account as indicated by your 4-H staff person. **ANY INCOMPLETE INFORMATION ON FORMS WILL RESULT IN YOU NOT BEING REGISTERED**. Please make sure that all forms are completed and signed.

I hope you consider attending the 10th NJTC. This conference is guaranteed to be an exciting and worthwhile event. If you have any questions, or are missing any enclosures, please let us know.

Sincerely,



Lisa Rothenburger
Somerset County 4-H Agent



Laura Bovitz
Middlesex County 4-H Agent

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**2017 NJTC Teen & Adult
Volunteer Planning Committee**



Bergen

Domenick Ciminiello, Frank Ciminiello, Alyssa Glynn,
Dustin Glynn, Katelyn Rinda, Abbie Kesely

Essex

Olivia Alonso, Kyla Bates, Victoria Bruno, Cynthia Lopez,
Sophie Moutis, Tiffany Palacios, Marissa Blodnick

Hunterdon

Lianna Bonacorsi, Becky Breese, Rachel Czerna, Philip Frey,
Grace Majorossy, Mark Brubaker

Middlesex

Keira Ezzo, Trevor Jozefowicz, Meghna Sarmah,
David Wolverton (co-chair), Laura Eppinger, Laura Bovitz

Morris

Parris Johnson, Clayton Zdroik (co-chair), Jessica Zhang, Kelly Dziak

Passaic

Kadian Smith, David Turner, Murad Yassin, Marycarmen Kunicki

Somerset

Evan Brochinsky, Alex Gonzalez, Susie Norz,
Julie Pirro, Melanie Quick, Lisa Rothenburger

Union

Kyle Grant, Amalya Singelton, Vivek Sreenivasan, Jim Nichnadowicz

Warren

Maddie Crisp, Lyndsee Westermann, Michelle Teitsma, Alayne Torretta

Sussex

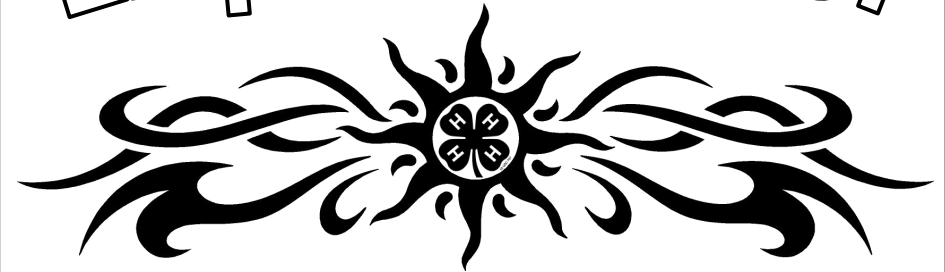
Tanya Patrie, Dave Foord

North Jersey 4-H Teen Conference is planned by North Jersey 4-H teens in cooperation with county 4-H faculty and staff of Rutgers Cooperative Extension. This event is open to teens in grades 8-13. The 4-H Youth Development Program is part of Rutgers New Jersey Agricultural Experiment Station Cooperative Extension. 4-H educational programs are offered to all youth, grades K-13, on an age-appropriate basis, without regard to race, religion, color, national origin, ancestry, sex, sexual orientation, gender identity and expression, disability, atypical hereditary cellular or blood trait, marital status, civil union status, domestic partnership status, military service, veteran status, and any other category protected by law. For additional information, contact: nj4h.rutgers.edu. *Cooperating Agencies:* Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agriculture Experiment Station is an equal opportunity program provider and employer.

**North Jersey
4-H
Teen Conference**

March 10-12, 2017

Expand Your



Horizons



**Regency House Hotel
Pompton Plains, NJ**



You are invited to take part in the 10th annual North Jersey 4-H Teen Conference!!!

This conference is open to all 4-H teens in grades 8-13 in all northern New Jersey counties with 4-H programs. The conference will provide an opportunity for teens to broaden their circle of friends, learn new skills, and have fun! The conference is planned and run through a partnership of 4-H teens and adults.

