# Kentucky 4-H Communication Program

Ashley Osborne

Extension Specialist for 4-H Youth Development



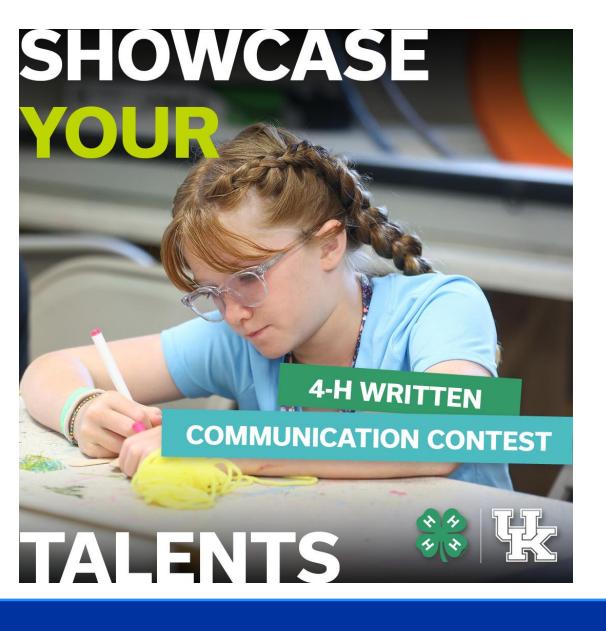
# Communication and Expressive Arts Core Program Area

- Written Communication and Digital Media
- Speech and Demonstration



Photo: Harrison County 4-H





## Written Communication and Digital Media Contest Information

- Nine categories (next slide)
- Each category offers both junior and senior-level classes, except for Podcasting, which is only available to senior-level 4-Hers.
- Each county may submit two junior- and two senior-level entries per category (where applicable).
- Each entry must be original and include a statement of authenticity and cover page.
- Entries are submitted on 4-H Online by the CES office.
- State deadline is April 1.
- Champions for each category will be showcased at the Kentucky State Fair in Cloverville.





## Written Communication and Digital Media Contest Information

Written Communication Contest Classes

- Original Monologue
- Poetry
- Press Release
- Public Service Announcement
- Songwriting
- What 4-H Means to Me Essay

## Digital Media Contest Classes

- Flyer
- Infographic
- Podcast

<sup>\*</sup>See rules for specific requirements for each class.



## Written Communication Category - Original Monologue Class

A long speech by one character, sharing thoughts, feelings, or telling a story directly to the audience.

- 1. <u>Choose a Theme</u>: Pick a topic that resonates with you and has a clear message.
- 2. <u>Character Development</u>: Create a compelling character with a distinct voice and personality.
- 3. <u>Structure</u>: Ensure your monologue has a clear beginning, middle, and end. Start with an engaging hook, develop the story, and conclude with a strong ending.



## Written Communication Category - Poetry Class

A poem is a type of writing that expresses ideas, feelings, or tells a story in a creative way.

- 1. <u>Select a Form</u>: Decide on the type of poem (such as haiku, free verse, sonnet).
- 2. <u>Imagery and Emotion</u>: Use vivid imagery and emotional language to convey your message.
- 3. <u>Edit and Refine</u>: Revise your poem to ensure each word contributes to the overall impact. Pay attention to rhythm and flow.

Poem entries should be at least 3 lines long, but no more than 25 lines.



## **Written Communication Category - Poetry Class**

Project Learning Tree's Poet-Tree Activity

Haiku Poetry is a Japanese form that consists of three lines: the first line has five syllables, the second line has seven, and the third line has five again. The third line often contains a surprising or tension element.

Title: Snails

By Leslie Heisler, Grade 3

Makes a slimy path Sticking on the long thick grass Hides from predators

#### FAMILY ACTIVITY

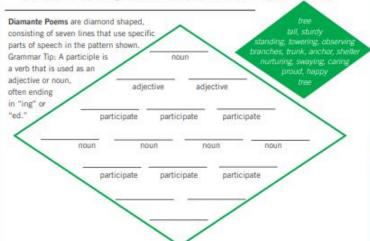
Nature is a great teacher! Try this outdoor activity – it's safe, fun, and educational. Project Learning Tree® activities build children's creative and critical thinking skills while they learn what the environment needs to remain healthy and sustainable.



