

# What is 4-H All About?



## ◆ What Is 4-H?

4-H is for boys and girls who are between the ages of 8 and 18 on or before December 31, 2010. It is open to everyone regardless of race, religion, color, sex, or place of residence. The 4-H Cloverbud Program is a non-competitive program offered to children ages 5-7, on or before December 31, 2010.

## ◆ Who Coordinates The 4-H Program?

In Colorado, 4-H is supported by the United States Department of Agriculture (USDA); Colorado State University (CSU), which is the State's land grant university; CSU Extension; and the Crowley County Commissioners. The people who coordinate 4-H locally are the Extension Agents of CSU Extension, supported in part by your County Commissioners.

## ◆ Why Do Young People Like 4-H?

They have fun with friends at the meetings, social activities, tours, camps, and fairs. They learn to do interesting things such as how to construct a piece of furniture, redecorate their room, take pictures, or even learn about entomology. 4-H programs help youth develop life skills that will carry them forward as responsible, informed citizens and productive, thoughtful adults.

## ◆ What Is A 4-H Club?

A 4-H club consists of at least 5 youth, one or more adults, and elected officers. Clubs usually have business meetings once a month to discuss upcoming club and county events. Clubs may also choose to do community service projects, have project meetings, or other fun activities. If new to 4-H, joining a 4-H club is the best way to get involved and "learn the ropes."

## ◆ How Often Do 4-H Clubs Meet?

Most clubs meet once a month for most months of the year. This depends on the group and what it wants to do.

◆ **Where Do 4-H Clubs Meet?**

Clubs meet in a convenient place large enough for the members of the group. Some clubs meet in the homes or garages of leaders or members. Some meet in a central place such as a school, church, or community room.

◆ **What Do 4-H Clubs Do At Meetings?**

4-H clubs usually do four types of activities: project work, business meetings, recreation or social activities, and community service and/or special interest programs. Not all of these have to be done at each meeting, so it can vary.

◆ **What Are 4-H Projects?**

A basic principle of the 4-H program is that learning occurs best through hands-on experience. 4-H projects are learning experiences for 4-H members. There are over 60 projects available for youth to choose from. We have something for everyone, so each member can find an area of personal interest. A list of available projects is included in the packet. Descriptions of each project can be found at [http://www.colorado4h.org/project\\_resources/clover\\_guide/psguide\\_main.shtml](http://www.colorado4h.org/project_resources/clover_guide/psguide_main.shtml) and click the project area you are interested in.

◆ **Are Projects Done Entirely By The Member, or Can Assistance Be Provided?**

Both. Some activities are more fun when done as a group. Others will be done individually by each member. The key thing to remember is to have the members do the project work, whether it is a team effort or on their own. 4-H is a “learn by doing” program. Leaders, junior leaders, and parents should assist members in learning how to do the project themselves.

◆ **How Much Does A 4-H Project Cost?**

Project costs vary. A member enrolled in some projects might use supplies and equipment from around the house to practice skills they are learning and incur no additional expenses. Members who buy and keep a horse may invest hundreds of dollars. Discuss costs with your family as you select your project. It should be realistic to the family situation. For helpful information regarding approximate project costs, go to: [http://www.colorado4h.org/project\\_resources/clover\\_guide/psguide\\_main.shtml](http://www.colorado4h.org/project_resources/clover_guide/psguide_main.shtml) and click on the type of project you are interested in.

◆ **What Is An Exhibit?**

Typically, an exhibit is an object or display designed by the 4-H member for their project display at the local county fair. Ideally, it shows what a member has learned, that it fulfills all requirements of the Colorado State Fair and above all was fun for the 4-H member to create!