

MARYLAND 4-H FAMILY GUIDE



EB-433

This 4-H Family Notebook belongs to the _____ Family

Our Club is the _____ 4-H Club

Our Club Meeting night is the _____ of each month at _____

UNIVERSITY OF
MARYLAND
EXTENSION



University of Maryland Extension
Maryland 4-H Center
8020 Greenmead Dr.
College Park, MD 20740



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This publication, *Maryland 4-H Family Guide*, (EB-433), is one of a series of publications of the University of Maryland Extension and 4-H Youth Development. The information presented has met UME peer review standards, including internal and external technical review. For more information on related publications and programs and to find out more about Extension programs in Maryland visit <https://extension.umd.edu/programs/4-h-youth-development>

LOCAL 4-H CLUB/GROUP INFORMATION

My Child's 4-H Club/Group

Name: _____

Location of Meetings: _____

Meeting Time/Date: _____

Club/Group Volunteer Leader(s):

Name: _____

Phone: _____ Cell phone: _____

Email: _____

Name: _____

Phone: _____ Cell phone: _____

Email: _____

Name: _____

Phone: _____ Cell phone: _____

Email: _____

Local University of Maryland Extension Office

County/City Name: _____ Office Hours: _____

Address: _____

Phone: _____

Web Address: _____

WELCOME TO 4-H!

The purpose of this booklet is to help you learn more about 4-H and how to help your child have a positive experience in 4-H. Use this booklet as a tool to familiarize yourself with the 4-H youth development program.

As your family goes through the 4-H year, you may find you have questions about specific activities, events, or expectations of your family. Please be sure to keep the lines of communication open with your 4-H club/group volunteer leader(s) and/or contact your local University of Maryland Extension Office.

WHAT IS 4-H?

4-H is the largest youth development organization in the United States with about 6 million participants and over 25 million alumni!

The Maryland 4-H Youth Development Program provides a supportive setting for youth to reach their fullest potential. Children learn beneficial cognitive and life skills through community-focused, research-based, experiential educational programs.

Participation is open to all youth ages 5-18. The Clover Program is open to youth ages 5-7 years and the 4-H Program serves 8-18 year-old participants. 4-H values diversity and advocates for inclusiveness of all children regardless of background or identity.

4-H has an over 100-year tradition of voluntary action through strong public and private partnerships at federal, state, and community levels. Local volunteer leaders and youth practitioners partner with local Extension staff from the University of Maryland to provide direct leadership and educational support to young people in urban, suburban, and rural communities.

The 4-H youth development program is a group of young people engaging in various projects, events, and activities with adult and teen leaders and their families. Regardless of the programs, each 4-H group involves youth, family, and community members working and learning together.



HISTORY OF 4-H

In the late 1800's, researchers discovered that adults in the farming community did not readily accept new agricultural developments from university campuses, but found that young people were open to new thinking and would experiment with new ideas and share their experiences with adults. In this way, rural youth programs introduced new agriculture technology to communities. Building community clubs to help solve agricultural challenges was a first step toward youth learning about the industries in their community.

A. B. Graham started a youth program in Clark County, Ohio, in 1902, which is considered the birth of 4-H in the United States. The first club was called "The Tomato Club" or the "Corn Growing Club". T. A. Erickson of Douglas County, Minnesota, started local agricultural after-school clubs and fairs that same year. Jessie Field Shambaugh then developed the clover pin with an H on each leaf in 1910, and by 1912 they were called 4-H clubs.

The passage of the Smith-Lever Act in 1914 created the Cooperative Extension System at USDA and nationalized 4-H. By 1924, 4-H clubs were formed and the clover emblem was adopted. The Cooperative Extension System is a partnership of the National Institute of Food and Agriculture (NIFA) within the U.S. Department of Agriculture (USDA), the 109 land-grant universities, and more than 3,000 county offices across the nation. Today, 4-H has expanded to include many more project areas outside of agriculture. The 4-H name and clover was authorized by Congress and is federally protected.

4-H CONTENT AREAS

Maryland 4-H Vision: Maryland 4-H aspires to be a recognized leading youth development program that inspires youth and adults to learn, grow and work together as catalyst for positive change.

Maryland 4-H Mission: The Maryland 4-H Youth Development Program provides a supportive and inclusive setting for all youth to reach their fullest potential in a diverse society. Youth learn beneficial and cognitive life skills through community focused, research-based experiential education programs.

4-H programs offer youth hands-on learning activities through three content areas: Science, Civic Engagement, and Health & Well-Being. These three mission mandate areas intertwine and can be integrated across projects and activities. The content development of the mission mandates is closely tied to the research from the land-grant university system. It also provides the educational foundation of 4-H.