# POET-TREE

Poetry offers children an opportunity to express their thoughts and ideas about the environment in creative and artistic ways. Take children outdoors to observe a variety of trees and then encourage them to write a poem.

- Invite children to choose a tree near their home, school, or local park for observation.
- Ask children to spend time observing their tree from various perspectives; sitting against it, lying underneath it, walking around it, etc.
- Using nature journals or notebooks, have children record words, ideas, and impressions that enter their minds.
- Remind children to use their senses (touch, smell, sight, and sound... but not taste)
   to generate more words to describe their tree.
- Finally, challenge children to convert their thoughts into one of the poetic forms provided. Later, you might ask them to explain which form they chose and why.



## NATURE!

Encourage your child's school to incorporate outdoor learning by connecting with your local PLT program.

Visit plt.org/yourstate

Haiku Poetry is a Japanese form that consists of three lines: the first line has five syllables, the second line has seven, and the third line has five again. The third line often contains a surprising or tension element.

Title: Snails By Leslie Heisler, Grade 3

Makes a slimy path Sticking on the long thick grass Hides from predators

Shape Poetry describes an object and is written so that the lines form a physical pattern, usually similar

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Fluxus Poetry aims to elevate everyday objects and events to the level of fine art. To try it, write down nouns, adjectives, verbs, and adverbs that are related to the topic on small strips of paper. For this activity, consider trees, nature, or the outdoors. Next fold them, mix them, and randomly pull strips from a pile – while writing down the words in the order they are chosen and adding ounctuation at will.

Green, refreshing, quiet, leaves. Calmness... chirping... excitement!

Visit plt.org for more!

Sustainable Forestry Initiative. PLT is an initiative of SFI. Adapted from Poet-Tree from PLT's Explore Your Environment: K-8 Activity Guide.

## Written Communication Category - Poetry Class



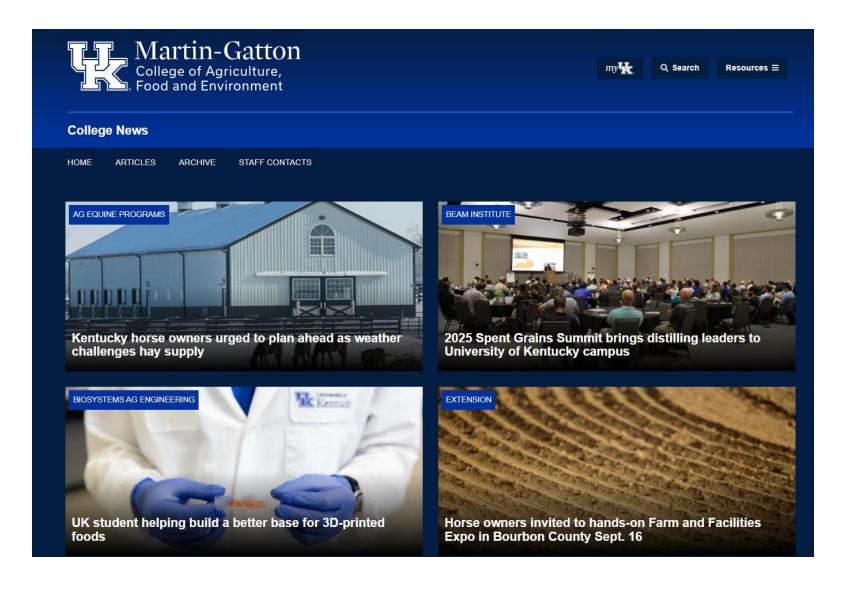
## Written Communication Category - Press Release Class

A press release is a short, written announcement that shares important news with the public. For the Press Release class, all entries must focus on one of the following topics:

- Why someone should join 4-H, or
- Why someone should attend a specific 4-H event (such as 4-H Camp, 4-H Project Day, etc.—you choose the 4-H event).
- 1. Headline: Write a clear and attention-grabbing headline.
- 2. Lead Paragraph: Summarize the most important information in the first paragraph (who, what, when, where, why, and how).
- 3. Body: Provide additional details, quotes, and background information. Keep paragraphs short and focused.
- 4. Conclusion: End with a call to action or contact information for further inquiries.

