

# New Mexico 4-H Family Guide



Photo Credit: Angela Prada



**EXPLORE  
EXPERIENCE  
THRIVE!**

# New Mexico 4-H Youth Accommodations

## **Equity**

New Mexico State University (NMSU) is dedicated to non-discrimination and equal opportunity in education and employment in compliance with state and federal laws. These laws prohibit discrimination on the basis of race, color, national origin, ethnicity, gender, gender identity, genetic information (GINA), sexual orientation, spousal affiliation, physical or mental disability, serious medical condition, or veteran status. NMSU's dedication to non-discrimination extends to recruitment, admissions, education, scholarships and other tuition assistance, social and recreational programs, hiring, promotion, training and other employee actions such as work assignments, compensation, benefits, transfers, layoffs, and terminations. Additionally, NMSU's mandated affirmative action plan is evidence of our dedication to excellence in everything we attempt to accomplish (NM 4-H Policies and Procedures Handbook, 2020).

## **Inclusion**

Inclusion fosters acceptance, improved socialization, and understanding of individual differences by meeting the needs of all young people and is an important component in 4-H. All New Mexico State University Cooperative Extension Services (NMSUCES) programs, including 4-H, are federally mandated under the Americans with Disabilities Act (ADA) to ensure that programs are accessible to all, regardless of disability. This includes any youth or adult who is connected to NMSU 4-H as a member, parent, volunteer, or committee member.

To ensure that the 4-H experience is rewarding to young people with disabilities, mentors adopt a positive attitude where each individual is a valued member of the group, and care is taken to recognize and meet the needs of all individuals participating (NM 4-H Policies and Procedures Handbook, 2020).



If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact your county Extension office or the State 4-H office at (575) 646-3026 or [state4h@nmsu.edu](mailto:state4h@nmsu.edu).

## **Acknowledgements**

Written and submitted as a living document with anticipated annual updates and edits by:

Angela Prada, Agriculture/4-H Agent, Los Alamos County Extension

Peer Review Project Committee:

Shannon Norris-Parish, Assistant Professor/Communication (Chair)

Lacey Roberts-Hill, Assistant Professor/Digital Design

Jessica Schulz, Assistant Professor/Educational Leadership & Administration

Peter Skelton, Professor/Extension Specialist, 4-H Youth Development

New Mexico State 4-H Office Advisory Committee: Anticipated Review Late 2023

Laura Bittner, Interim Department Head

Cheryl Butterfield, State 4-H Agent of Volunteer and Leadership Development

Tamara Schubert, Family & Consumer Sciences/4-H Agent, Chavez County and Interim State 4-H office

Amy Zemler, 4-H Youth Activities Specialist

Sue Miller, Graphic Designer



**BE BOLD.** Shape the Future.  
**New Mexico State University**

New Mexico State University is an equal opportunity & affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.

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### 4-H Creed

I believe in 4-H Club work for the opportunity it will give me to become a useful citizen. I believe in the training of my **HEAD** for the power it will give me to think, plan, and to reason. I believe in the training of my **HEART** for the nobleness it will give me to be kind, sympathetic, and true. I believe in the training of my **HANDS** for the ability it will give me to be helpful, skillful, and useful. I believe in the training of my **HEALTH** for the strength it will give me to enjoy life, to resist disease, and to work efficiently. I believe in my county, my state, and my community, and in my responsibility for their development. In all these things I believe, and I am willing to dedicate my efforts to their fulfillment.

## Head, Heart, Hands, and Health: 4-H Engages America's Youth

The 4-H Youth Development Program is the youth outreach program of the land-grant universities' Cooperative Extension Services and the United States Department of Agriculture. 4-H National Headquarters at USDA's National Institute of Food and Agriculture provides leadership in positive youth development in the areas of citizenship, healthy living, and science. 4-H emphasizes the importance of young people connecting to their communities; being well-informed and engaged in civic affairs; developing leadership skills; and preparing for college, work, career, and life.

### THE NAME AND EMBLEM

The 4-H clover represents the program's focus on **head**, **heart**, **hands**, and **health**. It is a well-known symbol of more than a century of 4-H achievement.



### GUIDING PRINCIPLES

1 POSITIVE YOUTH DEVELOPMENT	2 PARTNERSHIPS	3 INTENTIONAL LEARNING EXPERIENCES	4 DEVELOPING YOUTH POTENTIAL
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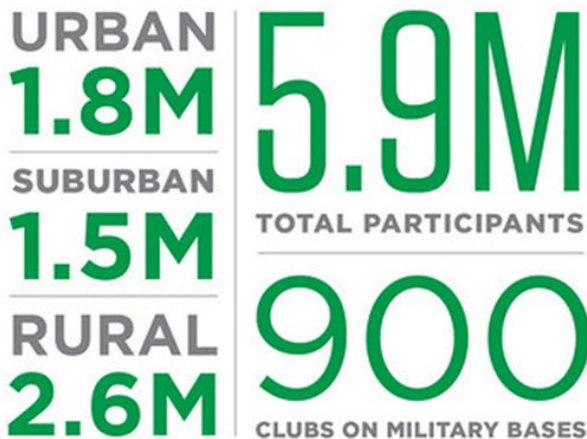
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## ADULT & YOUTH VOLUNTEERS

### THE 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.

### PARTICIPATION BY THE NUMBERS



### ACTIVITIES BY THE NUMBERS



## 1 IN 5 YOUTH

GOAL BY THE YEAR 2025 FOR THE NUMBER OF YOUTH INVOLVED IN 4-H

Enrollment data source: [www.reeis.usda.gov/reports-and-documents/4-h-reports](http://www.reeis.usda.gov/reports-and-documents/4-h-reports)

NIFA invests in and advances agricultural research, education, and extension and seeks to make transformative discoveries that solve societal challenges. Learn more by visiting [www.nifa.usda.gov](http://www.nifa.usda.gov) or following @USDA\_NIFA on Twitter. | USDA is an equal opportunity provider and employer • October 2015



United States Department of Agriculture  
National Institute of Food and Agriculture

[www.nifa.usda.gov@USDA\\_NIFA](mailto:www.nifa.usda.gov@USDA_NIFA)  
[https://www.flickr.com/photos/usda\\_nifa/21835405898](https://www.flickr.com/photos/usda_nifa/21835405898)

# Welcome to New Mexico 4-H!

## NEW MEXICO 4-H MISSION ...

is to provide opportunities that enable youth to become productive citizens and leaders for positive change.

