

# Kentucky 4-H Written Communication Contest

## Informational Packet

The Kentucky 4-H Written Communications Contest is an opportunity for young writers to showcase their talents and develop and build upon essential life skills.

This packet includes the contest rules, categories, resources, example cover page, and statement of authenticity.

### *General Contest Rules and Resources*

1. Each county may submit two junior- and two senior-level entries per category.
2. Each category will have a Junior and Senior class. The age of a young person participating in 4-H is the age they are on January 1<sup>st</sup> of the current program year. Junior level members are ages 9-13, and senior level members are ages 14-18.
3. Each writing piece must be original. If there is a question, the participant will be disqualified. A statement of authenticity must be completed by the 4-H member and included with the entry. The statement of authenticity is included in this informational packet.
4. Each entry must include a cover page with the 4-Her's category, age division (Junior or Senior), first and last name, and county. The 4-Her's last name must be included on every page.
5. Entries that do not include a cover page and statement of authenticity will not be judged at the state level and will be disqualified.
6. All entries must be submitted by the county Extension office on 4-H Online by **February 1<sup>st</sup>**. All documents must be uploaded through the 4-H Online system by the county Extension office as one PDF document (the PDF document should include the cover page, entry submission, and statement of authenticity). The exception is Infographic entries – for Infographic entries, the cover page and statement of authenticity can be submitted as one PDF document and the Infographic entry can be submitted as a PDF or JPG file. Entries can be submitted on 4-H Online between December 1<sup>st</sup> – February 1<sup>st</sup> by the county Extension office.
7. Table 1 includes a list of the categories and notes specific requirements for certain categories (each category includes a Junior and Senior class).
8. Formatting requirements for entries: Use Calibri or Times New Roman font, set the font size to 12, and ensure the text is double-spaced (except for song and infographic entries).
  - a. Songs: single-space the text within verses, choruses, and bridges; double-spaced between each verse, chorus, and bridge. This will help keep the song section clear and easy to read.
  - b. Infographics: see Infographics Information and Rules Section (see page 3 of this packet)
9. Champions will be showcased at the Kentucky State Fair.



**Table 1: Categories**

Infographic
Original Monologue
Poetry: 3 line minimum; 25 line maximum
Press Release: Maximum of 1,000 words
Public Service Announcement
Songwriting
<i>What 4-H Means to Me</i> Essay: Minimum of 500 words

**Resources**

These resources are available for purchase on the National 4-H website.

**General Communications Resources**

- Communications Curriculum – Modules 1, 2, and 3
- The Writer in You Project Guide

**Specific Activities for Various Contest Categories**

**Monologue**

The Magic of Monologue Activity is available in National 4-H Council’s Theatre Arts Level 1 Curriculum (available for purchase on the National 4-H website).

**Poetry**

*The Poet in You* Activity is available in The Writer in You Project Guide

**Press Release and Public Service Announcement**

*Extra! Extra!* Activity is available in the National 4-H Council’s Communication Curriculum Module 2 (available for purchase on the National 4-H website).

**Songwriting**

*Compose Your Song* Activity is available in the National 4-H Council’s Communications Curriculum Module 1



## ***Infographic Contest Rules and Information***

An infographic is a picture that shows information or data in a way that's easy to understand quickly. It uses images, charts, graphs, and just a little bit of text to make the message clear.

### *How to Make a Great Infographic*

1. **Pick a Topic:** Choose a topic you like.
2. **Find Information:** Gather important facts and data. Make sure your sources are reliable. Add a reference section at the end of your infographic to list all the sources you used for information.
3. **Plan Your Layout:** Decide how to organize your infographic. Include an introduction, main points, and a conclusion.
4. **Use Visuals:** Add charts, graphs, icons, and pictures to show your data. Keep it simple and tidy.
5. **Choose Colors:** Pick a few colors that look good together and are easy to read.
6. **Add Text:** Use short, clear sentences to explain your visuals.
7. **Check Your Work:** Make sure everything is correct and easy to understand.