Press release entries must not exceed 1,000 words.





## Written Communication Category - Public Service Announcement (PSA) Class

A short message that shares important info to inform and inspire positive action. PSAs appear in places like TV, radio, newsletters, and online to help people make informed choices and support their communities.

For the PSA class, all entries must be written as if they are going to appear in a newsletter or newspaper. Each PSA should focus on promoting a specific 4-H event—such as 4-H Camp, 4-H Project Day, or another 4-H event of your choice.

- 1. Pick Your Topic: Choose a 4-H event you want to tell people about.
- 2. Know Your Audience: Think about who will read your PSA. Is it for 4-H members, parents, or the whole community?
- 3. Write a Catchy Opening: Start with a sentence that grabs attention! You can ask a question or share a fun fact. Example: "Did you know 4-H Camp is one of the best ways to make new friends and learn cool skills?"
- 4. Share the Important Info: Tell people what the event is, when and where it happens, and why they should come. Example: "4-H Project Day is on August 15 at the County Fairgrounds. You'll get to try hands-on projects and meet other kids who love 4-H!"
- 5. Encourage Action: End your PSA by telling people what to do next—like sign up, ask for more info, or tell a friend. Example: "Don't miss out—ask your 4-H agent how to sign up today!"
- 6. Check Your Work: Read your PSA out loud. Make sure it's clear, exciting, and easy to understand. Fix any spelling or grammar mistakes.



## Written Communication Category - Songwriting Class

Songwriting involves creating your own songs by writing lyrics and composing music.

- 1. Theme and Message: Decide on the theme and message of your song.
- 2. Lyrics: Write lyrics that tell a story or express emotions. You can use a rhyme and meter to create a musical flow.
- 3. Melody: Compose a melody that complements your lyrics. Experiment with different chords and progressions.
- 4. Structure: Follow a common song structure (e.g., verse-chorus-verse-chorus-bridge-chorus).



## Written Communication Category - What 4-H Means to Me Essay Class

An essay is a piece of writing where you express your thoughts, ideas, or information about a particular subject. For this class, all entries must focus on the topic "What 4-H Means to Me."

- 1. Introduction: Begin with a hook to capture the reader's interest. Introduce the main idea of your essay.
- 2. Body Paragraphs: Describe specific experiences and lessons learned through 4-H. Use personal stories to illustrate your points.
- 3. Conclusion: Summarize your main points and reflect on the overall impact of 4-H on your life. Finish with a strong closing statement.

What 4-H Means to Me Essay entries should have a minimum of 500 words.



## **Digital Media Category – Flyer Class**

A flyer is a one-page visual used to advertise an event, program, or club. For this class, all flyer entries should focus on promoting a specific 4-H event, program, or club.

## How to Make a Flyer

- 1. Pick Your Purpose: Decide what 4-H event, program, or club your flyer is promoting.
- 2. Know Your Audience: Think about who you're trying to reach and what will catch their attention.
- 3. Gather Key Info: Include the name of the event or club, date, time, location, contact info, and any other important details.
- 4. Plan Your Layout: Organize your flyer so it's easy to read. Use headings, bullet points, and sections to break up information.
- 5. Add Visuals: Use images, icons, or logos to make your flyer eye-catching.
- 6. Choose Colors & Fonts: Pick colors and fonts that are easy to read and match the tone of your flyer.
- 7. Keep It Simple: Don't overcrowd the flyer. Stick to the most important information.
- 8. Review & Edit: Check for spelling, grammar, and clarity. Make sure everything looks clean and professional.

