MARYLAND 4-H CONGRESS

Overview & General Information
- University of Maryland
- Maryland 4-H Congress Mission & Goals
- Maryland State 4-H Council

Career Tracks

Terp Experience

Fun & Games

Preparing for Maryland 4-H Congress
- Residence Halls
- Dress & Appearance
- Meals & Snacks
- Spending Money
- Medications & Sunscreen
- MD4HC App & Social Media

Your Maryland 4-H Congress Experience
- Arrival & Departure
- Roommates
- Chaperones
- Nametags & Color Groups
- Curfews
- Participation & Behavior
- Electronics & Social Media
- Health & Safety
- Maryland 4-H Congress Headquarters

Schedule of Events

Maryland 4-H Behavioral Expectations

University of Maryland Extension programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, or gender identity and expression.
Welcome to Maryland 4-H’s premier teen leadership event! During June 125 4-H youth from across the state will join you at the University of Maryland in College Park to participate in the Maryland 4-H Congress. You will have the chance to experience life on a college campus while learning about career and education opportunities, serving the community, and having fun with your fellow 4-Hers.

THE UNIVERSITY OF MARYLAND

The University of Maryland is a public research university located in the city of College Park, approximately 4 miles from the northeast border of Washington DC. Founded in 1856, UMD is the flagship institution of the University System of Maryland, and is the state’s land-grant University. With an average enrollment of over 37,000 students, over 100 undergraduate majors, and over 120 graduate programs, UMD is the largest university in the state and in the Washington Metropolitan area. The Maryland Terrapins athletic and academic teams compete in the Big Ten Conference. The University of Maryland is home to the Maryland 4-H Youth Development Program, which is part of the University of Maryland Extension program administered through the College of Agriculture and Natural Resources.

GOALS AND MISSION

The mission of the Maryland 4-H Congress is to provide an enriching experience to Maryland 4-H youth, helping them discover educational, career, and workforce opportunities, develop life skills and leadership abilities, and become engaged citizens in their communities.

The Maryland 4-H Congress Goals are:

- Provide a quality, accessible educational experience for 4-H Youth ages 13-18
- Provide 4-H youth with unique educational, recreational, and social experiences in an environment that fosters independence, accountability, and time management
- Inform 4-H youth of career and post-secondary education opportunities
- Expose 4-Hers to the college experience and make them aware of resources to help them prepare academically, financially, and personally for higher education
- Promote understanding and acceptance of diversity
- Enhance each 4-Her’s sense of personal and social responsibility
2017 CONGRESS HIGHLIGHTS

Your schedule will include:

- Career track workshops taught by faculty and industry professionals
- Tours of colleges, facilities, and campus landmarks
- Interaction with University admissions, recruitment, and scholarship coordinators
- On-site public issue forum and service project
- A Celebration Dinner highlighting youth achievement and talents
- Team and individual recreation activities including Olympic-style games and a trip to a Baltimore Orioles baseball game

MARYLAND 4-H STATE COUNCIL

The Maryland 4-H Congress was conceived and planned by members and faculty/staff advisors of the Maryland 4-H State Council, the state’s teen leadership body. It is truly an event FOR Maryland 4-Hers BY Maryland 4-Hers. You will see State Council members in key leadership roles throughout the program.

The Maryland 4-H State Council is a group of empowered youth that promote positive leadership and lifestyles in their communities, country, and world. The State Council’s motto is “Making the Best Better”... something every member strives to do in his or her own way and as a member of the team. Membership in the Maryland 4-H State Council is open to all 4-H youth ages 13-18. State Council members serve one-year terms and may re-apply for consecutive terms. Applications are received in late fall for the coming calendar year.

If you are interested in serving on the 2018 Maryland 4-H State Council, don’t hesitate to talk to one of the current members or advisors! You will see many of them at Maryland 4-H Congress. You can also check out the State Council page on the Maryland 4-H website, or follow their social media accounts on Instagram, Snapchat, and Facebook. See the “Electronics & Social Media” section for further details.

MARYLAND 4-H FOUNDATION

The Maryland 4-H Congress has received significant financial and material support from the Maryland 4-H Foundation. Thanks to the Foundation’s generosity and dedication, we have been able to make this event extremely affordable and accessible to all Maryland 4-H teens. Please take a moment to express your gratitude to the Foundation for their continued support. Thank you notes and letters can be sent to:

Maryland 4-H Foundation
8020 Greenmead Drive
College Park, MD 20740
CAREER TRACKS

Delegates will be notified by e-mail of their Career Track assignment.

AGRICULTURE & ANIMAL SCIENCE

Sponsored by the College of Agriculture and Natural Resources

Learn how the care and production of both agriculture and animals impacts our environment, health and wellness. Explore emerging career opportunities in Animal Science and Agriculture to learn how traditional jobs in this field are changing. Discover the University of Maryland’s Campus Farm and the animals who live there. Faculty and students will lead workshops and tours of campus facilities and labs that focus on this diverse career field. *Workshops:

- Equine Studies
- Livestock Management
- Research in Animal Science
- Animal, Agriculture, & Environmental Law
- Eating with Eyes Wide Open
- Careers & Fields of Study for Beef & Dairy

CREATIVE & FINE ARTS

Sponsored by the University of Maryland Extension; Clarice Smith Performing Arts Center

Let your creativity come alive in this diverse career track. Creativity can be used in many fields related to performance, fine arts, and design. This new track will include a variety of workshops ranging from painting and graphic design to performance arts to more traditional fine arts programs. Explore all the ways your creative talent can lead to a career in the fine arts. *Workshops:

- Bringing Out Your Inner Picasso
- Graphic Design & Personal Style
- Landscape Architecture Career & Tour
- Theatre Career & Clarice Performing Arts Tour
- School of Architecture & Design Tour

JOURNALISM & COMMUNICATIONS

Sponsored by the College of Behavioral & Social Sciences; College of Agriculture & Natural Resources

Great Leaders have one basic skill in common - they are great Communicators. Learn how to get your message across using various forms of media - video, audio, graphics, social media and more. Explore careers in communication and journalism to help strengthen your leadership portfolio by strategically using social media and other platforms. *Workshops:

- Visual Art Media
- Advocacy: Delivering the Message
- Creating Communication Strategies
- Building Your Personal Brand
- Leadership for Tomorrow
- College of Journalism Tour

ENGINEERING

Sponsored by the A. James Clark School of Engineering.

