



2026 Idaho 4-H State Teen Association Convention

June 22-25, 2026

Moscow, Idaho

"The Idaho 4-H State Teen Association Convention is an opportunity for youth to experience college life, explore career opportunities and prepare for a lifetime of success with other Idaho teens."



About the Idaho 4-H State Teen Association Convention (STAC)

STAC is a four-day educational event focusing on post-secondary and career exploration. Both 4-H and non-4-H youth are welcome to the University of Idaho campus in Moscow, ID, to experience on-campus living while participating in a wide variety of activities, including educational workshops, community and campus tours, service-learning projects, 4-H state teen association officer elections, and networking with peers from around the state.

Who Can Attend

- Youth who have completed the 8th – 12th grades
- Certified Adult chaperones and Certified Collegiate Volunteers
- Both 4-H and Non-4-H Members

Activities

Delegates will take part in scheduled educational, recreational, and social events, with the opportunity during workshops and these events to explore campus and make new friends. They will live in a university dormitory, eat in the student dining hall, and participate in workshop tracks, campus/community tours, recreational activities, dances, service projects, and assemblies.

Registration and Fees

- Registration includes lodging, meals, transportation, workshop and presenter fees, entertainment activities, access to conference digital photos, and a conference t-shirt.
- On-site check-in will take place in the University of Idaho Living Learning Center (LLC) complex lobby from 2 p.m. to 3:30 p.m., June 22, 2026.

Registration Type	Dates	Price
Early Bird Registration (Idaho 4-H Members)	April 10-May 15	\$335.00
Early Bird Registration (non-4-H Members)	April 10-May 15	\$390.00
Regular Registration (Idaho 4-H Members)	May 16-May 31	\$395.00
Regular Registration (non-4-H Members)	May 16- May 31	\$435.00
2024 STAC Steering Committee	April 8-May 15	\$275.00
Chaperones	April 8- May 31	\$275.00
Idaho 4-H State Officers	April 10- May 15	\$275.00

ALL REGISTRATIONS MUST BE COMPLETED AND PAID BY May 31, 2026.

No late registrations or payments will be accepted after **May 31, 2026**.

How to Register

For Idaho 4-H members: registration is available through ZSuite. Please log in to your household's account and click "Events" in the left-hand menu.

For Non-Idaho 4-H members: Enter the [ZSuite](#) registration portal by clicking “Sign Up” from the welcome screen and entering the required information, then click “Events” in the left-hand menu to find the STAC Conference Registration form.

- **IMPORTANT:** When registering, be sure to mark your choices for Workshops and Tours. Workshop and Tour placement is first-come, first-served. Some workshops will fill quickly, so there is an advantage to registering early. If the workshop you selected is full, you will be assigned to a different workshop.

Payments

- All payments are to be made online (Visa/Mastercard) through the ZSuite registration portal. **Please do not make payments to the county offices. This event is set up to receive online payments only.**
- If you register early but payment hasn't been received (pending payment) when the late registration fee date comes into effect, you will be charged the late fee, and workshop, tour, and service learning choices could be lost.

Chaperones

- If you are interested in becoming a Chaperone for this event, please review the Chaperone Position Description on the STAC Website prior to registering:
<https://4h.zsuite.org/event-registrations/33268>

Collegiate Volunteers

- If you are interested in becoming a Certified Collegiate Volunteer for this event, please review the Position Description on the [STAC Website](#).
- To apply for a Collegiate Volunteer position, please complete the online Application on the [STAC Website](#). Notifications will be made to all Collegiate Volunteers on or before **May 6th**. Information about how to obtain certification and register for the event will be sent then.
- College Staff Application: <https://4h.zsuite.org/external-event-registration/33268>

Transportation

- For all State and National 4-H Events, the University of Idaho 4-H Youth Development department will arrange public transportation – trains, buses, and/or commercial airlines – to and from events for youth living more than 50 miles from the event venue, as well as for all participants during the event. Because commercial chartered companies are held to higher safety standards with periodic inspections and approved health and safety policies, 4-H requires all youth and chaperones participating in 4-H State and National events to use the transportation arranged for each event. For more information, please review the [4-H Transportation Policy](#).
- STAC delegates and chaperones living in the Moscow area (including Troy, Deary, and Bovill), where a bus is not routed through, may travel to the event following the provisions outlined under the “4-H Traveling in Non-Public Automobiles” section of the [4-H Transportation Policy](#).

Lodging

All Delegates will stay in the University of Idaho Living Learning Communities (LLC) residence halls.

