

Results

The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development is the first-ever research project of its kind. The decade-long study, completed by a team of researchers at the Institute for Applied Research in Youth Development at Tufts University, Medford, MA, is influencing research and practice around the world.

The report shows that 4-H youth excel beyond their peers. 4-H'ers are about:

- Four times more likely to make contributions to their communities (Grades 7-12);
- Two times more likely to be civically active (Grades 8-12);
- Two times more likely to make healthier choices (Grade 7);
- Two times more likely to participate in Science, Engineering and Computer Technology programs during out-of-school time (Grades 10 – 12); and
- 4-H girls are two times more likely (Grade 10) and nearly three times more likely (Grade 12) to take part in science programs compared to girls in other out-of-school time activities.

4-H offers many activities for youth,

including camps, contests, & educational events. 4-H projects enhance youth's personal growth & development. Significant awards and recognition are offered through the 4-H program.

Scholarships opportunities available!

How do I join?

4-H sounds great! There are numerous clubs in Harris County. Contact the 4-H Office for a list of clubs and their contact/meeting information or view 4-H clubs in the Harris Co. website. Each club has its own personality and project interest, so we suggest that you visit a few of them before you decide which club you would like to join. Once you decide which club you would like to join, you must enroll in 4-H Connect with that club. There is a participation cost of \$20 (before November 1st of each year) to \$25 (November 1st and after) to join.

<http://harris.agrilife.org/program-areas/4h/>



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Find us on



Harris Co. 4-H



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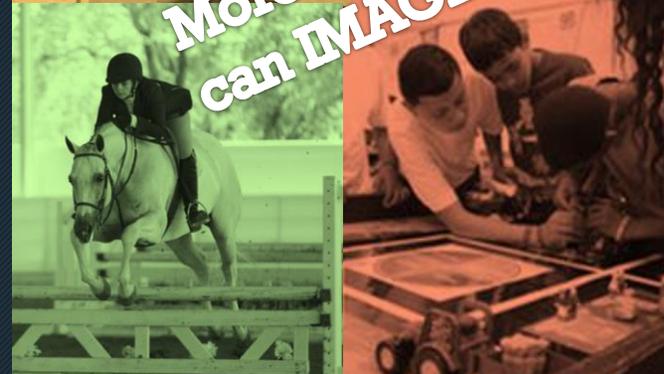
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Cooperative Extension Program

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Harris Co. 4-H



**More than you
can IMAGINE!**



What Is 4-H All About?

4-H is a community of young people across America who are learning leadership, citizenship and life skills. 4-H is about having fun, learning, exploring and discovering. In 4-H, young people make new friends, develop new skills, become leaders and help shape their communities.

4-H Mission

4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

4-H Vision

A world in which youth and adults learn, grow and work together as catalysts for positive change.

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.

4-H Motto

"Making the Best Better"

4-H Slogan

"Learning by Doing"

What Does 4-H Stand For?

- Head - Managing, Thinking
- Heart - Relating, Caring
- Hands - Giving, Working
- Health - Being, Living

4-H Project Areas

- Animals:
 - Beef or Dairy Cattle
 - Beekeeping
 - Goats (Meat/Dairy)
 - Horses
 - Sheep (Meat/Wool)
 - Poultry
 - Rabbit
 - Swine
- Companion Animals:
 - Dog
 - Cat
 - Cavy
- Clothing Construction and Textiles
- Citizenship
- Entomology
- Forestry
- Gardening /Horticulture
- Healthy Life Styles:
 - Etiquette
 - Food Preparation
 - Health
 - Nutrition
 - Food Safety
- Leadership
- Photography
- Public Speaking
- Robotics
- Shooting Sports
- Veterinary Science
- Wildlife & Fisheries
- Career Preparation

4-H Emblem



Who Can Join?

4-H is open to everyone. If you are between the ages of 8 (and in the 3rd grade) or 9 years old and 19, you can become a 4-H club member. Younger kids ages 5-8 can also get involved through Clover Kids activities. There is something for everybody in 4-H.

Citizenship
Leadership
Communication Skills
RESPONSIBILITY

and much, much more ...



"4-H has helped me learn many new things that are useful now and will be in the years to come. With greater self-confidence, a better understanding of people's needs, greater leadership skills, and being more responsible, I am working to become a productive American citizen"

- K. Holmes (2013)