There are many websites with templates to help you make an infographic, like Canva and Piktochart. You can use these or try other ones.

### *Infographic Contest Rules*

1. See the Kentucky 4-H Written Communication General Contest Rules (all rules apply).
2. The use of templates from websites is permitted.
3. Infographics should be clear and not blurry. A good size for an infographic is typically around 600 to 1000 pixels wide and 1200 to 3000 pixels long.
4. Infographics should be saved and submitted as a PDF or JPG file.

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*Sample Cover Page*

Category (Infographic, Original Monologue, Poetry, Press Release, Public Service Announcement, Songwriting, or What 4-H Means to Me Essay)

Age Division (Junior or Senior Level)

4-H Member's First and Last Name

County

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## **Kentucky 4-H Written Communication Contest**

### ***Statement of Authenticity***

This is to verify that the piece I entered in the Kentucky 4-H Written Communication Contest is my original work.

I further verify that the piece I entered has never been published and has not been submitted to the 4-H contest before this year.

I give permission for my writing piece:

- to be submitted for judging.
- to be published online and on social media.
- to be displayed at the Kentucky State Fair.

\_\_\_\_\_  
4-H Member Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



# Kentucky 4-H Written Communication Contest

## *Example Entries*

The Kentucky 4-H Written Communications Contest is an opportunity for young writers to showcase their talents and develop and build upon essential life skills. This packet has examples of entries from the 2024 contest for each category. The Infographic category is new for Program Year 2025. Examples of infographics are available from your county Extension agent (agents – infographic examples are available in the Kentucky 4-H Programming Teams page).

See the Kentucky 4-H Written Communication Contest Informational Packet for guidelines and rules.

### **Categories**

Infographic

Original Monologue

Poetry

Press Release

Public Service Announcement

Songwriting

*What 4-H Means to Me* Essay



*Original Monologue Entry*

**By John Robert, Simpson County 4-H Member**

Have you ever had an obstacle to overcome? Did you want to give up? We all have struggles, but the solution to overcoming our obstacles is how we react. Martin Luther King, Jr. had struggles. His reactions to difficult situations showed his strength. He worked for his dream of fairness and equality even when things got hard by not giving up. I have dreams like King did too that I have to work through in life. I can look to King's example of being a great leader who didn't give up when things get hard.

I have dyslexia and that makes reading difficult for me. My brain looks at letters and words differently than most people so I have to work hard to read well. Some people were unkind to me when I couldn't read. I became discouraged when my friends seemed to be reading easily because it's hard for me; sometimes I want to give up. But I also want to do well in school because my parents have taught me that doing well will help me reach my goals. King's parents believed education was important to his success. He was a good student who loved to read and give speeches. While I don't always love to read (or give speeches), my parents, grandparents, and teachers have encouraged me to keep working hard, practice reading and writing, and give speeches. They help me get through difficult days when I want to give up. I have to be courageous in school by asking questions when I don't understand something to keep learning so I will be best prepared for life. My dream is to be a good example in my school and community. I can do this by being respectful, being helpful, and encouraging others.

In King's speech, "I Have A Dream," he shared his dream of all people getting along, not being judged by the color of their skin, and being treated equally. It took a lot of courage to be a



leader for equal rights, but his parents, family and friends helped him keep focused and follow his dream. In his speech he says, "We cannot walk alone. And as we walk, we must make the pledge that we shall always march ahead. We cannot turn back." This means we should keep striving for what is right and to do our best. In another speech, King said, "if you can't fly then run, if you can't run then walk, if you can't walk McCarley then crawl, but whatever you do you have to keep moving forward." King is a good example of showing determination even when situations are difficult. In my life, I hope people will learn to be kind and tolerant of others. We are all different, but we each have strengths. If we focus on each other's strengths and encourage each other our schools, communities, and world will be better.