Explore career opportunities in the multifaceted field of engineering that may include: aerospace, robotics, electrical, chemical, biomedical, or agriculture engineering in addition to Maryland’s unique Fire Protection Engineering program. Learn how engineering students are leading research advancements in disaster resilience, weather, extreme robotics, cybersecurity and more in workshops taught by students and faculty, and tour campus research facilities. *Workshops:

- GIS
- Electricity & Agriculture Engineering
- Electrical Engineering
- Fearless Engineering Research
- Engineering Labs Tour
- Overview of UMD Engineering
**HEALTHLY LIVING**

**Sponsored by the College of Agriculture and Natural Resources and University of Maryland Extension.**

Health and Wellness is one of the fastest-growing and most diverse career fields in the nation. Explore career opportunities in the Health and Wellness fields through workshops led by University of Maryland students and faculty working in dietetics, physical training, food & nutrition, financial management, and other areas affecting human wellness. You’ll also learn how the University helps our Terps maintain a healthy mind, body, and spirit.

*Workshops:*

- Becoming a Pharmacist
- Grow & Eat Your Fruits & Vegetables: UMD Community Garden
- School of Public Health Overview
- Eating with Your Eyes Wide Open
- Personal Finance
- Tour of UMD Eppley Recreation Center

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**AGRONOMY & PLANTSCIENCE**

**Sponsored by the College of Agriculture and Natural Resources.**

From the mountains to the Bay, Maryland has one of the country’s most diverse environments. Learn how our unique environment affects soil quality and plant growth. Discover the importance for creating and maintaining a balanced environment through agricultural and environmental practices.

*Workshops:*

- GMO crop use
- Soils
- Healthy Environment
- Plant Health
- Human interaction & the environment

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**LAW & POLICY**

**Sponsored by the College of Behavioral & Social Sciences; College of Agriculture & Natural Resources.**

Everyone is society is impacted by laws and policies whether they are related to law enforcement, the legal system, environmental practices, international relations, or health care. The career fields related to law and policy development are multifaceted and interwoven in our daily lives. This exciting new track will feature a variety of topics related to the development and impact of public policies, sociology, psychology, and criminology.

*Workshops:*

- Role of FBI in Law Enforcement
- Development of Public Policy
- Police Officer & Their Community Role
- Practice of Law & Leading a Law Firm
- Intersection of Agriculture Policy & Law

*NOTE: Workshops are subject to change based on instructor availability.*
TERP EXPERIENCE
Delegates will rotate through afternoon Terp Experience activities with their Career Tracks

PUBLIC ISSUE FORUM
For 2017, the Maryland 4-H State Council identified their public issue of Impacting the Environment through Enhancing the Bee Pollinator Population. One of the many educational and advocacy activities the State Council members have planned is to host a public issue forum with Congress delegates. The forum will include four experiences: session on the importance for respectful debate, panel discussion with industry professionals working in the field of Bee research and agriculture, tour of the UMD Bee pollinator research lab, and interactive session to learn how we can personally improve the pollinator population.

SERVICE PROJECT
The Maryland 4-H State Council has created an opportunity for all Congress Delegates to engage in a service project during the program. Three projects will be available: making blankets for youth that are living in homeless shelters, making survival paracord bracelets for military personnel overseas, and designing and writing cards of encouragement to be delivered to youth that have a family member in active military service.

CAMPUS TOUR
Maryland 4-H Congress Delegates will have the opportunity to take a campus tour through the UMD Admissions office. This tour will highlight several campus facilities while also explaining the application process for attending the University of Maryland at College Park. The tour will be led by trained UMD staff.

These activities will occur during the afternoons and delegates will have the opportunity to participate in all three Terp Experiences during the week.
FUN AND GAMES
Maryland 4-H Congress will be filled with fun recreational activities for ALL!

DORM DOOR DECORATING CONTEST
Show your MD4HC Spirit! When you get the key to your dorm room, grab your roommate and get creative! Prizes will be awarded for the top door masterpieces in categories such as Funniest, Most Creative, Best 4-H Promotions, Craziest, and “Delegates’ Choice.” Think of a theme before you arrive and bring your supplies. Anything goes, as long as it’s not permanent. Bring tape, scissors, wrapping paper, signs, tinsel, feather boas…. Whatever best expresses your theme. Doors will be judged Wednesday morning.

KICK OFF BBQ
Meet fellow 4-Hers from across the state and hang out with faculty, staff, and students from the College of Agriculture and Natural Resources and the State 4-H Office. Grill services will be provided by the men of Alpha Gamma Rho, the University of Maryland’s agriculture fraternity. Dinner will be picnic-style, followed by the first round of the Clover Games.

CLOVER GAMES
Teamwork will be on display at the Clover Games, Maryland 4-H Congress’ Olympic-style competition that will be ongoing through the week. From the march-in to the medal ceremony, MD4HC Pride will be on full display.

