

# Parents Page

OCTOBER 2017



## WHAT IS 4-H?

4-H is a program delivered by Cooperative Extension—a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. Kids complete hands-on projects in areas like health, science, agriculture and citizenship, in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Kids experience 4-H in every county and parish in the country—through in-school and after-school programs, school and community clubs and 4-H camps.

4-H's reach and depth is unmatched. Through our community of 100 public universities, 4-H reaches kids in every corner of America - from urban neighborhoods to suburban schoolyards to rural farming communities. Our network of 500,000 volunteers and 3,500 4-H professionals provides caring and supportive mentoring to all 6 million 4-H'ers, helping them grow into true leaders today and in life.



## 4-H WAY

4-H empowers young people with the skills to lead for a lifetime. It's a research-based experience that includes a mentor, a hands-on project, and a meaningful leadership opportunity.

## 4-H PROGRAMMING

4-H programs are grounded in the belief that kids learn best by doing. Kids complete hands-on projects in areas like science, health, agriculture and citizenship, in a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Kids can concentrate on one focus area or they can try a variety of programs throughout their 4H experience.

Regardless of the project area, all 4-H programs include mentoring and career readiness as core elements.

### 4-H'ers are...

- 4X** more likely to give back to their communities
- 2X** more likely to make healthier choices
- 2X** more likely to participate in STEM activities

## COST, TIME COMMITMENT, & REQUIRED MATERIALS

Getting involved with 4-H is easy and costs are kept to a minimum. Unlike other youth organizations, 4-H doesn't require a uniform and there are no national fees. Children select their 4-H education project so they can choose one that works well within a family's budget. 4-H programs and clubs typically meet once per week or once per month,

although some may choose to meet more or less frequently. 4-H programs are available for children ages 8-18. 4-H Cloverbud programs are available for children ages 5-7.



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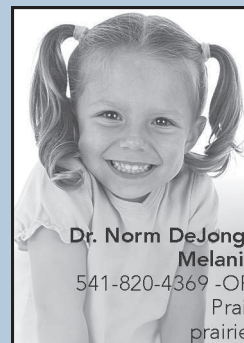


National 4-H Week  
October 1-7

## OSU Extension Office

**Grant County 4-H**  
Youth gain knowledge, develop life skills, and form positive attitudes to prepare them to become capable, responsible and compassionate adults.

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## Strawberry Wilderness Community Clinic

Zachary Bailey, M.D. Shawna Clark, DNP  
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