1. Science

4-H Science programs reach more than 5 million youth with hands-on learning to ensure global competitiveness and prepare the next generation of science, engineering, and technology leaders. 4-H's approach is comprehensive and holistic - from agriculture to climate change to alternative energy, youth learning about relevant systems and issues to ensure contributions to their communities today and success as global leaders tomorrow. The core areas of Science are:

- Animal Science & Agriculture
- Applied Mathematics
- Consumer Science
- Engineering
- Environmental Science & Natural Resources
- Life Science
- Technology



2. Civic Engagement

4-H civic engagement programs empower young people to be well-informed members of society who are actively engaged in their communities and the world. Youth learn about civic affairs, build decision-making skills, and develop a sense of understanding and confidence in relating and connecting to diverse people. The core areas of Civic Engagement are:

- Community Engagement
- Service
- Civic Education
- Personal Development

3. Health & Well-Being

By supporting the physical, mental, and emotional health of our nation's youth, we help them lead healthy and productive lives into adulthood. Programs address such critical issues as childhood obesity, substance abuse, and physical safety. The core areas of Health and Well-Being are:

- Nutrition
- Fitness
- Social-Emotional Health
- Prevention of Injuries
- Prevention of Tobacco, Alcohol, and other Drug Use

4-H EMBLEMS & SYMBOLS

EMBLEM

The national 4-H emblem is a four-leaf clover with the letter “H” on each leaf.

THE FOUR “H’S”

The four H’s stand for

Head

Heart

Hands

Health

These H’s represent the four-fold training and development in which members participate.

4-H PLEDGE

All 4-H members should learn the 4-H Pledge:

“ I Pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service, and
my Health to better living for my club, my
community, my country and my world.”

THE COLORS

Green and white are the 4-H colors. The white background of the flag symbolizes purity. The green 4-H emblem is nature’s most common color in the great outdoors and is the color of springtime, life, and youth.

PHILOSOPHY

“Learn by Doing”

MOTTO

The national 4-H motto “To Make The Best Better” should be the objective of every member and leader.



The 4-H Name & Emblem is officially protected by the United States Government under Title 18 U.S. Code 707. The situations and manner in which it may be used can be found on the National 4-H Headquarters website: www.csrees.usda.gov/nea/family/res/youthdev_res_emblem.html.

“I Pledge

my Head
to clearer
thinking



my Heart
to greater
loyalty



and
my Health
to better
living



my Hands
to larger
service



for my club, my community, my country and my world.”

4-H MEMBERSHIP & AGE DIVISIONS

The 4-H enrollment year is January 1 through December 31. A new member must be enrolled in the county/city before participating in any competitive event or fair/expo.

Once you have chosen a club, please contact your local 4-H office to learn how to enroll and for all applicable deadlines.

BENEFITS OF 4-H MEMBERSHIP

A National 4-H Research Study showed that 4-H youth excel beyond their peers.

4-H girls are two times more likely to take part in science programs compared to girls in other out-of-school time activities.

4-Her's are about:

- Four times more likely to make contributions to their communities.
- Two times more likely to be civically active.
- Two times more likely to make healthier choices.
- Two times more likely to participate in Science, Engineering and Computer Technology programs during out-of-school time.

Source: 4-H Study of Positive Youth Development



4-H AGE DIVISIONS

- Clovers: 5 – 7 years old
- Juniors: 8 – 10 years old
- Intermediates: 11 – 13 years old
- Seniors: 14 – 18 years old
(As of January 1st of the current year)



4-H EXPECTATIONS

PARENTS/GUARDIANS ARE THE KEY TO A SUCCESSFUL 4-H MEMBER AND CLUB!

You can help assure your child has successful 4-H experiences by following the 10 actions below. Each action builds on the others to build success for your child and your 4-H club.

1. Get acquainted with the club leader.
Communicate with your club leaders freely and become familiar with their youth-focused goals. Club leaders devote many hours of their own time and are dedicated to helping 4-H'ers develop into well-adjusted, happy, contributing members of society.
2. Guide your child in selecting a 4-H project(s) that match their interests.
3. Assist your child navigate experiences and tasks related to their project work, but do not do the job for them. Your role is to guide and teach.
4. Help your child plan their schedule to allocate adequate time to complete 4-H project work. Help them manage deadlines that must be met in order to complete their projects.
5. Attend club meetings whenever possible.
This will help you better understand the 4-H program and give you tools to support your child's 4-H work.
6. Volunteer your services. You have knowledge and skills that are needed in 4-H.
7. If applicable, support club fundraising efforts that are coordinated by the club.
8. Seek activities beyond the 4-H club that support your child's project interest(s).
9. Share 4-H correspondence with your child. It is helpful if all family members are aware of the activities happening in 4-H so everyone can support your child and help them participate in activities and events that enrich their 4-H experience.