**B**  
**MASTERY**  
**L**  
**O**  
**INDEPENDENCE**  
**G**  
**I**  
**GENEROSITY**  
**G**

## 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.

**4-H IS ...** the largest youth development organization in the United States, serving nearly six million youth with hands-on learning opportunities that build life skills and solid friendships. The skills learned in 4-H empower youth to become productive, well-rounded, and responsible individuals (National 4-H Council, 2023).

**A community of young people learning leadership and life skills through hands-on experiences in an inclusive environment with caring adults.**



Photo Credit: Angela Prada



## 4-H MOTTO

*"To make the best better"*

## 4-H SLOGAN

*"Learn by doing"*

# New Mexico 4-H History



Photo Credit: NMSU Photo Gallery

## PARTNERSHIP WITH A SHARED GOAL

New Mexico 4-H is the youth development program of the Cooperative Extension Service (CES) at New Mexico State University (NMSU). The Smith Lever Act of 1914 initiated a cooperative partnership between the USDA and land grant universities which is manifested through CES. The mission of the Cooperative Extension Service is to channel outreach programs from the College of Agricultural, Consumer and Environmental Science to the people of New Mexico to improve the quality of their lives. Today, NMSU CES strives to meet the educational and developmental needs in communities by supporting clubs and community events, and with research-based classes to inform New Mexicans about the latest agricultural practices and technologies (National Archives Foundation, 2023).



## GROWING LEADERS SINCE 1902

4-H began in Iowa in 1902 and was established with statehood recognition in New Mexico in 1912. Youth-based corn and tomato canning clubs emerged with the idea that children could explore innovative techniques on their family land that might impact the agriculture industry. With the establishment of New Mexico State University in 1888, ideas were exchanged between regions by way of the Santa Fe Railway Agricultural Train system, which carried livestock and farm exhibits, and hosted talks given by NMSU Agricultural Specialists (NM State 4-H, 2023).

## A PLACE TO GROW

4-H is a research-based, volunteer-led, family and community supported youth development program. 4-H offers a unique hands-on approach that enables youth to explore non-traditional project areas in a safe and inclusive environment with caring adults. Youth grow in mastery and independence through project work, competition, and service. Youth also learn the importance of generosity in all areas of the program. The skills gained through 4-H address the fundamental values and personal qualities young people need to become confident and productive individuals, but most importantly, the program provides a place for youth to belong (NM State 4-H, 2023).

# About 4-H

## THE FRAMEWORK

The 4-H program is modeled on the Positive Youth Development framework. A study conducted between 2002 and 2012 by the Institute for Applied Research in Youth Development at Tufts University assessed the impact of the 4-H program on youth in grades 5 through 12 with respect to 5 key characteristics:

- \* COMPETENCE
- \* CONNECTION
- \* CONFIDENCE
- \* CARING
- \* CHARACTER

The study explored the theory that youth are a product of their environment, specifically their relationships with peers and adults in the home, school, and community, and are not bound by a pre-defined standard. Youth who engaged in the 4-H program were positively impacted in all 5 characteristics of the model. Additionally, subjects demonstrated proficiency in a 6th characteristic:

- \* CONTRIBUTIONS

## 4-H'ers are...

**4X** more likely to give back to their communities

**2X** more likely to make healthier choices

**2X** more likely to participate in STEM activities

Credit: Utah State University



Photo Credit: Angela Prada

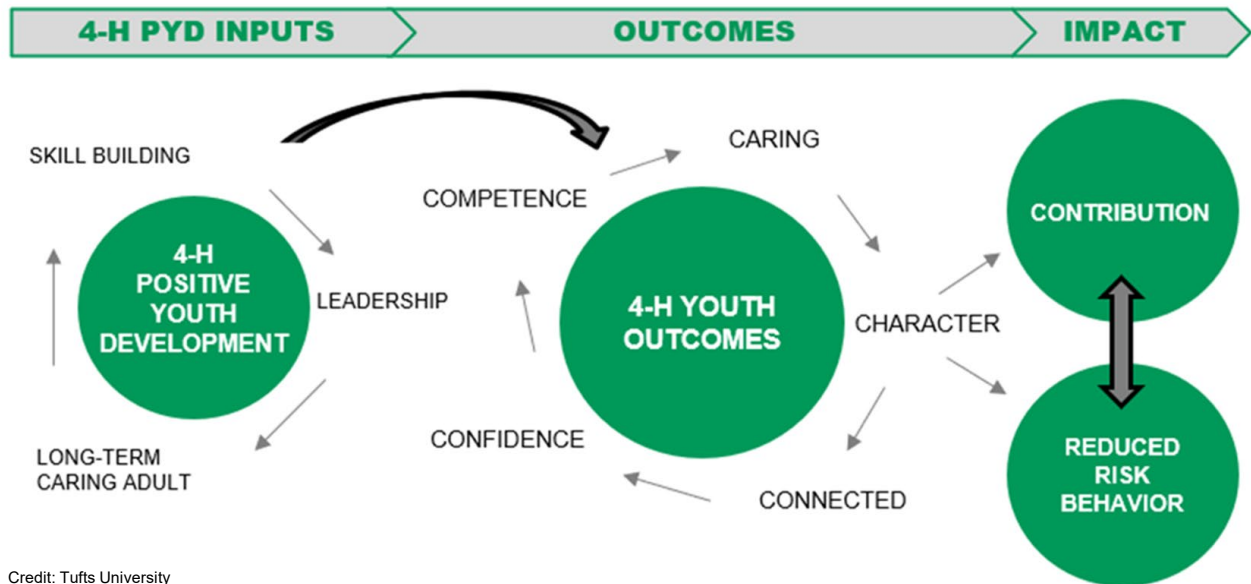
## THE IMPACT

In 2021, the New Mexico 4-H program served 40,000 youth ages 5 – 18 (1 in 9 NM children) with opportunities to learn leadership, management, and communication skills.

- \* 12,000 youth gained knowledge and skills related to STEM including biology, computer technology, and electronics.
- \* 29,000 youth gained knowledge and skills related to healthy lifestyle choices, including fitness, nutrition, safety, and substance abuse prevention.
- \* 4-H youth are 2.5 times more likely to engage in civic involvement, 2 times more likely to participate in STEM programs, half as likely to use drugs, and 4.9 times more likely to graduate from college (Boren, 2021).

# Positive Youth Development

Positive Youth Development is an intentional approach that allows youth to build beneficial social connections in their communities, schools, peer groups, and families. The focus on personal strengths in young people fosters a constructive environment where youth can learn about themselves and their environment (U.S. Government, 2023).