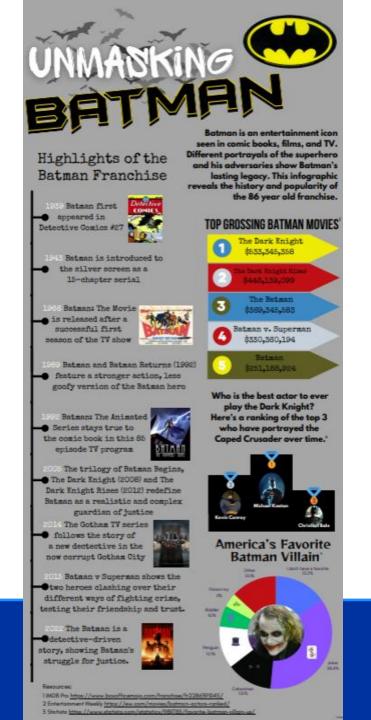


## **Digital Media Category – Flyer Class**

## Flyer Contest Rules

- 1. See the Kentucky 4-H Written Communication General Contest Rules (all rules apply).
- 2. The use of templates from websites is permitted.
- 3. Flyers should be clear, easy to read, and visually appealing.
- 4. Flyers must be saved and submitted as a PDF or JPG file.
- 5. Entries must include a cover page and statement of authenticity, submitted as one PDF document. The flyer itself can be submitted as a separate PDF or JPG file.
- 6. All entries must be submitted via 4-H Online by the county Extension office.





## **Digital Media Category – Infographic Class**

An infographic is a picture that shows information or data in a way that's easy to understand quickly. It uses images, charts, graphs, and just a little bit of text to make the message clear.

Infographic by Russell, Crittenden County 4-Her



## **Digital Media Category – Infographic Class**

How to Make an Infographic

- 1. Pick a Topic: Choose a topic you like.
- 2. Find Information: Gather important facts and data. Make sure your sources are reliable. Add a reference section at the end of your infographic to list all the sources you used for information.
- 3. Plan Your Layout: Decide how to organize your infographic. Include an introduction, main points, and a conclusion.
- 4. Use Visuals: Add charts, graphs, icons, and pictures to show your data. Keep it simple and tidy.
- 5. Choose Colors: Pick a few colors that look good together and are easy to read.
- 6. Add Text: Use short, clear sentences to explain your visuals.
- 7. Check Your Work: Make sure everything is correct and easy to understand.

Infographic Contest Rules (in addition, see the KY 4-H Written Communication General Contest Rules - all rules apply)

- 1. The use of templates from websites is permitted.
- 2. Infographics should be clear and not blurry. A good size for an infographic is typically around 600 to 1000 pixels wide and 1200 to 3000 pixels long.
- 3. Infographics should be saved and submitted as a PDF or JPG file.
- 4. Infographic entries should include a cover page and statement of authenticity which can be submitted as one PDF document and an Infographic entry that can be submitted as a PDF or JPG file. Entries must be submitted on 4-H Online by the county Extension office.



## **Digital Media Category – Podcast Class**

Please note that this is for <u>Senior level members only</u> and is <u>a team entry</u> (no individual entries).

A podcast is an audio program that you can listen to on your computer or mobile device. Podcasts can cover a wide range of topics, including news, storytelling, interviews, education, and entertainment. They are like radio shows but can be listened to anytime and anywhere.

This class is a team project! Each team must consist of three to six members, and all participants must be Senior Level 4-H members. **Your podcast should focus on something related to 4-H.** This could include a 4-H event, 4-H project, or any other topic that highlights what 4-H is all about. Be creative, but make sure your content connects back to the 4-H experience!



