This brochure will answer some basic questions about 4-H and will help you to decide about becoming a part of the nation’s largest, non-formal youth education program.
What do the H’s stand for?

Head
Heart
Hand
Health

The 4-H Members’ 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!
Youth Development Program - Who May belong?

4-H is an educational organization for boys and girls who are at least five years of age and have not passed their 19th birthday by January 1. It is open to all, regardless of race, color, sex, handicap, religion, age, or national origin.

How often and when do 4-H clubs meet?

Some clubs meet every week for a month or two and some meet once or twice a month all year long. Some clubs meet for an hour or two after school, in the evening or on Saturday. This depends on the club and what they want to do. 4-H clubs may organize anytime of the year. Sometimes members have to be enrolled in a project by a certain time to be eligible for specific activities.
Where do 4-H Clubs meet?

Any place large enough which is convenient for the members of the group. Some clubs take turns meeting in member’s homes. Some meet in a central place such as a school, church or community room. Some meet in leaders’ homes. Some may meet at a food bank or soup kitchen in conjunction with their community service activity.

How big should a club be?

This depends on the age of the members, the places they have to meet and the leadership available. The ideal club is big enough to have fun together, but small enough for everybody to feel a part of the group. The average 4-H club is likely to have 10 to 20 members.
Who names a club?

The members of the club do-with their leader’s guidance. 4-H is the youth development program of the University of the District of Columbia’s Cooperative Extension Service. Participation in 4-H is open to all interested youth. 4-H members select educational topics from a wide array of possibilities. The University, project materials and trained 4-H members in their own neighborhoods, support the directed “learn by doing” experience. 4-H members learn to keep records, develop decision-making, public speaking and leadership skills and become involved in community service projects. Through 4-H, youth make friends with kids and adults in the community.

What do 4-H members do at meetings?

4-H club meetings usually have four parts; project work business, recreation, social activities and special interest programs.

Do they do all these things at one meeting?

They practice leadership skills by conducting business. They work on their projects for a while and play a game or two, or work on a community service activity.
What about the Officers?

4-H club may have officers and whatever committees they need to run their own business. 4-H has materials available for presidents, vice-presidents, secretaries, treasurers, news reporters and recreation leaders. The club may have more or fewer officers depending on its needs.

Do 4-H clubs have dues?

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What are 4-H projects?

4-H projects are learning experiences for 4-H members.

Most projects are available from the University of the District of Columbia without cost to 4-H members.
UDC 4-H People Just Like You

How do parents help?
Many parents volunteer to be the organizing leaders while others become project or special activity leaders. Because people have different abilities and amounts of time, parents can offer their help in ways that best meet their interest. 4-H is a family program and parents are encouraged to take an active role in the club and with 4-H at home.

Where do you learn to be a 4-H Volunteer?
You would receive guidance and assistance from the UDC 4-H Office. Volunteers who have had experience working in the 4-H program will give you guidance as you begin your work. The 4-H office will provide opportunities for training and workshops to increase your knowledge in your specific interest in 4-H.

How do you join 4-H?
We hope this brochure has answered some of the questions you have about 4-H in the District of Columbia. To join 4-H call the UDC 4-H office to locate local 4-H leaders in your area. If not, several interested kids with an adult or two to help them may want to start a club. A key area 4-H volunteer leader or a 4-H agent will provide assistance.
4-H is sponsored throughout the District of Columbia by the University of the District of Columbia Cooperative Extension Service. Nationally, it is part of the Extension System of the United States Department of Agriculture.

Check with the Extension Office to find out all of the things that 4-Hers can do!

For more information contact:
Rebecca Bankhead, MS
State Program Leader
rbankhead@udc.edu
202-274-7081
FAX: 202-274-7130
www.udc.edu/causes

Mailing address:
University of the District of Columbia
4200 Connecticut Ave., NW
Washington, DC 20008

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