

## **Suggestions For 4-H Health & Safety Reporters**

As a Health & Safety Reporter, you have the important job of educating the members of your club about how they can keep healthy (one of the four "H"'s) and safe!

Here is a list of some of your job responsibilities and some hints that may help you perform your job as Health & Safety Reporter.

1. You should plan your activities as Health & Safety Reporter with your local leader and the officers in your club. You should have one report at every meeting.
2. Be creative when giving your reports! There are several forms these reports may take. If you can involve the other members of the club meeting, your report will be that much better!
3. Limit your report to no more than 5 to 10 minutes.
4. A wide variety of topics may be included in a Health & Safety report.
5. Use a wide variety of sources to obtain the information for your reports. Some examples of sources are your school textbooks, the library, local police or fire stations, magazines, 4-H manuals, and publications from the Extension Office to name just a few.

Have a good time preparing and giving your reports and conducting your Health & Safety activities!

Read and study the pamphlet entitled "Health & Safety Coordinator's Guide" (4-H 453) for more ideas and suggestions.