NIGHT OUT WITH THE BALTIMORE ORIOLES
We will take you out to the ballgame on Thursday night! After a day of workshops and activities we will all board motorcoach buses and travel to Oriole Park in style. Then we’ll root-root-root for the Home Team as the Orioles take on the Cleveland Indians. Your ticket and a limited food voucher will be provided; bring money for additional food and souvenirs.

CELEBRATION DINNER & TALENT SHOW
The last full day of Maryland 4-H Congress will close with a Celebration Dinner at the Stamp Student Union. The dinner will feature a keynote speaker from the University Athletics Department, and we will welcome some Friends of Maryland 4-H as our special guests. The Maryland 4-H Congress Talent Show will showcase Delegate performances.

PEER-LED WORKSHOPS
Try your hand at a new craft or skill in workshops led by members of the Maryland 4-H State Council. From acting to archery; clay crafting to Zumba, there’s something for everyone. You may discover a new hobby! You will pick your peer-led workshops at Congress.
PREPARING FOR MARYLAND 4-H CONGRESS

RESIDENCE HALLS
Maryland 4-H Congress Delegates and Chaperones will reside in Centreville Hall. All Delegates will have a roommate. You will receive your room assignment when you check in at Maryland 4-H Congress on Tuesday, June 20 between 3:00-4:30 pm. Your room will have two twin beds, closets, desks, and dressers. Community bathrooms are located on each wing. Bring your bedding, pillow, towel(s), and toiletries in a tote to carry to/from the bathroom. Don’t forget flip-flops for the shower! A laundry room with coin-operated washing machines/dryers is available for Delegate use. Centreville Hall has air conditioning.

View more information about Centreville Hall at: http://reslife.umd.edu/halls/cambridge/centreville/

DRESS & APPEARANCE
Maryland 4-H Congress is an active experience, and dress for most workshops and activities will be casual. Attire of both Delegates and Chaperones should be neat, clean, and appropriate for a youth conference. Chaperones and Maryland 4-H Congress Staff may ask Delegates to modify their clothing selection if standards of dress and appearance are not met.

Delegates and Chaperones should pack clothing suitable for indoor and outdoor activities based on the weather forecast. It is a good idea to pack a light jacket and/or raincoat as summer weather can be unpredictable. Swimsuits/swim gear will not be needed.

General Appearance Guidelines:
- Youth and adults should appear neat and clean
  - Observe personal hygiene practices; shower and wash hair
- Dress and appearance should not present health or safety hazards or cause disruption
- Hats/caps should not be worn indoors during Maryland 4-H Congress activities.
- Bare feet are not appropriate for any Maryland 4-H Congress activity; shoes are required
- Pajamas, sleepwear, or outfits with visible undergarments will not be worn outside dorm rooms
  - Youth and adults must be dressed in appropriate clothing when moving between dorm rooms and community bathrooms (i.e. NOT in a towel or wrap)

Appropriate Dress for activities will be indicated on your MD4HC Schedule. Dress for major activities is summarized below:

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity/Event</th>
<th>Appropriate Dress</th>
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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Check-in, Opening Ceremony, and Kickoff BBQ</td>
<td>Sport</td>
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<tr>
<td>Wednesday</td>
<td>Workshops, Terr Experience</td>
<td>Casual</td>
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<tr>
<td>Wednesday</td>
<td>Clover Games / Evening Recreation</td>
<td>Sport</td>
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<tr>
<td>Thursday</td>
<td>Workshops, College Experience</td>
<td>Casual</td>
</tr>
<tr>
<td>Thursday</td>
<td>Night Out at Orioles baseball Game</td>
<td>4-H Gear – MD4HC T-Shirt</td>
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<tr>
<td>Friday</td>
<td>Workshops, Afternoon of Service</td>
<td>Represent your 4-H club/county day</td>
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<tr>
<td>Friday</td>
<td>Celebration Dinner &amp; Talent Show</td>
<td>Dress-Up</td>
</tr>
<tr>
<td>Saturday</td>
<td>Workshops &amp; Closing Ceremony</td>
<td>Casual/Sport</td>
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<tr>
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<td>as appropriate to workshop choices</td>
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</tbody>
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9 | MD4HC
Appropriate Dress Guidelines:

<table>
<thead>
<tr>
<th></th>
<th>Casual</th>
<th>Sport</th>
<th>4-H Gear</th>
<th>Dress-Up</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>For Guys</strong></td>
<td>Jeans or shorts, khakis, t-shirts, knit shirts, tennis shoes. No cut-offs or worn jeans/shorts with holes or ragged edges</td>
<td>Shorts, track pants, sweatpants, t-shirts, tennis shoes.</td>
<td>4-H-themed t-shirt, polo shirt, or other top with jeans, shorts, or khakis; tennis shoes. <strong>MD4HC t-shirts will be supplied; bring your club, county, or Maryland 4-H shirts</strong></td>
<td>Dress slacks with a shirt and tie, jacket or sweater, leather shoes or boots. No jeans, t-shirts or athletic shoes.</td>
</tr>
<tr>
<td><em>See notes regarding appropriate clothing items/styles</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>For Girls</strong></td>
<td>Jeans or shorts, khakis, casual skirts, t-shirts or casual tops, tennis shoes, sandals. No cut-offs or worn jeans/shorts with holes or ragged edges</td>
<td>Shorts, yoga pants, track pants, sweatpants, t-shirts, tennis shoes.</td>
<td>4-H-themed t-shirt, polo shirt, or other top with jeans, shorts, or khakis; tennis shoes. <strong>MD4HC t-shirts will be supplied; bring your club, county, or Maryland 4-H shirts</strong></td>
<td>Dresses, suits with skirts or slacks, blouses, leather shoes or dressy sandals (heels or flats). No jeans, t-shirts, or athletic shoes.</td>
</tr>
<tr>
<td><em>See notes regarding appropriate clothing items/styles</em></td>
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</tbody>
</table>

