



4KA-03PO
Kentucky 4-H Communications Program

4-H Demonstrations



Preparing you for your future!

Do you like to speak in front of a group? Do you like to teach others how to do things? Would you like to learn the skills and gain the confidence to be an outstanding public speaker? Then you should participate in the Kentucky 4-H Communications Program! 4-H members can learn how to prepare and present a speech on any topic they feel passionate about. Or, if you are a more hands-on person, you can learn to give a demonstration, a “how to” presentation in which you will teach someone how to do something using posters and other props.

What is a demonstration?

A **demonstration** or illustrated talk is a method used to communicate an idea by showing and telling. Demonstrations should be 5 to 15 minutes long for both junior and senior 4-H members. Visual aids are used to enhance the presentation.

Preparation

The following steps will help you prepare to give a demonstration.

- **Choose a topic.** Find a subject that you know something about or that is of interest to you. Make sure your topic is not too broad.
- **Select a Title.** Think of a title that relates to the subject and is catchy, original and short. It should suggest the subject without telling the whole story.
- **Collect information.** Think about what you already know about your topic. What examples do you know that will illustrate your demonstration? Is there a poem, a song, or a joke that you can use to make a point clear? Why is the topic important?
- **Organize materials.** Separate your materials and ideas into three parts: introduction, body and conclusion. Use the **4-H Demonstration Guide** at the end of this publication.
- **Introduction.** Get the attention of your audience, make them want to listen, inform them of your subject and show them how the subject concerns you. Tell a story or joke, or read a quote. Tell the audience what you are going to demonstrate and why that topic is important to them.

Look directly into the eyes of your audience during your demonstration.

- **Body.** Select two or three main points and explain each point. Use accurate and up-to-date information. Arrange key steps in logical order.
- **Conclusion.** Briefly restate your main ideas. Leave your audience with an attention-grabbing statement, question or wrap-up thought. Ask audience if they have any questions.

Make note cards. Do not write your entire demonstration on cards. Have only the main points and key words written down. Note cards should help you organize your speech but should not be a distraction.

Create visual aids. Make sure that your aids are easy to read and add interest to your project.

Practice! Give your demonstration in front of a mirror and in front of friends and family.

Delivery

Eye Contact. Look directly into the eyes of your audience during your demonstration. Look at people in various parts of the audience.

Posture. Stand in a comfortable position with your feet several inches apart and your back straight.

Voice. Speak loudly and clearly enough for all to hear. Try to sound conversational. Do not yell or talk too softly.

Gesture. When using gestures, try to be natural and relaxed.

Emphasis. Pause just before and after an important point. You may also change your tone of voice.

Quotations. Give full credit to your source and pause before and after so the audience knows where the quote begins and ends.

Notes. Do not write your entire demonstration on cards. Do not read from your note cards! Refer to your cards for the main points you want to make.

Attire. Dress appropriately for your audience and topic.

Visual Aids. The more equipment, extension cords, utensils and other materials you use, the more you must practice and experiment. The following suggestions will help you plan your demonstration.

- Select the best possible piece of equipment for the job and make sure that it is in good working order.
- Arrange each piece of equipment in the order you plan to use it.
- Make sure your audience can see all visual aids.
- Be careful not to let equipment or supplies block the line of vision between your audience and your hands.
- If you plan to use posters as a way of adding visual interest, limit the number to 3 to 5. Ask yourself:
 - » Do my posters add interest and excitement to my demonstration?
 - » Are the words large enough (at least 1 inch high) for those at the back of the room to see?
 - » Does each poster have one main idea?
 - » Do my posters make my demonstration more interesting and easier to understand?
 - » Are my posters on heavy cardboard that will not buckle or bend?
 - » Are my posters colorful?
- Think about using posters with:
 - » Your title
 - » Key points
 - » Listing of ingredients or materials
 - » Summary



Practice, Practice, Practice!

As you practice your speech or demonstration, ask your leader, teacher or family to evaluate it using the checklist below.

- Dress clean, neat, and appropriate
- Posture erect but not stiff
- Gestures poised and natural
- Voice easily heard
- Voice expressive
- Introduction interesting, brief and gives purpose
- Body of demonstration well organized in logical order
- Eye contact with the audience
- Correct grammar and vocabulary
- Notes do not distract
- Demonstration flows smoothly from one point to the next
- Subject matter accurate and up to date
- Suitable for age
- Equipment, charts and visuals easy to follow and appealing
- Procedures visible to entire audience
- Talk while working, leaving no awkward silences

Contact your County Extension Agent for 4-H Youth Development for more information on the 4-H Communications Program!

Adapted by Jennifer Tackett from Speak Up! Kentucky 4-H Talk Meet (4KA-01PB) by Jann Burks and Would You Like to Do a 4-H Demonstration? (4KA-02PA) by Anna B. Lucas and Susannah Denomme.