Conference Theme

The theme for this conference is “**Expand Your Horizons**” and will focus on exploring new ideas, resources, and networks to become stronger leaders in school, in college or with your future career. Workshops and group programs will include interactive and hands-on activities.

What Does the Program Offer?

- Workshops
- Opportunity to meet teens from other counties
- Saturday afternoon special program
- Saturday evening dinner dance
- Sunday morning motivational program and service project
- Fun and much more

Registration Information

Who can attend? Youth in Grades 8-13 (one year out of high school)
When is it? March 10-12, 2017
Where is it? Regency House Hotel, Pompton Plains, NJ
How do I register? Complete paperwork and send to your 4-H Office by January 27, 2017
What does it cost? **\$185.00** for 4-H youth
(additional siblings are \$175.00)

*Cost includes hotel accommodations, program supplies, and all meals from Friday evening until Sunday morning.

Tentative Schedule

Friday, March 10

5:00-8:00 Registration
5:30-8:00 Dinner
8:00-8:30 Welcome Session and Parade of Counties
8:30-10:30 Evening Program
10:30-11:00 County Meetings
11:00-12:00 Free Time
Midnight 4-H Curfew

Saturday, March 11

7:45-8:30 Breakfast
8:30 Morning Announcements
9:00-9:45 Workshop Session 1
10:00-10:45 Workshop Session 2
11:00-11:45 Workshop Session 3
12:00-12:15 Board Busses for field trip
1:00-4:45 Field Trip
4:45-5:00 Board Busses for return
5:45- 6:55 Free Time
7:00-8:30 Buffet Dinner with County Updates
8:30 -11:30 Dance, Game and Craft Room Open
10:00 Ice Cream Sundaes
11:30-12:00 Free Time
Midnight 4-H Curfew

Sunday, March 12

8:00-8:30 Breakfast
8:30-8:45 Morning Announcements
8:45-9:15 Movie/slide show
9:15-10:00 Community service activity
10:00-10:30 Evaluation
10:30-10:45 Closing/ Final Announcements
10:45-11:00 Check out and safe trip home





“Expand Your Horizons”

2017 North Jersey 4-H Teen Conference

Workshop Selection Form



Name _____ County _____

E-mail _____ (in case we need to contact you about choices)

Listed below are choices for the three North Jersey 4-H Teen Conference workshop sessions (sessions 1, 2, 3). In each session, please rank your choices 1st, 2nd and 3rd. **Please note:** If you do not select 3 choices in each session, one may be chosen for you.

Workshop Session 1 Choices Choose 3

I am teaching _____ this session

A Modern Approach to Yoga

Are you looking for a fun time? Join these four spunky gals in some uplifting and soothing aerobic activities, that you might not even be aware you can do! Learn the basic history of yoga as you enjoy refreshing cucumber water after an exciting yoga routine with flexibility and some rockin' jams! Beginners are encouraged- so don't stress if you can't touch your toes! If you have a yoga mat, bring it, but don't worry if you don't have one!

Self Defense 101

Do you wish you knew how to defend yourself? If yes, then this workshop is for you! This workshop will cover basic self-defense techniques including grappling and other hands on defenses. Self-defense is a great way to increase your chances of safety. Knowing how to defend yourself is very important, especially for those of you who are leaving for college and will be in unfamiliar territory. This will be a fun beginner level workshop - come in comfy clothes and learn to keep yourself safe!

Veganize & Exercise: A Healthy Tour of Latin America

Travel to different countries in Latin America, by learning about cuisine history and dance! The history of cuisine and dance moves will be demonstrated, as well as hearing from youth who incorporate their culture in a healthy lifestyle, including veganism.

Destress with Healthy Living

Are you stressed with school, sports, and extracurricular activities? Teens are overworked and stressed out, but we are here to help! We will give you techniques on how to de-stress, including yoga, eating healthy, and mindfulness. Come ready to refresh your mind, body and soul! *Yoga mats will be provided, but you are welcome to bring your own!

