

Conference Reflection - Rayna Topham

I thoroughly enjoyed my experience at the National 4H Conference in Washington, D.C. It was important for me to attend the conference because I've always been passionate about helping others and creating a positive impact. At the conference, we were divided into groups and assigned a topic, which we'd have to present our youth perspective on. My topic was Trauma Informed and my group presented to The Department of Health and Human Services. We focused on explaining the diversity of trauma, and how it can range from dealing with the effects of a natural disaster to having someone close to you suddenly pass away. After spending three days working on our presentation, we successfully presented it to our assigned government agency and they were very impressed with what we had to say and took all of our suggestions very seriously. Moving on, I hope to start a discussion locally at my high school on how we can be more inclusive to those suffering from a trauma and what we could be doing to better support them. Aside from the round tables (which were the main focus of the conference), we had the opportunity to do a bit of sightseeing in Washington and did a lot of visiting with delegates from our own country and others from the states. Having the chance to connect and bond with 4-H'ers from Canada and across the US was an amazing experience and the memories we created together at the conference will stay with me forever.