## **Digital Media Category – Podcast Class**

## Contest Packet:

- Podcast Contest Rules
- Podcast Format (What Should Be Included)
- Guidelines on How to Make and Share Your Podcast
- Additional Resources
- Safety Guidelines for Young Podcasters



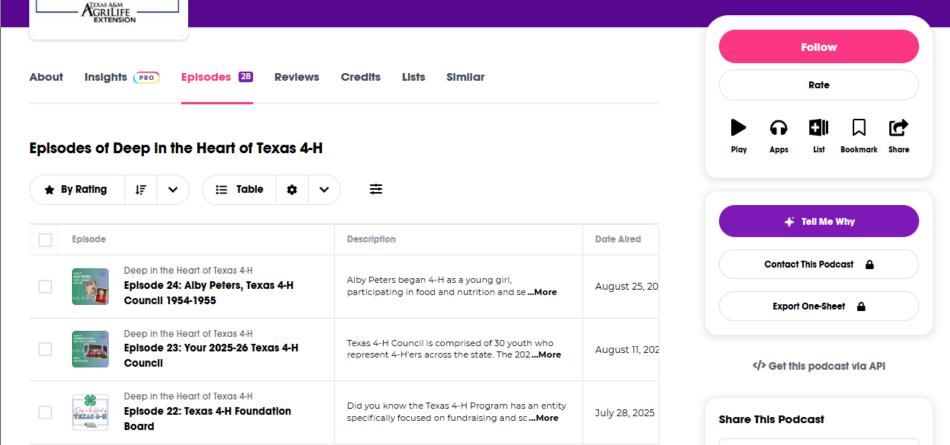


**Texas 4-H Youth Development Program** 

## Deep in the Heart of Texas 4-H

An **Education** podcast

Good podcast? Give it some love!





## Written Communication and Digital Media Resources

#### Curriculum

- Communications Curriculum Modules 1, 2, and 3
- The Writer in You Project Guide
- Theatre Arts Curriculum Levels 1, 2, and 3

## Specific Activities for Various Contest Categories

- Monologue The Magic of Monologue Activity, National 4-H Council's Theatre Arts Level 1
  Curriculum
- Poetry *The Poet in You Activity*, The Writer in You Project Guide
- Press Release and Public Service Announcement *Extra! Extra! Activity* in National 4-H Council's Communication Curriculum Module 2
- Songwriting *Compose Your Song Activity* in National 4-H Council's Communications Module 1



<sup>\*</sup>Curriculum available for purchase on Shop 4-H.



Kentucky 4-H Youth Development

What 4-H Means to Me Essay Entry By Dakota, Breckinridge County 4-H Member

In 2021, my family moved. Not only to another town. Not only to another county. Not only to another state even. My family moved to an entirely different region of the country. The one thing that was the same and held it all together was being able to join 4-H. As a result, to me, 4-H has a lot of meaning. It means "friendship"; it means "learning"; it means "family". In 4-H, people are able to come together to participate in all sorts of activities. This creates friendships through learning together, which creates a family.

While having a lot of fun, 4-H teaches youth and helps them make friends. Kids get involved in new activities and show their similarities even though others in-the program may be very different. For me, coming from a different state, 4-H was a place where it didn't matter that my accent was different, or that I shot BB and archery in Shooting Sports while this club shoots trap, rifle, and pistol, or that I don't go to the same school, or haven't done the same things with the same friends that others have. In 4-H, instead, there's a place to find new friends who can be different. 4-H friendships also mean a way to show kindness to others. By making blankets for the animal shelter and the homeless, our program is helping by being friendly and caring. We also show kindness and friendship throughout clubs by hosting communities parties, dances, picnics, and wellness events for those who want to join in. Our county 4-H has group programs that invite all ages, even adults. Kids can be friends with adults through being in a club together or at activities like crochet workshops, blanket making circles, sewing tutorials, and jewelry workshops. Kids and adults make relationships and fun projects together as they learn.

