

## 4-H Written Communication Contest 2025

Contest: “What 4-H Means to Me” essay (500 words minimum)

### Rules and Guidelines

1. Entry must be the original work of the youth entering the contest.  
(Entries that are plagiarized will be disqualified.)
2. Entry must be family-friendly and age-appropriate.
3. Entry must be typed or neatly printed on 8.5”x11” paper.
4. Entry must contain the youth’s name, address, e-mail address, age, date of birth, school, grade, parent/guardian name, and signed statement of authenticity.
5. Age category is determined by your age on December 31. Junior entries are for ages 9-13. Senior entries are for ages 14-18.
6. Two (2) junior entries and two (2) senior entries will be selected to advance to the State Written Communications Contest.
7. Please submit entry by January 10, 2025 to *christy.martin@uky.edu* or to the following address:  
Russell Co. Extension Office  
c/o Christy A. Martin  
2688 S. Highway 127  
Russell Springs, KY 42642

There is also a drop box by the office kitchen door for you to utilize when the office is closed.

### Notes:

- An essay is a short piece of writing on a particular subject.
- A general guideline is to have 5 paragraphs in an essay in the following format:  
Paragraph 1 — Introduction — should grab the readers attention with a “hook.” Then highlight your thesis (statement of what you want to discuss) and the main points that you want to write about.  
Paragraph 2 — expand on 1st main point  
Paragraph 3 — expand on 2nd main point  
Paragraph 4 — expand on 3rd main point  
Paragraph 5 — Conclusion — give an allusion to the “hook” in the introduction and then restate your thesis. A conclusion should be about 4 sentences.
- The essay should be a minimum of 500 words.

Cooperative  
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Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification



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## Kentucky 4-H Written Communication Contest

### Statement of Authenticity

This is to verify that the piece I entered in the 4-H written communication contest is my original work.

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

I give permission for my writing piece:

- To be submitted for judging
- To be published in local and social media
- To be displayed at the Kentucky State Fair.

\_\_\_\_\_  
Member signature

\_\_\_\_\_  
Parent/Guardian/Teacher signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

