



4-H PORTFOLIO STATE CONTEST 2024 COVER LETTER OBJECTIVES

Seniors: 9th – 12th grade

Full points will be awarded for complete responses to either option under each topic. Please only answer A or B for each objective.

- **Objective 1: Mental Health**
 - a. Describe what you learned about mental health in 4-H during last year.
 - b. How might 4-H teach youth about mental health?

- **Objective 2: Stress**
 - a. Describe the main stressors affecting teenagers today, and how 4-H has helped youth face those issues.
 - b. Describe the main stressors affecting teenagers today, and how 4-H could help youth face those issues.

- **Objective 3: Support**
 - a. Explain how comfortable you feel discussing mental health with your 4-H leaders and peers.
 - b. What could 4-H do to create an open and supportive environment for conversations about mental health?

- **Objective 4: Coping**
 - What coping mechanisms or strategies did you learn at 4-H to maintain mental wellbeing?
 - How can 4-H provide support for youth mental health?



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