National Trips and Where to Find Them

Are you interested in participating in a 4-H National Trip, but don't know where to start? Well look no further! Whether you are looking to improve your college applications, have a fun time, or just make new friends, we can find the right trip for you! In this workshop, we will not only talk about each trip, we will mimic key National 4-H activities and talk about how we can improve your applications.

What Not to Wear

Are you interviewing for jobs or for college? Do you have a special presentation to give? Do you want to know the right way to dress for a current job or a career in the future? Are you starting an internship and you're not sure what the difference between "Business" and "Business Casual" attire is? This workshop will teach you the DOs and DON'Ts of dressing professionally. Attend this workshop to learn what not to wear, and how to dress for success!

Pick Your Perfect College

Not sure where you want to go to college? This workshop will help you find your perfect college requirements without too much stress.

Workshop Session 2 Choices Choose 3

I am teaching _____ this session

Break, Lock, Pop: Hip-Hop for Dummies

Get up and get moving in the 45-minute introduction to rudimentary hip hop which will include popular line dances as well as original choreography.

Dare to Dance

Love dancing? Come learn and practice popular line-dances in this high-energy, fun workshop!

Expand Your Playlist

Come expand your music taste and learn about different genres of music. Go home with a new playlist and a new view on music!

Discover Your True Colors ... Learn About Yourself and Dealing with Others**

Do you ever feel like there are people who you "click" with... while there are others that you just don't understand? Do you want to learn more about your unique personality and how to make your values, interests, needs, and even stressors work for you? This workshop will help you learn more about yourself, and give you skills to help you deal with those who may be different from you! Understanding your True Colors will not only help you deal better with friends and family, but will help you work better with colleagues now and in the future. ****In order to participate in this workshop, you must sign up for both workshops (session 2 & 3).**

Book Club

For those who love reading, this workshop is for you! Just like a normal book club – we will be discussing different genres and favorite books. Make sure to bring a book to discuss and share.

Around the World in 45 Minutes

Expanding our horizons is a learning experience for all of us. In fact, it is like embarking on your own voyage - literally! With tips, tricks, and insight we, the tour guides, will be able to guide participants through their own journey across the globe.

Seussical! Musical Life Lessons of Dr. Seuss

Work with other teens to create and perform a rap, using classic Dr. Seuss stories and a beat to creatively express the morals and lessons of the stories.

-- Continued --

Workshop Session 3 Choices Choose 3

I am teaching _____ this session

Break, Lock, Pop: Hip-Hop for Dummies

Get up and get moving in the 45-minute introduction to rudimentary hip hop which will include popular line dances as well as original choreography.

Speed Networking

In this fun and interactive workshop, learn tips and tricks to take your networking to the next level. From conversation starters and proper handshakes, to tips that will help you remember names. If you've ever felt awkward when meeting new people - or intimidated by awkward silence - come to this workshop to find out how to be more confident in social settings.

Perfect Your Party

Ever try to run an event or party and have things go horribly wrong? This event planning workshop will cover the basics of coordinating a great event, will demonstrate some of the problems that come up when planning events and parties, and will give tips and tricks for how to avoid them. Looking for tips to help people mingle and avoid awkward silences and boredom? We'll give you conversation starters! Presentation is everything, so come let us show you how to plan the Perfect Party!

Discover Your True Colors ... Learn About Yourself and Dealing with Others**

Do you ever feel like there are people who you "click" with... while there are others that you just don't understand? Do you want to learn more about your unique personality and how to make your values, interests, needs, and even stressors work for you? This workshop will help you learn more about yourself, and give you skills to help you deal with those who may be different from you! Understanding your True Colors will not only help you deal better with friends and family, but will help you work better with colleagues now and in the future. ****In order to participate in this workshop, you must sign up for both workshops (session 2 & 3).**

So, You Want to be an Elected Official? The Real Story and Myth Within the Political Arena

Discover what it entails, and what it takes, to start a career in politics beginning from the ground floor – your local community. Discover the various reasons why people decide to get involved in politics. You will be given hypothetical “hot issues” that will challenge your moral compass while, perhaps, compromising your campaign promises along the way. Understand all sides of the election process and why every vote counts.

