



LifeSmarts
Learn it. Live it.

4-H LifeSmarts Summer Challenge

As a National 4-H partner, LifeSmarts is offering a fun, summer competition for 4-H teams, clubs and members. The 4-H LifeSmarts Summer Challenge is an opportunity offered by LifeSmarts for 4-H teams to “learn by doing” with the top scoring teams earning cash prizes.

The purposes of the 4-H LifeSmarts Challenge are:

- To introduce and educate 4-H staff, volunteers and members about the LifeSmarts program
- To introduce 4-H teams to LifeSmarts competition opportunities.
- To provide a special LifeSmarts competition opportunity just for 4-H teams
- To share opportunities/ benefits for 4-H'ers participating in LifeSmarts, including monthly TeamSmarts cash awards, scholarships, travel, project work and community service
- To develop leadership, teamwork and communication skills
- To encourage 4-H staff, volunteers and state LifeSmarts coordinators to share the information with their respective counties and states in order for 4-H teams to have the opportunity to compete, earn wild card funds, and advance to the National LifeSmarts Championship.

The challenge is open to Junior Varsity (grades 6-8) and Varsity (grades 9-12) LifeSmarts 4-H teams. Teams are made up of four to five students. A county or parish may enter up to two teams in each age division.

LifeSmarts will also allow multi-county teams for the LifeSmarts 4-H Challenge to enable counties who may not have the required number of 4-H'ers to be able to participate, as long as their State 4-H Office approves.

Teams will complete a LifeSmarts TeamSmarts Quiz (a 50-question Challenge Quiz that is taken together by the team) online **between August 4 – 31**. Coaches may be County Extension Agents, 4-H Program Assistants, or 4-H Volunteer Leaders. 4-H Teen Leaders or LifeSmarts Alumni may also assist adults in forming and coaching a LifeSmarts team.

Participation Procedures:

1. Coaches will register following the instructions here: <https://lifesmarts.org/lifesmarts-registration/>
2. **IMPORTANT: For team type, select both 4-H and either Junior Varsity or Varsity.**
3. For coaches and 4-H'ers who registered since 2022, teams can also be updated following the instructions at that page.
4. A county or parish may enter up to two teams in each age division: Junior Varsity (grades 6-8) and Varsity (grades 9-12). Teams may be formed from 4-H'ers in the county or parish or coaches may form multi-county teams (with State 4-H Office permission) to reach the four to five team members required to compete in this special challenge.

5. Team members will compete in the grade they will be entering this fall.
6. Each team must have a student captain who has a leadership role for the team. The coach will select that student online as the captain. Follow instructions at the registration page linked above.
7. Once the team is registered with a team captain, on or after August 4, the 4-H Challenge TeamSmarts Quiz will be available to the team captain ONLY under their “quizzes” tab when they login at <https://lifesmarts.org/>. If they do not see the Quiz titled 4-H Challenge 2025, have them click on the “View All” button.
8. The score will be the percentage they get right of the 50 questions.
9. Additional details for 4-H coaches can be found at: <https://lifesmarts.org/4-h>.
10. Questions? Contact Cheryl Varnadoe, National LifeSmarts Program Director, at cherylv@nclnet.org.

Awards:

All participants will receive a LifeSmarts Award Certificate.

The first-place team in each division will receive cash awards from LifeSmarts. Winners will be notified by email letter and announced in the September SmartStart e-news.

About LifeSmarts:

LifeSmarts, established in 1994, is a program of the National Consumers League, the nation’s pioneering consumer organization. LifeSmarts, the ultimate consumer challenge, is an educational opportunity for students in 6th-12th grade. This competition prepares students to enter the real world as smart adult consumers. Participants focus on five key topic areas: consumer rights & responsibilities, the environment, health & safety, personal finance, and technology & workforce preparation.

LifeSmarts stays current — expanding its content, competitions, and consumer knowledge each and every year. LifeSmarts complements the curriculum already in place in middle- and high schools and can be used as an activity for classes, groups, clubs, and community organizations. LifeSmarts also aligns with national education standards.

LifeSmarts successfully meets the needs of educators by providing materials that supplement a club or classroom curriculum while providing a fresh take on important current issues.

Students who participate in the program begin competition online. The highest scoring Varsity and Junior Varsity teams are invited to in-person or online state championships. State Champion teams, Sweepstakes Champion teams and Wild Card Champion teams are invited to compete in the National LifeSmarts Championship held in a different city every April.

The entire LifeSmarts curriculum is free online and is free to use and conduct in any county, area and state. As a national partner, 4-H has full access to the entire LifeSmarts program.

For additional information, please contact:

Cheryl Varnadoe
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