

★ **I Want to Know More about 4-H!**

Parents or Guardian's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail address \_\_\_\_\_ Phone \_\_\_\_\_

Names, birthdates of children: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

For more information,

**Virginia Cooperative Extension**  
 Chesapeake City Office  
 310 Shea Drive  
 Chesapeake, VA 23322  
 (757) 382-6348  
 E-mail: [jddailey@vt.edu](mailto:jddailey@vt.edu)

# 4-H

## What's It All About?



**Chesapeake**

 **Virginia  
Cooperative  
Extension**  
 Virginia Tech • Virginia State University



**Learn  
more about  
what 4-H has to  
offer you!**



# 4-H is fun for Families



**Sharing**— 4-H provides an opportunity for families to experience fun together. Families can take an interest in 4-H projects and activities with youth. Families may give encouragement while allowing youth to learn by mistakes, as well as successes.



**Preparing**— Families can help youth prepare for real life experiences through 4-H by showing them the value of learning, helping youth carry out their duties in a club, and encouraging them to follow through on their responsibilities.

**Supporting**—Families gain more from 4-H by attending meetings regularly and by getting involved in 4-H activities. Clubs encourage the entire family to be a part of the meetings, community service events, trips and activities.



**Caring**—4-H helps families care for one another by working together, spending time together and learning together. Stronger families are built by showing interest in each family member's activities.

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## What is 4-H?

### 4-H is...

- A fun, hands-on learning experience
- An informal educational program
- For youth between the ages of 5-19
- Available to all youth in all communities



 **4-H Cloverbuds is a special program for youth ages 5-8.**

## Why do young people like 4-H?

4-H gives youth a chance to:

- Learn new things
- Develop new skills
- Travel to new places
- Experience new situations
- Make new friends

And most importantly. . .

- Have lots of fun!

## What does it cost to join 4-H?

- 4-H has no membership fee.
- No uniforms are required.
- There may be minimal cost for some activities.

## How do you join 4-H?

- Call the Chesapeake Extension office to find a club near you.
- Check out opportunities for starting a new club in your community.

## Who conducts 4-H?

- Virginia Cooperative Extension conducts the Virginia 4-H Program.
- Local volunteers work in partnership with Extension staff.



## How often and where do 4-H clubs meet?

- Most clubs meet once a month.
- The 4-H year runs from October 1st to September 30.
- 4-H clubs meet throughout every city and county in Virginia.

## What are 4-H projects?

- Fun, hands-on learning.
- Challenging learning experiences on a special subject chosen by the youth member.
- Currently there are more than 175 projects available to choose from.

## What do the four H's stand for?

- 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.

(4-H Pledge)



If you are a person with a disability and desire assistance or accommodation, please notify Jocelyn D. Pearson, Chesapeake Extension Office, at (757) 382-6348/TDD\* during business hours of 7:30 a.m. and 5:00 p.m.

\*TDD number is (800) 828-1120.