**Clothing NOT appropriate for Maryland 4-H Congress:**

- Clothing that exposes the midriff, navel, back, or cleavage
- Clothing that exposes undergarments
- Tube tops, strapless tops, halter tops that expose the back and or/sides, low-cut tops
  - Tops with thin/spaghetti straps (less than 2 inches in width) must be worn over another close-fitting top or sports top (no intentionally-exposed bra straps)
  - Loose-fitting tops (“swing tops”) must not expose bare sides, navel, or midriff
- Pants or shorts with logos/slogans across the rear
- See-through clothing, unless layered over another garment that covers the skin
- Clothing that advertises alcoholic beverages, tobacco products, drugs, or illegal/illicit activity
- Clothing that has vulgar, obscene, or offensive messages or images
- Cut-offs, ragged/ripped jeans, clothing with holes or in poor condition
- Excessively tight or short garments
  - Shorts and skirts must reach mid-thigh in length

**MEALS & SNACKS**

Most Maryland 4-H Congress meals will be served in one of the campus dining halls. Delegates will be given a meal card for use in the dining hall. Meals not served in the dining hall include a Kickoff Barbecue, a Celebration Banquet, and dinner at Orioles Park when Delegates attend the Orioles baseball game. The cost of these meals is included in the registration fee.

All meals provided on campus will include multiple options to accommodate vegetarians and those with special diets or food allergies/sensitivities. Delegates are responsible for communicating with Maryland 4-H Congress staff and/or Dining Hall staff regarding their dietary needs. Delegates will be responsible for choosing their meal at the Orioles game. If you need help communicating your dietary needs with staff, you may ask your Chaperone for assistance.

You are welcome to bring snacks and drinks to keep in your residence hall room, but be mindful that others may have allergies. Residence halls have vending machines for snacks and drinks, but do not have ice machines. There are also many places on campus where you can purchase snacks, drinks, or extra meals, at your own expense. Refrigerators WILL NOT be provided or available in residence halls or dormitory rooms.
SPENDING MONEY
Your registration fee covers 4 nights’ lodging, all meals listed on the schedule, transportation to/from events, a Maryland 4-H Congress t-shirt, and a ticket to the Baltimore Orioles baseball game. You may wish to bring spending money to purchase snacks/drinks in the dorms or on campus, souvenirs at the Student Union bookstore or the Baltimore Orioles game, or to use recreational facilities at the Stamp Student Union (bowling, video games, etc). How much spending money you bring is your personal choice, but large amounts of cash are not recommended.

MEDICATIONS & SUNSCREEN
Delegates requiring prescription medications must bring their medications in original, pharmacy-labeled containers. You should bring only as much medication as you need for the week; leave the rest at home. You must register your medications when you check in at Maryland 4-H Congress. Your medications will be dispensed by a designated 4-H State Congress staff member at the scheduled times. A medication form has been included in this packet for parents to complete and bring with the delegate to check-in. If you have a medication that needs refrigeration, notify the Maryland 4-H Congress staff when you check in. Dorm rooms do not have refrigerators, so special arrangements will be made for storage of your medication.

Maryland 4-H Congress Staff and Chaperones may not personally provide ANY type of medication to Delegates. Youth are encouraged to come prepared with any over-the-counter (OTC) medications they may need such as Tylenol, Motrin, Benadryl, allergy medications, cough drops, etc. Delegates may purchase OTC medications at the Stamp Student Union, but some medications (antihistamines) may require identification to purchase.

Basic first aid kits (band-aids, antiseptic wipes, etc) will be available at the Maryland 4-H Congress Headquarters. If you get sick or need substantial medical treatment you will be taken to the Campus Health Center or to a local hospital, as needed. Your parent/guardian will be promptly notified if you get sick, injured, or require substantial medical treatment. See the “Health and Safety” section of this Handbook for more information.

Many Maryland 4-H Congress activities will take place outdoors. Delegates should bring sunscreen and insect repellent (bug spray), and apply as needed. Sunscreen and insect spray will NOT be available at Maryland 4-H Congress Headquarters.

MD4HC SMARTPHONE APP & SOCIAL MEDIA
Maryland 4-H Congress – Follow the MD4HC Fun on the Maryland 4-H State Council Social Media accounts.

Twitter: @MD4HCouncil  #MD4HC16  #MD4H
Instagram: @MD4HCouncil  #MD4HC16  #MD4H
Snapchat: @MD4HCouncil
Facebook: www.facebook.com/Maryland4HStateCouncil
Web: www.extension.umd.edu/4-h/4-h-program-areas/maryland-4-h-congress
YOUR MARYLAND 4-H CONGRESS EXPERIENCE

ARRIVAL & DEPARTURE
Check-in for Maryland 4-H Congress is Tuesday, June 20 from 3:00-4:30 pm at Centreville Hall. Parents/drivers will be directed by Congress staff to a “drop-off lane” in front of the residence hall, where 4-Hers may unload their belongings. Maryland 4-H Congress will be dismissed at noon on Saturday, June 24. Delegates may be picked up between noon and 1:00 pm at Centreville Hall. Directions to Centreville Hall can be viewed here: http://reslife.umd.edu/halls/cambridge/centreville/.

