



COLORADO STATE UNIVERSITY
EXTENSION

Quick Facts about 4-H



What is 4-H?

4-H is a worldwide youth development program for children between the ages of 5 and 18. Youth who participate in 4-H develop tools to succeed in life —confidence, compassion and the connections to caring adults helping guide community contributions. 4-H is dedicated to positive youth development 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-H is sponsored in Colorado by Colorado State University Extension. The people in charge of 4-H locally are the Extension Agents of CSU Extension, supported in part by your County Commissioners.

What do the H's stand for?



Head

4-H allows youth to take the lead—with the help of adults—in thinking, learning and making decisions.



Heart

4-H helps youth build strong relationship with peers and adults based on accepting responsibility and developing values.



Hands

4-H gives youth the opportunity to learn by doing through their talents and skills making their communities a better place to live and grow.



Health

4-H helps youth make healthy choices to keep them physically and mentally able to do what they need to at school, home and in their communities.

How do you join?

Call the Douglas County Extension office at (720) 733-6940 or visit our website at douglas.extension.colostate.edu if you are interested in joining 4-H or in finding out more about the program. Enrollment begins on or around October 15th. Douglas County 4-H member enrollment fee is \$50 per year which includes state 4-H, Foundation, insurance, and fair board fees. There may be applicable “per project manual” fees, as needed. Supplies for the individual project is the responsibility of the member.

How often do 4-H clubs meet?

Each club should have a business meeting at least once a month. It is the decision of the individual club project leaders as to how often they hold project meetings. 4-H clubs may organize any time of the year.

How do you get a 4-H club organized?

Have a meeting with at least five young people who are interested and the adults who are willing to help. Publicize it through the school or any place where young people and their parents can be reached. During your first meeting, get acquainted and have fun with a group mixer and/or some refreshments. Show and talk about some projects the group might like. (Give this some thought in advance and talk with the 4-H Youth Agent or an experienced 4-H leader.) Discuss when, where and how often the group will meet. The ideal club is big enough to have fun together, but small enough for everybody to feel a part of the group. The average club in Colorado usually ranges from 10 to 30 members and two to four leaders.

What are 4-H projects?

A basic principle of the 4-H program is that learning occurs best through direct experience. There are over 60 project areas available, including Dogs, Horses, Livestock, Electricity, Rabbits, Clothing, Knitting, Foods, Leadership, Model Rockets, Poultry, Woodworking, Wildlife, Shooting Sports, Photography, Entomology, and Gardening (to name a few) where each child can find an area of personal interest. Contact the Douglas County Extension Office for a complete listing of State 4-H Projects.

What are 4-H leaders?

A 4-H leader is an adult who works voluntarily with a group of 4-H members. Some adults teach members how to do things and are called “project leaders.” They usually have a special interest or skill such as photography, clothing, gardening, or shooting sports, etc. Others are activity leaders. Often leaders are parents of the 4-H members.

The number of leaders that a club needs depends on the size of the club and the number of given projects taken within each club. For every project taken there needs to be an adult “project leader.”

Interested in being a 4-H leader? Douglas County Extension will put you on the 4-H leaders’ mailing list, invite you to special training meetings and workshops for leaders and give you the materials you need to organize a 4-H club. Other experienced 4-H leaders can also be valuable resources if you have questions.

What is a parent’s commitment?

Time

I recognize that raising a successful 4-H member will take time and commitment on my part. I cannot expect them to become a successful 4-H member without my help. I am willing to commit some time to the development of my child into a successful 4-H member.

Interest

I recognize that to raise a successful 4-H member, I must be interested in my child’s involvement in the 4-H youth program, as well as in their schoolwork, friends, and all extra-curricular activities. Most importantly, I recognize that I must make every effort to show and demonstrate my interest.

Enthusiasm

I recognize that if my child is to develop enthusiasm for being a 4-H member, I must first show some enthusiasm myself. I will work on showing enthusiasm for my child trying new things, for having finished a task and for taking responsibility and I will do so in a positive manner.

Safety

I recognize that I am responsible for training my child in acceptable social behavior. I also need to discuss with my child ways to protect himself or herself in possible negative situations encountered in today’s world.

Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating. Extension programs are available to all without discrimination.