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4-H Demonstration Planning Guide

Title _____

Introduction

Introduce your subject using a story, quote, or joke. Should be short and designed to get the attention of your audience. Tell the audience what you are going to demonstrate and why that topic is important to them.

Body

The body is the most important part of your demonstration. Review key points and materials. This is the “how to” portion of the demonstration

Conclusion

Summarize your main points. Use a story or quote to express your point. Finish strong with an attention-grabbing statement, question or wrap-up thought!

STATE 4-H DEMONSTRATION PROGRAM

RULES AND REGULATIONS



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

 4-H Youth Development

- 1) This event includes both Demonstrations (Team and Individual) and Illustrated talks.
- 2) Each District can send two (2) participants per category.
- 3) State standard is that state communication day event participants earn a blue ribbon at the district level to qualify for the state communications day event.
- 4) Participants can participate in one demonstration category per year.
- 5) NO LIVE ANIMALS of any size are permitted.
- 6) Junior Demonstrations: Any member age 9-13 may compete in Junior Demonstrations as per their age determined on January 1st of the year in which the state contest is held.
Senior Demonstrations: Any member age 14-19 may participate in Senior Demonstration (must have passed their 14th birthday but have not passed their 19th birthday as of January 1st of the year in which the state contest is held). Age is determined by the date of the State event, not when the district or multi-county group hosts their event.
- 7) Time limit for project demonstrations will be 5 to 15 minutes. (INCLUDING BREADS) Demonstrations going under or over time will be assessed a 3 point penalty from their **overall final score** and be given a blue, red or white ribbon and WILL be eligible for Champion placement.
- 8) State Champions may participate only in categories in which they have NOT previously won.
- 9) A participant may have help with practicing the demonstration or speech. Preparation may include practicing in front of peers, club leaders, etc. **At the SENIOR LEVEL, the 4-H'er is expected to demonstrate original work – choosing a topic, researching it and writing their own speech or demonstration. The internet may be used as a reference source but NOT as a source for a non-original speech or demonstration.**
- 10) A participant may have help setting up their demonstration, but may not have another person helping during the demonstration. Only team demonstrations may have more than one person participating. There shall be no assistance from the audience.
- 11) It is suggested that the speech or demonstration given by the 4-H'er be a new topic from previous years.
- 12) Team demonstrations ARE permitted at the state level. They will follow the same rules and regulations of the single participant demonstrations. Two (2) 4-H members will comprise a team. Each person must have a significant speaking and presentation portion. Team demonstrations will be placed in a Junior Category or a Senior Category regardless of topic. All team members must be in the same age category.
- 13) A 4-H'er need not be enrolled in a project to give a demonstration; however, they should be encouraged to use demonstrations as an educational tool in their project area.
- 14) A demonstration obviously entered in the wrong category may be moved to the correct category if there is no more than one other person from that district entered. If a participant cannot be moved, they will be given a blue, red, or white rating but will NOT be eligible for Champion placement.
- 15) Weapons of any sort can not be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models and charts must be used instead. Models cannot look like an actual gun, bow or other firearm.
- 16) The decisions of the judges are FINAL.
- 17) The contestant will be introduced by name and title by the room host. There will be no penalty if name and subject or title is used during the presentation.
- 18) The use of computers and presentation equipment is allowed in the presentation software category only. It is not allowed in any other category. *Ipads may be used in place of notecards.
- 19) Videos may not be used during presentations in any category.
- 20) You may participate in the individual demonstrations or choose to participate in the team demonstration category. They may NOT do both.

Kentucky 4-H Communication Contest Categories

SPEECH CATEGORIES

- 9 Year Old
- 10 Year Old
- 11 Year Old
- 12 Year Old
- 13 Year Old
- 14 Year Old
- 15 Year Old
- 16 Year Old
- 17-18 Year Old

DEMONSTRATION CATEGORIES- Junior (9-13) and Senior (14-18) -Category selection should be based on the primary purpose of the demonstration. It is suggested that demonstrations that do not clearly fit into one category be modified to include information and material relative to the selected category.

CORE: AGRICULTURE

1. Agriculture – to include information on horticulture, and plant and soil sciences (e.g. crops, agronomy).
2. Animal Science – to include information on selection, care and feeding of animals, financial records, operations and animal products for small or large animals. This also includes companion animals. *(Demonstrations on horses or horse related topics can be included in this category, however, it does not qualify the participant for the State Horse Contests; this is a different event).*

CORE: COMMUNICATIONS & EXPRESSIVE ARTS

3. Visual Arts --to include drawing, painting, mixed media, decoupage, candle making, macramé, scrap booking, embroidery, quilting, silk screen, batik, block print, corn-shuck flowers, ceramics, jewelry making and similar topics. This category also includes demonstrations related to photography such as picture taking, composition, framing or scrapbooking.
4. Performing Arts -all demonstrations related to the performing arts including theatre, dance, musical instruments and musical performance.