Adult chaperones and others who plan to park on campus for the week will receive parking passes at check-in. Parking is located adjacent to Centreville Hall. Youth who drive themselves to Congress will not be permitted to drive during Maryland 4-H Congress; vehicles must remain parked. Parents/drivers who will return to pick up youth at the end of Congress will receive a limited parking pass for pick-up on June 24.

ROOMMATES
Residence hall rooms are double-occupancy. Boys and girls will be housed in separate areas of the residence hall. All youth Delegates will have a roommate, and room assignments may NOT be changed. Roommate requests have been honored as much as possible. You will find out who your roommate is when you check in at Maryland 4-H Congress.

CHAPERONES
Maryland 4-H Congress is an official activity, and will be staffed with University of Maryland Extension (UME) and 4-H program faculty and staff. Youth Delegates will be assigned an Adult Chaperone, who will supervise their activities while at Congress. All Adult Chaperones are approved UME Volunteers or Staff and have successfully completed a background check.

Chaperones will assist with workshops, tours, recreational activities, and field trips. They will also lead group meetings with their assigned Delegates at the end of every day, prior to lights out. Chaperones will assist individual 4-Hers with personal matters as needed. Congress Staff and Chaperones have authority to enforce policies, rules, and codes of conduct for ALL youth, not just those assigned to them.

NAMETAGS & COLOR GROUPS
You will receive a Maryland 4-H Congress nametag when you check in. The nametag will be in a colored pouch that you must wear around your neck at ALL times during Maryland 4-H Congress, unless otherwise instructed. Your nametag is your “access pass” to Congress events; if you are not wearing your nametag when you report to meals, workshops, tours, etc you will be required to go back to your room to get it. If you lose your nametag you must immediately report to Maryland 4-H Congress Headquarters to receive a replacement. A $5.00 fee will be charged to replace lost nametags.

The Congress Delegation will be divided into color groups for some activities and events. The color of your nametag holder determines the color group to which you are assigned. Color groups are pre-assigned and may NOT be changed, for safety and accountability reasons.
CURFEWS

Curfew is 30 minutes after the conclusion of each day’s schedule. At 10:00 pm or “Lights Out,” all 4-Hers and Chaperones should be in Centreville Hall, on their assigned floor. The Floor Captains, chaperones, will lead a group meeting with the Delegates at “Lights Out,” to confirm all youth are present. The group meeting will include reflection on the day’s events and a review of the next day’s schedule. After the group meeting, 4-Hers are expected to be in their assigned rooms. Chaperones will monitor hallways and common areas to ensure youth comply with curfew. Breaking curfew may result in sanctions or dismissal from Maryland 4-H Congress.

PARTICIPATION & BEHAVIOR

Youth are expected to participate in all Maryland 4-H Congress programming and events. Attendance will be taken at Career Track workshops, tours, and Orioles game trip. Chaperones are responsible to ensure their assigned youth fully participate in Congress activities.

There will be a number of other youth camps on the University of Maryland campus during Maryland 4-H Congress, as well as college summer classes. Maryland 4-H Congress will share residence hall space with other visitors to campus. Be considerate of others; keep noise in halls and common areas to a minimum. No running or horseplay in the residence hall or other campus buildings. Youth Delegates should socialize in common areas, not in dorm rooms. Boys and girls may NOT visit each other in dorm rooms.

Youth Delegates are expected to comply with the Maryland 4-H Behavioral Expectations Agreement they signed upon enrollment. The Behavioral Expectations Agreement is attached to this Handbook for your reference. Adult Chaperones and Staff are expected to model positive behavior and enforce standards as necessary.

ELECTRONICS & SOCIAL MEDIA

Youth Delegates are welcome to bring smartphones and electronic devices (tablets, music players, etc.) to Maryland 4-H Congress, but are expected to use them responsibly. Phones and devices should not be used during general sessions, workshops, or tours unless the instructor/guide gives the group permission to do so. It is the owner’s responsibility to safeguard electronic devices; the University of Maryland and Maryland 4-H will not be responsible for lost, damaged, or stolen electronic devices.

Delegates, Chaperones, Parents, and 4-H Volunteers and Staff are encouraged to “like” and “follow” the Maryland 4-H State Council on Twitter, Instagram, Snapchat, and Facebook. Throughout the Congress updates, highlights, and photos will be posted by the Youth Media Team and the State 4-H Council Public Relations Committee.

Delegates and Chaperones are encouraged to share their POSITIVE Maryland 4-H Congress experiences on social media. Use hashtags #MD4H and #MD4HC16 to tag social media posts. Social media will be monitored by Maryland 4-H Congress staff and the Youth Media Team. Youth and adults are reminded to use social media responsibly; remember what you post in a mere second will live online forever.

Delegates and Chaperones are also welcome to bring cameras, video cameras, laptop computers, etc. to Maryland 4-H Congress. As with the devices mentioned above, the University of Maryland and Maryland 4-H will not be responsible for lost, damaged, or stolen items.
HEALTH & SAFETY

We hope all Delegates and Chaperones will have a happy and healthy experience at Maryland 4-H Congress. However, the Maryland 4-H Congress staff is prepared to handle illness, injury, or medical emergency.

❖ **Health Form** - A completed Maryland 4-H Event Health Form is required for ALL Youth Delegates and Adult Chaperones/Staff. This form provides a brief health history, emergency contact and health insurance information, and authorization for emergency medical treatment. The Health Form will be kept at the Maryland 4-H Congress Headquarters for the duration of the event.