Expand Your Canvas

Learn a brief history of art, explore different types of art, and try your hand at your artistic creations. Participants will walk away more knowledgeable about art, and with a deeper appreciation.

How to Give a “Best in Room” Public Presentation

Want to learn how to give a great presentation? Attend our workshop and we'll show you the steps to becoming an excellent presenter.

Double check that you have selected your 1st, 2nd and 3rd choices for all three workshop sessions.

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NORTH JERSEY 4-H TEEN CONFERENCE REGISTRATION FORM

County Registration Deadline: Friday, January 27, 2017

TEENS: Complete Sections I, II, III of this Registration Form and return by the deadline to your county 4-H office with a check or money order in the amount of **\$185** for the first member of the family. Additional siblings are \$175/pp. Please make checks payable to your county 4-H account, as instructed by your 4-H staff. *Incomplete forms will not be able to be processed for registration.*

ADULT ADVISORS: Complete Sections I and IV only.

Date Received in County Office:

Section I. YOUTH/ADULT PARTICIPANT INFORMATION

Name _____ Birth date _____

Street Address _____

City & State _____ Zip _____

Phone (____) _____ 4-H County _____ Age _____ Grade _____

Check one _____ Male _____ Female _____ E-mail Address _____

T-Shirt Size (Please circle one): S M L XL XXL XXXL

Are you a member of the NJTC Planning Committee? (Please check one) Yes No

Please indicate any special needs (dietary or accommodations. Include if you are vegetarian/vegan or have food allergies) _____

Section II. YOUTH PARTICIPANT ROOMMATE PREFERENCE

Please list the name of **up to 3** roommate choices below. Before completing this section, check with roommate choice to avoid confusion. County 4-H staff will assign rooms of four. **There will be no switching of rooms at the conference.**

Name of Roommate(s) Preference _____ County _____

Name of Roommate(s) Preference _____ County _____

Name of Roommate(s) Preference _____ County _____

Section III. ITEMS REQUIRED TO BE INCLUDED WITH REGISTRATION FORM FOR YOUTH PARTICIPANTS.

Your

registration will not be processed unless all required items are received.

Enclosed with this registration form are the following items:

_____ A check or money order made payable to my **county 4-H account** for the full conference fee of **\$185**.

_____ A completed copy of the Workshop Selection Form.

_____ A completed copy of the *4-H Event Permission Form for Youth*, signed by my parent/guardian and myself.

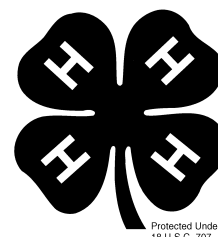
Section IV. ADULT ADVISOR'S REGISTRATION

Advisors should complete Section I and Section IV (check with your 4-H agent regarding payment of registration fee and roommate selection). Advisors must complete the *4-H Event Release/Agreement Form for Adults*, signing in all places for themselves. Also complete the items below.

Check one: _____ Double Occupancy - \$175 (adults only) Roommate _____

_____ Single Occupancy - \$260 (adults only)

<u>REFUND POLICY</u> <i>Once you register for North Jersey 4-H Teen Conference, you are responsible for the cost of the conference and are expected to attend. No refunds will be made unless participant is ill and has a doctor's certificate. It is the participant's responsibility to contact their county's Faculty/Staff in charge the Thursday prior to the conference in order to be eligible for the refund.</i>
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New Jersey 4-H Event Permission Form for Youth



Both sides of this form must be completed by all youth participating in overnight activities, field trips, events requiring group transportation, and any other events sponsored through the 4-H Youth Development Program where it is deemed necessary by the event coordinator(s) (paid 4-H staff and/or registered 4-H volunteer) responsible for the youth participants. The form should be submitted prior to the event. The form has five parts: (1) information about the participant and activity, (2) parental permission and liability release, (3) medical emergency authorization and health information, and (4) code of conduct and (5) media policy. *Be sure to complete all five parts and sign where requested!*

