Positive Development

4-H is rich with learning experiences where young people partner with caring adults and volunteers in a fellowship unlike any other program available to youth today. Through 4-H, young people are encouraged to participate in a variety of activities that emphasize 4-H’s “learning by doing” philosophy of youth development. Studies show that 4-H members:

- do better in school
- are more motivated to help others
- feel safe to try new things
- achieve a sense of self-esteem
- develop lasting friendships.

52,000 Strong

4-H is in every community across New Mexico – urban, suburban and rural. Standing for head, heart, hands and health, 4-H uses more than a century of experience in youth development programming to build strong, confident leaders. Young people in the 4-H community learn:

- Leadership
- Citizenship
- A vast array of life skills that benefit them for the rest of their lives.

Through school-based, after-school, camp settings and community clubs, 4-H members pledge themselves to build a better community, country and world.

4-H Offers

- Age appropriate programming for members 5-8 years old and members 9-18
- Membership in positive peer groups
- Events, camps and activities
- Scholarship opportunities
- Travel opportunities
- Service opportunities for youth
- Volunteer opportunities for adults
- More than 200 projects for members including:
  - Animal Science
  - Horticulture
  - Natural Sciences
  - Engineering Sciences
  - Personal Growth
  - Creative Arts
  - Home Economics

“As the years passed I have learned many different qualities. These qualities include defeat, success, patience, responsibility and good old fashioned hard work. No words can describe how I feel about the greatest organization for youth of America and the world. I love 4-H and it has made me into the person I am today.”

Quay County 4-H’er
Is 4-H for Your Family?

Ready for the Future
With a direct connection to research at our land-grant university, 4-H is the first experience many young people have with higher education. These hands-on learning opportunities help young people in 4-H develop into mature young adults ready to serve as leaders and role models in their communities and enter today’s challenging workforce.

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 club, my community, my country and my world.

For More Information:
Contact your local County Extension Office or visit us on the web at http://nm4h.nmsu.edu

“4-H is a great way to help, you become a better person and it also helps your community be a better community to live in. 4-H offers countless ways to learn about and improve the world I live in.” — Sandoval County 4-H’er

4-H...Your First Class at New Mexico State University