

Division 6042 – Kentucky 4-H Healthy Living

Julia Wilson, Specialist for 4-H Youth Development

1. See General Rules applying to all 4-H exhibitors and general rules applying to 4-H exhibits listed previously in this catalog.
2. All items must have been made since the last State Fair. All participants must be registered electronically by the August deadline. Posters must have been judged at the county level before State Fair submission and must have received a blue ribbon to qualify.
3. Each exhibit must be properly labeled. Place ID tag (4LO-11SO) in the most visible place on the exhibit, preferably on the lower right-hand corner
4. Eligible topics and classes are derived from information contained in the approved 4-H curriculum:
 - a. Mental Health - Examples but not limited to Stress management, mindfulness, healthy coping, destigmatizing mental illness, emotional wellbeing. – a) GEM: Get Experience in Mindfulness, b) Your Feelings Matter, c) Youth Strong: Helping Youth and Families in Times of Disaster and Stress.
 - b. General Wellbeing (Non-Nutrition) – Examples but not limited to Healthy habits, hygiene, digital wellness, sleep health, balanced routines. a) Health Rocks (National 4-H Council)
 - c. Personal Safety – Examples but not limited to Safe internet use, injury prevention, emergency preparedness, bullying prevention. a) Code Name: Home Alone, b) Be Internet Awesome, c) Inderland Game, d) Medicine: Science and Safety
 - d. Addiction Prevention - Examples but not limited to Avoiding substance misuse (tobacco, alcohol, vaping, drugs), peer pressure, brain health. a) Health Rocks (National 4-H Council)
 - e. Physical Activity – a) 4-H Dancefit, b) SPARK After School, c) Outdoor Adventures, d) Soccer for Success, e) STEPS to a Healthy Teen
5. Junior: Any member aged 9-13. Senior: Any member aged 14-19.
6. Posters must be educational and clearly relate to health and well-being topics listed under this division. Posters should encourage creativity and deliver a clear educational message about the chosen topic.
7. Posters should focus on one clear message. Creativity is encouraged — slogans, themes, and visuals should be youth-developed. Posters should educate, promote healthy behaviors in an age-appropriate way, and be family friendly in nature.
8. Use of copyrighted or trademarked characters (e.g., SpongeBob, Disney, Marvel) is not allowed. Do not use images cut from magazines unless they are used as part of a collage', and no magazine articles should be pasted directly.
9. Posters must have reliable resource information attached to the back (in an envelope or taped securely), labeled with youth's name, county, and class. *Wikipedia is not considered a reliable source.* Lack of cited sources will result in point deduction.
10. Poster Specifications: a) Size: 20"x30" to 24"x30", b) Format: Portrait (vertical), c) Material: Mat board or foam core board only. c) No poster board allowed. d) No 3D items or attachments, the poster must be no thicker than ½". e) Leave space in the lower right corner for a 3"x5" electronic label.
11. Posters will be judged on: Educational value & accuracy, Creativity & originality, Clarity of message, Visual appeal & neatness, Proper formatting & source citation.



12. Awards: Class champion ribbons will be awarded. All participants will receive a ribbon. One overall Grand and Reserve will be chosen from Junior and Senior entries.
13. No Cloverbud Poster Class

Mental Health

- 1060 Junior Division Mental Health
- 1061 Senior Division Mental Health

General Well-being (Non-Nutrition)

- 1062 Junior Division General Well-being (non-nutrition)
- 1063 Senior Division General Well-being (non-nutrition)

Personal Safety

- 1064 Junior Division Personal Safety
- 1065 Senior Division Personal Safety

Addiction Prevention

- 1066 Junior Division Addiction Prevention
- 1067 Senior Division Addiction Prevention

Physical Activity

- 1068 Junior Division Physical Activity
- 1069 Senior Division Physical Activity

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