10. Remember it is important to help teach your child the importance of learning, more so than the importance of winning.

WHAT IS EXPECTED FROM A 4-H PARENT OR SUPPORTIVE ADULT:

- Assist or encourage your child and other children in the club or group .
- Set realistic project and achievement goals.
- Accomplish those goals, where appropriate.
- Participate in club, unit, regional, state, national and international programs.
- Use positive reinforcement of each child's part in the group.
- Provide transportation to and from meetings and special activities.
- Attend meetings and special events of the club or group.

Many parents devote approximately 1-5 hours of time per month (providing transportation, attending meetings, and helping their child with projects and activity work; these commitments vary according to interest and participation).

4-H EXPECTATIONS & COST

WHAT IS EXPECTED OF YOUR CHILD IN 4-H:

- Select at least one club/unit to join.
- Select at least one project.
- Set goals for member's project(s) and share a report on the project to the leader.
- Attend at least 2/3 of club/unit meetings (or number established by club/unit).
- Share their project experiences by giving a presentation or making an exhibit.

4-H members are encouraged to participate in community service and service learning opportunities.

YOU CAN EXPECT YOUR CLUB/UNIT LEADER TO:

- Find answers to 4-H questions.
- Distribute 4-H materials in a timely fashion.
- Be courteous, helpful and respectful.
- Provide an organized structure for club meetings and activities.
- Help officers plan creative, fun meetings.
- Assist members in learning leadership skills.
- Encourage all members to set realistic goals and work toward completing them.
- Be a positive role model.
- Create an awareness of resources and opportunities available to 4-H members.
- Reflect and celebrate successes, even small ones.

COST OF 4-H

There is an annual Maryland 4-H membership fee (contact your local 4-H office for more information). Some clubs also have annual dues to cover club expenses. A family does not pay Maryland membership fees for more than three children. This state fee will be collected annually through 4-Honline. There also may be costs for project manuals or some 4-H activities and events. All 4-H projects have some cost beyond the project resource book. For some projects, this cost may be supplies and materials that the 4-H member and family already have. For other projects, your child may need to buy supplies not readily available. Please keep the cost in mind when selecting a project(s) with your child. Your club leader(s) can help you select projects that interest your child, but stay within your family's budget guidelines.



4-H DELIVERY MODES

4-H programs come in a variety of shapes and sizes and can be delivered in a variety of different ways. The four main delivery modes are: 4-H clubs, 4-H afterschool programs, 4-H school enrichment, and 4-H summer camps.

4-H CLUBS

A 4-H Club is an organized group of youth who meet regularly with adult volunteers and University of Maryland Extension staff for a long-term, progressive series of experiential learning activities, citizenship development, and social experiences.

4-H clubs can be established to serve youth in certain geographical areas or to provide youth with specialized experiences in a unique program area, such as livestock education. The structure of a 4-H club includes:

1. Two or more UME volunteers with a ratio of one volunteer to every ten youth.
2. Minimum of five members from three different families between the ages of 8 - 18 as of January 1st of the current year.
3. Organized with elected youth officers such as president, vice president, secretary, and a treasurer.
4. At least six or more regularly scheduled meetings per year.
5. A written, planned education program that provides a variety of learning experiences.
6. Charter forms and by-laws developed by club members. These must be on file in the County/City 4-H office.
7. Meets in a community location such as a community center, military installation, farm, library, school, religious institution, etc.

Members may belong to more than one club in order to obtain special project information, participate in special activities, or for the convenience of travel. Members must declare official membership in only one county/city and one state where they will compete. Members are expected to join 4-H in the county/city they reside.

4-H CLOVER CLUBS

A 4-H Clover Club is designed for children ages 5-7. Clover Clubs may be individual units or part of a larger 4-H Club with members ages 8 to 18. Clover clubs are non-competitive and focus on participation and social skill development. In a combined program, Clovers must meet separately from the older members to work on their Clover curriculum activities. Individually established Clover Clubs are chartered, but not like the typical 4-H Clubs. The minimum requirements for a Clover Club are:

1. Two UME volunteers with a ratio of one volunteer to every five youth.
2. Five or more youth, ages 5 – 7.
3. A planned program which utilizes age appropriate Clover curriculum.





4-H AFTERSCHOOL

A 4-H Afterschool Program provides an opportunity for youth to engage in hands-on activities during afterschool hours.

These programs are typically held at after school programs like YMCA's, Boys and Girls Clubs, Police Athletic League (PAL) centers, recreation centers, libraries, and community centers.

