Youth Voice: Youth Choice
4-H Force of 100
Program Details

The Cause
Be a part of a talented, dynamic 4-H “Force of 100” youth to lead a fight to combat forces contributing to these health problems in our community.
Gain knowledge and skills and use them to prove that young people in North Carolina can make a difference.

Who is sponsoring The Force?
The project is provided through the national Youth Voice: Youth Choice initiative, funded by the Walmart Foundation, and sponsored by 4-H at N.C. A&T State University, the National 4-H Council and local Cooperative Extension centers.

Where will The Force learn how to fight?
Attend a three-day training at N.C. A&T State University in Greensboro, November, 12 – 15
(Arriving after school on the 12th)
Teams of five from different communities, counties, schools, and churches will be selected to attend.

Who can join The Force?
Minority youth ages 13-16, with:
- Leadership potential
- Ability to work in a team
- A creative productive spirit
- Concern for their community

What happens at the training?
Students will be involved in skill-building activities focused on:
- nutrition
- food safety
- physical fitness techniques
- facilitation skills
- proper exercise techniques
- developing their own commercial.

How will youth benefit?
Youth will:
- Learn skills they can use to help family and friends fight killer health-related disease
- Be able to use their creativity to help their community
- Gain community service hours
- Learn to facilitate and plan programs that will help them in church, school, and other community organizations in which they are involved
Contribute to the call to “serve” for the good of others as championed by our president and other leaders across the state and nation.

Work with other youth from across the state to address the issue

How do you get on a team?
Youth from the same school, community, county or church who apply can form a team to work together when they return home. If you know individuals who you think would make great team members, encourage them to apply. However, we reserve the right to assign youth to their official team.

What does it costs to be part of The Force?
Nothing. Youth pay back by returning to their community and conducting two healthy lifestyle programs or events with friends, family and community members. Tools will be provided to help youth conduct these events ... but the creativity for making them happen will come from the team.

How to apply for The Force:
Each youth or team member interested in being involved should download the application at http://www.ag.ncat.edu/extension/ForceOf100/index.html
Completed applications should be faxed to 336-334-7956 or mailed to:
4-H Force of 100
Dr. Claudette L. Smith
The Cooperative Extension Program
North Carolina A&T State University
P.O. Box 21928
Greensboro, NC 27420
Fax: 336-334-7207
You will be notified of your acceptance by e-mail or phone.

Program Contacts:
If you have questions or concerns you may contact Dr. Montreka Dansby or Dr. Claudette L. Smith at 336-334-7956 or by e-mail at mydansby@ncat.edu or clsmith@ncat.edu, respectively.