

Tips for 4-H Camp Counselors

What's Appropriate And What's Not

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General 4-H Camp Counselor Behavior: What's Appropriate and What's Not

Appropriate

- Be a good role model as a camp staff member:
- adhere to all camp policies & rules
 - know the difference between right & wrong, and always do what's right
 - be nice - behave respectfully & respectably
 - be trustworthy
 - care - about yourself and your campers, as well as your programs and duties
 - be responsible and mature
 - be fair
 - be a good citizen - do your part
 - have a good attitude
- Have and demonstrate high levels of respect, trust, etc. towards your campers, fellow staff members, and others.
- Pay attention and make sure that each camper has the most positive, educational fun camp experience possible
- Be where you are supposed to be:
- in the cabin with your campers all night, every night
 - at different tables with campers at meals
 - with your assigned groups during group time
 - spread out among campers at programs & sessions
- Call home once upon arrival at camp to let your family know you arrived safely.
- Keep your private and romantic life private.

Not Appropriate

- Setting a poor example:
- Stretching or breaking camp policies & rules
 - Acting as if you are "too cool for school"
 - Using bad language
 - Using or possessing illegal drugs, alcohol, weapons, firecrackers or other kinds of fireworks.
 - Using or possessing tobacco or tobacco products.
 - PDRAs (public displays of romantic affection) with anyone at camp
 - Inappropriate touching or conversation with anyone
 - Counselors behaving in such a way or doing program activities that campers wouldn't be permitted to do
 - Insubordination
- Committing or Permitting Abuse of any kind:
- Physical Abuse - an act resulting in the non-accidental injury of another
 - Sexual Abuse - any act of a sexual nature upon or with a child
 - Emotional Abuse - consistent chronic behavior that interferes with psychological or social development
 - Neglect - failure to meet a child's basic needs for supervision, housing, clothing, medical attention, nutrition, hygiene, or support
- Counselor cliques
- Being somewhere you are not supposed to be, or with someone you are not supposed to be with.
- Calling or messaging friends & family to keep in touch during camp.
- Talking about your romantic life or things that you or your family wouldn't want publicized.

4-H Camp Dress: What's Appropriate and What's Not

Appropriate	Not Appropriate
<p>Comfortable camp clothes</p> <ul style="list-style-type: none"> • shirts with mid-length or longer shorts or jeans • tennis shoes or sturdy sandals • sun-safe hats • swim suit cover-ups for going to & from swimming 	<ul style="list-style-type: none"> • Suggestive too-skimpy or too-tight clothing • Clothing that restricts normal movement (ie - baggy pants worn so low that the person has to walk unnaturally to keep their pants up; jeans so tight the person can't kneel or bend over, etc) • Flimsy sandals, high heels, or other unsafe footwear • Hats worn where there is a ceiling overhead • Too-revealing swimsuits • Swimsuits worn anytime other than for swimming • Clothing with offensive language or symbols • Visible underwear or no underwear

4-H Camp Meals: What's Appropriate and What's Not

Appropriate	Not Appropriate
<p>Counselors spreading out among the tables to eat with campers.</p> <p>Beginning meals with moments of silence for camper reflection each in their own way; inspirational songs, quotes, or thoughts for the day; or voluntary non-denominational camper-led graces.</p> <p>Using mealtime as an opportunity to politely teach table setting, mealtime etiquette, and clean-up procedures.</p> <p>Quietly reminding individual campers as needed about removing hats, taking elbows off the table, using napkins, etc.</p> <p>Welcoming new campers to tables or into groups.</p>	<p>Cliquish counselor-only tables</p> <p>Beginning meals with denominational prayers or requiring participation in group graces</p> <p>Yelling at campers and otherwise adding to the confusion and detracting from the mealtime atmosphere.</p> <p>Singling out or embarrassing individuals or groups who commit etiquette breaches by "singing them out", sending them "round the flagpole", etc.</p> <p>The "order of the fork", "funnel funny" and other types of hazing initiations which might embarrass or make the victim feel uncomfortable.</p>