What to Pack

Delegates need to bring bedding (pillow, sleeping bag, and/or sheets (extra long twin bed), blankets), towels, hand soap, hand towel, personal toiletry items, and bath rug. Rooms and roommates will be pre-assigned. Counties are grouped by district within floors/buildings. **Room changes are NOT allowed.** There is a \$75 charge for lost room keys.

Food

Meal service is provided in the EATERY cafeteria. Delegates will be issued a meal card, which is their room key, and must present it at each meal. There is a \$75 charge for replacing a room key/meal card.

Decorations

Delegates are encouraged to bring supplies to decorate their dormitory room doors, show their 4-H pride, and help others get to know them. Please do not bring staples, tacks, nails, or any tape that leaves residue for hanging decorations.

4-H STAC Dress Code Guidelines

- Appearance should be neat and clean at all times (including breakfast!).
- Bare feet are not appropriate for any 4-H activity.
- Dress and appearance should not cause distraction or discomfort for you or other attendees at the event.
- A jacket with a hood is recommended, as the weather in Moscow can be unpredictable.
- All STAC attendees (Delegates, Officers, Chaperones, Volunteers, and 4-H Professionals) must be appropriately dressed when not in the privacy of their assigned dormitory room.
- **Event leaders, at their discretion, may ask individuals to return to the dormitory and change their clothes if dress code standards are not met.**

Dress Code for Most Activities (except for the Clover Banquet and recreation night) is SMART CASUAL

Smart casual attire is a step up from basic casual, creating a slightly more polished appearance while remaining comfortable and functional. The smart casual dress code is most likely the one you will see your teachers wearing at school.

- **Tops:** long- or short-sleeved shirts and blouses, polo shirts, and/or smart knitwear. T-shirts are allowed if they are plain colored or patterned (no logos or pictures, except the 2026 STAC t-shirt). All shirts should be clean, in good repair, and long enough to reach the top of your pants pockets.



- **Bottoms:** Chinos, capri pants, khakis, trousers, pressed casual skirts/dresses (knee length or longer), and clean dark-wash jeans (preferably boot-cut or straight leg) are all acceptable. They should be well-fitted and in neutral colors. NO skinny jeans, leggings, or bleached/ripped/torn jeans.
- **Footwear:** Delegates will be doing a lot of walking, so clean sneakers are appropriate for STAC.
- **Accessories:** A leather belt, a classic watch, and simple jewelry are appropriate. Remember, leave your valuables at home!

Dress Code for the Clover Banquet is modified BUSINESS PROFESSIONAL

Business professional attire is sophisticated, pressed, and polished. It is a step below formal wear, but still conservative, traditional, and classy. Think more of what you would wear to be sworn into public office rather than what you would wear to prom.



- **For Women:** Tidy plain colored or discreetly patterned dresses, tailored suits, or dressy blouses with skirt or dress pants. Skirts or dresses should be knee-length when seated. Strapless, spaghetti-strap, or backless/plunging styles are not appropriate. A jacket or blazer is optional.
- **For Men:** Collared button-down shirt, with dress pants or khakis. Shirts should be tucked into pants and worn with a leather belt. Pressed black jeans are also OK for this event. Ties (bolo ties are OK) are recommended. Sports coats are optional.
- **Footwear:** Close-toed dress shoes or boots with or without modest heels. Shoes should complement the outfit and should be clean and polished. No strappy sandals or stilettos, please (you will need to walk across campus and climb stairs to the dinner)!
- **Accessories/Hair/Makeup:** Accessories should be classy and complement your outfit. Hair should be neatly combed and styled. Makeup should be conservative.

Dress Code for Travel to/from STAC and for the Rec Center is CASUAL. Casual attire is comfortable and relaxed. This clothing is appropriate only for travel to/from the event and for Tuesday night activities at the campus recreation center. Athletic wear or jeans and t-shirts are ideal for these activities; however, please make sure that none of your casual attire is on the **WHAT NOT TO WEAR list on the next page!**

WHAT NOT TO WEAR at STAC

- Clothing that exposes undergarments, midriff, navel, back, or cleavage.
- Tank tops, t-shirts with sleeves cut off, or crop tops.
- Shorts with less than a 5.5" inseam.
- Any overly tight or extra-loose clothing that prevents youth from comfortably participating in physical activity OR that risks exposing undergarments or midriff/cleavage/plumber's crack when youth sit, stand, bend, or move. Hint: If you need to adjust your clothing after standing, sitting, or touching your toes, it is probably not appropriate for STAC.
- Clothing with written or illustrated messages/logos that are inappropriate for a positive youth development organization. These include:
 - Inappropriate brands/logos such as those for alcoholic beverages, drugs, tobacco/vaping, firearms/ammunition.
 - Any references to illegal or gang activities.
 - Clothing with profanity (or implied profanity).
- **Head coverings may not be worn at any time youth are inside**, with exceptions for religious or other pre-disclosed circumstances.
- Accessories that reasonably could be perceived or used as a weapon, including chains or spikes, are not allowed.
- Cut-offs, ripped jeans, or other clothing with holes are not allowed.
- Pajamas or pajama pants are not allowed outside of your sleeping room.
- No flip flops.

