JOIN THE 4-H YOUTH DEVELOPMENT PROGRAM
What Is 4-H?

4-H is the youth development program of Cornell Cooperative Extension. Through hands-on learning, the 4-H Youth Development Program in the 57 counties in New York State and in New York City creates supportive, fun learning environments that help youth and adult volunteers reach their fullest potential as capable, competent, and caring citizens.

Getting Involved in 4-H

By combining project activities with opportunities to go to camp, publicly show their work, travel, and meet new people, 4-H provides a framework on which young people can build self-confidence, responsibility, leadership, and teamwork.

Becoming a member in 4-H can take you places you have never been before! 4-H members make new friends, learn new things and gain new skills that will last a lifetime. If you are between 5 and 18 years of age you can become a 4-H member.
What Will I Do In 4-H?

4-H members choose projects that interest them. There are more than 170 4-H projects to choose from. (Some are listed on the back of this brochure) Members attend regular meetings, are involved in public speaking and community service activities, and can serve as a club officer. They may also want to participate in county events such as Produced in NY Food Contest, Animal Science Knowledge Events, or the Cayuga County 4-H Youth Fair.

How Much Does It Cost?

Joining 4-H costs very little – Individual clubs may charge dues to cover expenses, and some project areas, such as photography and livestock, may require a small investment for supplies and equipment.

Volunteers

If you enjoy working with youth and would like to help them reach their full potential as capable, competent and caring citizens, become a 4-H volunteer! There are many ways to get involved: serve as a club leader, teach a project, organize special activities, serve on a committee and more.

If you are interested in finding out more about 4-H, or to sign up, scan this QR code with your smart-phone to bring you to our website!

You can also access our website directly at

www.blogs.cornell.edu/ceceayuga
4-H Clubs

The 4-H Club is an informal, educational youth opportunity, which serves as a “hands-on” laboratory for helping youth grow in any or all of the following ways.

- Learning how to make thoughtful decisions
- Connection to University resources help strengthen a generation of inventors
- Learning positive socialization skills by working in a group and as part of a team
- Improving communication skills
- Acquiring self confidence
- Enhancing citizenship skills by developing an awareness and involvement in their community
- Developing leadership and team work skills
- Exploring careers
- Learning time management and how to set priorities
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 OFFERS MORE THAN 170 DIFFERENT PROJECTS, WHICH INCLUDE TOPICS IN...

Animal Science  Gardening
Arts and Crafts  Graphic Arts
Beef Cattle  Health
Clothing and Textiles  Horse, Pony
Community Service  Leadership
Composting  Let’s Sew
Dairy Cattle  Outdoor Education
Drama, Theatre  Photography
Electronics  Produced in NY
Fitness and Sports  Rabbits, Cavies
Flower & Garden  Small Animals
Food Preservation  Teen Ambassadors
Forestry  Veterinary Sciences