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### **4-H is Community Leadership**

By Lacey Mann, CSU 4-H Extension Agent, Bent & Prowers Counties

Southeast Area—4-H is making a difference in the lives of all young people who are involved, not just those who already excel before being involved in 4-H. National research shows 4-H is a diverse organization: our members represent a broad range of ethnic, socioeconomic and cultural and family backgrounds.

4-H members live in cities and on farms, collectively make up a rich diversity of ethnic backgrounds and come from diverse family structures. In addition, 4-H offers a broad array of activities for youth, making it an affordable option for virtually all families who seek extracurricular activities for their children.

In the spring of 2005, Colorado State University Extension surveyed students in the fifth, seventh and ninth grades. 4-H members were more likely than other youth to report that they succeed in school, getting more A's than other students; are more involved as leaders in their school and community; are looked up to as role models; and help others in the community.

The research also shows that those engaged in some form of extracurricular activity such as 4-H are less likely than non-active youth to drink alcohol, shoplift or steal, use illegal drugs, damage property and smoke



**Southeast Area**  
*Extension*

### **County Extension Offices**

**Baca County**  
772 Colorado St.  
Springfield, CO 81073  
719-523-6971

**Bent County**  
1499 Amb. Thompson Blvd.  
Las Animas, CO 81054  
719-456-0764

**Cheyenne County**  
425 S. 7<sup>th</sup> W.  
P. O. Box 395  
Cheyenne Wells, CO 80810  
719-767-5716

**Crowley County**  
603 North Main St.  
Courthouse Annex  
Ordway, CO 81063  
719-267-5243

**Kiowa County**  
1305 Goff  
P. O. Box 97  
Eads, CO 81036  
719-438-5321

**Otero County**  
411 N. 10<sup>th</sup>  
P. O. Box 190  
Rocky Ford, CO 81067  
7190-254-7608

**Prowers County**  
1001 S. Main  
Lamar, CO 81052  
719-336-7734

cigarettes.

Colorado 4-H members have a positive self-identify that gives them confidence to succeed in life. They tend to have control over things that happen to them, like themselves, have much to be proud of, have a sense of purpose in their life and are glad they are who they are! The study also revealed that 4-H members feel more self-assured than other youth and are able to do things on their own.

4-H prides itself on teaching life lessons to be used throughout the members' lifetime. This research showed they are more socially competent and more likely than other youth to develop practical skills needed to become capable and contributing adults. They are able to speak with ease in front of others, set goals, plan ahead and manage money wisely. They are also more likely to take on leadership roles in their school and communities.

As schools re-open remember 4-H as an extracurricular activity that last the entire year and benefits a lifetime. If your child is interested in joining 4-H or you would like further information on the 4-H program, please contact your local CSU Extension Office; Baca County 719-523-6971, Bent County 719-456-0764, Cheyenne County 719-767-5716, Crowley County 719-267-5243, Kiowa County 719-438-5321, Otero County 719-254-7608, Prowers County 719-336-7734. 4-H is a cooperative effort between CSU Extension and the County.

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