Information about the Youth Participant and Activity

Name of Youth participant: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone number: _____ Email Address: _____

4-H county: _____ Birthdate: _____ Grade: _____

Name of activity/event: _____

Name of 4-H group sponsoring or participating in this event: _____

Location of event: _____

Date and time of participation of individual named above: _____

Parent Permission and Release of Liability

I hereby give my son/daughter named above permission to participate in the event listed. Although Rutgers Cooperative Extension and its event coordinator(s) will use the utmost precaution in guarding the health of the above participant and preventing accidents, I release them from any liability in case of illness or injury as a result of this activity. Furthermore, I release the owner and driver of the car transporting my child to and from the event, from any liability in case of illness or injury.

Sign Here 

Signature of parent or guardian: _____

Medical Emergency Authorization and Health Information

I authorize the event coordinator(s) to dispense the prescription drugs and/or over the counter medications listed below in accordance with the instructions provided on the label (prescription drugs) or below (over-the-counter medications). In case of sudden illness or an accident to the above named participant requiring immediate treatment or surgery while he/she is a participant in this activity, I authorize the 4-H chaperone(s) to take such action as seems appropriate to protect the health and physical well-being of the above participant. This authority extends to any physician(s) and/or surgeon(s) selected by the event coordinator(s) to perform medical and/or surgical procedures including examinations and tests necessary to preserve the health and physical well-being of the above named participant. All efforts will be made to contact the parent(s) or guardian(s) in case of emergency.

_____	_____	_____	_____
Name of parent/guardian	Phone number	Name of additional emergency contact	Phone number

The following information is provided as an aid to the event coordinator(s) in dealing with the well-being of the participant. The participant has the following health conditions: (include allergies, handicaps, diabetes, pregnancy, asthma, medications needed, etc.).

Health conditions: _____

Medications/Instructions: _____

Health Insurance: Company Group# _____ ID# _____

Sign Here 

Signature of parent or guardian _____

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New Jersey 4-H Code of Conduct



The primary purpose of the New Jersey 4-H Code of Conduct is to ensure the safety and well-being of all participants at 4-H sponsored events and activities. It applies to all participants, with participants defined as 4-H members, their parents, and volunteers.

As a participant in the 4-H program, I will:

- **Conduct myself in a courteous manner and treat members, parents, 4-H volunteers, Extension staff, judges and others with respect. Appropriate language and behavior are expected at all times.**
- **Respect and adhere to the rules and guidelines of the 4-H program including all those specific to a 4-H event or activity.**
- **Uphold an individual's right to dignity by supporting an environment of inclusion which welcomes involvement of participants from all backgrounds.**
- **Accept supervision and support from county and state 4-H staff while participating in the 4-H program. This includes acceptance of supervision and support from appointed 4-H volunteers coordinating 4-H events and activities.**
- **Obey local, state and federal laws.**

Participants who fail to adhere to the New Jersey 4-H Code of Conduct are subject to a range of disciplinary actions. Such actions will be taken in compliance with the New Jersey 4-H Discipline Policy and Procedure. When appropriate, immediate corrective action will be taken at the 4-H event to ensure the safety and welfare of all participants.

I understand if I fail to adhere to the above Code of Conduct, I will be subject to disciplinary action and potentially prohibited from attending and participating in the New Jersey 4-H Youth Development program.

	_____	_____
	Signature of participant in event	Date
	_____	_____
	Signature of parent or guardian	Date

New Jersey 4-H Media Policy and Release

The 4-H program routinely promotes activities through various media. This includes, but is not limited to newsletters, newspapers, brochures, and displays. In doing so, the names and photos of members may be included to help tell the 4-H story. However, New Jersey 4-H policy is that on web sites, youth in photos will not be identified by name(s).

