

# 4-H

## PROGRAM OVERVIEW

### What is 4-H?

In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. We are America's largest youth development organization—empowering nearly six million young people across the U.S. with the skills to lead for a lifetime.

### 4-H is a Community

4-H is delivered by Cooperative Extension—a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. Oregon State University is Oregon's Land Grant University, and therefore, the 4-H program is ran through this university. It offers a research-based experience that includes a caring adult, a hands-on project, and a meaningful learning opportunity with project areas like health, art, cooking, science, agriculture, shooting sports, and citizenship. 4-H provides a positive environment where youth ages 5-19 receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Kids experience 4 H through in-school and after-school programs, community clubs, leadership retreats, and 4 H camps. Nationwide, these programs are delivered by 3,500 4 H professionals and 500,000 volunteers, and here in Clatsop County we have 419 members and 147 volunteer adult leaders.

### Benefits of 4-H

4-H grows true leaders. A common question asked by parents and community leaders stems from the inquiry of how will youth benefit from affiliation with or participation in an organization such as 4-H. Families are extremely busy and that free time is worth quite a bit; they need to make

### So what exactly does 4-H look like in Clatsop County?

The Clatsop County 4-H program offers mostly club programming. Volunteer leaders work with youth throughout the year at club meetings. These meetings can be with Cloverbud youth (ages 5-8) or Traditional club members (ages 9-19). The Cloverbud program is designed to open their minds to new learning, trying a variety of activities. The Traditional program is a little different. The youth pick projects they are interested in and a volunteer club leader holds meetings throughout the year helping the youth learn and master these project skills. Along with those project skills (such as archery, or sewing), the member also is asked to give presentations, do some sort of leadership, do a community service project, and go to an educational or other fun 4-H event outside of their normal meetings. This encourages the member to learn life-skills they will need in the future.

### Sponsorships and Donations

Clatsop County 4-H is a non-profit 501(C)3 so your donations will be tax deductible. Cash donations go back to the kids in some way or another. They help support events/scholarship like camps, youth trainings, leadership retreats, recognition and awards for the youth, Educational field days & field trips, and workshops, as well as training and recognition for leaders, and operating costs of the meeting room, the Club House. Typically, we try to offer most of our events for free or for very little cost to the youth. Of course, some events, have more expenses such as camps and out-of-town events. 4-H can also accept cash or real estate donations of a larger scale as well and these would be set up as an endowment through the Oregon 4-H foundation to benefit Clatsop County.

Since 4-H offers programming to youth, material goods donations are often needed as well.

it meaningful and productive from a standpoint of contributing to the overall well-being of their child.

4-H teaches positive youth development built upon what has become known as the 5 c's: caring, character, confidence, competence, connection. To better speak of the specifics of the benefits of the 4-H program, a longitudinal study accessing over 7,000 youth from an array of diverse backgrounds was performed at Tufts University. Researchers partnered with faculty at land-grant universities to study how participation in 4-H allows youth to succeed in academic and life experiences through positive adult mentoring, structured learning, and consistent encouragement. Results were published in the Study of Positive Youth Development, and details of the study can be accessed at <http://www.4-h.org/about/youth-development-research/positive-youth-development-study/>

This study shows that 4 H empowers young people to be true leaders. True leaders are young people who have confidence; know how to work well with others; can endure through challenges; and will stick with a job until it gets done. In 4 H, we believe true leaders aren't born - they're grown. The hands-on approach gives young people guidance, tools and encouragement, and then puts them in the driver's seat to make great things happen. This independent research proves the unparalleled impact of the 4-H experience that:

- 4-H youth are 4 x more likely to give back to their communities
- 4-H youth are 2 x more likely to make healthier choices
- 4-H youth are 2 x more likely to participate in STEM activities
- 4-H offers quality programming that take the child's "spark" or interest, combines it with quality meetings or a period of time with a caring adult. This makes up the 4-H Program Model. The long term goal is for the youth to: feel they belong to a group, are able to master a skill, learn independence to make good decisions, and learn generosity by giving back to their communities.

### Fundraising Efforts

4-H typically holds a few fundraisers each year. They hold two Bingo events open to the public, generally one in Seaside in winter and one in Astoria in the spring. At these events we have basket bucket drawings as well. In the spring/summer, they have a Pig Drawing for half a pig cut-and-wrapped for free with the drawing being held at the county fair. Also at fair they have the "4-H Chicken Coop" or food booth open all week long for 4-H members and the public as well as 2 steak dinners. The money raised from these donations help support the program year round.

### Ways 4-H Gives back to the Community

The 4-H members are active in helping out their communities. Some of the service provided is: offering and running a Pet clinic, helping local animal shelters/animal programs, organizing a month long food drive, helping the elderly, caroling at care centers, making blankets and collecting supplies for the hurricane victims, making Wishing Tree ornaments for the trees around town, making holiday placemat and pumpkin carving for local care centers.

### Volunteers

The 4-H program has limited staff in the Extension Office, so we could not run this program without the great volunteers in our community. Volunteers can take on many different roles: Club leader, Assistant Club leader, Resource leader, teacher at workshops and events, help out in the Extension Office, chaperone for events, member of the committees, or the 4-H Association, just to name a few. Currently we are looking for new club leaders in art, science, home ec. projects, legos, and Cloverbuds.



## 4-H

503-325-8573

### The Oregon 4-H Vision:

All youth experience economic and social success in adulthood while making positive contributions to their communities.

### The 4-H Program Mission

The mission of 4-H is to provide young people with intentional, high quality learning experiences that promote positive interactions with adults and peers, sustained and active participation across time, and opportunities to make meaningful contributions to the world around them.

### Core Values

4-H programs are based on the theory and practice of positive youth development. Youth development programs work best when they provide opportunities for young people to experience mastery, belonging, independence, and generosity. Experiential learning forms the basis of our "learn by doing" approach. Youth voice and youth engagement are critical to effective 4-H programming. Volunteers and partners are essential to the success of the 4-H program. We value and respect human diversity of all types. 4-H believes that all young can be successful and therefore provides access and opportunity for all.

### CONTACT INFORMATION

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