Credit: Tufts University

## OUTCOMES OF POSITIVE YOUTH DEVELOPMENT

4-H recognizes the role of youth who actively join and participate in community groups under the guidance of positive mentors. Over time, youth learn the skills necessary not only to participate as members, but also to become productive contributors of a group.

4-H youth enjoy a beneficial work experience, together with the responsibility and satisfaction of personal accomplishment. Sound work habits carry over into worthwhile personal achievement in other areas of their lives.

Education is the foundation of the 4-H program through its direct tie to state land grant universities. Youth develop an appreciation for the importance of science, agriculture, and the home, as well as their relationship to the total economy.

4-H youth are held accountable to a standard of integrity and honesty because of solid core values upon which the program is built. Youth learn to value others through service in their individual roles and in the group (State 4-H Philosophies and Objectives, 2023).



## What do we do in 4-H?

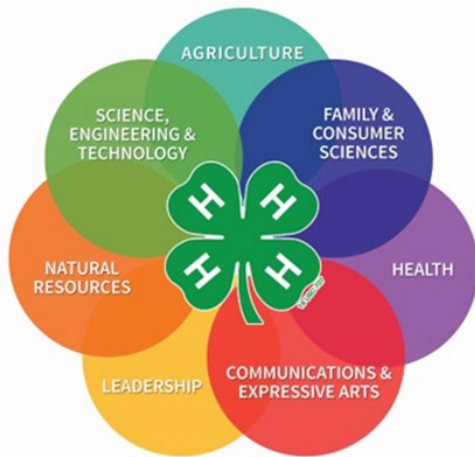


Photo Credit: Davidson County 4-H, U of Tennessee

### 4-H IS FUN!

There are many ways to participate in 4-H. Members learn new skills through project work, contests, club activities, camps, and community service while building lifelong friendships. In the club, youth learn how to work as a team by conducting effective business meetings to plan their activities, brainstorm service project ideas, and manage a budget. Members can explore project and contest materials to enhance their learning.

## 4-H Age Groups

### CLOVERBUD

Ages 5 to 8  
Grades K – 2

### NOVICE

Ages 8 to 11  
Grades 3 – 5

### JUNIOR

Ages 11 to 13  
Grades 6 – 7

### SENIOR

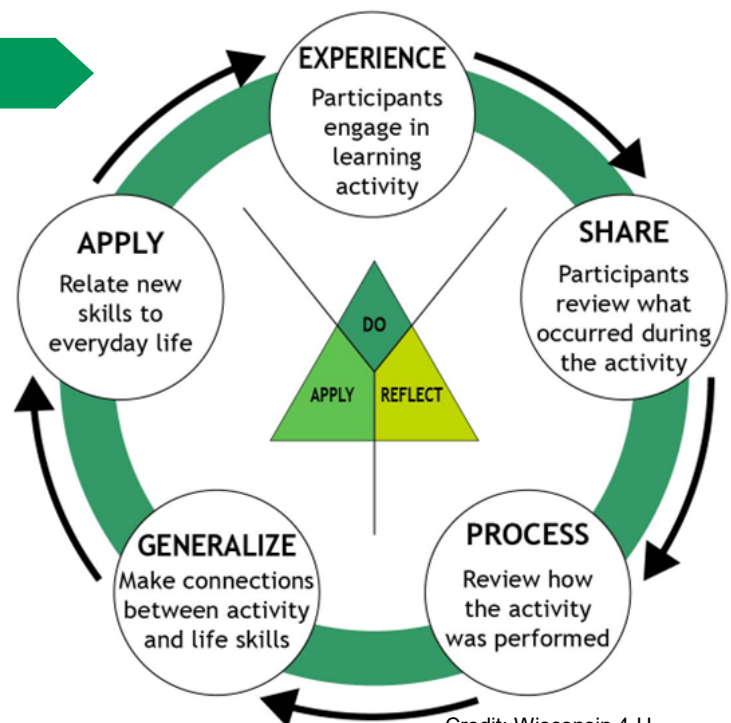
Ages 13 to 18  
Grades 8 – 12

## Experiential Learning

### HOW DO YOUNG PEOPLE LEARN?

Experiential learning provides a unique hands-on learning approach that engages the individual's personality, sensory perception, and emotion in a critical thinking process.

4-H youth can engage with content, reflect, share their experience, and then form generalizations that can be applied to new situations (Andresen, et.al., 2000).



Credit: Wisconsin 4-H

# 4-H Projects

4-H projects include a series of hands-on learning experiences which take place over the course of the year. Project exploration is guided by adult volunteers, project leaders, and family members in a safe and inclusive environment where youth can learn by doing.

**CHOOSE FROM  
MORE THAN 200  
PROJECTS!**

***Animal Science***  
***Horticulture & Agronomy***  
***Natural Science***  
***Engineering Science***  
***Personal Growth & Development***  
***Creative Arts***  
***Home Economics***  
***Consumer Education & Home Management***  
***Cloverbud***

A complete list of all [4-H Projects](#) can be found on the [New Mexico State 4-H website](#).

## **MEMBERS CAN COMPLETE THEIR PROJECT BY:**

- ✿ Participating in learning activities related to the project, such as workshops, tours, educational presentations, events, or group practices.
- ✿ Serving in a leadership role by sharing knowledge with others by:
  - Giving a talk or demonstration
  - Leading a group activity
  - Working as a junior leader
  - Assisting an adult
- ✿ Offering service to a community member or group related to the topic.
- ✿ Entering a completed exhibit in the county fair.
- ✿ Participating in a county, district, state, or national 4-H contest related to the topic.
- ✿ Keeping good records throughout the year and completing a record sheet for the project.

Forms can be found at:

<https://4hprojects.nmsu.edu/projects/projectforms.html>



Photo Credit: Jenni Hollander



Photo Credit: Angela Prada

# 4-H Contests

4-H contests are an extension of the skills learned in 4-H projects where members can engage with their peers, work as a team, practice effective communication skills, and demonstrate decision-making skills. Members can compete at the county, district, state, and national levels. Contests are organized into four categories:

## **FAMILY AND CONSUMER SCIENCE CONTESTS**

Consumer Decision Making  
Family Consumer Science Bowl  
Family Consumer Science Skill-A-Thon  
Fashion Revue  
Favorite Foods

## **GENERAL CONTESTS AND PRESENTATIONS**

Parliamentary Procedure  
Presentations:

*Agriculture*  
*Family & Consumer Sciences*  
*General*

Public Speaking:

*Impromptu*  
*Prepared*

Talent Show



## **AGRICULTURE AND NATURAL RESOURCES CONTESTS**

Agronomy  
Dairy Judging  
Entomology  
Hippology  
Horticulture  
Horse Bowl  
Horse Judging  
Land Judging  
Livestock Judging  
Livestock Skill-A-Thon  
Meat Judging  
Range Management  
Wildlife Habitat Evaluation



## **SHOOTING SPORTS**

Archery  
Rifle  
Muzzleloader  
Pistol  
Shotgun  
Hunting Skills



County contests are open to all age members. Contact your Extension Agent for information.

