

4-H Youth Development

Mission: The University of CA 4-H Youth Development Program engages youth in reaching their fullest potential while advancing the field of youth development.

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

4-H programs in science, healthy living and civic engagement are backed by a network of 100 public universities and a robust community of 4-H volunteers and professionals. Through hands-on learning, kids build not only confidence, creativity and curiosity, but also life skills such as leadership and resiliency to help them thrive today and tomorrow.

4-H programs and resources are available at home or through local in-person and virtual 4-H clubs, 4-H camps, in-school and after-school programs.

With the support of adult mentors, youth select from a menu of hands-on project ideas to complete.

4-H programs are available for kids and teens ages 8-18.

4-H Cloverbud programs are available for kids ages 5-7.

Los Angeles, UC Cooperative Extension 4-H
<http://4h.ucanr.edu/>

Hands-on projects fall under four primary areas

- ◇ Civic Engagement
- ◇ Leadership
- ◇ Healthy Living
- ◇ STEM (Science, Technology, Engineering and Math)

4-H at Home

- ◇ 4-H at Home provides hands-on, educational activities for kids and teens all year long.
- ◇ Get the latest 4-H at Home Activity Guide, activities from 4-H Land-Grant Universities, and more.
- ◇ STEM, Crafting & More, Grades Pre-K-12
- ◇ CA 4-H Projects: "Learn by doing" in an atmosphere where *learning is fun* is a basic philosophy of 4-H.

THE 4-H PLEDGE

I pledge...

- my **HEAD** to clearer thinking.
- my **HEART** to greater loyalty.
- my **HANDS** to larger service.
- my **HEALTH** to better living.

For my club, my community, my country and my world.

4-H provides meaningful opportunities for youth and adults to work together to create sustainable community change!



Photo courtesy of 4h.ucanr.edu