4-H SCHOOL ENRICHMENT

The 4-H School Enrichment Program provides educators with the opportunity to bring 4-H into the classroom. Through collaboration with public and private schools, teachers and students in rural, suburban, and urban areas have access to 4-H resources through curriculum, teacher trainings, special events, and field trips. This method of delivering life skills to youth in the classroom uses 4-H curriculum as part of daily class lessons or as an intensive all-day special event. Research shows that classrooms where 4-H is offered observe higher standardized test scores, increased attendance, and decreased tardiness.

The 4-H lessons offered through school enrichment link University research to 4-H's experiential learning model, allowing students to do, reflect and apply what they've learned.

Effective enrichment programs:

- Bring classroom lessons to life
- Offer resources for teachers on topics of their choice

- Supplement classroom curriculum
- Introduce students to the 4-H experience
- Work collaboratively with schools, teachers, and school boards
- Engage students in at least six hours of 4-H curriculum and activities
- Strive to establish long-term engagement and impacts

Sample Curriculum topics include:

- Environmental Science
- Healthy Living
- Nutrition Education
- Robotics
- Agricultural Literacy
- Gardening
- Leadership Development

4-H CAMPS

Camps educate and provide learning opportunities for youth ages 5-18. There are several camp programs available to youth throughout the summer. These include overnight resident camps, short-term special interest camps, and day camps. All camping opportunities are publicized and are open to all youth. Older members serve as youth leaders at camp for the various responsibilities. Adult UME volunteers and/or Extension Educators coordinate and supervise these camps.

4-H PROJECTS

A 4-H Project is the foundation for 4-H club work. It is a planned sequence of age-appropriate and research-based learning opportunities. As a result of long-term active engagement in the project, youth gain knowledge and develop skills based on planned goals and identified outcomes. 4-H project work is guided by trained adults who help youth set goals and provide access to appropriate curricula and resources. There are over 75 project areas that 4-H'ers can choose from. Specific project listings can be found in the 4-H Enrollment System. Broad project categories include: Agriculture Literacy, Animal Science, Biological Science, Civic Engagement & Community Service, Consumer & Family Science, Communications & Expressive Arts, Environmental Education & Earth Science, Foods & Nutrition, Health, Leadership & Personal Development, Personal Safety, Plant Science, Physical Science and Technology & Engineering. Each member is expected to carry out and complete at least one project in any 4-H year. Project records may be required in order to show at the fair/expo. For a project to be considered complete, the member must:

- Do the project work
- Make or show a project
- Present a project demonstration or speech
- Complete project record forms

The quality rather than quantity of project work is most important; 4-H'ers are expected to, for the most part, conduct some of their project work individually. However, there will be group project meetings planned by local clubs and at the county/city level as necessary.

The 4-H'ers family should take an active interest in their projects. Assist, encourage, and offer advice, but remember, the 4-H'er learns by doing.



4-H PROJECT LIST:

- 4-H Camping
- Adventures in Science
- Aerospace
- Agriculture Education
- Agronomy
- Alpacas & Llamas
- Aquaculture
- ATV Safety
- Automotive
- Babysitting
- Beef, Breeding
- Beef, Market
- Beekeeping
- Bicycle
- Cats
- Cavies/Guinea Pigs
- Child Development
- Citizenship & Service
- Clothing & Textiles
- Clover (5-7 years only)
- Communications
- Computers
- Consumer Education
- Crafts
- Dairy Cattle, Breeding
- Dairy Cattle, Steer
- Dogs
- Ecology
- Electricity
- Embryology
- Entomology
- Entrepreneurship
- Environmental Science
- Exploring 4-H
- Expressive Arts
- Family Life
- Fashion
- Finance
- Fishing
- Food & Nutrition
- Forestry
- Gardening
- Geospatial, GPS/GIS
- Goat, Dairy
- Goat, Fiber
- Goat, Meat, Breeding
- Goat, Meat, Market
- Goat, Pet
- Health
- Healthy Lifestyles
- Hobbies
- Home Environment
- Horse & Pony
- Horticulture
- Landscaping
- Leadership
- Natural Resources & Conservation
- Outdoor Education
- Pets
- Photography
- Plant Science
- Poultry, Breeding
- Poultry, Market
- Public Speaking
- Rabbits
- Rabbits, Market
- Reading
- Recreation
- Robotics
- Safety
- Self-determined
- Sewing
- Sheep, Breeding
- Sheep, Market
- Shooting Sports, Air Pistol
- Shooting Sports, Air Rifle
- Shooting Sports, Archery
- Shooting Sports, General
- Shooting Sports, Hunter Safety
- Shooting Sports, Muzzleloader
- Shooting Sports, Shotgun
- Shooting Sports, Small Bore/Rifle
- Small Engines
- STEM – Science, Engineering, Technology & Math
- Swine, Breeding
- Swine, Market
- Theater Arts
- Tractors
- Veterinary Science
- Visual Arts
- Water Quality
- Welding
- Wildlife Management
- Woodworking
- Workforce Readiness
- Variety of Group-specific Projects like AGsploration, Health Rocks!, Junior Master Gardener, Kids Growing with Grains and Animals Too!, Tech Wizards, Up for the Challenge

