



For Immediate Release

## Virginia 4-H Military Club Youth to Celebrate National 4-H Week October 4-10

**Virginia - October 4, 2015** — More than 6 million young people across the country today will celebrate *National 4-H Week*, an annual celebration of 4-H during the first full week of October. During this week, 4-H members of On-Installation 4-H Military Clubs will showcase the great things that 4-H offers young people and highlight the incredible 4-H youth in the community who work each day to make a positive impact on the community. This year, 4-H will also showcase a refresh of its brand, revealing new photography and creative materials that show the various life skills 4-H grows in young people.

Virginia 4-H Military Clubs located on 11 military installations with 14 sites are displaying their 4-H banners and outdoor signs to celebrate National 4-H Week. 4-H programming during the week will focus on Citizenship, Healthy Living and Science.

A youth center staff member said, "Youth are now setting goals and understand how small steps can affect the world around them." Service learning projects being conducted range from clothing, food, or blanket donations to cancer awareness to acts of kindness.

The newest 4-H programs offered include creating digital media and food science.

Research has proven that participation in 4-H has a significant positive impact on young people. Recent findings from the Tufts University *4-H Study of Positive Youth Development* indicate that, when compared to their peers, young people in 4-H are:

- Nearly four times more likely to contribute to their communities,
- Two times more likely to pursue healthy behaviors like, and
- Two times more likely to engage in Science, Technology, Engineering and Math (STEM) programs in the out-of-school time.

In Virginia, more than 1,600 military youth are involved in 4-H Military Clubs.

Also during National 4-H Week, hundreds of thousands of youth from all around the nation will complete a single, innovative experiment on *4-H National Youth Science Day*, which will be held on Wednesday, October 7, 2015. The 2015 National Science Experiment *Motion Commotion* empowers youth to explore the physics of motion and distracted driving. Developed by Oregon State University Cooperative Extension, this exciting activity combines a speeding car collision and a distracted driving demonstration in a simulated activity that investigates the physical and human factors of motion. To learn more about National Youth Science Day, please visit <http://www.4-h.org/nysd/>.

**About 4-H:**

4-H, the nation's largest youth development organization, grows confident young people who are empowered for life today and prepared for career tomorrow. 4-H programs empower nearly six million young people across the U.S. through experiences that develop critical life skills. 4-H is the youth development program of our nation's Cooperative Extension System and USDA, and serves every county and parish in the U.S. through a network of 110 public universities and more than 3000 local Extension offices. Globally, 4-H collaborates with independent programs to empower one million youth in 50 countries. The research-backed 4-H experience grows young people who are four times more likely to contribute to their communities; two times more likely to make healthier choices; two times more likely to be civically active; and two times more likely to participate in STEM programs.

Learn more about 4-H at [www.4-H.org](http://www.4-H.org), find us on Facebook at [www.facebook.com/4-H](https://www.facebook.com/4-H) and on Twitter at <https://twitter.com/4H>.

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