4-H Camp Cabin Activities: What's Appropriate and What's Not

Appropriate	Not Appropriate
<ul style="list-style-type: none"> • "G" rated cabin conversation • Welcome, get to know and keep track of your campers. • Make sure that anyone who moves around and who may fall out of bed gets a BOTTOM BUNK. • Daily cabin meetings to: <ul style="list-style-type: none"> ○ make sure everyone gets acquainted. ○ provide orientation for upcoming camp activities, and review completed activities on the program. ○ agree on "cabin guidelines" such as making beds, sweeping, clutter tolerance levels, arrangement of bunks & storage areas, noise levels, etc. • Be with your campers in your assigned cabin all night every night (including the last night) until it's time for everyone to be up in the morning. Shower and do other things at the same times the campers are allowed to take theirs. • Keep campers healthy and safe: <ul style="list-style-type: none"> ○ Turn off lights and enforce nighttime quiet in individual bunks ○ Make sure campers attend meals and eat ○ Monitor cleanliness - send them to wash up before meals, brush teeth regularly, shower daily, etc. ○ Teach good safety practices, and stop unsafe behaviors immediately. 	<ul style="list-style-type: none"> • Bad Language and cursing • "R" or "X" rated conversation • Conversation about your private or romantic life • Cabin initiations • Hazing of any kind • "Goat fun" - activities, teasing comments, tickling, or actions that could cause the subject to feel embarrassed, belittled or ridiculed. • Fighting • Bullying • Leaving campers unsupervised. Counselors should not be out of their cabin at times when their campers are supposed to be in the cabin - even for taking showers, talking to or doing activities with campers or staff members, having counselor meetings or parties, etc. • Sharing a bed or sleeping bag with a camper or anyone else • Being alone with a single camper. • Touching campers on any part of the body that would be covered by a bathing suit. • Giving back rubs or shoulder rubs without another adult present

4-H Camp Programs, Assemblies & Sessions: What's Appropriate and What's Not

Appropriate

Not Appropriate

Predict how campers will behave in a given situation and set them up for success:

- If you want kids to talk, put them in pairs or circles facing each other.
- If you want them to pay attention to you or a visual, seat them in rows facing forward.
- If you want them to actively participate in a game or a sport, have them stand up.
- If you notice kids getting fidgety when they need to be concentrating on something, take quick directed "stretch break" as soon as possible.
- If there are a few kids who seem to have problems concentrating, give them special and fun opportunities which require them to pay attention, such as videotaping the proceedings or writing questions to be used in later.
- Unless there is a good reason for doing so, avoid having friends or enemies sit close to each other.
- Use "count off" or other random techniques for forming small groups and teams rather than using "team captains choose" techniques.
- Be creative and relevant.
- Be flexible and make time for serendipity.

Camp service projects and fund-raisers to benefit 4-H, the camp, or another charitable cause agreed upon by the campers

Setting up campers for failure or putting them in situations where behavior problems are likely

Behavior or subject matter that is erotic, indecent, suggestive, violent, disrespectful, or discriminatory.

Counselor auctions, "slave" sales, or similar activities which might be interpreted as involving the "selling" humans.