District contests are open to Novice and Junior members. Information can be found at: <https://nm4h.nmsu.edu/policies/rules.html>

State contests are open to Senior members. Information can be found at <https://nm4h.nmsu.edu/4h/conference.html>

Shooting sports contests are open to Novice, Junior, and Senior members. Information can be found at: <https://nm4h.nmsu.edu/policies/rules.html>  
<https://nm4h.nmsu.edu/events/shooting.html>



Photo Credit: Angela Prada

# 4-H Shooting Sports

Promoting **Positive Youth Development**

*through*

**COMPREHENSIVE EDUCATION**

**LIFE-LONG RECREATION**

**HEALTHY COMPETITION**

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## **NATIONAL 4-H SHOOTING SPORTS OBJECTIVES**

- \* To enable youth to find and explore passions and interests.
- \* To engage in an effective 4-H program setting.
- \* To develop positive relationships with adults, youth, and peers.
- \* To experience a multitude of 4-H educational, recreational, and competitive activities.
- \* To thrive in multiple settings.
- \* To enhance developmental and long-term outcomes.
- \* To practice safe and responsible use of firearms and archery equipment.
- \* To strengthen existing shooting, conservation, and hunter education programs.
- \* To fulfill the three National 4-H Mission Mandates (STEM, Healthy Living, and Civic Engagement).
- \* To model safety, sportsmanship, and ethical behavior.
- \* To build knowledge and life skills in youth.



4-H members can attend practices and compete at County, District, State, and National levels. More information can be found at <https://nm4h.nmsu.edu/events/shooting.html>.

**CONTACT YOUR COUNTY AGENT FOR PRACTICE LOCATIONS AND TIMES.**



Photo Credit: Lena Zielie

**ARCHERY  
HUNTING SKILLS  
MUZZLELOADING  
PISTOL  
RIFLE  
SHOTGUN  
WESTERN  
HERITAGE**

# 4-H Youth Leadership

## OFFICER POSITIONS:

**PRESIDENT**  
**VICE PRESIDENT**  
**SECRETARY**  
**TREASURER**  
**REPORTER**  
**SONG & REC LEADER**  
**HISTORIAN**  
**PARLIAMENTARIAN**



Photo Credit: Angela Prada



**RESPECT**

**CHARACTER**

**CONFIDENCE**

Empowering youth with  
**LEADERSHIP** and **LIFE SKILLS**  
since 1902.

## 4-H MEMBERS CAN...

- \* Give a talk or a demonstration at the club or community meeting.
- \* Share knowledge and abilities with others.
- \* Serve as a club Officer or County Council Officer.
- \* Serve on a committee in the club.
- \* Lead a local community service project.
- \* Serve as a Teen Leader in the club.
- \* Serve as a Junior Instructor at FCS School .
- \* Serve as a Teen Leader at Youth Getaway.
- \* Serve as a Healthy Habits Ambassador Program Assistant in your county.
- \* Serve as a Shooting Sports Ambassador in the county program.
- \* Serve on the State Leadership Team as an Officer or an Ambassador.
- \* Make a difference in the community and the world.



# 4-H Youth Citizenship



## **CITIZENSHIP IS ...**

A member's contribution to the club, to the community, to the country, and to the world.

## **CIVIC EDUCATION**

4-H youth learn about: government principles, roles and responsibilities, processes and structure, cultural heritage, and history.

## **SERVICE**

4-H youth can contribute to their communities in service to others for the betterment of all.

## **CIVIC ENGAGEMENT**

4-H youth can exercise their right to be heard through active participation in the club and the community.

## **OUTCOME**

4-H youth connect with members and leaders in their communities to understand their role in civic affairs and learn decision-making skills. 4-H citizenship grows well-informed and engaged youth (National Institute of Food and Agriculture, 2023).



Photo Credit: 4-H.org

## **I PLEDGE...**

My *head* to clearer thinking,  
My *heart* to greater loyalty,  
My *hands* to larger service,  
My *health* to better living  
For my **club**, my **community**,  
my **country**, and my **world**.

# 4-H Life Skills

4-H life skills are categorized by **HEAD**, **HEART**, **HANDS**, and **HEALTH**. The model serves as a guide to organize the delivery of 4-H experiences (Iowa State University, 1998).



Credit: Purdue University

## The 4-H program year runs October 1<sup>st</sup> through September 30<sup>th</sup>.

Youth can participate in:

- \* Traditional 4-H clubs
- \* Military programs
- \* Special interest clubs
- \* School enrichment



## Connect with 4-H

- \* Enrollment opens state-wide every year on October 1<sup>st</sup>.
- \* The first step is to “JOIN” a club in your county by connecting with a club leader.
- \* Contact your **county Extension Office** for information about how to enroll.
- \* The Cooperative Extension Service is present in all 33 counties in New Mexico, including tribal regions. See page 22 for a complete list of all counties.

## Choosing a 4-H Club



**JOIN** the **CLUB**

The club provides the place for youth to **BELONG**.

The club provides the opportunity for youth to build **FRIENDSHIP**.

The club provides the structure for youth to gain **MASTERY** through projects.

The club provides the platform for youth to grow in **LEADERSHIP**.

The club provides the opportunity for youth to **SERVE** others.



### Ages 5 – 8

#### **CLOVERBUDS**

- Make new friends
- Have fun!
- Show and tell
- Play games
- Be creative
- Grow in confidence

### Ages 8 – 18

#### **4-H CLUBS AND PROGRAMS**

- Make new friends
- Have fun!
- Explore your interests
- Create an exhibit
- Attend workshops
- Represent your county and state

## **TIPS FOR CHOOSING A CLUB**

Each club is different, and some have very specific focus areas. When choosing a club, families should consider the interests and goals of their children and join a group that aligns with the family. Also consider the meeting time and location to ensure your family’s success in the club. The county Agent or Extension Office staff can provide guidance in choosing the right club for your family.