Remember... if in doubt, leave it out (of your suitcase)!

Assembly Leaders

If you are interested in serving as an assembly leader, please indicate your interest on the registration form. Assembly helper positions include:

- 1) **US Pledge Leader** – you will lead the group in the Pledge of Allegiance at one of the assemblies. This will include something like, "Will everyone rise and join me in reciting the Pledge of Allegiance....I pledge allegiance."
- 2) **4-H Pledge Leader** – you will lead the group in the 4-H Pledge at one of the assemblies. This will include something like, "Please join me in the reciting of the 4-H Pledge....I pledge my head..."
- 3) **Thought/Inspiration Leader** – share a positive thought for the day, a quote, a poem, a song, etc., to direct the delegates' thoughts towards learning/gaining something from the experiences of the day. The conference theme is "We Are **All Stars**." You may share something that relates to the theme or something else that is meaningful to you.

4-H State Officers and State Teen Association Convention Steering Committee

If you would like to run for a 4-H State Office or are interested in being part of the State Teen Association Convention Steering Committee, indicate your interest on the registration form.

4-H State Teen Association Positions available: President, Vice President, Secretary, Media Manager, and Activities Director (one-year term). Officers need to be 4-H members. For more information, contact Gail Silkwood at gsilkwood@uidaho.edu or Paige Wray at pwrap@uidaho.edu

Steering Committee District Representative Positions available (4): Northern, Southern, Central, and Eastern (one-year term).

Steering Committee Youth Positions possibly (4) available depending on the term of the current youth: Northern, Southern, Central, and Eastern (up to two-year term).

Idaho State Teen Association Convention (STAC) Schedule

MONDAY

2:00 PM	Buses Arrive & Check-In	LLC Courtyard
3:30 PM	Get to Know You Activities	LLC Courtyard
3:30 PM	Adult Orientation	LLC 7 Classroom
4:15 PM	District Meetings	LLC Lobby Spaces
5:00 PM	UI Opportunities Fair	Pitman Center Lobby & Vandal Ballroom
6:00 PM	Dinner	Pitman Center International Ballroom
6:45 PM	Opening Assembly	Pitman Center International Ballroom
7:30 PM	Campus Walk & District Pictures	Campus
8:30 PM	Building Meetings	LLC Lobbies
9:15 PM	Unpack, Decorate Doors, Settle in	LLC Rooms
10:00 PM	Lights out	LLC Rooms
10:15 PM	Steering Committee Debrief	LLC 7 Classroom

TUESDAY

7:00 AM	Breakfast	The Eatery
8:00 AM	District Meetings	LLC Lobbies
9:00 AM	District Competitions	Admin Lawn
9:45 AM	Depart for Session 1	Admin Lawn
10:00 AM	Session #1 (10:00 am - 11:45 am)	
12:00 PM	Lunch (12:15 pm - 1:00 pm)	The Eatery
1:00 PM	Depart for Session 2	LLC Courtyard
1:15 PM	Session #2 (1:15 pm - 3:00 pm)	
3:15 PM	Service Project (3:15 pm - 5:00 pm)	
1:15 PM	Candidates Get Ready	(4 pm interviews) LLC #7 Classroom
5:30 PM	Officer Introduction Videos	Pitman Center International Ballroom
6:00 PM	Dinner	Pitman Center International Ballroom
6:30 PM	Keynote Speaker	Pitman Center International Ballroom
8:15 PM	Building Meetings	LLCs
8:30 PM	Recreation	to be announced
9:45 PM	Depart for LLC's	
10:00 PM	Steering Committee Meeting	LLC #7 Classroom

