

4-H helps youth develop life skills

The need for a dynamic ever-moving youth program is greater today than ever before. As we deal with an increasing rate of change in a rapidly moving world, youth of today must face forces and problems undreamed of a quarter of a century ago.

Reaffirming what 4-H is all about will be essential to 4-H in the future. 4-H will gain support and commitment from youth, leaders and others to the extent that they

understand the values, uniqueness and opportunities available to them through 4-H.

The basic premises of beliefs upon which Extension 4-H—Youth programs are based will need to be clarified and our commitment to them reaffirmed through action in the future. Some of the premises or beliefs include:

The purpose of 4-H is to help young people to become self-directing, productive and contributing

members of society.

Family-centered 4-H activities which actively involve all family members should be emphasized. Creative approaches are needed to help determine how the 4-H program can even more effectively strengthen families and better prepare youth for their roles in families.

The county Extension unit (office) will continue to be responsible for the youth program within a county. The planning and carrying out of

programs will follow affirmative action guidelines.

4-H must commitment formal education by helping youth develop skills of finding and using information to deal with today's and tomorrow's decisions.

The Oregon 4-H curriculum will emphasize the dual objective of subject matter and life skills education for youth.

Life skills help young people perceive and respond to life's significant events. Life skills include: developing self, developing social responsibility, learning how to learn, coping with change, using knowledge.

4-H is open to all

To be a 4-H member in Oregon one must:

1. Be enrolled in the fourth grade and have not completed the 12th.
2. Enroll for one or more 4-H projects.

3. Have such enrollment recorded with the County Extension office.

For the purposes of planning, developing and providing meaningful educational experiences, certain divisions have been established. These are: Junior—4th, 5th and 6th graders. Intermediate—7th, 8th, 9th graders. Senior—10th, 11th, 12th grades.

The 4-H year starts with the organization of clubs in the fall (October) and continues through September 30. You must enroll before July 1 to be included in the previous year's 4-H program. Some 4-H events and activities require earlier enrollment.

4-H is "Learning by doing." You learn by doing your own work, with assistance from your leader, your parents and fellow 4-H members.

4-H is open to all without regard to race, color, sex, national origin, geographic location or handicap.



This would make a good—4-Hers learn to make homemade gifts during the holiday season. 4-H teaches children to be resourceful and creative.



I think this is—Round Lake Camp, for kids of 4-H age, is a great place to make new friends. The camp is held during the summer.

Objectives cover wide range

4-H's mission is to help young people become self-directing, productive and contributing members of society. More specifically, its objectives are to help young people to:

1. Develop inquiring minds; an eagerness to learn and the ability to apply science and technology.
2. Learn practical skills, develop competencies and acquire knowledge.
3. Strengthen abilities to make intelligent decisions, solve problems and manage their own affairs in a fast-changing world.
4. Acquire positive attitudes toward self and a feeling of self-worth.
5. Develop their potential by seeking and acquiring educational

and vocational experiences.

6. Improve skills in communication and self-expression.
7. Develop effective interpersonal relationships with adults and other youth.
8. Maintain optimum physical and mental health.
9. Develop concern for involvement in community and public affairs.
10. Increase leadership capabilities.
11. Develop socially acceptable behavior, personal standards and values for living.
12. Develop abilities to perform as productive, contributing citizens.
13. Use time wisely in attaining a balance in life (work, leisure, family, community and self).

4-H PLEDGE

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.

Development includes Head, Heart, Hands, Health

A green four-leaf clover with a white letter "H" on each leaflet, for the development of Head, Heart, Hands, and Health.

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 Motto: "To Make the Best Better"

The 4-H Colors: Green—nature's most common color is emblematic of springtime, life, and youth.

White—symbolizes purity and high ideals.

The 4-H Creed: I believe in Boys' and Girls' 4-H Club work for the opportunity it gives 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 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, RESIST DISEASE and WORK EFFICIENTLY.

I believe in my country, my state, my community and in my respon-

sibility for their development.

In all these things I believe, and I

am willing to dedicate my efforts to their fulfillment.



Just hangin' around—The 4-H Outdoor Survival Club has seven active members who are learning survival skills and search and rescue techniques.

Volunteer leaders Important to 4-H

Subject matter skills help young people do a better job with a product through the applying of knowledge and information.

A balance of subject matter and life skills is essential to an individual's total growth.

The key to the success of 4-H is volunteer leaders. It is imperative that expanded roles of volunteers and paraprofessional staff, and the functions and the responsibilities of the professional staff, be clearly defined.

More specifically, the agent is responsible to assist adults and parents to support the local 4-H group by:

1. Creating awareness of 4-H and recruiting volunteers and youth and participate.
2. Supporting volunteers in being effective in helping youth grow and develop; and.
3. Helping to design 4-H activities and experiences supportive to local 4-H groups.



I think I'll make—Sewing skills are helpful to all children as they become adults. Club members also learned that sewing takes planning.

4-H is for everyone

The

EXTENSION

AGRICULTURE/4-H
Clay Penhollow

HOME EC/4-H
Mollie Marsh

FAMILY LIFE/4-H
Arlene Boileau

4-H/YOUTH AIDE
Joni David

People
MANAGEMENT

Eraina Palmer

2126 Warm Springs Street — 553-1161, extension 238