## 4-H in Your County

Club Activities  
County Council  
Fundraisers  
Service Projects  
Project Days  
Workshops

County Contests  
County Camp  
County Fair  
Awards Banquet  
Youth Leadership Training  
Community Service

EXPLORE

## 4-H Around the State

Horse School  
Dog School  
Regional Livestock School  
NM Youth Ranch Management Camp  
Family & Consumer Science School  
Youth Getaway  
Senior Leadership Retreat  
State Fair  
Horse Shows  
State 4-H Conference  
District Contests  
State 4-H Shooting Sports Competition  
Rodeo

State 4-H Shooting Sports Summit  
4-H Day at the Roundhouse  
State Leadership Team  
4-H Rodeo  
4-H STEM Challenge  
Horse Bowl Tournament  
District Shooting Sports Competition  
State 4-H Photo Contest  
NM State Fair Youth Officials  
STEM Virtual Innovators  
NM 4-H Food Challenge  
Agriculture Public Speaking Contests  
Agriscience Contest (State Fair)

## National 4-H Programs

Citizenship Washington Focus (CWF) – Washington, D.C. (SUMMER)

National 4-H Congress – Atlanta, Georgia (LATE NOVEMBER)

National 4-H week – 1<sup>st</sup> week in October (NATIONWIDE)

National 4-H Conference – Washington, D.C. (APRIL)

Ignite by 4-H (combined National Healthy Living, STEM, and Agriscience Summits) – Washington, D.C. (MARCH)

National 4-H Contests – Various Dates and Locations

# Opportunity for ALL



Photo credit: Rebecca Rodriguez

More information about [National 4-H programs](#) visit the [state 4-H website](#) or contact your county Extension Agent.

Scholarship opportunities are available. Contact your county Extension Agent for information.

## Never Stop Learning



# 4-H Youth Success

## BE SUCCESSFUL IN 4-H!

Get to know your:

- \* Club Leader
- \* Club Families
- \* County Agent

Maintain good standing in your county program.

Membership criteria: *(may vary by county)*

- \* Attend at least 40% of the club meetings.
- \* Participate in at least one leadership activity.
- \* Participate in a service activity that helps others.
- \* Complete a project (including the record sheet).

For more information, please visit  
[New Mexico State 4-H Policies & Procedures](#)  
on the  
[New Mexico State 4-H website.](#)

## 4-H PORTFOLIO

Member recognition is granted throughout the year for individual and team achievements at the club, county, district, and state levels. Members are encouraged to keep good records of all they are doing and compile them into a Portfolio (Record Book) to submit to their county Extension office each year. Some counties select year-end award recipients based on the Portfolio.

Senior age members can enter their Portfolios to compete at the state level each January. The top eight Portfolio winners are granted a complementary trip to the National 4-H Congress event in Atlanta, Georgia to represent New Mexico 4-H. Talk with your county Extension Agent about this once in a lifetime opportunity.

Please visit the [New Mexico 4-H Portfolios](#) section on the [State 4-H website](#) or contact your county Extension Agent for more information.

## GET THE MOST OUT OF 4-H!

- \* Get to know other 4-H members.
- \* Take a leadership role.
- \* Attend state events.
- \* Make new friends.
- \* Try new things.
- \* Have fun!



Photo Credit: NMSU Photo Gallery



Photo Credit: Angela Prada

## 4-H Volunteers

- Volunteers are the pillars of the 4-H program, contributing their time and talents to the success of youth.
- 4-H leaders share knowledge through caring relationships that foster belonging.
- Volunteers are screened with a background check and trained to work with youth safely and effectively in a positive environment.
- 4-H families provide the structure and guidance for youth to explore and grow.
- Watching young people mature into responsible and productive individuals who thrive because of the investment of an adult is a rewarding experience.

**A NETWORK OF MORE THAN 500,000 CARING ADULTS PROVIDING MENTORSHIP TO NEARLY SIX MILLION 4-H YOUTH NATIONWIDE.**



Photo credit: Angela Prada



Photo credit: Angela Prada

**ORGANIZATIONAL LEADERS** – Coordinate youth and families to accomplish tasks in the club.

**PROJECT LEADERS** – Guide youth through various learning experiences.

**TEEN LEADERS** – Assist with activities as role model to youth in the program.

**FAMILIES ARE LEADERS TOO!** – Encouragement and support throughout the year enables youth to achieve more.

## Find Your Place in New Mexico 4-H

### **“4-H Grows Character in Me.”**

“Through 4-H I have learned about myself and who I want to be. I like to learn new things in my projects and exhibit things in the county fair, but most of all, I like being with friends in 4-H, especially at the state events.

My favorite memory in 4-H so far is going to State 4-H Conference in Las Cruces for the first-time. I had so much fun meeting new friends from different counties, competing in contests, and dancing. I was proud to make it onto the awards stage to be recognized for placing 3<sup>rd</sup> individual in the Favorite Foods contest.”

*Projects: Baking II, Braiding & Knotting II, and New Mexico Flavor*

**New Mexico 4-H – SENIOR MEMBER**



Photo Credit: NMSU 4-H Development Facebook

### **“4-H Grows Social Skills in Me.”**

“I am a very shy person and 4-H has allowed me to be more vocal about decisions in business meetings as well as become more social with my peers. This has helped me to participate with others in projects I otherwise wouldn’t do.

My proudest 4-H memory is winning 1<sup>st</sup> place at NM State Fair in the biscuits division, and winning 1<sup>st</sup> place at the NM 4-H Food Challenge with my team at the State Fair.”

*Projects: Archery, Babysitting, Baking II, Poultry, and Sewing.*

**New Mexico 4-H – NOVICE MEMBER**

**Discover**   
**YOURSELF**  
**in 4-H!**

### **“4-H Grows Confidence in Me.”**

“4-H has given me the opportunity to learn new skills and to practice them. These are skills I am learning because of good leaders and tools provided to me by 4-H.

My proudest memory is when I finally made a bullseye at archery practice. The leaders had been working on my form and aim, and I finally got an arrow in the bullseye.”

