

# 2023 North Jersey 4-H Teen Conference

April 22-23, 2023 at L.G. Cook 4-H Camp

*You are invited to participate in the 12<sup>th</sup> annual North Jersey 4-H Teen Conference. We are excited to bring this conference back in 2023! The conference is planned and run through a partnership of 4-H teens and adults.*

**Date and Time:** Saturday, April 22<sup>nd</sup> at 10:00 AM until Sunday, April 23<sup>rd</sup> at 12:00 PM

**Location:** LG Cook 4-H Camp (Info at: <https://nj4hcamp.rutgers.edu> and <https://youtu.be/OyLUDyykKU4>)

**Who Can Attend:** Active 4-H members in grades 8-13

**Cost:** \$160 for participants (covers cost of camp, meals and snacks, program materials, t-shirt etc.)

**To Register:** [Complete this online Registration Form](#) by April 1, 2023 (strict deadline)

## **What is the North Jersey 4-H Teen Conference (NJTC):**

This conference focuses on helping teens learn and practice life skills such as leadership, communication, service, and teamwork. The conference environment promotes inclusivity, belonging and independence. Hands-on workshops on a wide range of topics will emphasize the educational side of NTJC, and group programs will include fun, interactive and hands-on activities. The conference offers:

- *True Colors program for all participants (learn about your unique personality)*
- *A choice of workshops in three afternoon sessions AND free time activities*
- *Saturday evening dinner, dance, and group activities*
- *Motivational speakers and community service opportunities*
- *A chance to make new friends, develop self-confidence and have a lot of fun!*



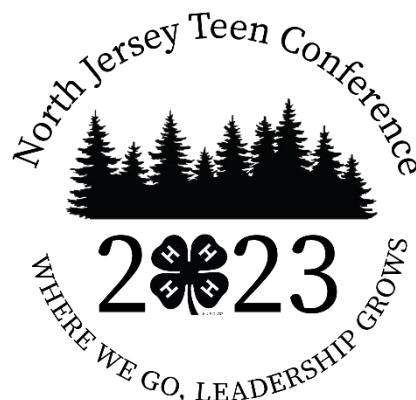
## **Tentative Program Schedule:**

### **Saturday Schedule**

9:00 AM – Check in and Breakfast  
10:00 AM - Welcome and Introductions, rules, etc.  
10:30 AM - Ice Breakers & Get-to-Know-You Activities  
11:00 AM - Break and Snacks  
11:15 AM - Discover Your True Colors  
1:00 PM - Lunch  
1:45 PM - Free Time Activities (hiking, archery, and more)  
3:00 PM - Workshop Session 1 (45 minutes)  
4:00 PM - Workshop Session 2 (45 minutes)  
5:00 PM - Workshop Session 3 (45 minutes)  
5:45 PM - Free Time and Get Ready for Dinner  
7:00 PM - Dinner and Program  
8:30 PM - NJTC Dance and Alternate Activities  
11:00 PM – Quiet Time  
12:00 AM – Lights Out

### **Sunday Schedule:**

8-9:00 AM - Breakfast & Announcements  
9:00 AM - Community Service Activities  
11:00 AM - Reflection & Closing Program  
12:00 PM - Check Out



## **Program Workshops:**

*Each participant will be assigned one workshop in each session. You will be able to rank your preferences when you register. We can not guarantee all participants will receive their first choice.*

### **Session 1:**

Discovering Nature with Your Phone: Ever wonder what that plant, tree, or bird was while you were hiking? There are apps for that! Not only will they identify what you see, but you can use them to share data with scientists. Using crowd sourcing technology, everyday people are sharing valuable data through citizen science.

Financial Literacy 101: Income, savings, taxes ... OH MY! Learn about the basics of creating a budget, managing taxes, and saving for your future goals!

Nailing Down Your Leadership Skills: Come learn about how you can be a great leader using every TOOL in your TOOLBOX. We'll learn about everything from rivets to a cup of water and by the time we're done you'll have all the GEAR you need.

Public Speaking: Come join our swashbuckling adventure as we brace the high seas in search of public speaking treasure (also known as courage, polish, and poise)! Gain tips and tricks of the presentation trade to help strengthen your public speaking skills.

### **Session 2:**

Self-Defense Basics – Defend Yourself!: Learn some basic self-defense moves and strategies! Build confidence and reduce vulnerability in this workshop by learning and practicing a few simple grabs, strikes, and kicks.

Outdoor Scavenger Hunt: This scavenger hunt activity will encourage you to get to know all the places at the 4-H camp. This is a great activity for those who are coming to camp for the first time, or for people who have been but want to appreciate camp in this new way. You will find clues that lead to more clues and this hunt will take you all over 4-H camp.

Taking Control of Your Future: Learn more about how to use your unique personality to lead you on a path to a successful and satisfying future. Understanding your strengths, interests, skills, and passions can result in a career that is the perfect fit for you. Learn techniques to work with all kinds of people that you will encounter in college, in jobs and in your career.

Photo Walk: Let your creativity roam free and get in touch with yourself and nature! A photo walk is a great way to look at the world, learn new photography skills, and take awesome pictures. Using a cell phone, DSLR, or film camera, join us on a mindful trip through the woods.

### **Session 3:**

How to Keep Your Cool When Someone is Being a Total Jerk: Ever get into it with a person who becomes unreasonable? Maybe they raise their voice to shut you down or try to intimidate you to 'win' the argument. This workshop will help you deal with the jerks of the world and give you the confidence to handle it well.

Mindful Me: Research tells us that when teens consistently practice mindfulness, it lowers rates of anxiety and depression, and leads to better sleep, stronger relationships, and increased self-awareness. Join this workshop to learn some mindfulness tools to help you manage your stress and anxiety and keep the good vibes flowing.

Survival Challenge: Take part in a woodland game show set in the middle of Stokes State Forest. Learn how to survive in the woods through competitive team-work challenges such as fire and shelter building.

Launch into Rocketry ... 3-2-1 Blast Off!: Experience the thrill of launching your own model rocket. Learn more about rocket launch competitions, the NASA Student Launch Initiative, and the 4-H team representing NJ at national competitions.

## **Registration Details:**

- Register [here](#) by April 1, 2023. Each county will provide information on payment options. Be sure to complete ALL sections of the registration form to avoid delays with processing your registration.
- You will receive a confirmation packet with additional information in mid-April. This packet will include a detailed schedule, what to wear, a packing list, and suggested items to bring with you!
- You will receive your camp cabin and workshop assignments upon arrival at camp on April 22<sup>nd</sup>. We will make sure that all participants are assigned to cabins with at least one person they request to be with.
- Contact your county 4-H staff with any questions on registration for the conference.

**We look forward to seeing you at the 2023 North Jersey 4-H Teen Conference!**