

# Black Hawk County 4-H Program

## What is 4-H?

It's an opportunity for young people to explore, learn and discover in a safe environment. In 4-H, kids find their true passions, gain confidence and give back to their community.

4-H is for all youth in grades K-12. Youth belong as members of clubs or groups. They can make new friends, visit new places, go on trips, attend workshops and conferences, host meetings and help their communities. We also have specialty clubs like our Lego League and Shooting Sports.

4-H is the nation's largest youth organization with over six million participants. 4-H is in all 99 Iowa counties, in all 50 states and in more than 80 countries around the world. One quarter of Iowa's young people are involved in 4-H.

The 4-H program was founded in 1902 and is under the direction of Iowa State University Extension.

**4-H is a community of young people across America who are learning leadership, citizenship, and life skills.**

### 4-H IMPACT\*

- Youth who were in 4-H for at least one year by eighth grade were **3.5 times more likely to contribute to their families, themselves and their communities.**
- Eighth graders who participated in 4-H had greater confidence and higher grades and were **1.6 times more likely to plan to go to college.**
- Eighth graders who participated in 4-H **scored higher on civic identity and engagement measures and had a greater ability to express opinions on community issues, help neighbors, and bond with adults and teachers.**

\*The 4-H Study of Positive Youth Development—<http://ase.tufts.edu/iaryd/>

### To join 4-H, or for more information, contact:

Iowa State University Extension  
Black Hawk County  
3420 University Ave. Ste. B  
Waterloo, IA 50701  
Phone: 319-234-6811

Email: [wolfejd@iastate.edu](mailto:wolfejd@iastate.edu)  
Check out our Web Site.

<http://www.extension.iastate.edu/4h/>



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## 4-H is for EVERYONE!

You probably recognize 4-H by its green clover. What you may not know is that 4-H is for everyone: for **all youth** in Iowa whether they live in **small towns, big cities, or anything in between.**

You can do all kinds of stuff-build a rocket, design clothes, learn about computers, help save the environment- you name it, you can do it. **Black Hawk County 4-H has 26 different clubs and over 320 active members!** Our clubs and county wide activities offer youth opportunities to develop leadership and communication skills, to form a well-rounded contributing citizens. There are more than **45 different project areas** for 4-Hers to explore and master.

Club members have a **voice and choice** in what they want to do and learn. 4-Hers are provided with opportunities to showcase their projects at the Black Hawk County Fair. There, they have fun and make friends in a positive youth environment.

To get started contact the **Black Hawk County Extension** office to find a club that fits your interests.