



TiLT youth volunteer serving as a camp counselor at Brunswick County 4-H Camp Brunswick



## ***TiLT training and planning dates***

***Brunswick Early College  
TiLT volunteer days***

***ON***

***Fire-Bird Fridays (see insert)***

***NEW TiLT Team info goes here***

## ***NEW TiLT Teams NEEDED!***

***Brunswick County TiLT youth volunteers are a branch of NC 4-H Teens Reaching Youth through Innovative Teams (TRY-IT)*** A team is a group of 3-5 teens ages 13-18 and one adult volunteer coach who are trained to teach younger children and/or peers about any topic that is important in your community as identified by your community leaders.

***TiLT*** **volunteers needed!**

In addition senior ***TiLT*** youth volunteers are also leading clubs in areas of interest! All teams and senior ***TiLT*** youth volunteers **NEED** is a ***Caring Adult to help with logistics.***



TiLT 4-H Youth and adult Volunteers receive training in Leadership, Child Development, Experiential Learning, Healthy Living, Environmental Awareness, and Presentation Skills so they are equipped to help, teach, serve, and mentor.



TiLT youth volunteer teaching at Southport Elementary School

# ***Teens In Leadership Training***

**Brunswick County 4-H  
Youth Volunteer Program**



*TiLT* youth volunteers primary purpose is to help serve and teach 4-H & Cooperative Extension curriculum to elementary age youth and help mentor middle school youth in-school, after-school, summer, and community programs.

**Brunswick County Center**

FOR MORE INFORMATION CONTACT  
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**NC STATE  
UNIVERSITY**



Level 1. Teens teach younger youth K-5

Level 2. Teens develop and test lesson plans and sequence learning experiences for youth.

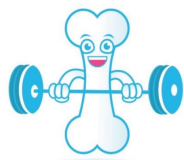
Level 3. Teens involve and teach other teens to teach younger youth.



## TiLT teach and lead....

### Be a Bone Builder

A TiLT created curriculum taught by youth volunteers through out the year. This program was specially designed by our teens through a grant from the NC Osteoporosis Foundation to teach the importance of strong bones, and has been adopted as



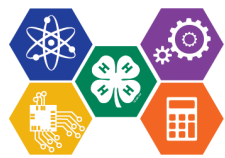
**Be a Bone Builder**  
Building your bones when it counts

North Carolina 4-H Healthy Living curriculum.

### Organ Wise Guys

Organ Wise Guys (OWG) is an evidence based program with a comprehensive curriculum built around a group of characters that personify major organs of the body to teach children

about the importance of eating well and being physically active. In addition TiLT youth volunteer offer food tasting, and fun interactive games re-enforcing the lessons.



**STEM**  
Science-Technology  
Engineering-Math

TiLT youth volunteers also learn and teach 4-H Science Technology Engineering and Math lessons



**WE NEED YOU!!**

**NEW TiLT Teams NEEDED!**  
**WE provide training, curriculum, resources, and support! Call the office to get started!**

## TiLT teach and lead...



Using a hands-on model, participants learn how to garden, and how important it is to eat vegetables and exercise!



### Health Rocks!!

#### Participants will

- Play Hands-on interactive games to learn how the brain works and communicates stress.
- Participate in a discussion and play BINGO with take home cards for youth to understand ways to recognize and cope with stress in a healthy way.
- Learn coping strategies and how exercise and healthy eating can help reduce test stress or any other stress youth deal with!



**Health Rocks!**  
4-H HEALTHY LIFE SERIES



**CATCH<sup>®</sup>**  
**Kids Club**

A physical activity and nutrition education program designed for elementary and middle school aged children (grades K – 8) in an after-school or summer setting.

## WHO? WHAT? WHERE?

### Teens in Leadership Training 4-H Youth Volunteer Program

Currently, Brunswick County 4-H TiLT youth volunteer program trains youth volunteers age 13-18, in Bolivia at the NC Cooperative Extension office, to deliver in-school, after-school and summer programs that teach healthy living, good stewardship and environmental awareness of the resources in Brunswick County. Youth Volunteers are trained by 4-H staff and mentored by Cooperative Extension staff and adult volunteers.

Average volunteer commitment ranges from 20-100 hours of volunteer time in a year.

Youth also commit to monthly trainings and are afforded other 4-H County District State and National opportunities.



Brunswick County 4-H TiLT youth volunteer teaching 4-H teens in the State how to teach Learn Grow Eat Go!



Brunswick County 4-H TiLT youth volunteers host District Healthy Living Retreat