



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/

Maryland 4-H County and City Offices

Allegany County 301-724-3320
Anne Arundel County 410-222-3900
Baltimore City 410-856-1850
Baltimore County 410-771-1761
Calvert County 410-535-3662
Caroline County 410-479-4030
Carroll County 410-386-2760
Cecil County 410-996-5280
Charles County 301-934-5403
Dorchester County 410-228-8800
Frederick County 301-600-1594
Garrett County 301-334-6960
Harford County 410-638-3255
Howard County 410-313-2707
Kent County 410-778-1661
Montgomery County 301-590-9638
Prince George's County 301-868-9636
Queen Anne's County 410-758-0166
St. Mary's County 301-475-4482
Somerset County 410-651-1350
Talbot County 410-822-1244
Washington County 301-791-1304
Wicomico County 410-749-6141
Worcester County 410-632-1972

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MARYLAND 4-H



YOUTH DEVELOPMENT

Maryland 4-H Center
8020 Greenmead Drive
College Park, MD 20740

(301) 314-9070

extension.umd.edu/4-H



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 competitiveness, encouraging civic involvement, and becoming a healthier society.⁴



The 4-H emblem:

the H's on each leaf stand for the words Head, Heart, Hands, and Health.

4-H Colors: Green and White

4-H Slogan: Learn by doing

4-H Motto: To Make the Best Better

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.

Annual Participation Fee: \$10

Membership Age: 5-19



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.²