❖ **Minor illnesses** (such as headache, upset stomach, etc) will be monitored by Chaperones and Maryland 4-H Congress staff. If necessary, the 4-Her may visit the University Health Center for attention, escorted by a Chaperone or Congress staff member.

  o If a Youth Delegate must miss a Congress event due to illness, the designated Chaperone will ensure the Headquarters staff is aware of the youth’s location and condition as s/he recovers.

  o If a Youth Delegate (or adult) visits the Campus Health Center, s/he will be billed for treatment or services.

❖ **Medical Treatment** - If a Youth Delegate requires medical attention, s/he will be taken to the University Health Center or to the nearest hospital, depending on the severity of the injury or illness. A parent/guardian or emergency contact will be notified and will be expected to make immediate arrangements to assume responsibility for the 4-Her’s health care.

Campus Safety

The University of Maryland is a beautiful campus, located in the middle of a large city. The campus is patrolled by officers of the Department of Public Safety, and the Prince George’s County Police Department is responsible for security of the surrounding community. As in any urban area, you should remain aware of your surroundings and not walk alone, especially in evening or early morning hours.

Youth Delegates should use the “buddy system” when moving around campus. Walking in pairs or groups with roommates or other 4-Hers in your Career Track or tour group is good practice. During recreation or “down-time” youth are expected to notify their Chaperones of their plans (going to the Stamp Student Union, etc). **YOUTH DELEGATES MAY NOT LEAVE THE CAMPUS.** Youth Delegates may travel off-campus ONLY by official transportation, for scheduled Congress activities.

In the rare event a Youth Delegate or Chaperone must leave Maryland 4-H Congress, s/he must sign out at the Congress Headquarters and sign back in upon return (if applicable). Youth may not sign themselves out; they must be signed out by a parent/guardian or their designated Chaperone.

Dorm Safety

Doors to dorm rooms should be locked at all times, even when you are in the building. By leaving your dorm room unlocked and unattended, you make yourself a potential crime target. Valuables should never be left out or in view in your room. Store your personal items in provided drawers or in your suitcase.

There will be a number of other youth camps on campus during Maryland 4-H Congress, as well as summer classes. Maryland 4-H Congress will share residence hall space with other visitors to campus. Be cautious when responding to a knock at your dorm room door; check to see if it is someone you know before opening the door.

Emergencies

If you witness or are involved in an emergency situation or incident, take the following actions:
Delegate Handbook

Minor Emergency:
- Immediately locate an adult Chaperone, Instructor, or Maryland 4-H Congress staff member
- Ask for the adult’s help in coming up with the best solution

Major Emergency:
- Use the closest phone to call for help
- Dial 911 or (301)-405-3333 (Campus Police)
  - Dial 5-3333 from a campus phone
- Locate an adult Chaperone, Instructor or Maryland 4-H Congress staff member
- Notify (or send someone to notify) Maryland 4-H Congress Headquarters

Major Catastrophe (Fire, Severe Weather, etc):
- Your Chaperone will tell you what to do in case of fire or weather emergency.
- If you must evacuate Centreville Hall you will meet your Chaperone at a designated gathering point. If you must evacuate another building on campus (workshop location, etc) follow the directions of Maryland 4-H Congress Chaperones and/or instructors on-site
- If you must shelter in place, you will contact or meet your Chaperone as instructed once the emergency has passed.

MARYLAND 4-H CONGRESS HEADQUARTERS

Maryland 4-H Congress staff will be headquartered at 0118 Symons Hall. The Headquarters will be open during daytime events and staffed by Maryland 4-H staff and Volunteers. During evening/overnight hours a dorm room in Centreville Hall will serve as a secondary Headquarters.

If you need to contact the Maryland 4-H Congress staff during business hours, call (301)-314-9070 (the Maryland 4-H Center). They will relay messages to Congress staff. Parents and Congress Delegates will be provided an after-hours contact number when they check in for Congress on Tuesday.

Youth Delegates will also be provided their Chaperone’s mobile phone number.

Important Contact Numbers:
Maryland 4-H State Office   (301) 314-9070
Congress Daytime Headquarters (301) 312-5735
Congress Evening Headquarters (301) 312-5735 or (301) 312-3407
**Emergency Contact for Coordinator (301) 312-3407

University of Maryland Extension programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, or gender identity and expression.
# MARYLAND 4-H CONGRESS

## Schedule of Events

*Times/locations subject to change. Delegates will receive a copy of the schedule at check in.*

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00-5:00pm</td>
<td>Arrival/Check In</td>
<td>Centreville Hall</td>
</tr>
<tr>
<td>5:15-6:15pm</td>
<td>County &amp; Group Orientations</td>
<td>Animal Sciences Courtyard</td>
</tr>
<tr>
<td>6:15-7:00pm</td>
<td>Team Building</td>
<td>Animal Sciences Courtyard</td>
</tr>
<tr>
<td>7:00-7:45pm</td>
<td>Kick-Off BBQ</td>
<td>Animal Sciences Courtyard</td>
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<tr>
<td>7:45-8:45pm</td>
<td>Clover Team Games</td>
<td>Animal Sciences Courtyard</td>
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<tr>
<td>9:00-10:00pm</td>
<td>Dorm/Free Time</td>
<td>Animal Sciences Courtyard</td>
</tr>
<tr>
<td>10:00-10:30pm</td>
<td>Floor Reflection Time Activity</td>
<td>Centreville Hall</td>
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</table>
Wednesday, June 21, 2017

7:30-8:30am  Breakfast  The Diner (North)

9:00-9:50am  Career Track Workshop #1
♦ Agriculture & Animal Science  0402 Animal Sciences Bldg
♦ Agronomy & Plant Science  0210 H.J. Patterson Hall
♦ Journalism & Communications  TBA
♦ Law & Policy  1202 J.M. Patterson Hall
♦ Creative & Fine Arts  0204 Architecture Bldg
♦ Engineering  1136 LeFrak Hall
♦ Healthy Living  0412 Animal Sciences Bldg