4-H Camp Music & Dances: What's Appropriate and What's Not

Appropriate	Not Appropriate																																																		
<p>Dances that are decent and fun.</p> <p>"Clean" songs and music with lyrics appropriate for all audiences</p>	<p>"Dirty Dancing", "Grinding" or other dance moves that might be interpreted as erotic, indecent, suggestive, or embarrassing to dance partners or observers...or reported as such when talked about later.</p> <p>Songs or music with graphic references to sexuality, drugs, violence, racism, misogyny, misandry, etc. The following are examples of song titles the 2008 Kelleys Island 4-H Counselors Camp participants identified as offensive and inappropriate for 4-H Camps:</p> <table border="0"> <tr><td>Afternoon Delight</td><td>Almost</td></tr> <tr><td>Baby Got Back (Sir Mixalot)</td><td>Bad Touch.</td></tr> <tr><td>Bed (J Holiday)</td><td>Beer Man</td></tr> <tr><td>Big Balls (AC DC)</td><td>Big Butt song</td></tr> <tr><td>Bounce</td><td>Buttons</td></tr> <tr><td>Candy Shop</td><td>Ching A Ling</td></tr> <tr><td>Colt U5</td><td>Crazy B****</td></tr> <tr><td>Dance</td><td>Drink and Yo Two Step</td></tr> <tr><td>Eminem songs in general</td><td>Falsetto - The Dream</td></tr> <tr><td>Fantasy</td><td>Get Low (Lil John)</td></tr> <tr><td>Ghetto songs in general</td><td>Girl Ya Stank</td></tr> <tr><td>Hey Baby/JumpOff (BowWow)</td><td>Humps</td></tr> <tr><td>Hypnotized</td><td>I'm In Love With A Stripper</td></tr> <tr><td>Kiss My Country A**</td><td>Laffy Taffy</td></tr> <tr><td>Let's Talk About Sex</td><td>Like This</td></tr> <tr><td>Lollipop (Lil Wayne)</td><td>Love in the Club</td></tr> <tr><td>Low (Flo Rida)</td><td>Make Love in this Club (Usher)</td></tr> <tr><td>No No Song</td><td>Party Like A Rockstar</td></tr> <tr><td>Pop In Bottles</td><td>Pop, Lock, Drop It</td></tr> <tr><td>Potion</td><td>Save a Horse, Ride a Cowboy</td></tr> <tr><td>Sexy Can I</td><td>Smack That</td></tr> <tr><td>So Hot (Kid Rock)</td><td>Soulga Boy</td></tr> <tr><td>Sun 41</td><td>Swing</td></tr> <tr><td>Temperature (Sean Pad)</td><td>Ticks (Brad Paisley)</td></tr> <tr><td>Touch My Body</td><td>Wind It Up (Gwen Stefani)</td></tr> </table>	Afternoon Delight	Almost	Baby Got Back (Sir Mixalot)	Bad Touch.	Bed (J Holiday)	Beer Man	Big Balls (AC DC)	Big Butt song	Bounce	Buttons	Candy Shop	Ching A Ling	Colt U5	Crazy B****	Dance	Drink and Yo Two Step	Eminem songs in general	Falsetto - The Dream	Fantasy	Get Low (Lil John)	Ghetto songs in general	Girl Ya Stank	Hey Baby/JumpOff (BowWow)	Humps	Hypnotized	I'm In Love With A Stripper	Kiss My Country A**	Laffy Taffy	Let's Talk About Sex	Like This	Lollipop (Lil Wayne)	Love in the Club	Low (Flo Rida)	Make Love in this Club (Usher)	No No Song	Party Like A Rockstar	Pop In Bottles	Pop, Lock, Drop It	Potion	Save a Horse, Ride a Cowboy	Sexy Can I	Smack That	So Hot (Kid Rock)	Soulga Boy	Sun 41	Swing	Temperature (Sean Pad)	Ticks (Brad Paisley)	Touch My Body	Wind It Up (Gwen Stefani)
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<p>Counselors asking several campers to dance, especially campers who are standing on the sidelines and would like to be asked.</p>	<ul style="list-style-type: none"> • Counselors dominating the dance floor, and dancing in a way that draws a lot of attention to themselves. • Counselors dancing almost exclusively with one partner or group 																																																		
<p>Counselors encouraging campers to get on the dance floor, and teaching dances that may be unfamiliar to campers.</p>	<p>Insisting that campers dance who do not wish to dance or who may have personal reasons for not dancing.</p>																																																		