Developing a 4-H Club in your community

North Carolina 4-H
4-H Quiz

- What do the four H’s stand for in 4-H?
- What is the 4-H logo?
- What is the 4-H motto?
- What is the teaching philosophy of 4-H?
- What was the percentage increase of youth in NC 4-H Clubs formed in homeschools?
- Head
- Heart
- Hands
- Health
A green four leaf clover with white H’s on each leaf.
“To Make the Best, Better.”
“Learning by doing” and “Hands-on”.
74% from 2005 to 2006
What is 4-H?

4-H is…

- …America’s largest out-of-school educational program for young people.
- …for boys and girls ages 5-19 years old and promotes the philosophy of “learning by doing”.
- …family time where children, parents, and adults can learn and have fun together.
- …youth driven and volunteer supported.
Why Start a 4-H Club?

- Access to quality, affordable curriculum from land-grant universities.
- Local, county, district, state, regional, and national opportunities for learning and growth.
- 4-H members practice leadership, citizenship, and lifeskills through their club.
- Clubs are fun for members, parents, and leaders.
What Benefits Does a 4-H Club offer to communities?

- A connection to a national program with over 100 years of experience, that will allow youth to grow and participate at their speed.
- Quality, juried curriculum from land-grant universities at an affordable cost.
- Local, county, district, state, regional, and national opportunities for learning, sharing, teaching, and recognition for their work.
Benefits continued

- Use of the 4-H Name and Emblem which gives clubs the right to market and fund raise to support their work.
- Activity and scholastic scholarships to support member activities beyond the club.
- A connection with other 4-H clubs in North Carolina.
- Connection to the other 4-H activities including public speaking, project records, presentations, Congress, Citizenship Focus, and so much more.
Who Do I Contact to Start a Club?
North Carolina Cooperative Extension is based at North Carolina’s two land-grant institutions, NC State University and NC A&T State University, in all 100 counties and on the Cherokee Reservation.

For additional information about Cooperative Extension visit our county-run website: http://www.forsyth.cc/CES

Forsyth County Center gives our county’s residents easy access to the resources and expertise of NC State University and NC A&T State University. Through educational programs, publications, and events, Cooperative Extension agents deliver unbiased, research-based information to Forsyth County citizens. We can answer your questions on a wide array of topics. To find out how we can help you, browse our site or contact us by email or phone at 703-2950.

Support your local county extension office and purchase a copy of William Mangum’s book, “Carolina Preserves.” This book is an artist’s perspective of North Carolina with reflections from some of the state’s most unique personalities. On sale for $40, all proceeds will support the NC Cooperative Extension Service Foundation, the NC 4-H Development Fund, the NC Family and Consumer Sciences Foundation and your local County Extension Program.

Featured Content
- NC Easter Freeze Information
- NC Food Safety Site for Consumers

The Easter weekend freeze damaged fruits and crops across the state. William Mangum’s book, “Carolina Preserves,” offers a unique perspective on North Carolina with reflections from some of its most unique personalities. Proceeds from the sale of the book will support the NC Cooperative Extension Service Foundation, the NC 4-H Development Fund, the NC Family and Consumer Sciences Foundation and local county extension offices. Contact your local county extension office for more information.

While the food supply in the world is relatively safe, each year an estimated 200 million people experience foodborne illness. In the U.S., foodborne illnesses are estimated to cause 76 million illnesses, 325,000 hospitalizations, and 6,000 deaths annually. For additional information about Cooperative Extension visit our county-run website: http://www.forsyth.cc/CES.
North Carolina Cooperative Extension

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To Find Your Local 4-H Professional Go to:

http://www.ces.ncsu.edu

1. Click on “County Centers”.
2. Click on Your County.
3. Call or Email Your 4-H Professional.
4-H Club Framework

- 4-H Clubs consist of at least five youth members between the ages of 5-19.
- 4-H Clubs are volunteer lead by parents, other adults, and/or youth.
- 4-H Clubs should be organized and managed in three major age components: K to 3rd grade (5- to 8-year-olds), 4th to 6th grade (9- to 12-year-olds), and teens (13- to 19-year-olds).
- To provide quality experiences for 4-H'ers through out the year, the clubs are expected to develop an annual plan of work/club calendar that outlines the age appropriate educational and social activities that will occur during the year.
Each club will have a youth leadership structure that is age appropriate.

4-H clubs are ongoing units that meet over at least a nine-month period.

Clubs meetings should be held at least once a month.

Clubs can be organized in any safe location during non-school hours.

All clubs are open to all youth regardless of race, color, national origin, sex, or disability.
Basic 4-H Club Meeting Information

- A 4-H Club is a group of young people and adults who meet on a regular basis for fun and learning.

- The 4-H agent provides support to the club through training opportunities and educational resources.

- The 4-H Club is only as strong as the commitment of its volunteer leadership. Clubs with weak leadership generally are not successful and fail.

- The 4-H agent is not the club leader. The 4-H Club is led by the volunteer leadership team.
The meeting usually lasts about an hour & a half to two hours.

The meeting is made up of three parts: The business session, the program, and social time/refreshments.

The program should be fun and educational in nature. Things such as basketball are okay for after the meeting, but not as the main program.
Why 4-H Clubs Are Valued

- Based on research of successful community-based programs, and on an extensive review of literature, the Center for Early Adolescence concluded that there are seven key developmental needs that characterize early adolescence.

- 4-H Clubs are valued because they have a major role in meeting the needs of early adolescents.

Let's look at each of these needs in the context of a 4-H Club.
Seven Developmental Needs of Young Adolescents

- Positive social interaction with adults and peers.
- Structure and clear limits.
- Physical activity.
- Creative expression.
- Competence and achievement.
- Meaningful participation in families, schools, and communities.
- Opportunities for self-definition.

*How does 4-H assist in meeting these?*
Benefits of Becoming a 4-H Volunteer Leader

- Lifelong friendships with youth, parents and other volunteers.
- Developed communication and leadership skills.
- Developed organizational and time management skills.
- Skills useful to expand career growth and potential.
- Gained respect from community.
- Educational training opportunities.
- The opportunity to work with youth and provide positive support & growth experiences.
- Recognition for a job well done.
Any Questions?

Thank you!