10:10-11:00am  Career Track Workshop #2
♦ Agriculture & Animal Science  0412 Animal Sciences Bldg
♦ Agronomy & Plant Science  1119 Plant Sciences Bldg
♦ Journalism & Communications  1146 Plant Sciences Bldg
♦ Law & Policy  TBA
♦ Creative & Fine Arts  0402 Animal Sciences Bldg
♦ Engineering  1109 J.M. Patterson Hall
♦ Healthy Living  1202 J.M. Patterson Hall

11:00-12:00pm  Break

12:00-1:00pm  Lunch  The Diner (North)

1:00-1:30pm  Break

1:30-4:00pm  Terp Experience
♦ Group A: Service Project
♦ Group B: Public Issue Forum
♦ Group C: Campus Tour

4:00pm  Talent Show meeting  Centreville Hall

4:00-6:00pm  Break

6:00-7:00pm  Dinner  The Diner (North)

7:30-9:30pm  Clover Team Games  LaPlata Beach

9:30-10:00pm  Dom/Free Time  Centreville Hall

10:00-10:30pm  Floor Reflection Time Activity  Centreville Hall
Thursday, June 22, 2017

7:30-8:30am  Breakfast  The Diner (North)

9:00-9:50am  Career Track Workshop #3
♦ Agriculture & Animal Science  0402 Animal Sciences Bldg
♦ Agronomy & Plant Science  1146 Plant Sciences Bldg
♦ Journalism & Communications  Knight Hall Lobby
♦ Law & Policy  0412 Animal Sciences Bldg
♦ Creative & Fine Arts  TBA
♦ Engineering  0504 Animal Sciences Lab
♦ Healthy Living  1109 J.M. Patterson Hall

10:10-11:00am  Career Track Workshop #4
♦ Agriculture & Animal Science  0402 Animal Sciences Bldg
♦ Agronomy & Plant Science  1153 Plant Sciences Bldg
♦ Journalism & Communications  1119 Plant Sciences Bldg
♦ Law & Policy  1146 Plant Sciences Bldg
♦ Creative & Fine Arts  TBA
♦ Engineering  0504 Animal Sciences Lab
♦ Healthy Living  UMD Community Garden

11:00-12:00pm  Break

12:00-1:00pm  Lunch  The Diner (North)

1:00-1:30pm  Break

1:30-4:00pm  Terp Experience
♦ Group A: Public Issue Forum
♦ Group B: Campus Tour
♦ Group C: Service Project

4:15pm  Board Buses for Orioles Game  Centreville Hall

5:00-10:00pm*  Orioles Baseball Game  Camden Yards

10:30-11:00pm  Floor Reflection Time Activity  Centreville Hall

*Time approximate based on return to campus from baseball game
Friday, June 23, 2017

7:30-8:30am  Breakfast  The Diner (North)

9:00-9:50am  Career Track Workshop #5
♦ Agriculture & Animal Science  0402 Animal Sciences Bldg
♦ Agronomy & Plant Science  1146 Plant Sciences Bldg
♦ Journalism & Communications  1119 Plant Sciences Bldg
♦ Law & Policy  TBA
♦ Creative & Fine Arts  1158 Plant Sciences Bldg
♦ Engineering  1202 J.M. Patterson Hall
♦ Healthy Living  Eppley RecWell Center

10:10-11:00am  Career Track Workshop #6
♦ Agriculture & Animal Science  0402 Animal Sciences Bldg
♦ Agronomy & Plant Science  0412 Animal Sciences Bldg
♦ Journalism & Communications  1119 Plant Sciences Bldg
♦ Law & Policy  1146 Plant Sciences Bldg
♦ Creative & Fine Arts  1410 Computer & Space Science
♦ Engineering  1202 J.M. Patterson Hall
♦ Healthy Living  1109 J.M. Patterson Hall

11:00-12:00pm  Break

12:00-1:00pm  Lunch  The Diner (North)

1:00-1:30pm  Break

1:30-4:00pm  Terp Experience
♦ Group A: Campus Tour
♦ Group B: Service Project
♦ Group C: Public Issue Forum

4:00-6:00pm  Break/Get ready for banquet  Centreville Hall

6:00-9:00pm  Celebration Banquet  Stamp Student Union

9:00-10:00pm  Dorm/Free Time  Centreville Hall

10:00-10:30pm  Floor Reflection Time Activity  Centreville Hall
Saturday, June 24, 2017

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<thead>
<tr>
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<tbody>
<tr>
<td>7:30-8:30am</td>
<td>Breakfast</td>
<td>The Diner (North)</td>
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<tr>
<td>9:00-9:50am</td>
<td>Peer-Led Workshop #1</td>
<td>Centreville Hall</td>
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<tr>
<td></td>
<td>- Monster Makeup: Zombie Edition</td>
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<td>- I Scream, You Scream, We All Scream for Ice Cream</td>
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<td>- Kung Fu Fighting</td>
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<td>- Plastic Bag Print-Making</td>
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<td>10:00-10:50am</td>
<td>Peer-Led Workshop #2</td>
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<tr>
<td>11:00-12:00pm</td>
<td>Closing Ceremony</td>
<td>Animal Sciences Courtyard</td>
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<tr>
<td>12:00-1:30pm</td>
<td>Check-out &amp; departure</td>
<td>Centreville Hall</td>
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</tbody>
</table>
A goal of the Maryland 4-H Program is to provide opportunities for children and youth to build character. Maryland 4-H supports the CHARACTER COUNTS® six pillars of character: TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, AND CITIZENSHIP. In order to ensure Maryland 4-H programs provide positive environments for all individuals to learn and grow, 4-H participants agree to abide by these expectations of behavior:

❖ I will be TRUSTWORTHY. I will be worthy of trust, honor, and confidence. I will be a model of integrity by doing the right thing even when the cost is high. I will be honest in all my activities. I will keep my commitments by attending all sessions of the planned event. If I am not feeling well or have a schedule conflict, I will inform my chaperone or a person in charge. I will be in the assigned area (club meeting room, dorm, building, etc) at all times. I will not be lie, cheat, steal, deceive, or be dishonest in any other way.