4-H ACTIVITIES AND EVENTS

4-H activities and events are planned to support the learning of 4-H members. They provide hands on opportunities for youth to learn new skills and evaluate their progress towards achieving established goals. Many activities allow 4-H members to showcase their knowledge and skills to the public and provide recognition to the 4-H member and to the 4-H program. 4-H offers a combination of cooperative and competitive events.

COUNTY/CITY 4-H EVENTS:

Most Extension Units offer similar 4-H activities and events throughout the year. The following is a list of

4-H activities and events that are offered in many Extension Units around Maryland.

- Skillathon Contests - Dairy, Dog, Horse (Hippology), Livestock
- Judging Contests - Dairy, Dairy Goat, Horse, Horticulture, Livestock, Poultry & Egg, Rabbit
- 4-H Quiz Bowls - Dairy, Dog, Horse
- Communication Contests
- 4-H Club Officer Training
- Project Workshops
- Leaders' Training Workshops
- National 4-H Week Promotion
- Recognition Events - Like Achievement Night
- 4-H Shows, Fairs and other 4-H Exhibitions
- Older Youth Groups - Federation, Junior Leaders, Ambassadors, etc.
- Clover Activities
- Fashion Revue

Many other 4-H Activities and events may be offered in your local Extension Unit. There are also many opportunities offered in your region of the state, statewide, and nationally. To find out about other opportunities of interest to you, contact your club

- Engineering Events
- Shooting Sports Events
- Camp - Day and Residential

leader, the local University of Maryland Extension Office or website, and/or read your 4-H correspondence.

4-H Shows, Fairs and Expositions: Most Maryland Extension Units provide exhibit opportunities for 4-H members. Members can showcase their 4-H projects at a 4-H sponsored show, fair or exposition. It may be held in conjunction with a county fair, school event, or other community event. Exhibit classes are determined for each Extension Unit in consultation with local 4-H committees.

4-H RECORD BOOKS:

The 4-H program has a long history of record keeping. The focus reflects the importance of this life skill in our daily lives. In 4-H, youth track their activities, events, profits and losses, skill development and learning experiences, and much more using the iconic 4-H Record Book. The 4-H Record Book gives

4-H members an opportunity to:

- Establish goals.
- Develop plans to meet those goals.
- Assume responsibility for record keeping.
- Collect and organize information.
- Measure and evaluate their achievements.
- Reflect on their year.
- Share their experiences with others.
- Showcase their skills and accomplishments to potential colleges and future employers.

Record Books may be required for membership or for participation in 4-H activities such as club events and activities. A 4-H Record Book may be required to receive certain awards (such as achievement awards) or attend certain events (such as state or national competitions and conferences).

Local workshops are held annually to help 4-H'ers with this process. Club leaders are also familiar with Record Books and can help answer questions that 4-H'ers might have.

For more information on record books and project completions, contact your local 4-H Office.

4-H AWARDS, RECOGNITION & SCHOLARSHIPS



A key component of 4-H youth development is recognition and positive reinforcement. There are many awards and recognition opportunities available to 4-H youth and volunteers. The Maryland 4-H Program offers a variety of state-level project accomplishment trips and leadership development trips for Senior-aged members (ages 14-18 as of January 1st of the current year).

MARYLAND STATE 4-H AWARDS

- State Level Project Accomplishment Trips
- Maryland Leadership Development Trips
- Emerald & Diamond Clover Awards
- International 4-H Experiences
- Grant Recipients
- Various Volunteer, Donor and Staff Awards

MARYLAND 4-H SCHOLARSHIPS

Scholarships may be available from the county/city, state, and national levels. Members are evaluated on quality and quantity of 4-H work. More information about statewide scholarships can be found on the Maryland 4-H Foundation website:

www.mymaryland4hfoundation.com

Contact your local 4-H office for possible county/city scholarship opportunities.



MARYLAND 4-H DIAMOND CLOVER AWARD PROGRAM

This award is designed to encourage 4-H members ages 8 to 18 to engage in a variety of projects and activities that will enable them to acquire the skills necessary to lead successful lives as competent, caring and contributing citizens.

4-H units (4-H unit means county, city, cluster or Military 4-H program) determine their own timelines for Levels 1-5 and recognize 4-Hers on the county/city level. Diamond Level 6 plans are due September 30th to the State 4-H Office for completion the following year. Watch your county/city 4-H calendar for due dates for county/city and committee approval prior to submission at the state level.

