



# Iowa 4-H: friends. fun. voice.choice.



Young people become **confident, mature adults** ready for success in today's challenging world through 4-H, the only youth development program with a direct connection to technological advances from research conducted at Iowa State University.

Studies show that the more than 6.5 million youth participating in 4-H **do better in school**, are more **motivated to help others**, feel safe to try new things, **achieve a sense of self-esteem** and **develop lasting friendships**.

The 4-H "do-reflect-apply" model encourages youth to experiment, innovate and think independently.

4-H has three primary program areas: **science, engineering and technology; healthy living; and citizenship**. Youth learn leadership, citizenship and life skills through more than 40 project areas with topics as varied as rocketry, GPS mapping, DNA analysis, public speaking, photography, nutrition and community service.

Iowa 4-H is positioned to enhance the learning opportunities and potential for Iowa's youth in all 100 Extension counties. 4-H volunteers are the foundation of a great youth development program and we are dedicated to training those volunteers to help the youth of Iowa succeed.



<i>our reason</i>	<i>our method</i>	<i>our results</i>
Needs of Iowa's Youth	Essential Elements	Iowa 4-H Outcomes
Belonging Mastery Independence Generosity	Caring Adults Safe Environment Opportunity for Mastery Service Self-Determination Inclusive Futuristic Engagement	Leadership Citizenship Communication Personal Life Management Knowledge



## 2009 Top 4-H Project Areas

- 1. Photography** 14,144
- 2. Home Improvement** 11,560
- 3. Food & Nutrition** 11,099
- 4. Clothing** 10,516
- 5. Beef** 10,007



## By the Numbers: FY09

**One in five** Iowa school-age youth participated in 4-H Youth Development programs.

**109,562** youth were involved in 4-H clubs, special interest groups, school enrichment and other 4-H programs.

**10,582** volunteers contributed their time, energy and expertise to help youth strengthen life skills through 4-H learning experiences.

The Iowa 4-H Foundation and its partners provided **\$109,798** in scholarships to **122** 4-H'ers.

**658** high school youth attended the 2009 State 4-H Youth Conference at Iowa State University where they participated in educational and workforce development seminars and community service projects.

**7,097** volunteers were trained in positive youth development principles and practices and youth leadership.

Iowa 4-H clubs leveraged **\$13,000** into more than **\$142,000** in community improvement projects via Iowa Promise Youth and Pioneer Community Improvement grants alone.

4-H volunteers and/or ISU Extension personnel managed **412** 4-H afterschool programs.

**49%** of 4-H volunteers say they have volunteered for **10+ years**.