

# Preparing YOUTH for the future...

## 4-H Focuses on life skills:

- Decision Making
- Problem Solving
- Relating to Others
- Planning and Organizing
- Learning to Learn
- Teaching
- Communicating with Others
- Leading Self and Others
- Relating to Change
- Applying Science and Technology
- Developing Self
- Mental and Physical Health

Many 4-H alumni report that they selected their careers because of something they learned, enjoyed, or experienced while a 4-H member.

## Volunteer...

Youth participants need positive role models, individuals with project area expertise, and caring community members to support programming, judge events, share wisdom, and much more.

If you'd like to get involved, contact the Monroe County Extension Office.

## 4-H by YOUTH for YOUTH...

Clubs are led by youth, with support and mentoring from caring adult volunteers, creating opportunities to develop leadership skills, choose programming and project areas, experience cooperation, compromise, leadership, and teamwork.



Monroe County Extension Office  
206 South K Street  
Sparta, WI 54656  
Phone: (608) 269-8722

<https://monroe.extension.wisc.edu/4-h-youth-development/>

(Updated 8-23-2022)

# Go Green with Monroe County



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
MONROE COUNTY



"An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI and Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please make such requests as early as possible by contacting the Monroe County Office 608.269.8722 so proper arrangements can be made."

## What is 4-H?

4-H is a youth organization of boys and girls sharing, doing, and learning together in all kinds of projects, events, and activities. 4-H members are guided by volunteer adult leaders, parents, and UW Extension staff. Members choose projects that fit their personal interests. Both rural and urban youth enjoy the merits of the 4-H program. Families enjoy the meaningful time together through a variety of events.

## Who can join 4-H?

Membership is open to all boys and girls kindergarten through one year past high school graduation. 4-H is open to all youth regardless of race, color, national origin, sex, age, or handicap.

Younger members in grades K-2 are in the 4-H Cloverbud or Explorer project, a unique program that is designed especially for young participants.

**Since  
1902**

## How much does 4-H cost?

A small membership fee, which varies from club to club and nominal charges for project literature and special activities help pay for food, transportation, or supplies. 4-H is a non-profit organization.

## The 4-Hs...

### HEAD

- *Thinking critically*
- *Solving problems*



### HEART

- *Respecting self, others, and the environment*
- *Communicating*



### HANDS

- *Preparing for a career*
- *Serving others*



### HEALTH

- *Choosing healthy lifestyles*
- *Managing change and challenges*



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.

Contact the Monroe County Extension Office for more information about 4-H in your area.

206 South K Street  
Sparta, WI 54656  
(608)269-8722

<https://monroe.extension.wisc.edu/4-h-youth-development/>

## 4-H Project areas

Projects are a large part of 4-H. Many projects have a Project Leader who may hold workshops or serve as a reference. Projects are typically worked on year round and members choose from a wide variety.

- Aerospace
- Art
- Clothing & Fabrics
- Foods & Nutrition
- Dairy, Beef, Sheep & Swine
- Home Environment
- Horticulture
- Outdoor Adventures
- Pets & Small Animals
- Photography
- Poultry
- Rabbits
- Shooting Sports & Hunting
- Vet Science
- And many, many MORE!



The green of the 4-H emblem represents springtime and youth.

## 4-H Activities

Activities range from summer camp to community service. Members can choose from activities at the club, county, state, and national levels.

- Interstate exchange trips
- County Fair participation
- Summer Camp
- Demonstrations and speaking
- Judging
- 4-H Space Camp in Huntsville Alabama
- Trips, across the county or the country!