

# Frequently Asked Questions About the Health Rocks Program

## 1. What is this program all about?

Quite simply, the program was developed to give teens teaching skills using a fun, easy 4-H curriculum called Health Rocks, which teaches kids ages 8-14 the life skills they need to resist tobacco, alcohol and drugs.

## 2. How old do you have to be to participate?

You must be at least 13 years old to be a trainer.

## 3. Do I need any special training?

You must attend one of the special trainings for the program developed by 4-H. The trainings are designed to help you to learn how to relate to kids in a learning setting as well as how to select your own lesson plans to teach.

## 4. How much time is involved?

Once you receive training you must teach the 10 lesson curriculum to kids. Once you have taught ten units and your teaching has been verified, you will be paid. You can teach in summer camps, afterschool programs, youth groups, and your 4-H club or anywhere kids gather.

## 5. Who verifies my teaching and how do I get paid?

Each time you teach someone in authority such as the teacher or staff member in charge must initial your time sheet. Once you have completed the curriculum, turn your time sheet in to the staff member in charge of the program at your site and it will get faxed to the University of Delaware, who will issue a check for \$6.50 per participant.

## 6. How long does it take to get my check?

About 3 weeks, maybe sooner.

## 7. How many times can I teach?

You may teach as often as you like, but you must teach different kids each time. That way, many kids get the benefit of your teaching!

## 8. Do I have to do a lesson plan?

No. The curriculum has everything you need. Once you learn the curriculum that will be all you need to be successful.

## 9. Do I have to teach every day?

No. You can schedule your lessons to fit into your schedule and that of the group you are reaching. You can teach once a week or every day if you wish. You can even teach two different groups of kids a day too!

10. What about supplies. Do I have to buy my own?

You should not have to purchase supplies, but if you do, turn the original receipt in to the staff and we'll reimburse you in your check. Check with an adult staff member before purchasing supplies. We want to keep the costs reasonable.

11. Do I have to teach in an afterschool program?

Not necessarily.

12. What about transportation?

There is no transportation available with this program, so we hope your parents or friends can help out. If not, talk to an adult leader. Perhaps they can help.

13. The form we use to keep track of our programs asks for the ethnic backgrounds of the kids. How am I supposed to know that and why is that there?

You can fill this out to the best of your ability or ask an adult to help you. Since this money comes from the government, they want to make sure that everyone has equal access to the program and it is not only being delivered to one group. Even if all the kids you teach are from one group that's OK. We're interested in all the numbers together from all the teens involved, not just your numbers.

