



Iowa 4-H Youth Survey Results....

Iowa Youth Say 4-H Membership Increases their Citizenship, Leadership and Communication Skills

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Great News! Iowa 4-H youth say they have increased skills, knowledge and behavior practices related to citizenship, leadership, and communications as a result of their membership in 4-H.

During 2008, Iowa State University Extension Youth Field Specialists partnered with local County Extension Offices to collect impact data from 508 randomly selected 4-H club members in Iowa.

The 4-H youth self-reported changes in citizenship, leadership, and communication with regard to their skills and behaviors after participating in 4-H. The research showed that after participating in a 4-H club on average:

- 80.1% of 4-H club members indicated an increase in their **citizenship** skills.
- 73.5% of club members indicated an increase in their citizenship behavior/practices.
- 67.4% of 4-H club members indicated an increase in their **leadership** skills.
- 71.5% of club members indicated an increase in their leadership behavior/practices.
- 73.1% of 4-H club members indicated an increase in their **communication** skills.
- 71.5% of club members indicated an increase in communication behavior/practices.

Iowa 4-H member responses from the 2008 Iowa 4-H Youth Citizenship, Leadership, and Communication Self-Assessment Research Study provide evidence that Iowa 4-H club membership provides opportunities for Iowa's youth to:

- Practice citizenship, leadership, and communication skills needed to be successful adults.
- Positively influence and work with others through multiple leadership roles and responsibilities.
- Take ownership of, make a difference in, and be an active citizen within one's community.
- Learn critical work place and team work skills.
- Get things done through entrepreneurial outreach.
- Meet their four basic development needs of belonging, mastery, independence, and generosity.
- Develop the characteristics of competent, caring, contributing, confident, connected, and capable individuals.

*For more information on this
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IOWA STATE UNIVERSITY
University Extension



The Power of Positive Programs

National 4-H Council 2008 Annual Report

For years, 4-H has invested in programs that emphasize positive youth development—the idea that youth are incredible resources to be developed, not problems to be managed. Now we have conclusive new evidence of what we’ve believed all along: 4-H’s innovative programs pay off. A comprehensive study by Tufts University shows that 4-H successfully strengthens young people, their families and their communities.

4-H made the difference, even for youth already involved in sports or afterschool programs. Young people who participate in 4-H achieve higher grades, are more likely to go to college, and are less likely to engage in risky behaviors like drinking and smoking than those who don’t participate in 4-H. Need more proof? Just in the past year, 4-H youth have had positive impacts on issues such as voter registration and economic development, all across the nation. 4-H members also helped alleviate ethnic and cultural tensions in their communities, conquered their fears, and helped each other become more positive during a time of life that’s full of questions. The world can present big challenges, but 4-H believes the potential to generate positive change is a core strength of youth—one that can be nourished with the right resources. For more than 100 years, we’ve known that young people’s potential is limited only by their imaginations. And now, we’re positive.

“How do you know 4-H works?” is a question that we are asked every day. Thanks to Dr. Richard M. Lerner’s longitudinal research at the Institute for Applied Research in Youth Development at Tufts University, we now know that if your child is in 4-H, he or she is more likely to be an engaged, effective citizen than if he or she is in any other youth organization. This landmark study of positive youth development—performed over four years with thousands of young people and their parents—provides the hard scientific proof that 4-H works.

- One year of 4-H makes young people 3.5 times more likely to contribute to their families, themselves, and their communities.
- Youth in 4-H show a greater ability to express opinions on community issues, help neighbors, and bond with adults.
- 4-H youth are more likely to give back to their communities than are their peers who participate in other youth organizations.

4-H Pledge: 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 community, my country, and my world.