*Projects: Archery, Poultry, Woodworking, and Braiding & Knotting*

**New Mexico 4-H – NOVICE MEMBER**

# New Mexico 4-H Counties



## 4-H IS IN ALL 33 COUNTIES!

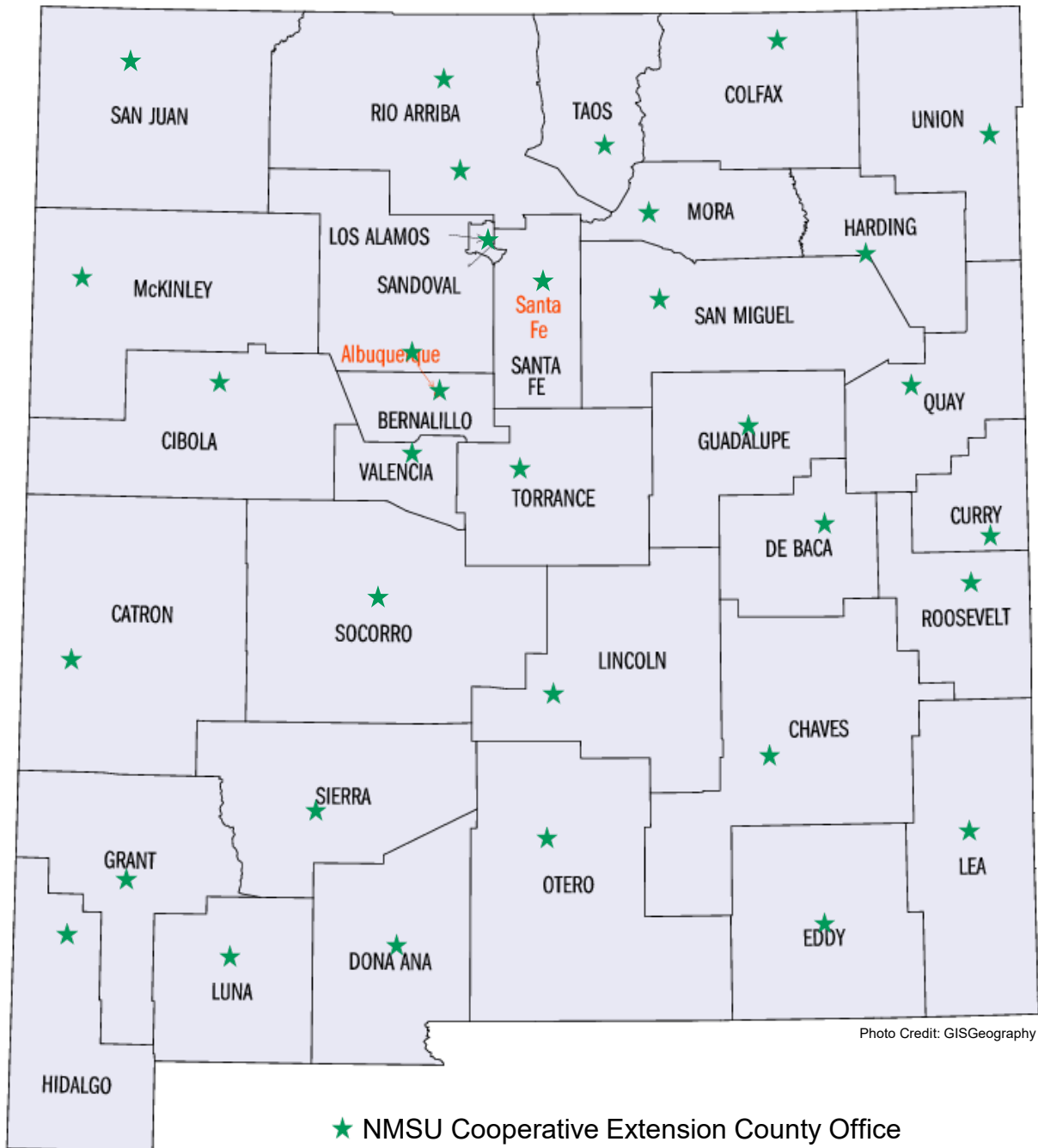


Photo Credit: GISGeography

# New Mexico 4-H County Directory

Bernalillo County: <https://bernalilloextension.nmsu.edu/>

**Phone:** 505-243-1386

**Email:** [bernalillo@nmsu.edu](mailto:bernalillo@nmsu.edu)

Catron County: <https://catronextension.nmsu.edu/>

**Phone:** 575-533-6430

**Email:** [catron@nmsu.edu](mailto:catron@nmsu.edu)

Chavez County: <https://chaves-extension.nmsu.edu/>

**Phone:** 575-622-3210

**Email:** [chaves@nmsu.edu](mailto:chaves@nmsu.edu)

Cibola County: <https://cibolaextension.nmsu.edu/>

**Phone:** 505-287-9266

**Email:** [cibola@nmsu.edu](mailto:cibola@nmsu.edu)

Colfax County: <https://colfaxextension.nmsu.edu/>

**Phone:** 505-287-9266

**Email:** [cibola@nmsu.edu](mailto:cibola@nmsu.edu)

Curry County: <https://curryextension.nmsu.edu/>

**Phone:** 575-763-6505

**Email:** [curry@nmsu.edu](mailto:curry@nmsu.edu)

De Baca County: <https://debacaextension.nmsu.edu/>

**Phone:** 575-355-2381

**Email:** [debaca@nmsu.edu](mailto:debaca@nmsu.edu)

Dona Ana County: <https://donaanaextension.nmsu.edu/>

**Phone:** 575-525-6649

**Email:** [donaana@nmsu.edu](mailto:donaana@nmsu.edu)

Eddy County: <https://eddyextension.nmsu.edu/>

**Phone:** 575-887-6595

**Email:** [eddy@nmsu.edu](mailto:eddy@nmsu.edu)

Grant County: <https://grantextension.nmsu.edu/>

**Phone:** 575-388-1559

**Email:** [grant@nmsu.edu](mailto:grant@nmsu.edu)

Guadalupe County: <https://guadalupeextension.nmsu.edu/>

**Phone:** 575-472-3652

**Email:** [guadalupe@nmsu.edu](mailto:guadalupe@nmsu.edu)

Harding County: <https://hardingextension.nmsu.edu/>

**Phone:** 575-673-2341

**Email:** [harding@nmsu.edu](mailto:harding@nmsu.edu)

Hidalgo County: <https://hidalgoextension.nmsu.edu/>

**Phone:** 575-542-9291

**Email:** [hidalgo@nmsu.edu](mailto:hidalgo@nmsu.edu)

Lea County: <https://leaextension.nmsu.edu/>

**Phone:** 575-396-2819

**Email:** [lea@nmsu.edu](mailto:lea@nmsu.edu)

Lincoln County: <https://lincolnextension.nmsu.edu/>

**Phone:** 575-648-2311

**Email:** [lincoln@nmsu.edu](mailto:lincoln@nmsu.edu)

Los Alamos County: <https://losalamosextension.nmsu.edu/>

**Phone:** 505-662-2656

**Email:** [losalamos@nmsu.edu](mailto:losalamos@nmsu.edu)

Luna County: <https://lunaextension.nmsu.edu/>

**Phone:** 575-546-8806

**Email:** [luna@nmsu.edu](mailto:luna@nmsu.edu)

McKinley County: <https://mckinleyextension.nmsu.edu/>

**Phone:** 505-863-3432

**Email:** [mckinley@nmsu.edu](mailto:mckinley@nmsu.edu)

Mora County: <https://moraextension.nmsu.edu/>

**Phone:** 575-387-2856

**Email:** [mora@nmsu.edu](mailto:mora@nmsu.edu)

Otero County: <https://oteroextension.nmsu.edu/>

**Phone:** 575-437-0231

**Email:** [otero@nmsu.edu](mailto:otero@nmsu.edu)

Quay County: <https://quayextension.nmsu.edu/>

**Phone:** 575-461-0562

**Email:** [quay@nmsu.edu](mailto:quay@nmsu.edu)

Rio Arriba County: <https://rioarribaextension.nmsu.edu/>

**Phone:** 505-685-4523

**Email:** [RioArriba@nmsu.edu](mailto:RioArriba@nmsu.edu)

Roosevelt County: <https://rooseveltextension.nmsu.edu/>

