What Is 4-H?

4-H is a community of young people across America who are learning leadership, citizenship, and life skills as they work in partnership with caring adults.

What does that mean? In 4-H we are committed to helping young people develop skills that will help them succeed.

We want to empower all youth to reach their full potential.
4-H Is Hands on Learning

In 4-H youth learn by doing projects that are designed to fit their needs at different ages. Learn about the variety of projects from food to forestry, welding, rockets, robotics and rabbits.

4-H gives kids and teens all kinds of opportunities to experience life skills, to practice them, and be able to use them throughout their lifetime.

4-H teaches young people how to meet their needs for belonging, mastery, independence, and generosity in positive ways.

In 4-H we work with young people in a variety of settings including schools, day camps, overnight camps, afterschool groups, clubs, and other learning environments.

4-H Is Based on Research

- Iowa youth credit their 4-H clubs with making them better citizens, leaders, and communicators.

- Research from Tufts University shows that 4-H youth are competent, confident, caring, and connected, and that they exhibit strong character.

- The Tufts study shows that 4-H’ers contribute more to their families and communities, achieve higher grades in school and are more likely to go to college than youth who are not in 4-H, or even youth who participate in other out-of-school programs.

- Youth involved in 4-H lead healthier, more productive lives, are less likely to suffer from depression and are less likely to participate in risky behaviors like drinking and smoking. ---Study by Tufts University

Hamilton County 4-H on the web:
http://www.extension.iastate.edu/hamilton/4h

Iowa 4-H Program website:
https://www.extension.iastate.edu/4h/

Contact Us
To learn more

Hamilton County Youth & 4-H Coordinator
Cheryll Entriken
entriken@iastate.edu
515-832-9597 515-835-0661

Hamilton County Extension & Outreach
311 Bank Street, Webster City, IA 50595
www.extension.iastate.edu/hamilton

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