



Studies indicate that 4-H youth are:

- **Four times** more likely to make *contributions to their communities* (Grades 7-12);
- **Two times** more likely to be *civically active* (Grades 8-12);
- **Two times** more likely to make *healthier choices* (Grade 7);
- **Two times** more likely to participate in *Science, Engineering and Computer Technology programs* during out-of-school time (Grades 10 – 12); and
- 4-H girls are **two times** more likely (Grade 10) and nearly **three times** more likely (Grade 12) to take part in *science programs* compared to girls in other out-of-school time activities.



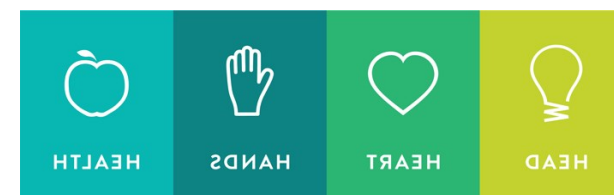
Parade float during Montrose County Fair and Rodeo

2015 Cloverbud Camp



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.*



The 4-H's

Head, Heart, Hands, and Health are the four Hs in 4-H, and they are the four values members work on through fun and engaging programs.

- Head - Managing, Thinking
- Heart - Relating, Caring
- Hands - Giving, Working
- Health - Being, Living



2015 4-H sewing workshop.

What is 4-H?

4-H is a community of young people across America who are learning leadership, citizenship, and life skills. 4-H is the nation's largest youth development organization with over six million youth involved.

Who can join 4-H?

Any youth age 5-18 years old, who is interested in learning, making new friends, and having fun, can become a member.

What do 4-H Members do?

They develop practical skills through hands-on activities that they can use the rest of their lives. 4-H members gain a sense of accomplishment and develop self-confidence through "Learn by Doing" experiences.

What does it Cost?

- Cloverbud Members fee (ages 5-7) is \$30.00
- Club Member fee (ages 8-18) is \$50.00 for the first two projects and \$5.00 for each additional project.



~4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

Contact information:

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colorado4h.org

Examples of some of the 4-H projects:

Bicycle	Veterinary Science
Ceramics	Wildlife
Computers	Scrapbooking
Electric	Robotics
Entomology	Artistic Clothing
Gardening	Cake Decorating
Geospatial	Child Development
Global Citizenship	Clothing Construction
Horseless Horse	Foods and Nutrition
Leadership	Heritage Arts
Leathercraft	Home Environment
Model Rocketry	Livestock Projects:
Outdoor Adventures	Beef
Photography	Goat
Power of Wind	Horse
Shooting Sports	Rabbit
Small Engines	Dog
	Sheep
	Swine
	Poultry

**“A LOT OF GROUPS GO OUT THERE
AND TALK ABOUT IT—WE GO OUT
THERE AND **ACTUALLY DO IT.**”** 

JOIN THE REVOLUTION  OF RESPONSIBILITY



Tri-River Area 4-H

~A world in which youth and adults learn, grow and work together as catalysts for positive change.



**Colorado
State**
University

Extension