Note:

1. The Diamond Clover Award is designed for younger youth to begin at Level One and progress through six levels, one level per year, acquiring valuable life skills as he/she advances. Youth who are older when joining 4-H may begin at a higher level (1 through 4) if mutually agreeable to the participant and the club/group leader, with the permission of the 4-H Educator.
2. Youth meeting the requirements of levels 1 through 4 will be recognized at a 4-H Unit event. (Youth meeting the requirements of levels 5 and 6 will be recognized at an appropriate state event.)
3. Diamond Clover Level 6 Service Project Plan approval is not automatic. A youth must apply for Diamond Clover (Level 6) Service.
4. Project approval using the appropriate plan/report form due at the state level September 30th.
5. Diamond Clover Level 6 recognition is not automatic. A youth must submit all completed materials for recognition by September 30th to the State 4-H Office the year the project is complete. If appropriate guidelines are not followed, the project will not be recognized. All dates must be clearly adhered to for recognition.

DIAMOND CLOVER LEVELS:

Level	Corresponding Gemstone	Anticipated Ages	Complete at Least
1	Amethyst	9	5 Goals
2	Aquamarine	10-11	6 Goals
3	Ruby	12-13	7 Goals
4	Sapphire	14-15	7 Goals
5	Emerald	15-17	7 Goals
6	Diamond	16 and up	Service Project

The Diamond Clover Level 6 Service Project:

- Should make a difference in your community or fulfill a need in the community.
- Be a challenge that allows you to develop life skills.
- Should involve others in the community and develop community partnerships.
- Should include a plan on how to maintain the project to have lasting impact beyond just one day or one event.
- Should take time to develop a detailed plan, to organize, implement, conduct, promote, evaluate and provide follow-up information of the success of your program.
- Should take at least an estimated 100 hours to implement and complete.
- The sky is your limit...use your creativity and imagination.

MARYLAND 4-H TRIPS & INTERNATIONAL OPPORTUNITIES

There are a variety of out-of-state trip opportunities for Senior-aged members (14-18 as of January 1st of current year).



MARYLAND 4-H STATE PROJECT TEAMS:

- Dairy Judging Teams (A & B)
- Dairy Bowl Team
- Livestock Judging Teams (A & B)
- Livestock Skillathon Team
- Poultry Judging Team
- Hippology Team
- Horse Bowl Team
- Horse Communications Team
- Horse Judging Team
- Horticulture Team (includes Judging & Communications)
- Shooting Sports Archery Team
- Shooting Sports Shotgun Team

MARYLAND 4-H STATE LEADERSHIP DELEGATIONS:

- National 4-H Congress
- National 4-H Conference
- National Leadership Conference at Camp Miniwanca
- Virginia 4-H State Congress
- West Virginia 4-H Older Member's Conference

INTERNATIONAL OPPORTUNITIES:

Maryland 4-H values cultural awareness and appreciation. There are opportunities to travel to several countries around the world and stay with host families. Maryland 4-H also provides opportunities each summer for 4-H families to host a youth from around the world. A service outreach trip is sometimes offered to youth.

For more information on international opportunities, visit here: <https://extension.umd.edu/programs/4-h-youth-development/program-areas/international-programs>

4-H PROGRAMMING PRINCIPLES

POSITIVE YOUTH DEVELOPMENT

4-H learning experiences are based on the principles and practices of positive youth development (PYD). Positive youth development views young people as vital resources with assets and potential to be developed rather than problems to be managed.

- The youth development approach considers the whole young person, not just a single characteristic or problem.
- Youth development is dependent on family and community development as it occurs in the context of the family, community and society.
- Youth development is designed to focus on the positive outcomes we desire for young people, not the negative outcomes we hope to prevent.

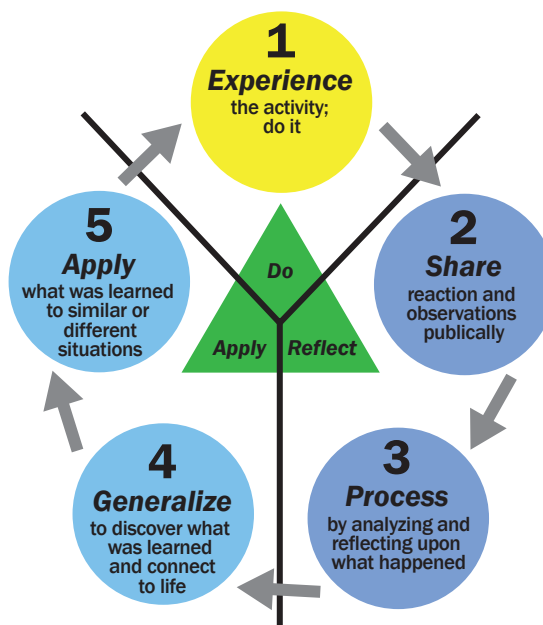
ESSENTIAL ELEMENTS OF 4-H

4-H designs successful youth development programs which include specific ingredients: the Essential Elements. Each of the eight Essential Elements listed below is important; however, it is the combination of these elements that creates an environment that promotes positive youth development. The elements are categorized below as either belonging, mastery, independence, or generosity.

