

## 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*





### 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



## 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 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*



For More Information:

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

## Is 4-H for Your Family?



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