10:30 PM Lights Out

WEDNESDAY

7:00 AM	Breakfast (7:00 - 8:00)	The Eatery
7:30 AM	Banquet Host Meeting	Eatery Quiet Room
8:15 AM	District Meetings	Pitman Center
9:15 AM	Voting Assembly	Pitman Center -International Ballroom
9:45 AM	Depart for Session 3	Pitman Center – Vandal Ballroom
10:00 AM	Session #3 (10:00 - 11:45)	
12:00 PM	Lunch (12:00 - 12:45 pm)	The Eatery
1:00 PM	Depart for Tours (Buses)	LLC Courtyard
1:15 PM	Career Tours (1:15 pm - 4:15 pm)	
4:45 PM	Return to LLCs, Clover Banquet Prep	
6:00 PM	Depart for Clover Banquet	
6:30 PM	Clover Banquet	Pitman Center -International Ballroom
8:00 PM	Return to LLC's	Optional in district groups
8:30 PM	Clover Dance	Pitman Center -Vandal Ballroom
10:15 PM	Depart for LLC's	
10:30 PM	Building Meetings	LLCs
11:00 PM	Return to Rooms	LLCs
11:00 PM	Steering Committee	LLC #7 Classroom
11:30 PM	Lights Out	LLCs

THURSDAY

7:30 AM	New Officer Meeting	Chiefs Board Room
7:45 AM	Breakfast (7:45 AM - 8:30 AM)	The Eatery
9:00 AM	District Meetings	Pitman Center
	Northern District	International Ballroom
	Southern District	Borah Theater
	Central District	Vandal Ballroom Gold
	Eastern District	Vandal Ballroom Silver
9:45 AM	Closing Assembly	Pitman Center
10:45 AM	Pack-Up/Check-out/Load Buses	LLCs & Line Street
11:45 AM	Lunch	The Eatery
12:30 PM	Buses Depart	LLC Courtyard

University of Idaho 4-H Youth Development faculty and staff, 4-H State Officers, and the Conference Steering Committee plan and conduct the State Teen Association Conference in accordance with University of Idaho Youth Conference policies. Delegates are expected to adhere to these policies. 4-H Members sign an electronic code of conduct upon enrollment in the 4-H program.

Parents/guardians of Non-4-H members will be required to complete and sign a consent form that includes certain policies and health requirements.

2026 University of Idaho Youth Conference Policies



The University of Idaho 4-H Youth Development department wants your week at the State Teen Association Convention to be filled with exciting experiences, new friendships, and fun. To help make this happen, each participant is expected to be considerate of others, participate fully in the Conference programs, and observe the following rules.

Assemblies & Workshops

- Attendance at all scheduled events is required. Be prompt in attendance and courteous to all instructors and speakers.
- Workshops are assigned according to the choices given on your registration form and available space.
- Name badges are important for gaining admittance to Idaho 4-H State Teen Association Convention events, for identification, and to help you get acquainted. **Wear your badge at all times.**

Dormitory & Meals

- Room assignments made at dorm registration must be kept. Counties are grouped by district within floors and buildings. Changes are not allowed (in an emergency, we must know where you are).
- Leave valuables at home. We have no way to guarantee their security. Even locked dorm rooms do not always prevent losses. (There is a \$75 charge for lost room/meal keys)
- Respect for the privacy of others requires that members of the opposite sex be allowed only in public areas on the same floor. No delegate will be allowed in the rooms of the opposite sex.
- Lounges are available in each building for visiting.
- The buildings will be locked one-half hour after the close of the evening activity. In your room, and quiet time begins. Please refer to the schedule for lights-out times. After lights out, use phones for emergencies only.
- The removal of window screens or throwing any object out of the dorm windows is strictly forbidden.
- ALL meals are provided during this conference. **Delegates are not permitted to order on- or off-campus dining to be delivered to the dorms during this event.** If there are mealtime concerns, please contact the event coordinators prior to the conference to request accommodation.
- At no time should any youth be alone on campus; youth should engage in the “buddy system” when traveling to workshops, activities, meals, or other STAC-approved events. Youth should not enter any UI buildings except for attending STAC workshops, activities, meals, or other STAC-approved events.
- Leaving campus at any time during this event is prohibited without prior arrangements made by the event coordinators. This includes traveling to restaurants, stores, malls, etc., or leaving the conference early for any reason.

General

- Idaho 4-H State Teen Association Convention delegate may ride only in cars driven by Extension staff or chaperones. Only the campus or Moscow buildings are scheduled for 4-H events are to be entered and then only at times designated in the program.
- Possession of tobacco, vape products, use of alcoholic beverages, illegal drugs, firearms, or explosives of any kind is prohibited on campus and anytime during the Idaho 4-H State Teen Association Convention.
- Cost of damage or theft of any university property will be billed to the individual responsible (or delegate's parents) or to the group with which the delegate is associated.
- Permission to leave the Idaho 4-H State Teen Association Convention and/or campus at any time must be secured in advance from the Extension staff or chaperone in charge of the county delegation, who will then inform the 4-H Youth Development Office.
- Minor problems will be handled by the Extension staff or the chaperone in charge.

