What is 4-H?

❀ 4-H is an exciting program through which youth **"learn by doing"** and develop themselves to their greatest potential with the motto **"to make the best better."**

❀ 4-H is designed to engage youth in healthy learning experiences, thus increasing **self esteem** and **problem solving skills**.

❀ Programs and Activities address topics such as:
  o **stress management**
  o **parent-teen communication**
  o **personal development**
  o **environmental stewardship**
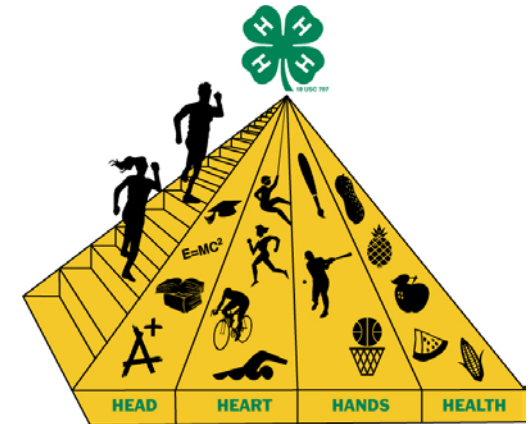 o **global understanding**

What does this mean???

❀ The four H's stand for **Head, Heart, Hand**, and **Health**. All of which can be understood through the 4-H Pledge that follows.

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.

Explore, Experience, & Achieve thru:

-Insects	-Small Animals
-Model Airplanes	-Woodworking
-Creative Arts	-Rockets
-Aquariums	-Foods
-Livestock	-Nature
-Clothing	-Photography
-Ohio Birds	-Electricity
-First Aid	-Lawn Care
-Gardening	-Health & Fitness
-Fishing	-Bicycles

❀ 4-H members also enjoy fun activities like camps that develop **leadership**, **knowledge** and most importantly, **life-long friendships**.

I would like to know more about:

☐ **Joining a 4-H club.**

☐ **Taking part in a 4-H summer camp.**

☐ **My parent/guardian becoming a 4-H volunteer.**

☐ **Any special 4-H events happening this year.**

Name: _____

Street: _____

City: _____

State: _____ Zip _____

Phone: _____ Age: _____

Project Area Interest: _____

_____
Please call or send this completed form to:

EXPLORE

EXPERIENCE

ACHIEVE

DON'T
miss out!

4-H

is a **community** of **young people** across **America** who are learning **leadership,** **citizenship** and **life skills.**

Join the excitement!

THE OHIO STATE UNIVERSITY EXTENSION