Compared to their peers, 4-H youth are:

• 2X as likely to go to college
• 2X as likely to pursue careers in science
• More likely to make healthier choices, be physically active, and avoid risky behaviors
• 3X as likely to give back to their communities

1,2,3,4 Sourced from National 4H Council www.4-h.org/VEARtoolkit/
Our Background

For more than 100 years, 4-H has stood behind the idea that youth is the single strongest catalyst for change. What began as a way to give rural youth new agricultural skills, today has grown into a global organization that teaches leadership, life skills development, and community advocacy.

4-H is principled in positive youth development programming and helping youth step up to the challenges in a complex and changing world. 4-H is dedicated to helping cultivate the next generation of leaders and tackling the nation’s top challenges such as the shortage of skilled professionals, maintaining our global competiveness, encouraging civic involvement, and becoming a healthier society.

Involvement

Many 4-H programs are community-based, with leadership provided by adult and teen volunteers. Typically, young people participate in 4-H in one or more of these ways:

- 4-H community or project clubs
- 4-H after school
- 4-H school enrichment programs
- 4-H special interest
- 4-H overnight or day camps

Provide the Spark

4-H volunteers help youth make the most of a wide variety of learning experiences. Volunteering is an opportunity for you to share your personal interests by demonstrating expertise in subjects as varied as robotics, food and nutrition, public speaking, agricultural science, community service, and more. In 4-H, you can leverage your experience and skills to help a young person find their own passions and interests.

Competence + Caring + Character + Confidence + Connection = High Quality Positive Youth Development