



# 4-H GROWS HERE



## WHAT IS 4-H

4-H is a community of young people across America who are learning leadership, citizenship and life skills offered through a variety of settings: Clubs, schools, day camps, overnight camps, afterschool, and other learning environments. 4-H gives kids and teens opportunities to experience life skills and to practice them in a safe environment with caring adults.

## WHO CAN JOIN

For 4th through 12th graders, 4-H is a place where you can make new friends in your community and across the state. Want to start earlier? Kids in kindergarten through 3rd grade can participate in Clover Kids, which offers hands-on activities designed to build life skills and foster new friendships. Check out Clover Kids at [www.extension.iastate.edu/4h/iowa-4-h-clover-kids](http://www.extension.iastate.edu/4h/iowa-4-h-clover-kids).

## WHY JOIN 4-H

We want to hear what you have to say. You have the ability to be a leader and to influence and support others in positive ways. Go ahead, share your energy and vision while inspiring others and improving our world! To learn more visit [www.extension.iastate.edu/4h/](http://www.extension.iastate.edu/4h/).

## GET STARTED

### PICK WHAT INTERESTS YOU

In 4-H, there are endless projects to explore. If you don't find the project area you're looking for, you can create your own project.

### CHOOSE A CLUB AND GET INVOLVED

Your local ISU Extension and Outreach office can help you find a club in your area that fits you and your goals. Contact the leader, visit a club meeting, and get acquainted with the 4-H members and leaders.

### ENROLL TODAY

### PROJECT AREAS

- Science and Engineering
- Creative Arts
- Technology and Robotics
- Agriculture and Natural Resources
- Photography
- Animals
- Leadership
- Food and Nutrition
- Clothing and Sewing
- Home Improvement
- Woodworking
- Shooting Sports
- Horticulture

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