

# **Department 34 – Health and Citizenship**

## **Rules**

All posters shall be 14"x22" or smaller.

## **Class A: Citizenship (Public Adventures)**

### **Lot No.**

	<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
All lots	2.00	1.75	1.50	1.25

### **Individual Projects**

101. Poster that shows what citizenship means to me
102. Map of a public area showing a vision of what could be
103. Research report on a citizenship project
104. Results of a survey conducted to support the citizenship project
105. Examples of letters written to support the citizenship project
106. Outline or transcript of a public speech given related to citizenship project
107. Journal reflecting what was learned in project
108. Copy of grant written to obtain funds to carry out a citizenship project
109. Any other item

### **Group Projects**

110. Poster listing the group's ground rules
111. Copy of grant written to obtain funds to carry out a citizenship project
112. Map of a public area showing a vision of what could be
113. Picture collage that illustrates the group's issue
114. Results of a survey conducted to support the citizenship project
115. News articles about your group citizenship project
116. Group action plan for citizenship activity
117. Petition and signatures garnered to support citizenship project
118. Report on citizenship fund raising effort
119. Example of media coverage about your citizenship project
120. Copies of group meeting agendas and notes
121. Copy of group's final evaluation
122. Scrapbook that tells what group has done and learned as a result of the citizenship project.
123. Any other item

## **Class B: Health – Exploring Your Body**

### **Lot No.**

	<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
All lots	2.00	1.75	1.50	1.25

101. Poster on proper personal hygiene
102. Poster on family doing favorite things
103. First-aid kit
104. Model of food guide plate
105. Poster on food package labels
106. Poster on exercise benefits
107. Any other item

**Class C: Health – Discovering Myself**

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
101.	Display on a healthy diet/fitness/effects of smoking				
102.	Brochure on myself, “This is Me”				
103.	Display on how to reduce stress				
104.	Display on home safety hazards				
105.	Any other item				

**Class D: Health – Fun with Friends**

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
101.	Display on how smoking affects lung capacity/effects of alcohol				
102.	Friendship want ad				
103.	Display on stress management				
104.	Personal values crest or mural				
105.	Display on handling sports injuries				
106.	Display on injury and accident prevention				
107.	Any other item				

**Class E: Health – Teen Talk**

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
101.	Display on how media can affect self-image				
102.	Poster on nutrient values of a fast-food meal				
103.	Personal physical activity plan				
104.	Display on preventing sexual assault or AIDS/STD prevention				
105.	Display on eating disorders				
106.	Display on time management				
107.	Public service announcement about a health issue/violence prevention				
108.	Poster on ethnic diversity in my county				
109.	Any other item				

**Class F: Health – Preparing for the Future**

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
101.	Poster on teen pregnancy				
102.	Display on skin cancer prevention				
103.	Public service announcement on violence prevention				
104.	Poster on blood alcohol content				
105.	Display on stress management				
106.	Poster on non-violent ways to resolve conflict				
107.	Poster on cost of raising a baby				
108.	Any other item				

**Class G: Service Learning**

**Lot No.**

All lots

<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
2.00	1.75	1.50	1.25

- 101. Poster on problems or needs in my community
- 102. Display or poster on my service-learning mission
- 103. Service learning mission news release
- 104. My service learning project plan
- 105. Outline of service learning presentation
- 106. Journal, photo diary or scrapbook of service learning project
- 107. Map of community's assets and needs
- 108. Personal resume