**Phone:** 575-356-4417

**Email:** [Roosevelt@nmsu.edu](mailto:Roosevelt@nmsu.edu)

San Juan County: <https://sanjuanextension.nmsu.edu/>

**Phone:** 505-334-9496

**Email:** [sanjuan@nmsu.edu](mailto:sanjuan@nmsu.edu)

San Miguel County: <https://sanmiguelextension.nmsu.edu/>

**Phone:** 505-454-1497

**Email:** [sanmiguel@nmsu.edu](mailto:sanmiguel@nmsu.edu)



## New Mexico 4-H County Directory

Sandoval County: <https://sandovalextension.nmsu.edu/>  
Phone: 505-867-2582  
Email: [sandoval@nmsu.edu](mailto:sandoval@nmsu.edu)

Santa Fe County: <https://santafeextension.nmsu.edu/>  
Phone: 505-471-4711  
Email: [santafe@nmsu.edu](mailto:santafe@nmsu.edu)

Sierra County: <https://sierraextension.nmsu.edu/>  
Phone: 575-894-2375  
Email: [sierra@nmsu.edu](mailto:sierra@nmsu.edu)

Socorro County: <https://socorroextension.nmsu.edu/>  
Phone: 575-835-0610  
Email: [socorro@nmsu.edu](mailto:socorro@nmsu.edu)

Taos County: <https://taos-extension.nmsu.edu/>  
Phone: (575) 758-3982  
Email: [taos@nmsu.edu](mailto:taos@nmsu.edu)

Torrance County: <https://torranceextension.nmsu.edu/>  
Phone: 505-544-4333  
Email: [torrance@nmsu.edu](mailto:torrance@nmsu.edu)

Union County: <https://unionextension.nmsu.edu/>  
Phone: 575-374-9361  
Email: [union@nmsu.edu](mailto:union@nmsu.edu)

Valencia County: <https://valenciaextension.nmsu.edu/>  
Phone: 505-565-3002  
Email: [valencia@nmsu.edu](mailto:valencia@nmsu.edu)

## Contact New Mexico 4-H

NM State 4-H Office: <https://nm4h.nmsu.edu/>  
Phone: 575-646-3026  
Email: [state4h@nmsu.edu](mailto:state4h@nmsu.edu)



Photo Credit: Desaree Jimenez

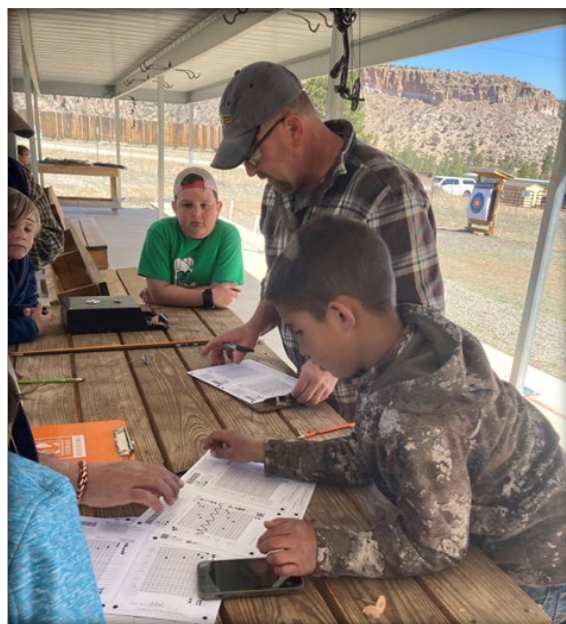


Photo Credit: Angela Prada



**INSPIRE**  
**kids to do**

**New**  
**Mexico**  
**4-H**



## New Mexico 4-H Terminology & Acronyms

- \* **4-H Program** – the youth development program of NMSU Cooperative Extension Service centered on 4 core values (Head, Heart, Hand, and Health) serving youth ages 5-18 years.
- \* **4-H Member** – any youth enrolled in the 4-H program through the county Extension office participating in a club and other community or statewide 4-H event(s).
- \* **4-H Club** – a group of five members from three different families participating in a 4-H club led by an approved volunteer and administered by the NMSU Cooperative Extension Service.
- \* **4-H Day at the Roundhouse** – a citizenship opportunity for youth and volunteers to engage in civic education and promote the 4-H program to their regional and state representatives; held each year in February during the legislature in Santa Fe.
- \* **4-H Camp** – a county or state-wide event focused on social connection for 4-H members in an overnight outdoor learning experience; usually offered in the summer.
- \* **4-H Emblem** – the national symbol of the 4-H program supported by the United States Department of Agriculture (USDA) and mandated by federal regulations; a green four-leaf clover with a white “H” on each petal. White symbolizes purity and green symbolizes life and growth representative of youth.
- \* **4-H Recognition** – an opportunity for all 4-H members to be recognized for their participation, growth, and achievement.