Event Nurse/Health Information

- Report illness immediately to an adult chaperone. Medical staff is available to provide immediate First Aid assistance on site. In case of emergency, parents will be notified, and delegates will be taken to Moscow Family Medicine or Gritman Memorial Medical Center, Moscow.
- All medications must be turned into the event nurse upon arrival. This includes prescription and over-the-counter medications. In the event of a medical emergency, we need to know what medications have and have not been taken.
- Emergency rescue medications such as inhalers and EpiPens do not need to be turned in, but the event staff should be aware that you carry these devices in case assistance needs to be given in an emergency.

These policies are intended to help provide for the health, safety, and social well-being of everyone attending the Idaho 4-H State Teen Association Convention (STAC). Should a situation arise that is not covered by this list, the STAC Steering Committee will handle it in accordance with UI Extension policies.

Idaho 4-H Youth Development Office

University of Idaho
 Mary E. Forney Hall
 875 Perimeter Drive, MS3015
 Moscow, ID 83844-3015
 208-885-7700(8:00 am-5:00 pm) OR 208-885-6571(24 hours, Dorm Office)
 Teresa Tverdy, 4-H Logistics Coordinator, 208-308-6558
 Mike Knutz, STAC Steering Committee Chair; Cell – 971-241-7775

2026 STAC (State Teen Association Convention) Workshops

June 23, Tuesday 10:00 am-11:45 am

Ag Quiz Bowl: Showcase your Ag Knowledge in competition, 16-32 participants

Youth will be divided into four teams (hopefully by district). Two teams face each other at a time, answering questions about agriculture. A buzzer system is used to identify who gets to answer the questions first. Three rounds of competition, where the winners of the first two rounds challenge each other for the championship. Points awarded for correct answers.

Cookies for Seniors (service project) 10-20 participants

Youth will make a variety of cookies to taste and package for sharing as part of a service-learning activity.

Digital Media with Cool Technology, 1-6 participants

This hands-on workshop aims to help participants become confident storytellers and digital leaders for the Idaho 4-H program. Youth participants will learn how to create engaging, authentic content that showcases 4-H projects, events, and impact in ways that connect with today's audiences. Throughout the workshop, teens explore the fundamentals of digital media, including Video filming and editing techniques, Podcasting and interviewing skills, Graphic design basics, writing captions and stories that reflect 4-H values, and using AI tools responsibly to support creativity. Please bring your cell phone to this workshop if you have one.

Exciting Career Pathways in Food Science 5-30 participants

Join us for a fun workshop where you'll learn to whip up delicious, healthy recipes in a flash! We'll share super simple recipes and cooking tips that fit perfectly into your busy schedule. Get ready to impress your friends and family with quick, tasty dishes that are good for you, too!

Forensic Investigation: Behind the Scenes 10-20 participants

Once a crime has been committed, the real detective work begins! Do you know how to follow the trail of evidence? Do you have the science skills needed to help solve the mystery? From DNA analysis to digital fingerprints, see how science and technology can help you gather the evidence and analyze the data collected at the crime scene! Learn more through hands-on activities and about forensic science career opportunities from a 4-H STEM Educator and Detective with the Moscow Police Department.

Intro to Climbing, 10-30 participants

Come to try a new sport and check out the University of Idaho's climbing center, try bouldering, and maybe even get up the wall with the help of one of our staff or volunteers.

Launch into Leadership: Building the next 250 years, 5-20 participants

Launch into leadership! Team up with the state officers in a fun, hands-on session where you'll build real-world leadership skills, tackle challenges, and discover how you can influence the future for generations to come. Ready to lead the next 250 years? Let's get started!

Solar Print Dyeing, 5-15 participants

Learn how to use the power of the sun to dye a textile project with found objects. In this interactive workshop, you will use a technique similar to cyanotype to make a custom print on fabric.

Thrive Together: Youth Mental Wellness, 15-25 participants

Mental health affects all of us—and knowing what to do matters. In this hands-on workshop, teens will explore mental health concepts through engaging activities and scenario discussions. You'll walk away with real strategies you can use, plus the confidence to respond when someone needs help. Let's build skills that help us support ourselves and each other.

Tough or Tender, 5-20 participants

Why are some steaks tender while others are tough? This workshop explores the science behind beef palatability, including tenderness, juiciness, and flavor. Participants will learn how muscle biology, genetics, animal management, aging, and cooking methods influence eating quality. Discover how decisions made from production to preparation affect the final beef-eating experience.