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*Poetry Entry: Summer Haze*

**By Lily, Christian County 4-H Member**

A pilgrimage is made each summer

to a place of sunshine and life

where worry cannot touch us

and actions are free of strife

Buckets are distributed

sunscreen is applied

crickets are chased

and sorrow has died

We squat in the dirt,

old hands beside young;

sunburnt smiles,

and no story left unsung

The strawberries never saw the pail,

(but I assure you they were sweet)

Sugar snap peas will not come to the table

(they were too tempting not to eat)



Weary, tan legs retire,

Curled upon the floor

Baseball chatters in the background

As beans are snapped to store

Even in the deepest of winters

and on the worst of days,

comfort is sought and found

in the memory of this summer haze

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***Public Service Announcement Entry: Say No To Drugs***  
**By Hudson, Allen County 4-H Member**

You are a middle school boy in the bathroom of a football game. You see a group of your friends standing around vaping. They offer you a hit. You know it is wrong, but you want to feel cool. You want to fit in. One hit won't hurt, right? No big deal. The problem is, that one hit can turn into an addiction. That addiction does not stop there, it soon turns into smoking weed, drinking alcohol, and doing even more drugs. 22 teens die of drug overdoses each week. 21% of 8th graders have admitted to trying illegal drugs at least once. Don't be part of those statistics. Just say no! One moment of trying to fit in, could lead to a lifetime of addiction.

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***Press Release Entry: Revolutionary Technological Discovery***  
**By AnnMarie, Fayette County 4-H Member**

FOR IMMEDIATE RELEASE

REVOLUTIONARY TECHNOLOGICAL DISCOVERY

A new technology has been found. Scientists working in the nuclear fusion generator have found new ways to use this energy source. It has been named the Anti-Magnitude Generator. After years of dedicated research, Head Scientist Issac Erinsin, Ph.D., has revolutionized energy production. In addition to his discovery on how to make fusion generators less than one inch in size, he has now found a way to apply the unlimited energy he has invented to create a way to minimally repress or increase gravity.

Erinsin explains in his second interview how he came to discover this breakthrough. “It was after hours, and after listening to one of my students ramble on to another student about anti-gravity boots and how theoretically they should be possible, for three hours, I was exhausted. Then it hit me. What if he was right?” This day was reported to be May 15th, 2448. Two years later after experimenting with his students, as a type of “pet project” as Erinsin describes it, he released the fully working prototype into the world.

The limits to the new Anti-Magnitude Generator are still undiscovered. “The possibilities are endless,” Erinsin joked when asked. “You can build structures with them, and they can be a stable energy source for the building. The plus side is your building is earthquake proof.” The product has also been tested in large settings in a room. The effect is loss of gravity in that space. This is being commissioned in many interactive museums where you can learn more about how the Anti-Magnitude Generator works, with the limited knowledge available.

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Possibly the most sought-after byproducts are the Anti-gravity boots and hoverboards. Many companies are buying these because of the relatively low price. Look to buy Anti-gravity products at your local store. Consumers can buy the prototype directly from Erinsin.

Commander in Chief of the American States Militia has started working with Erinsin and his students to use this new technology to defend against Oliver Ross commanding the Space Pirates raiding passenger and cargo spaceships. More discoveries are already being made, so expect another announcement soon.

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***Songwriting Entry: Gilded***

**By Alaina, Nelson County 4-H Member**

(Verse One)

It was the summer after finals.  
Listening to punk pop and vintage vinyls.  
I was trying to drown out the pain.  
When a friend introduced us in a back alley way.  
It wasn't instant.  
If you know what I'm trying to say.  
But something about him numbed the pain.

(Chorus)

I should have known.  
Darling, your words were gilded.  
Your love was just a weapon you wielded.  
You glossed all over the bad.  
But made me forget all the things I've ever had.

(Verse 2)

His lips used to taste bitter, but now mine are just numb.  
It used to be love now it's just finished and done.  
He took all my money, all my waking hours.  
I feared that only dying would free me from his power.

