

YOUTH OF MILITARY FAMILIES

Ages 5 –19

Are Invited To Join
Virginia 4-H



About 4-H

- ⇒ 4-H is the largest youth development organization in the United States with over 6 million youth members.
- ⇒ With a direct connection to the United States Land Grant University System, 4-H is the first experience many young people have with higher education.
- ⇒ This youth development program is a global organization that teaches a range of life skills.
- ⇒ 7,000,000 youth are served worldwide.
- ⇒ 4-H is located in:
3,068 U.S. Counties
50 Countries

Virginia 4-H, the youth program of Virginia Cooperative Extension, is connected to the research of Virginia Tech and Virginia State University.

4-H Offers Youth:

- ⇒ Coached & mentored **independence**
- ⇒ A sense of **belonging** to a positive group
- ⇒ A spirit of **generosity** toward others
- ⇒ Opportunities to **master skills** and address life's challenges



*4-H Youth Are About:

- ⇒ Four times more likely to contribute to their communities
- ⇒ Two times more likely to make healthier choices
- ⇒ Two times more likely to participate in Science, Engineering, and Computer Technology programs during out-of-school time

*These are findings when 4-H youth are compared to their peers. For more information read, *The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth*, Tufts University.

4-H Motto: "To Make the Best Better"

 **Virginia Cooperative Extension**
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Become Empowered for Life Today and Prepared for a Career Tomorrow

4-H Mission: *To assist youth and adults working with those youth, to gain additional knowledge, life skills, and attitudes that will further their development as self-directing, contributing, and productive members of society.*

Focus of Virginia 4-H Today:

- ⇒ Citizenship
- ⇒ Healthy Living
- ⇒ Science



Opportunities to Participate in 4-H:

- ⇒ Community 4-H Clubs
- ⇒ Project 4-H Clubs
- ⇒ In-school 4-H Clubs
- ⇒ After-School 4-H Clubs
- ⇒ 4-H School Enrichment
- ⇒ Special Interest Groups
- ⇒ 4-H Camps
- ⇒ Cloverbud Groups (Youth Ages 5-8)
- ⇒ On-Installation 4-H Military Clubs
- ⇒ Off-Installation 4-H Military Clubs

Examples of Projects That Youth Can Choose:

Animal Science	Leadership
Community Service	Nutrition & Fitness
Careers	Performing Arts
Filmmaking	Photography
Gardening	Robotics
GIS Mapping	Rocketry



4-H Locations in Virginia:

All Counties, Most Cities, and 11 Military Installations with 14 Sites



Virginia has over 202,000 4-H members and more than 10,600 trained adult volunteers.

For Information About 4-H Opportunities:

Contact your local Virginia Cooperative Extension Office. To find the office nearest you, visit:
www.ext.vt.edu/offices

For Information About 4-H Military Clubs:

Contact: Louetta Jones, 4-H Military Club Director
Email: lojones@vt.edu or call 804-712-8467
www.virginia4-hmilitaryclubs.org