#### Cooperative Extension Service

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# **Additional Resources for Written Communication Contest**

## **Teams**

- Entry Examples from PY2024
- Contest Scoresheets





## **State Communication Contest**

- Event includes speeches and demonstrations.
- Each Area Grouping can send one participant per category.
- Participants must earn a blue ribbon at the Area Grouping level to qualify for the State Communication Contest.
- Participants can enter one speech and one demonstration category per year.
- State champions may only compete in categories they have not previously won.
- Suggested: Speech or demonstration should be a new topic from previous years.



## **State Communication Contest - Speeches**

## Speech Categories

- 9-Year-Old
- 10-Year-Old
- 11-Year-Old
- 12-Year-Old
- 13-Year-Old
- 14-Year-Old
- 15-Year-Old
- 16-Year-Old
- 17–18-Year-Old

## Speech Length

- Senior level: 5 to 7 minutes
- Junior level: 3 to 5 minutes

\*A time penalty of three points will be subtracted from the participant's total overall score ...Participants will be eligible for champion placement.

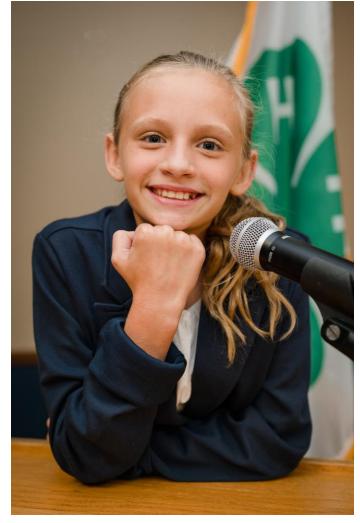


Photo: Harrison County 4-H



## **State Communication Contest - Speeches**

- Dress Code: Business attire (dress shirt, blouse, slacks, dress pants, skirt, dress)
- Visual Aids: Not allowed (includes custom costumes and electronic equipment with the exception of electronic notes)
- Notes: Optional (note cards/electronic notes using tablets and smart phones allowed, laptops not permitted); Points not affected unless notes are used distractingly
- Prohibited Content: Dramatic readings, monologues, and poem recitations (as entire speech)
- Gestures: Excessive or distracting gestures will be counted against participant in the scoring section



## **State Communication Contest – Speeches**

## Kentucky 4-H Resources

- Video (Online)
- Publication (Online)
- Speech Planning Guide (Teams)
- Speech Examples (Teams)

## National 4-H Resources

- Communications Curriculum Modules 1, 2, and 3
- Finding Your Voice Public Speaking Made Easy Project Guide



Kentucky 4-H Youth Development

#### **Kentucky 4-H Speech Planning Guide**

Before you start getting your speech ready, it's important to check out the 4-H Speech Contest rules. These rules will give you all the important information and guidelines you need to follow to make sure your speech fits the contest requirements. You can get the contest rules from your county 4-H agent.

#### Preparation Checklist

- Choose a topic
- Select a title
- □ Collect information
   □ Organize ideas into three parts: introduction, body, and conclusion
- ☐ Practice giving your speech

#### **Speech Outline**

Use this outline to organize your ideas into three parts: the introduction, body, and conclusion of your speech. Use additional space as needed.

#### Introduction

The purpose of your introduction is to capture the attention of your audience. Get them excited to listen to the speech through a joke, a quote, a poem, or a captivating story. Share why this speech can be important to them.

#### COOPERATIVE EXTENSION SERVICE

UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY, 40546





## **4-H Speeches**



#### What is a speech?

A **speech** or talk is 3 to 5 minutes long for junior 4-H members (9-13 years old) and 5 to 7 minutes for senior 4-H members (14-18 years old). No visual aids may be used.

#### Preparation

The following steps will help you prepare to give a speech or demonstration.

- Choose a topic. Find a subject that you know something about or that is of interest to you. Make sure your topic is not too broad.
- Select a Title. Think of a title that relates to the subject and is catchy, original and short. It should suggest the subject without telling the whole story.