❖ I will be RESPECTFUL. I will show respect, courtesy, and consideration to everyone, including other program participants, those in authority, and myself. I will act and speak respectfully. I will treat program areas, lodging areas, and transportation vehicles, and other property with respect. I will not use vulgar or abusive language or cause physical, mental, or emotional harm. I will appreciate diversity in skill, gender, ethnicity, family, and ability. I understand that Maryland 4-H does not tolerate statements or acts of discrimination or prejudice.

❖ I will be RESPONSIBLE. I will be responsible, accountable, and self-disciplined in the pursuit of excellence. I will live up to high expectations so I can be proud of my work and conduct. I will be on time to events and activities. I will be accountable by accepting responsibility for my choices and actions. I will abide by the established program rules and curfews. I will take responsibility for any mistakes or misconduct in which I participate.

❖ I will be FAIR. I will be just, fair, and open-minded. I will participate in events by following the rules, not taking advantage of others, and not asking for special exception or consideration.

❖ I will be CARING. I will be caring in my relationships with others. I will be kind and show compassion for other people and living things. I will treat others the way I want to be treated. I will show appreciation for the efforts of others. I will help members of my group to have a good experience by striving to include everyone.

❖ I will be a GOOD CITIZEN. I will be a contributing and law-abiding member of the organization, community, and society. I will be respectful to the environment and contribute to the greater good. I will not use illegal or illicit substances such as tobacco, alcohol, and drugs.
Maryland 4-H Behavioral Expectations Agreement

Maryland 4-H Behavioral Expectations:
Maryland 4-H expects youth participating in programs to behave in an acceptable manner and in accordance with the Maryland 4-H Behavioral Expectations outlined on the reverse of this document. 4-H participants who engage in unacceptable conduct, including the following behaviors, are subject to discipline:

- Possession, use, or distribution of alcohol and/or illegal or illicit drugs
- Possession or use of weapons or dangerous materials
- Possession or use of tobacco products
- Misuse of prescription or non-prescription drugs or substances
- Sexual activity
- Lying, cheating, misrepresenting project work, or other unethical practices
- Unauthorized absence from program site
- Physical, verbal, emotional, or mental abuse of, or threats toward, another person
- Theft, destruction, or abuse of property
- Use of electronic devices and/or social media to bully, demean, harass, or threaten another person
- Use of technology to create, transmit, post, or willingly receive unacceptable content such as that containing profanity, advocacy of use/possession of alcohol or drugs, violence, sexual misconduct, nudity, etc

Maryland 4-H Disciplinary Policy and Procedures:
A participant in a 4-H program who engages in conduct that may jeopardize the health or safety of the participant, other people, or the integrity of 4-H will be immediately dismissed from the program or activity. This determination and dismissal will be made at the discretion of the University of Maryland Extension (UME) faculty/staff member or UME volunteer in charge of the program or activity. The participant's parent or guardian will be responsible for providing transportation away from the program or event for a dismissed youth.

Following dismissal from a program, the 4-H participant and his/her parent or guardian will be notified in writing of the nature of any unacceptable conduct for which sanctions, up to and including suspension or dismissal from 4-H programs or activities, are being considered. In such cases:

- The county/city UME faculty or staff member with overall responsibility for the program will set up a meeting to hear the 4-H participant. The 4-H participant's parent/guardian will be present at this meeting. At the discretion of UME or at the request of the 4-H participant, a committee may be appointed by UME to review the matter.
- Following the meeting, the 4-H participant and his/her parent/guardian will be notified in writing of the outcome of the meeting and any sanction(s) to be imposed.
- Sanctions may be appealed in writing within seven (7) calendar days after the 4-H participant receives notice of the decision, to the Area Extension Director (AED). The 4-H participant and his/her parent/guardian will be notified in writing of the decision of the AED.
- The decision of the AED may be appealed in writing to the State 4-H Leader within seven (7) days after the 4-H participant receives notice of the decision. The 4-H participant and his/her parent/guardian will be notified in writing of the State 4-H Leader’s decision. The decision of the State 4-H Leader is final.

BEHAVIOR PLEDGE

I have read the Maryland 4-H Behavioral Expectations and the Maryland 4-H Disciplinary Policy and Procedures. I am aware that my actions and decisions affect me and others and that poor actions or decisions may result in my loss of privileges for current and future 4-H programs. I will accept the appropriate and logical consequences of my actions, as determined by Maryland 4-H.

4-H's Printed Name ________________________________________ 4-H's Signature ___________________________ Date __________

As the parent/guardian of ________________________________ I have read the Maryland 4-H Behavior Expectations and the Maryland 4-H Disciplinary Policy and Procedures. I will support the individual in charge of maintaining appropriate behavior at 4-H programs, events, and activities. I agree to accept the appropriate and logical consequences of my child’s actions as determined by Maryland 4-H and the University of Maryland Extension.

Parent/Guardian's Printed Name ____________________________ Parent/Guardian's Signature ___________________________ Date __________