Visit the University of Idaho Dairy Center, 10-25 participants

We will begin with a tour of the facility, where students will learn about animal husbandry and the dairy process, observe animals from young calves to adult lactating cows, and learn how milk ends up in the grocery store. If time allows, we can pull a cow aside and learn about anatomy and fun facts about dairy cattle.

Visit to the entomological museum, 15-20 participants

I will host one or a couple of 45-minutes-long visits of the Barr Entomological Museum. Group size max is about 20, because of space constraints. If the Herbarium can also host visits, we can have groups rotating visits between the two collections.

What if Everybody Did That?- Leadership Skills and Agricultural Education, 4-30 participants

First, this workshop will include basic opportunities offered by the Department of Agricultural Education and Leadership Communications, both on and off campus. Then, we will discuss the book *What if Everybody Did That?* Finally, we will discuss how the concepts from *What if Everybody Did That?* can translate into academic and professional settings. Participants will engage in an interactive discussion related to leadership concepts and behaviors that promote positive interactions.

You Can Save Lives through Narcan and Opioid Response Training, 8-45 participants

Knowing the signs of an opioid overdose and how to respond can make all the difference when each minute counts. Participants will learn 1. How to recognize the signs and symptoms of an opioid overdose and how to safely administer Narcan 2. How to use harm reduction supplies to prevent overdoses from happening, and 3. The risks associated with short-term and long-term opioid use on well-being and development. This interactive workshop will have students working in small groups to problem-solve common opioid use scenarios, as well as having them role-play responding to an opioid emergency.

June 23, Tuesday 1:15 pm-3:00 pm

4-H Record Books Focus Group, 5-15 participants

Idaho 4-H is working to update our record books and make them more relevant and valuable, and we need to hear from YOU! A series of focus groups will take place across the State in 2026 to gather input from a wide cross-section of 4-H youth.

Bacon, Bacon, Bacon, 5-20 participants

This delicious workshop is all about cooking and enjoying bacon. Participants will explore different pork cuts, seasonings, and cooking methods while learning tips for selecting the perfect pork package at the retail counter. From classic breakfast bacon to creative pork dishes, this session celebrates the versatility and irresistible appeal of pork.

Digital Media with Cool Technology, 1-6 participants

This hands-on workshop aims to help participants become confident storytellers and digital leaders for the Idaho 4-H program. Youth participants will learn how to create engaging, authentic content that showcases 4-H projects, events, and impact in ways that connect with today's audiences. Throughout the workshop, teens explore the fundamentals of digital media, including Video filming and editing techniques, Podcasting and interviewing skills, Graphic design basics, writing captions and stories that reflect 4-H values, and using AI tools responsibly to support creativity. Please bring your cell phone to this workshop if you have one.

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From Paper to Pixels: Eye Catching Ways to Present Your Big Idea, 10 -20 participants

Got a great idea to share? Want your idea to grab others' attention? Learn how to turn that idea into a presentation that engages your audience! In this hands-on workshop, design your own eye-catching poster while discovering the secrets of clear writing, strong visuals, and smart layout choices that make information easy and exciting to understand.

How to Sell a Rock, 10-30 participants

How to Sell a Rock is a fun, hands-on workshop that introduces the fundamentals of entrepreneurship, creativity, and communication using a simple object—a rock. Participants are guided step-by-step through a simplified business plan, learning how to develop an idea, identify customers, consider costs, set prices, and market a product in approachable, real-world terms. As concepts are introduced, participants create and paint a prototype rock to bring their business idea to life and practice confidently pitching their product. Learning continues beyond the workshop, with an optional real-world selling challenge—those who successfully sell their rocks can earn an extra surprise, reinforcing follow-through, creativity, and practical application.

Level Up: Leadership, Service & the Road Ahead, 10-50 participants

Level Up: Leadership Edition will be a high-energy, hands-on workshop designed to help youth bridge the gap between being a 4-H member and stepping into real leadership and volunteer roles. Through interactive small-group challenges, role-playing, and meaningful discussions, participants will explore how the leadership skills they already use in 4-H can become powerful tools for serving others as a 4-H leader or in their next step after high school. Youth will examine the impact of mentorship and discover how one caring adult can change a life and how they are already becoming that for others. Along the way, they will practice real-world skills like communication, teamwork, decision-making, and problem-solving while having fun and connecting with peers. This workshop will blend fun, reflection, and practical skill-building to help our youth 'Level Up' into the next generation of 4-H leaders and mentors.

Stronger Than Stress, 5-20 participants

Join us for a workshop focused on rural mental health and empowering teens to build resilience.