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## **State Communication Contest - Demonstrations**

Junior and Senior Division

Demonstration Categories

Agriculture

**Animal Science** 

Visual Arts

Performing Arts

Clothing and Textiles

Family and Consumer Sciences

Foods

Health

**Team Demonstrations** 

Natural Resources

**Shooting Sports** 

Science, Engineering and Technology

Digital Media Presentation



Photo: Allen County 4-H



## **State Communication Contest - Demonstrations**

- Demonstrations should be between 5-15 minutes.
- 4-Hers can use the internet for gathering information, but they must produce their own original content.
- Help is allowed for setting up demonstrations, but not during the demonstration.
  - Only team demonstrations may have more than one person participating.
  - Audience assistance is not permitted.
- Team demonstrations are permitted at the state level.
  - Follow the same rules as single participant demonstrations.
  - Two 4-H members per team, each with significant speaking and presentation portions.
  - Team members must be in the same age category.
  - Team demonstrations will be placed in in the Junior Level Team Demonstration Category or Senior Level Team Demonstration Category regardless of topic.



## **State Communication Contest - Demonstrations**

- Weapons of any sort are prohibited at the contest.
  - Includes firearms, bullets, bows, and arrows.
  - Use mockups, models, and charts instead.
  - Models cannot resemble actual weapons.
- Computers and presentation equipment are only allowed in the Digital Media Presentation Demonstration Category.
  - Electronic devices like smartphones and tablets can replace notecards in any category.
  - Laptops are only permitted in the Digital Media Presentation Demonstration Category.
- Posterboards or tri-fold posters are required as aids, except in the Digital Media Presentation Demonstration Category.
- Videos are not allowed during presentations, except in the Digital Media Presentation Demonstration Category.
- Special attire or costumes are permitted as visual aids; otherwise, business attire is encouraged.
  - Business attire includes dress shirts, blouses, slacks, dress pants, skirts, and dresses.
- No live animals are permitted.
- Youth may participate in individual or team demonstration categories, but not both.



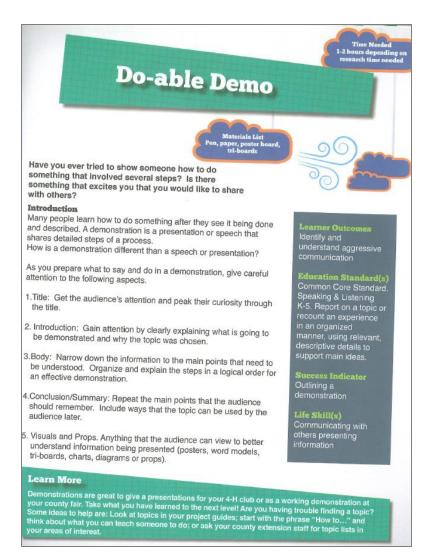
## **State Communication Contest – Demos**

## Kentucky 4-H Resources

- Video (Online)
- Publication (Online)
- Demonstration Planning Guide (Teams)
- Demonstration Examples (Teams)

## National 4-H Resources

- Communications Curriculum Modules 1, 2, and 3
- Finding Your Voice Public Speaking Made Easy Project Guide



Communications Curriculum – Module 1





## **Additional Resources for Speeches and Demonstrations**

#### **Teams**

- Room Signs
- Scoresheets
- Position Descriptions
  - Judge
  - Room Host

## **PY2026 State Speech and Demonstration Contest**

- Includes speeches, demonstrations, and mock job interview
- All participants must be registered by the Extension office on 4-H Online (Event: State Communication Contest). Registration will open by April 15 and close May 15.
- Date: July 11, 2026
- Location: TBD



Sherri Farley, Campbell County 4-H Communication Program

## Team Commercials Activity

- Have a box full of products (e.g., crayons, cereal, toy, etc.).
- Have each team choose one item from the product box.
- Each team must create a short 2-3 minute commercial about their product and present to the group.
- Their commercial must include an introduction, body, and conclusion.
- Each team members must have a speaking part during the commercial.



