

**DEPARTMENT 34**  
**HEALTH, SOCIAL & POLITICAL SCIENCE**

All posters must be 14x22 inches.

| <b>Lot#</b> | <b>1st</b> | <b>2nd</b> | <b>3rd</b> | <b>4th</b> |
|-------------|------------|------------|------------|------------|
|             | \$3        | \$2.75     | \$2.50     | \$2.25     |

**Class A - Grades 3 - 5)**

- 1 Display on a healthy diet
- 2 Display on fitness
- 3 Display on how smoking affects lungs
- 4 Brochure on myself, "This is Me"
- 5 Poster that illustrates individual uniqueness
- 6 Display on how to reduce stress
- 7 Personal study-space analysis
- 8 Display on home safety hazards

**Class B - Grades 6 - 8**

- 1 Display on how smoking affects lung capacity
- 2 Display on calculating target heart rate
- 3 Display on the effects of alcohol
- 4 Friendship want ad
- 5 Concept map
- 6 Display on stress management
- 7 Personal values crest or mural
- 8 Poster on ethnic diversity in my county
- 9 Display on handling sports injuries
- 10 Display on injury and accident prevention

**Class C - Grades 9 1- 2 & 1 yr. beyond**

- 1 Display on how media can affect self-image
- 2 Poster on nutrient values of a fast-food meal
- 3 Personal physical activity plan
- 4 Display on preventing sexual assault
- 5 Display on eating disorders
- 6 Display on AIDS/STD prevention
- 7 Display on stress management
- 8 Display on study tips
- 9 Display on time management
- 10 Public service announcement about a health issue
- 11 Personal letter written to a legislator
- 12 Poster on pregnancy prevention
- 13 Display on skin cancer prevention
- 14 Public service announcement on violence prevention
- 15 Poster on blood alcohol content
- 16 Display on stress management
- 17 Poster on non-violent ways to resolve conflict
- 18 Display on teen pregnancy
- 19 Poster on the cost of raising a baby
- 20 Personal resume

**Class D - History & Heritage**

- 1 Poster diagramming your family tree
- 2 Picture pedigree/photo display of your family

- 3 Scrapbook of landmarks in Burnett County with your historical notes
- 4 Collection of community biographies
- 5 Written record of research done on your present home or farm and date collected
- 6 Exhibit and explanation of lost art made by an individual
- 7 Personal history
- 8 Any other exhibit relating to heritage
- 9 Prepare a scrapbook on family traditions, celebrations, or memories you have

***International Project***

- 10 Display depicting our world, its physical properties and people
- 11 Display depicting global citizenship responsibilities in today's interdependent world
- 12 Report on a country or culture of your choice
- 13 Photo display of country or culture you studied or visited
- 14 Report or display of a current issue or event challenging our world today i.e. political, environmental, health, economical, etc.
- 15 An article made by you in study of another culture
- 16 Any other exhibit related to international study

**Class E - Family Ties**

Refer to 4-H Activity Guide 4-H 366. Entry can be a poster or other exhibit or display. Judging is based on the activity as evidenced by the exhibit & is not a judgment of the family.

- 1 Who we are
- 2 How we share
- 3 Children grow & go
- 4 Celebrating special times
- 5 Things we do for fun
- 6 Keeping in touch
- 7 Citizenship
- 8 Family resources
- 9 Caring for ourselves & each other
- 10 Making our home a sharing place
- 11 Careers
- 12 Technology is our tool