Belonging	Mastery
Positive relationship with a caring adult An inclusive environment A safe environment	Engagement in learning Opportunity for Mastery
Independence	Generosity
Opportunity to see oneself as an active participant in the future Opportunity for self-determination	Opportunity to value and practice service for others

EXPERIENTIAL LEARNING

Experiential learning puts the focus on the learner and enables them to process through several stages. The unique part of 4-H is the experiential learning process, or “learning by doing.” The best way to reinforce learning is to show members how to do something, allow them to experience it themselves and provide time for reflecting.



4-H DEVELOPS LIFE SKILLS



Source: Iowa State University

The Maryland 4-H Youth Development Program builds life skills. The Targeting Life Skills Model above shows the eight different competencies that 4-H programs target as they relate to the four H's of the

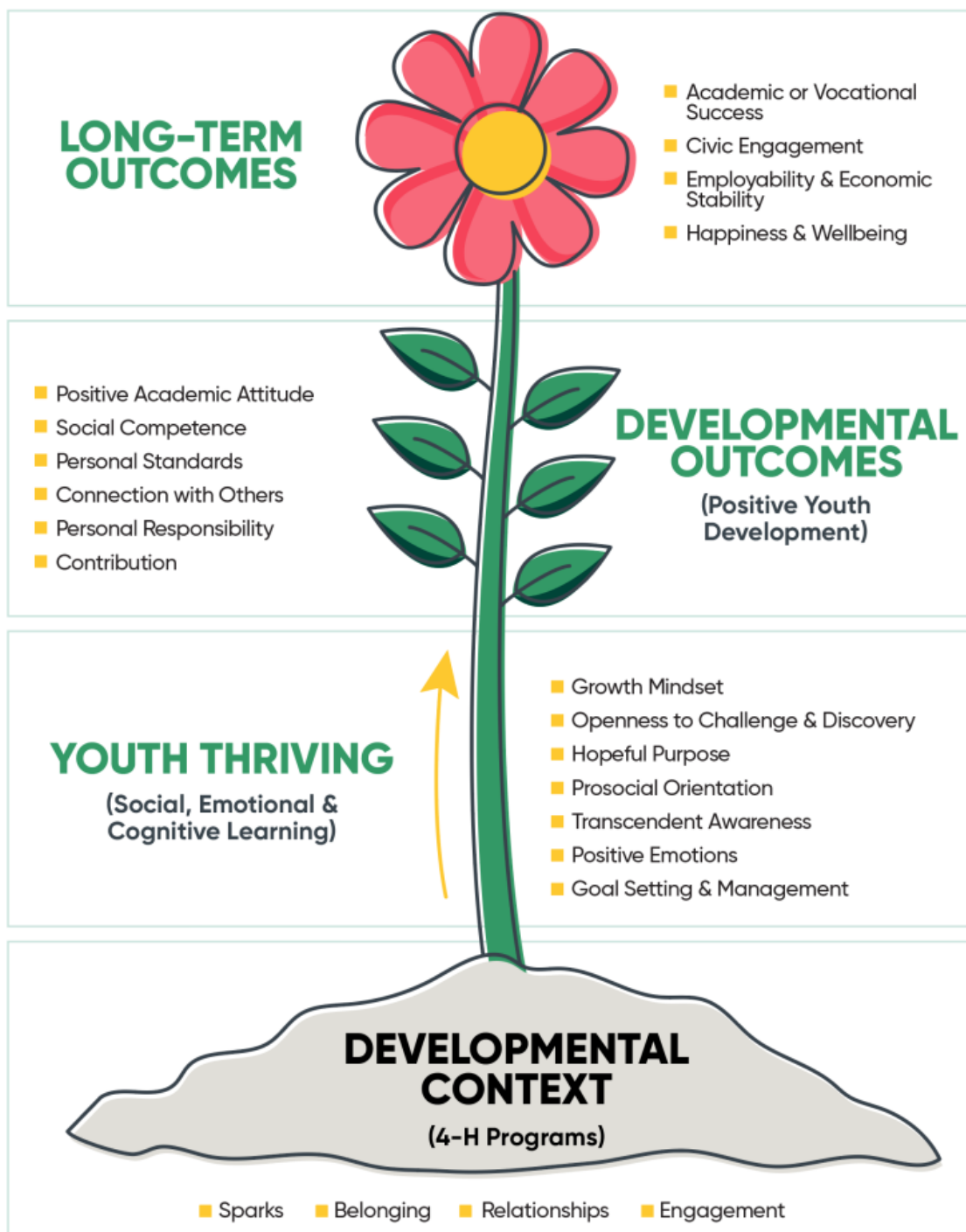
pledge. The following chart lists the specific skills that lead to mastery in the four categories and eight subcategories of the 4-H Targeting Life Skills Model.

