



## 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.



**Become a 4-H volunteer today!**

### Contact:

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The 4-H Name and Emblem are protected under 18 USC 707.

Inspire the Next Generation.

*Become a 4-H Volunteer!*



H E A D , H E A R T , H A N D S , H E A L T H

*“When adults take time to help young people through 4-H, they exert an enormous, positive influence on the lives of youth.”*

– Retired General Colin Powell

*“I love being with the kids and seeing them grow and develop as a result of 4-H.”*

– Linda Sullivan, Harrington, Del.

*“Nothing is as powerful or rewarding as seeing the youth's eyes light up in realization that they got it – whether ‘it’ was an idea, a discovery, a job well done, or a county medal.”*

– Bill Woodall, San Diego, Calif.

*“4-H, for me, is not just an organization for which I volunteer. It is a way of life.”*

– Eleanore Getz, Fayetteville, N.C.

*“I find encouragement when I receive appreciation from a former 4-Her whose life has taken a positive turn due to my efforts.”*

– Joe Walters, Winnsboro, La.



You are more than just a volunteer in 4-H—you are instrumental in inspiring the next generation.

4-H programs look to volunteers to help our young people learn the skills they need to prepare for careers in the 21st century while also having fun!

4-H is the only informal educational program with a direct connection to United States land-grant universities and colleges. More than 540,000 4-H volunteers work with 6.5 million young people in all 50 states, U.S. territories and on military installations worldwide.

In 4-H, youth learn through opportunities in which they master life challenges, cultivate independence with guidance from caring adults, gain a sense of belonging within a positive group, and share a spirit of generosity with others.



Volunteers are essential to help youth make the most of these learning

opportunities. According to recent research, youth who are provided with positive adult interactions grow to become strong, confident young adults (Tufts University, 2006).

### As a 4-H Volunteer, You Can:

- Lead youth within school-based, after-school and camp settings and in community clubs
- Serve as a chaperone, board member, judge or camp counselor
- Develop and support community service opportunities for youth to make a difference in their communities
- Teach youth using research-based university curricula
- Work with other adults to create fun, new programs for youth



### Share Your Interests

If you are interested in leading a project-based club, you can share your expertise to provide young people with learning opportunities as varied as rocketry, GPS mapping, public speaking, agricultural science, photography, community service, and so much more.

Using research-based 4-H project curriculum, you will have the resources to learn as you teach. Either way, you will have the support you need from your local 4-H office.

You also can create a new project-based club and invite other youth and adults to join you in learning about that topic in your community.



### Join With Your Family

Interested in joining 4-H with your children? Families involved in 4-H report that they work better together by scheduling time to focus on developing communication skills, setting goals and experiencing family-wide learning opportunities.



### A Perfect Fit

With a variety of flexible options, you can decide your level of involvement, based on your skills and time available.

Interested in learning more? Contact your county's 4-H office listed on the back of this brochure to find your fit in the 4-H community.