Participants will explore practical strategies and tools to manage daily stressors and enhance their mental well-being. Through engaging discussions and activities, you will leave with a personalized toolkit to help you navigate challenges and thrive in your daily life.

Think Fast! A Fun Intro to LifeSmarts, 8-24 participants

This workshop will introduce and explore the exciting world of LifeSmarts. From Consumer Rights to the Environment, and everything in between, LifeSmarts will make you a well-rounded teen and leader. LifeSmarts is a fast-paced, quiz-bowl-style competition featuring buzzer rounds, speed smarts, and team activities.

Visit to the entomological museum, 15-20 participants

I will host one or a couple of 45-minutes-long visits of the Barr Entomological Museum. Group size max is about 20, because of space constraints. If the Herbarium can also host visits, we can have groups rotating visits between the two collections.

Wonders of Water: Hands-on Science Investigation, 8-20 participants

Using activities from the 4-H Wildlife and Water Habitats Curriculum and Project WET, Extension's Water Educator, Jim Ekins, and his staff will provide a fun, engaging, hands-on investigation into watershed science. We will use water quality monitoring techniques employed by field scientists worldwide. This program will highlight the types of water-related jobs and careers available.

June 23, Tuesday, 3:15 pm – 5 pm

4-H Record Books Focus Group, 5-15 participants

Idaho 4-H is working to update our record books and make them more relevant and valuable, and we need to hear from YOU! A series of focus groups will take place across the State in 2026 to gather input from a wide cross-section of 4-H youth.

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Birthday Blessing Boxes (service project)

Participants will create "Birthday Blessing Boxes" for local families in need. Teens will assemble birthday cake kits to donate to a local food pantry, helping ensure every child can celebrate their special day. These kits provide everything needed to bake a birthday cake, plus extras for a celebration.

Come play the Game of Life, 6-12 participants

A fun hands-on workshop where students participate in a life-sized version of the Game of Life, exploring what's to come after high school. Through interactive gameplay, students will make real-world decisions about education, careers, and budgeting, gaining insight into the opportunities and challenges ahead. The workshop concludes with a guided reflection and discussion, empowering students to think intentionally about their choices and to actively shape their future beyond high school.

Digital Media with Cool Technology, 1-6 participants

This hands-on workshop aims to help participants become confident storytellers and digital leaders for the Idaho 4-H program. Youth participants will learn how to create engaging, authentic content that showcases 4-H projects, events, and impact in ways that connect with today's audiences. Throughout the workshop, teens explore the fundamentals of digital media, including Video filming and editing techniques, Podcasting and interviewing skills, Graphic design basics, writing captions and stories that reflect 4-H values, and using AI tools responsibly to support creativity. Please bring your cell phone to this workshop if you have one.

From Hoof to Hook, 5-20 participants

Get ready to evaluate from pasture to plate! Learn how to evaluate livestock and understand how animal traits relate to meat quality and value. Participants will practice identifying different retail cuts, grading carcasses, and judging animals. This session builds practical observation and decision-making skills for youth interested in livestock, agriculture, or animal science.

Games at the Senior Center (Service Project)

Attending a senior center and playing various games/talking with them. Potentially delivering products from the other service projects.

Grafting apple trees, 5-20 participants

In this fun and informative workshop, students will learn three techniques of grafting and budding apple rootstocks.

How to Sell a Rock, 10-30 participants

How to Sell a Rock is a fun, hands-on workshop that introduces the fundamentals of entrepreneurship, creativity, and communication using a simple object—a rock. Participants are guided step-by-step through a simplified business plan, learning how to develop an idea, identify customers, consider costs, set prices, and market a product in approachable, real-world terms. As concepts are introduced, participants create and paint a prototype rock to bring their business idea to life and practice confidently pitching their product. Learning continues beyond the workshop, with an optional real-world selling challenge—those who successfully sell their rocks can earn an extra surprise, reinforcing follow-through, creativity, and practical application.

Leaf it Up! (Service Project)

Meals in a Mug, 10-20 participants

Learn to make a meal in a mug...breakfast, lunch/dinner, and of course DESSERT! Perfect for that after-school snack!

Stronger Than Stress, 5-20 participants

Join us for a workshop focused on rural mental health and empowering teens to build resilience. Participants will explore practical strategies and tools to manage daily stressors and enhance their mental well-being. Through engaging discussions and activities, you will leave with a personalized toolkit to help you navigate challenges and thrive in your daily life.