Head	Heart	Hands	Health
Thinking	Relating	Giving	Living
Learning to Learn Decision Making Problem Solving Critical Thinking Service Learning	Communications Cooperation Social Skills Conflict Resolution Accepting Differences	Community Service-volunteering Leadership Responsible Contribution to Group	Healthy Lifestyle Choices Stress Management Disease Prevention Personal Safety
Managing	Caring	Working	Being
Goal Setting Planning/Organizing Wise use of Resources Keeping Records Resiliency	Concern for Others Empathy Sharing Nurturing Relationships	Marketable/Useful Skills Teamwork Self-motivation	Self-esteem Self-responsibility Character Managing Feelings Self-discipline

4-H THRIVING MODEL

The 4-H Thriving Model is the theory of change for positive youth development in 4-H. The model illustrates the process of positive youth development

in 4-H programs by connecting high quality program settings to the promotion of youth thriving.



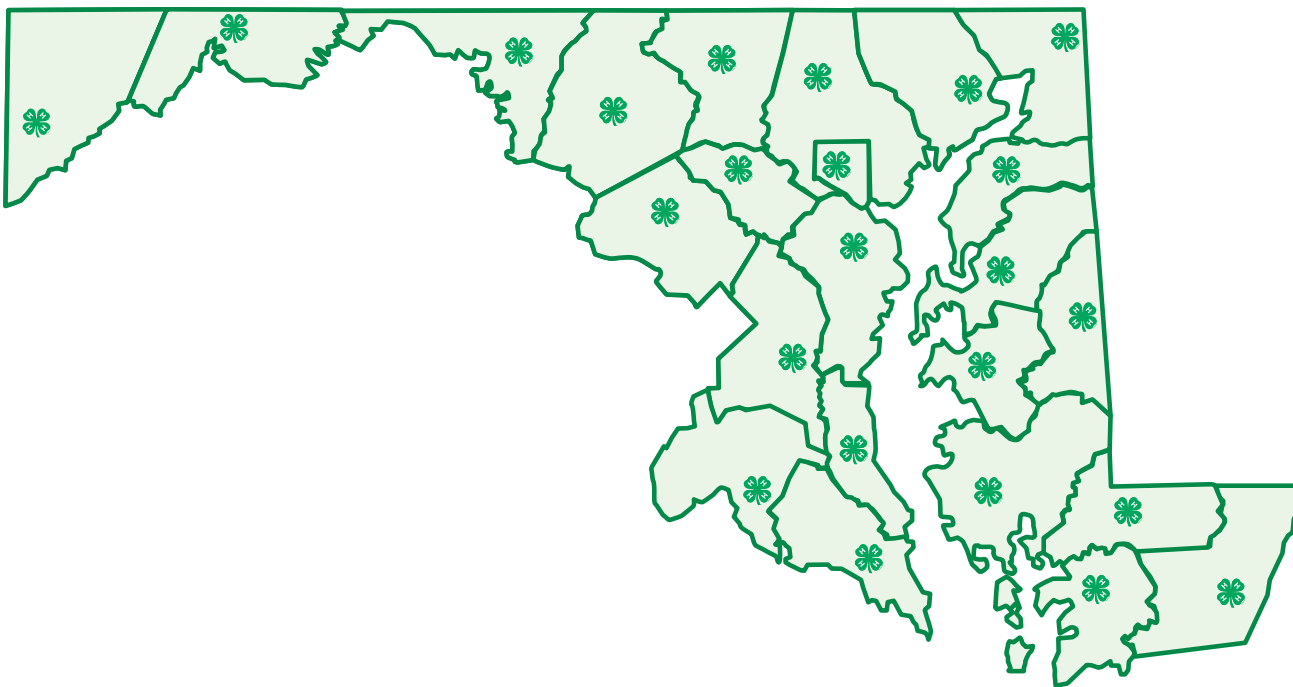
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- Agriculture, Nutrient Management & Natural Resources
- Urban Horticulture Programs for Gardeners and Homeowners
- Family and Consumer Sciences
- 4-H Youth Development

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