(Chorus)

I should have known.  
Darling, your words were gilded.  
Your love was just a weapon you wielded.  
You glossed all over the bad.  
But made me forget all the things I've ever had.

(Verse 3)

He promised me peace.  
Gave great speeches about our future.  
But his words were just dust gilded in gold.  
When I'm with him all my secrets I just spill them, spill them, spill them



(Bridge)

I'm crying in the car,  
my mind swerving off the road.  
Being in love is all I've ever known.  
Who am I without you?  
Never had a choice, never got to choose.  
Everyone told me you were a good thing to lose.  
But now the gold is coming off my bracelet.  
That fake Cartier you gave me in your basement.

(Ending Chorus)

Finally I'm realizing what I should have always known.  
Darling your words were gilded.  
Making me love you was just a weapon you wielded.

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***What 4-H Means to Me Essay Entry***

**By Dakota, Breckinridge County 4-H Member**

In 2021, my family moved. Not only to another town. Not only to another county. Not only to another state even. My family moved to an entirely different region of the country. The one thing that was the same and held it all together was being able to join 4-H. As a result, to me, 4-H has a lot of meaning. It means "friendship"; it means "learning"; it means "family". In 4-H, people are able to come together to participate in all sorts of activities. This creates friendships through learning together, which creates a family.

While having a lot of fun, 4-H teaches youth and helps them make friends. Kids get involved in new activities and show their similarities even though others in-the program may be very different. For me, coming from a different state, 4-H was a place where it didn't matter that my accent was different, or that I shot BB and archery in Shooting Sports while this club shoots trap, rifle, and pistol, or that I don't go to the same school, or haven't done the same things with the same friends that others have. In 4-H, instead, there's a place to find new friends who can be different. 4-H friendships also mean a way to show kindness to others. By making blankets for the animal shelter and the homeless, our program is helping by being friendly and caring. We also show kindness and friendship throughout clubs by hosting communities parties, dances, picnics, and wellness events for those who want to join in. Our county 4-H has group programs that invite all ages, even adults. Kids can be friends with adults through being in a club together or at activities like crochet workshops, blanket making circles, sewing tutorials, and jewelry workshops. Kids and adults make relationships and fun projects together as they learn.





4-H means learning all different types of skills. Our county program helps keep cultures and heritage skills from the past generations alive. I have learned how to sew clothing, tie nautical and everyday knots, and even woodworking. I have also learned the benefits of raising my own animals and how to do so. Our club leaders also have taught me how to crochet and cure a country ham, which are all skills that many outside of 4-H will never learn. When no one learns these skills, they don't get passed down, and we lose part of our culture as we move on. I have learned about public speaking as well. The writing contests, speech making, and even just running our club meetings as an officer are all ways that I have become more confident speaking to others about my achievements and projects. Presenting my poultry project taught me life skills like speaking clearly and in public that I will need in the future.

Finally, the biggest thing 4-H means to me is family. At our county fair, we are allowed to show our animals that we have raised over the year as a family and taken care of daily. We show at the fair and are able to present at the auction, but the best part is that we get to keep our project animals that we show. It was not like this in my last 4-H county. 4-H cares about family, and being able to keep my animal shows that I am cared for and that I care too. 4-H cares about family, shown with lots of events for families so families get to spend time together. Each year, 4-H gives families a choice to participate in the Passport Kitchen. Families get a series of recipes from other countries to make together, then we get to share time together as we eat the meal. Caring for our animals as a family and getting the benefits of special time with our parents as we work on our fair projects show that family means a lot in 4-H.



In the two years since we have moved here, 4-H has let me feel like I'm a part of Kentucky, like belong. Others in 4-H have become my friends through programs, what I've learned about poultry has kept my flock alive and taught me about loss, and an event my club organized encouraged families to get outdoors and spend time together in healthy activities. 4-H means all these things but most of all, it means a place you will belong.

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