Photo Credit: Angela Prada

### **A**

- \* **Activity Leader** – a volunteer that helps coordinate and lead a specific club or county 4-H event such as a contest, fundraiser, or service project.
- \* **Ambassador** – a teen leader who advocates for a particular area in 4-H (i.e., Healthy Living Ambassador, Shooting Sports Ambassador, or State Leadership Ambassador).
- \* **American Income Life** – the insurance company that offers 4-H members accidental insurance at a specific 4-H event.



Photo Credit:  
NMSU 4-H Youth Development

### **B**

- \* **BIG-M** – the acronym for the four developmental needs of young people highlighted in the 4-H program: Belonging, Independence, Generosity, and Mastery.

# New Mexico 4-H Terminology & Acronyms

## **C**

- \* **Camp Counselor** – a teen leader selected to assist with activities at 4-H camp.
- \* **Citizenship Washington Focus** – a national leadership and civic engagement event for senior age 4-H members held each summer in Washington, D.C. Participants visit historical monuments and important government buildings to learn government principles.
- \* **Cloverbud** – youth ages 5-8 years old in grades K-2 enrolled in the 4-H program. Learning is focused on having fun and being social.



Photo Credit: Angela Prada

- \* **Code of Conduct** – a standard set forth for all 4-H members to behave in a way that fosters a safe environment that is conducive to optimal learning and growth. Youth participants and their parent/guardian sign a waiver to agree to respect the rights and property of others and to refrain from disrupting or interfering with 4-H program goals.
- \* **Community Service Project** – an activity where members of a 4-H club or county contribute to the needs of another group or organization for the benefit of others.



Photo Credit: Angela Prada

- \* **County Council** – a group of 4-H members that work closely with the Extension agent as a governing body for the county program, assist with the delivery of county-wide events, and promote 4-H in the community.
- \* **County Extension Office** – the administrative staff and agents responsible for the county 4-H program delivery.
- \* **County Fair** – a community event to showcase locally grown and crafted items.

## **D**

- \* **Demonstration** – a presentation or sharing of information by a 4-H member to the club or community group.
- \* **District Contest** – a regional competition for Novice and Junior members who have qualified at the county level to compete in various contests related to Family and Consumer Sciences, Agriculture and Natural Resources, General Contests, Shooting Sports, and Public Speaking.
- \* **Dress Code** – a standard of clothing guidelines for all 4-H members as participants and representatives of the New Mexico 4-H Youth Development Program at county, state and national 4-H events.

## New Mexico 4-H Terminology & Acronyms

### E

- \* **Exhibit** – a completed project prepared by a 4-H member for evaluation or display at a county fair or other competition.
- \* **Experiential Learning** – the process of gaining knowledge and experience through hands-on interaction, reflection, and application of a particular subject.



Photo Credit: Angela Prada

### F

- \* **FCS (Family and Consumer Science)** – a sector of land grant universities pertaining to human development, personal and family finance, consumer issues, housing, interior design, nutrition, food preparation, textiles, and apparel.

### J

- \* **Junior Instructor** – a teen 4-H member who assists adult volunteers at FCS School (a state event with various FCS related workshops for Novice and Junior members) or other 4-H workshops in the community.

### L

- \* **Learn by Doing** – the official slogan of the 4-H program. Youth gain knowledge and experience through hands-on activities.
- \* **Life Skills** – abilities learned for adaptive responses to the challenges of daily experiences. The 4-H program adopts the “Targeting Life Skills” wheel developed by Iowa State University as a learning template.



### N

- \* **National 4-H Conference** – the summit experience in 4-H Civic Engagement held each spring in Washington, D.C. The event provides youth ages 15-18 years the opportunity to learn ways to impact their communities, nation, and world through round table discussions with federal partner agencies and U.S. Senators and Representatives.
- \* **National 4-H Congress** – a five-day event filled with educational, service, and recreational opportunities held each November in Atlanta Georgia. Youth network with 4-H members from around the United States in various workshops, city tours, and social engagement. This trip is awarded to the top eight Senior age individuals in New Mexico in recognition for their outstanding portfolio submission.
- \* **National Youth Science Day** – the annual initiative each October focused on inspiring kids to take an active interest in STEM topics and hands-on learning.



Credit: Rutgers CES

## New Mexico 4-H Terminology & Acronyms

- \* **National 4-H Week** – a national campaign held the first full week in October annually to promote 4-H in communities around the U.S.



### **O**

- \* **Organizational Leader** – an approved volunteer who is the main contact for a 4-H club; responsible for collecting enrollment forms, coordinating club meetings, requesting 4-H project materials, and corresponding with the county Extension office.

### **P**

- \* **Positive Youth Development** – a framework that supports the growth and development of young people through four basic needs: Belonging, Independence, Generosity, Mastery.
- \* **Project** – a series of age-appropriate hands-on learning experiences which help youth reach their learning goals.
- \* **Project Leader** – an approved volunteer that helps youth gain knowledge and experience in a particular area.
- \* **Public Speaking Contest** – a set of oral communication competitions including poetry, prepared speech, impromptu speaking, and presentations about general, agriculture, or family and consumer science topics.



Photo Credit: Angela Prada

### **S**

- \* **SLR (Senior Leadership Retreat)** – an overnight teen leadership event open to Senior-age members held each January in Las Cruces or Albuquerque. Youth engage in activities, workshops, and tours focused on professional growth and leadership.
- \* **State 4-H Conference** – a week-long event held in July on NMSU's Main Campus where Senior-age members participate in contests, workshops, evening sessions, and the election of the incoming State 4-H Leadership Team.
- \* **State 4-H Leadership Team** – a group of up to 10 Senior-age 4-H members who work collaboratively in leadership and learning opportunities to plan and help deliver state events such as SLR, YGA, and State Conference. Five members are selected to represent New Mexico 4-H as Ambassadors of a particular project area and five members are selected by 4-H voting delegates in a general election to serve on the team as Officers.
- \* **State 4-H Office** – the Administrative Staff and Agents responsible for the 4-H program delivery around the state.



## New Mexico 4-H Terminology & Acronyms

\* **STEM** – the acronym for Science Technology Engineering Mathematics.

### V

\* **Volunteer** – any approved adult who provides support and leadership to a 4-H club or project area.

### Y

\* **YGA (Youth Getaway)** – overnight youth leadership development event open to Novice and Junior members held at Glorieta camp every spring. Youth engage in workshops and activities centered around personal growth, leadership, and 4-H projects.



**New Mexico 4-H**  
**Learning Life Skills**  
**and**  
**Making Friends to Last a**  
**Lifetime**



**4-H GROWS HERE**

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