

## Involve the Whole Family

**Cloverbuds**— for children ages 5-8 we offer the Cloverbuds program: specially designed activities exploring all 4-H has to offer.

**Traditional 4-H**— youth ages 9-19 can join community or project clubs to develop skills, explore new interests, and gain leadership experience. Many 4-Hers compete annually in the county fair, and join state or even national leadership groups.

**Adults**— at 4-H we believe everyone has something to share! We depend on volunteers to run all of our exciting programs. You can share your passion and learn alongside your child by leading a project or club. You can also serve on committees and volunteer for events.



### 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

2x

more likely to be civically active

## Reach Out



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# JACKSON COUNTY

# 4-H

## GROWS HERE.



HEAD



HANDS



HEART



HEALTH

## Discover 4-H

**4-H** is the largest out-of-school youth program in the United States. There are more than 6 million **4-H** members nationwide, and thousands of young people participate in Oregon **4-H** each year. Through **4-H**, youth learn and grow in partnership with caring adults to develop the skills and confidence needed to become contributing, productive, self-directed members of society. Because **4-H** uses an active, learn-by-doing approach, young people see how their actions make a difference in their own lives and in the world around them.

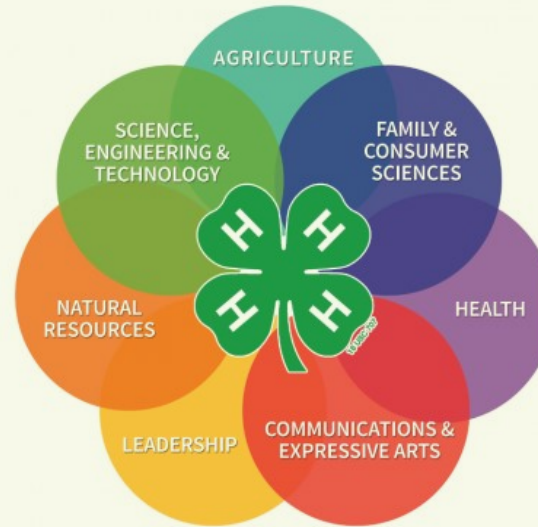
We do that by teaching the **Four H's**:

- \* **Head** — Develop practical skills and critical thinking
- \* **Heart** — Act with integrity, compassion, and respect
- \* **Hands** — Learn by doing, and apply your skills to make a difference
- \* **Health** — Take good care of your mind and body



## Find Your Passion

While **4-H** began over 100 years ago focusing on agriculture, today it offers projects in every possible interest area, from robotics to art! **4-H** youth are encouraged to try out many different areas to explore their interests and broaden their horizons.



Here are just a few **4-H** projects you can try:

- |                         |                               |
|-------------------------|-------------------------------|
| * LEGO Robotics         | * Horse & Pony                |
| * Arts & Crafts         | * Business & Personal Finance |
| * Environmental Science | * Food & Nutrition            |
| * Drama                 | * Livestock                   |
| * Computer Science      | * Electricity                 |
| * Sewing                | * Woodworking                 |
| * Cavies (guinea pigs)  | * Dog Obedience               |
| * Gardening             | * Leathercraft                |
| * Shooting Sports       | * Photography                 |
| * Videography           | * Public Speaking             |
| * Entomology            | * Renewable Energy            |
| * Archery               | * Flower Arranging            |
| * Livestock Judging     | * Forestry                    |
|                         | * Pets                        |

## Become a Leader

In addition to community and project clubs, **4-H** offers...

- \* County & state fair competitions
- \* After-school programs
- \* Summer camps
- \* Youth conferences
- \* College scholarships
- \* State & national congress
- \* International & domestic exchanges
- \* Local, state & national leadership opportunities
- \* Community service opportunities
- \* Youth club leader
- \* And so much more!



  
4-H'ers participate in

  
**5M**  
ANNUALLY  
SCIENCE PROJECTS

  
**2.5M**  
ANNUALLY  
HEALTHY LIVING PROJECTS

  
**2.5M**  
ANNUALLY  
CITIZENSHIP PROJECTS