CORE: FAMILY & CONSUMER SCIENCES

5. Clothing & Textiles – to include construction, techniques, wardrobe selection and planning (color, design accessories, appropriate dress for various occasions) selection, use or care of clothing related equipment, care of clothing, posture as it relates to fit, fibers, fabrics, and textile related topics.
6. Family & Consumer Sciences – to include information on childcare, consumer and financial education, family life, and home environment. **THIS CATEGORY EXCLUDES CLOTHING & TEXTILES AND FOODS. THESE ARE SEPARATE CATEGORIES.**
7. Foods – to include preparation skills and creativity in using foods for meals and snacks (*including breads*). Please submit a copy of the recipe on day of event.

CORE: HEALTH

8. Health – to include information on physical activity, bullying, substance abuse, personal development, and safety.

CORE: LEADERSHIP

9. Team Demonstrations – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. either juniors or both seniors). Each participant must have a significant speaking AND presentation role in the demonstration. **Youth may participate in either the individual demonstrations OR the team demonstration category. They may NOT do both.**

CORE: NATURAL RESOURCES

10. Natural Resources– includes Entomology, Environment, Geology, Forestry, Soils, Water and Wildlife. This category can include science-fair type experiments related to these topics.
11. Shooting Sports – includes proper care and cleaning of equipment, safety, sighting alignment and shooting techniques, selecting equipment and ammunition. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models and charts must be used instead. Models cannot look like an actual gun, bow or other firearm.

CORE: SCIENCE, ENGINEERING & TECHNOLOGY

12. Science, Engineering and Technology – to include information on ATV safety, aerospace/rocketry, biotechnology, bicycle, energy, GPS/GIS, robotics, general science, and computer sciences [may NOT use computer projection equipment in place of posters]. This category can include science-fair type experiments related to these topics. **NO SLIME DEMONSTRATIONS ALLOWED**
13. Digital Media Presentation – to include demonstrations using presentation software (i.e. PowerPoint, Prezi) regardless of topic. Slides are used in lieu of poster boards. Please bring the presentation on media that can be transferred to another computer (i.e. CD or portable drive).

MOCK JOB INTERVIEWS -Seniors (14-18) only. Resumes are required. See additional rules for more information.

- 14-15 year old
- 16-18 year old

❁ 4-H Demonstration Score Sheet ❁

NAME: _____ COUNTY: _____ AGE: _____

CATEGORY: _____ TITLE: _____

Instructions: Write the appropriate rating in the "Score" column. Make comments to help participants identify their strengths and areas for improvement. Use the back of the sheet if necessary.

EVALUATION CRITERIA	EXCELLENT	VERY GOOD	GOOD	FAIR	POOR	SCORE	COMMENTS
DEMONSTRATOR:	5	4	3	2	1		
1. Neat, well-groomed, dressed appropriately.							
2. Posture (erect but not stiff).	5	4	3	2	1		
3. Gestures natural (contribute to talk).	5	4	3	2	1		
4. Eye contact with audience.	5	4	3	2	1		
PRESENTATION:		4	3	2	1		
1. Introduction interesting and gives purpose.	5						
2. Visual aids appealing, organized and visible.	5	4	3	2	1		
3. Steps well organized.	5	4	3	2	1		
4. Demonstrator skilled in working with equipment.	5	4	3	2	1		
5. Suitable equipment and proper techniques used.	5	4	3	2	1		
6. Procedures easy to view by audience.	5	4	3	2	1		
7. Effective use of notes (if used; displays confidence & composure).	5	4	3	2	1		
8. Display finished product, offer sample to judges or show that the exhibit works.	5	4	3	2	1		
9. Conclusion (short, interesting and reviews main points, asks for questions).	5	4	3	2	1		
AUDIBILITY:		4	3	2	1		
1. Clearly heard and easy to understand.	5						
2. Voice expressive.	5	4	3	2	1		
3. Talking while working (no dead silent moments, unless equipment is running)	5	4	3	2	1		
GENERAL:		4	3	2	1		
1. Originality.	5						
2. Use of correct grammar and vocabulary.	5	4	3	2	1		
3. Information age appropriate.	5	4	3	2	1		
4. Subject matter accurate and up-to-date.	5	4	3	2	1		

TIME: _____ **TIME PENALTY: YES/NO** _____ **TOTAL SCORE:** _____

TIME: 5-15 minutes. Participants going over/under time will be assessed a one-time penalty of 3 points from the average score and WILL BE ELIGIBLE for a 1st, 2nd or 3rd placing

SCORING:	RIBBON:	PLACE:
BLUE 100 - 80	_____ BLUE	_____ CHAMPION
RED 60-79	_____ RED	_____ 2 ND
WHITE 59 AND BELOW	_____ WHITE	_____ 3 RD

SCORE 1	
SCORE 2	
AVERAGE	
TIME PENALTY	
FINAL SCORE	

JUDGE'S SIGNATURE: _____ **DATE:** _____