Sherri Farley, Campbell County 4-H Communication Program

## Impromptu Speaking Activity

- Discuss the parts of a speech (do this as a 1-minute impromptu speech).
- Have each 4-Her come to the front of the room, give them a topic, and have them give a short impromptu speech on their topic.
- Discuss good stance, volume, eye contact, and gestures, and if time allows, give each 4-H member specific feedback on their impromptu speech.
- Topics examples:
  - How I would like to spend a rainy day...
  - If I had to make supper...
  - What is the best day of the week, and why?
  - Which are better, cats or dogs?



Aubrey Lawson, Clark County 4-H Communication Program

### School

- All 4th graders receive a lesson on public speaking and contest information.
- Teachers receive \$100 stipends for 100% class participation in classroom contests (awarded by 4-H Council).
- Each class selects 2-4 winners for the county contest.

## Clubs

- Encourage club members to participate in speeches or demonstrations.
- Incorporate demonstrations into cooking club meetings.
- Cooking club members earn end-of-year field trips by participating in the communications contest.
- Teen council members participate through mock interviews, speeches, demonstrations, or as room hosts.

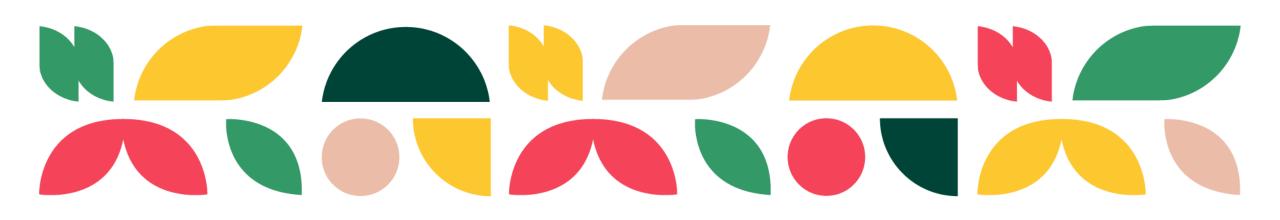


Aubrey Lawson, Clark County 4-H Communication Program

## Contest Tips

- Provide a detailed participation packet (parent letter, speech tips, planning worksheets, sample rubric, contest registration info).
- Advertising and pre-registration is a must!
- Secure volunteers: 12 judges, 6 room hosts, 2-4 tabulation room workers for approximately 50 county contest participants.
- Arrange categories and age divisions efficiently with pre-registration.
- Ensure enough space for family to watch or communicate guest limits beforehand.
- Room hosts place score sheets outside the contest room for timely scoring.
- Announce winners promptly, take pictures, and recognize winners on social media and in the newspaper within 24 hours.

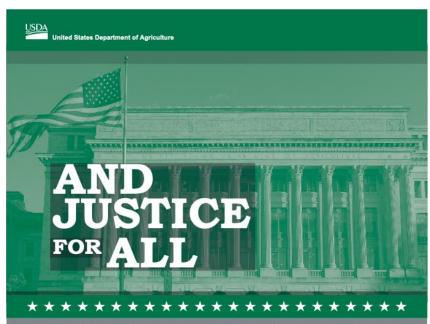




# Ashley Osborne

E: ashley.osborne@uky.edu





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To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at <a href="https://www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf">https://www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf</a>, from any USDA office, by calling (866) 832-9992, or by writing a letter addressed to USDA. The letter must be complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

#### mail:

U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or

#### fax

(833) 256-1665 or (202) 690-7442;

#### email

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Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en

www.usda.gov/sites/default/files/documents/usda-programdiscrimination-complaint-form.pdf are roualquier oficina del USDA llamando al 6666 (932-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción

as supuesas accioni discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

#### correo postal:

U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW Washington, D.C. 20250-9410; o'

#### fax:

(833) 256-1665 o' (202) 690-7442;

correo electrónico: program intake@usda.gov

Esta institución ofrece igualdad de oportunidades

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- Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building Lexington, Kentucky 40546
- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032
- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