- No, do not use my individual picture for any purpose.** I will make an effort to avoid opportunities to be in group photos.
- No, do not use my name for any purpose.**

Revised: January 2013



North Jersey Teen Conference 2017
IRB – Attachment 4

NOTICE OF PASSIVE CONSENT

As a participant in the **North Jersey Teen Conference 2017**, held March 10-12, 2017, your son or daughter may be asked to help with the evaluation of the program. At the end of the program, we conduct an evaluation to tell us how the program met our goals and to help with the planning of next year's North Jersey Teen Conference. Your son or daughter may be asked to complete a written survey about what he or she may have learned from participating in the program. We estimate that it will take the youth participants approximately 10 minutes to complete the survey.

Youths are not required to participate in the evaluation. If your son or daughter decides that he or she does not wish to participate, it will not affect his or her participation in this or future Rutgers Cooperative Extension/4-H Youth Development programs. If your son or daughter does not want to answer some questions on the survey, that is okay. The survey responses will be anonymous, and your son's or daughter's responses will not be identified in any way.

If you do not want your son or daughter to participate in the evaluation of **North Jersey Teen Conference 2017**, please contact **Marycarmen Kunicki** at **973-684-4786** or kunicki@njaes.rutgers.edu before your child begins attending the program. If you have any questions about the evaluation, you can contact Marycarmen Kunicki, or the Rutgers University Institutional Review Board at (732)932-0150.

I have read the above information and reviewed it with my son or daughter. We understand that s/he is not required to complete any evaluations as part of the **North Jersey Teen Conference 2017** program and that by completing any evaluation(s), s/he has consented to participate in the evaluation.

_____	_____
Parent/Guardian Signature	Date
_____	_____
Youth Participant Signature	Date

*If you have any questions about your rights as a research subject, you may contact the IRB Administrator at Rutgers University at: Rutgers University, the State University of New Jersey, Institutional Review Board for the Protection of Human Subjects, Office of Research and Sponsored Programs, 3 Rutgers Plaza, New Brunswick, NJ 08901-8559
Telephone: 732-932-0150 ext. 2104 Email: humansubjects@orsp.rutgers.edu*

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New Jersey 4-H Release/ Agreement Form for Adults



Both sides of this form must be completed and signed by all adults participating in 4-H overnight activities, field trips, and events requiring group transportation where youth are present, or any other events sponsored through the 4-H Youth Development Program as determined by the event coordinator. The form should be submitted prior to the event.

Information about the Adult Participant and Activity

Name of Adult participant: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone number: _____ Email Address: _____

4-H county: _____ Have you gone through the appointed volunteer process? Yes No

Name of activity/event: _____

Name of 4-H group sponsoring or participating in this event: _____

Location of event: _____

Date and time of participation of individual named above: _____

Release of Liability

Although Rutgers Cooperative Extension and its event coordinator(s) will use the utmost precaution in guarding the health of all participants and preventing accidents, I release them from any liability in case of injury as a result of this activity. Furthermore, I release the owner and driver of the car transporting me to and from this event, from any liability in the case of illness or injury.

Sign Here 

Signature of adult participant _____

Medical Emergency Authorization and Health Information

In case of sudden illness or an accident to myself requiring immediate treatment or surgery while I am a participant in this activity, I authorize the 4-H event coordinator or other adults present to take such action as seems appropriate to protect my health and physical well-being. This authority extends to any physician(s) and/or surgeon(s) selected to perform medical and/or surgical procedures including examinations and tests necessary to preserve my life and well-being. All efforts will be made to contact the individual named as my emergency contact above in case of emergency.

_____ Name of emergency contact	_____ Phone number	_____ Name of additional emergency contact	_____ Phone number
------------------------------------	-----------------------	---	-----------------------

The following information is provided as an aid to the event coordinator in dealing with my well-being. I have the following conditions (include allergies, handicaps, diabetes, pregnancy, asthma, medications needed, etc.):

Health conditions: _____

Medications/Instructions: _____

Health Insurance: Company Group# _____ ID# _____

Sign Here 

Signature of adult participant _____

New Jersey 4-H Code of Conduct

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As a participant in the 4-H program, I will:

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Signature of participant

Date

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- No, do not use my individual picture for any purpose.** I will make an effort to avoid opportunities to be in group photos.
 - No, do not use my name for any purpose.**
-

Revised: January 2013

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.