June 24, Wednesday 10:00 am-11:45 am

Bacon, Bacon, Bacon, 5-20 participants

This delicious workshop is all about cooking and enjoying bacon. Participants will explore different pork cuts, seasonings, and cooking methods while learning tips for selecting the perfect pork package at the retail counter. From classic breakfast bacon to creative pork dishes, this session celebrates the versatility and irresistible appeal of pork.

Climbing Advanced, 5-14 participants

Have you climbed before and wanted to learn more? If you are over 14 and want to learn to tie a figure 8 follow-through and belay your friends, this is the event for you!

Digital Media with Cool Technology, 1-6 participants

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Exciting Career Pathways in Food Science *5-30 participants*

Join us for a fun workshop where you'll learn to whip up delicious, healthy recipes in a flash! We'll share super simple recipes and cooking tips that fit perfectly into your busy schedule. Get ready to impress your friends and family with quick, tasty dishes that are good for you, too!

Forest Nursery Tour, *5-20 participants*

Tour the state nursery of Idaho, housed at the University of Idaho, the Pitkin Forest Nursery! The Pitkin Forest Nursery grows about 500,000 seedlings annually for reforestation and restoration projects, predominantly in Idaho and the surrounding Inland NW, but also ships nationwide. Seedlings are grown from seed, and university students are a part of the entire process, providing hands-on experience in their fields.

How Can Youth Be Intentional Leaders?, *5-30 participants*

This workshop focuses on what leadership means to you, and more importantly, how to practice becoming a leader. This workshop incorporates hands-on activities and group work. Participants will study various leadership statements to define, prioritize, and share insights to distinguish leadership characteristics. You will begin crafting your own individual leadership statements to use as guiding principles in your leadership journey.

Not Your Grandpappy's A.I., *5-24 participants*

Generative Artificial Intelligence is already in 4-H, but should it be? Join us for a lively exploration of the promise and pitfalls of AI, along with a spirited discussion on what, if any, level of use is ethical and responsible in 4-H. Who knows? Maybe your thoughts and ideas might just help shape future AI use guidelines!

Soil Stewards Tour and Hands-on Session, *2-25 participants*

Join us for a guided tour of the Soil Stewards Farm and learning space, where participants will explore how healthy soil supports productive gardens and sustainable growing practices. During the tour, we will highlight soil-building techniques, composting, and seasonal crop management. Participants will also take part in a hands-on activity—either planting or harvesting—depending on the garden's stage. This interactive session offers a chance to learn by doing while gaining practical knowledge for caring for soil and growing healthy plants.

Stars, Stripes, & Sustainable Style, *10-30 participants*

Give old t-shirts new life in this fun, hands-on workshop! Participants will create their own upcycled t-shirt tote bag and design a colorful beaded keychain to match. Using iron-on patches, puffy paint, pom-poms, and other decorations, youth will learn simple crafting skills while exploring how creativity and sustainability go hand in hand.

Thrive Together: Youth Mental Wellness, *15-25 participants*

Mental health affects all of us—and knowing what to do matters. In this hands-on workshop, teens will explore mental health concepts through engaging activities and scenario discussions. You'll walk away with real strategies you can use, plus the confidence to respond when someone needs help. Let's build skills that help us support ourselves and each other.

Wonders of Water: Hands-on Science Investigation, 8-20 participants

Using activities from the 4-H Wildlife and Water Habitats Curriculum and Project WET, Extension's Water Educator, Jim Ekins, and his staff will provide a fun, engaging, hands-on investigation into watershed science. We will use water quality monitoring techniques employed by field scientists worldwide. This program will highlight the types of water-related jobs and careers available.

You Can Save Lives through Narcan and Opioid Response Training, 8-45 participants

Knowing the signs of an opioid overdose and how to respond can make all the difference when each minute counts. Participants will learn 1. How to recognize the signs and symptoms of an opioid overdose and how to safely administer Narcan 2. How to use harm reduction supplies to prevent overdoses from happening, and 3. The risks associated with short-term and long-term opioid use on well-being and development. This interactive workshop will have students working in small groups to problem-solve common opioid use scenarios, as well as having them role-play responding to an opioid emergency.

2025 State 4-H Teen Association Convention Service Projects

- Cookies for Seniors
- Birthday Blessings Boxes
- Games at the Senior Center
- Leaf it Up!

2025 State 4-H Teen Association Convention TOURS

- University of Idaho Athletic Tour
- Branch Out: Explore Careers in Natural Resources
- Gritman Medical Center
- Moscow Fire and Police Department
- Schweitzer Engineering Laboratories
- Steer-A-Year and Beef Center
- Washington State University (WSU) Veterinary School
- WSU Bears & Raptors
- WSU Ferdinands & Washington Dairy