

Let's Get Introduced to 4-H Youth Development

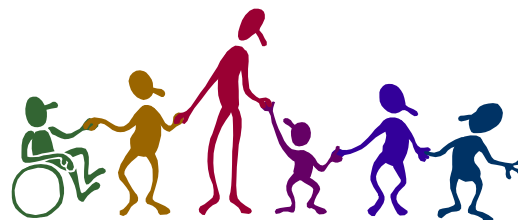
4-H Youth Development Is.

. . . the process of growing up and developing one's capacity in positive ways. Youth development organizations exist to promote the positive, healthy development of young people.

4-H is the oldest and largest publicly funded youth development organization in the United State of America. Each 4-H Club is encouraged to be creative and flexible to best meet the needs of the youth and families involved.

You are challenged to design your program and activities to include the following strengths which describe 4-H:

- Learning by doing
- Developing leadership skills
- Making new friends
- Giving back to the community
- Building connections with others
- Preparing, doing, sharing



The 4-H traditions of the symbol, motto, colors, and pledge remain constant. However, the 4-H club framework need not be constant. As society changes, 4-H adjusts and changes also to meet the needs of families today.

WHAT DO THE 4 H'S STAND FOR?

HEAD - Through exciting hands-on learning experiences, 4-Hers learn about new project areas, try new skills and participate in various activities. 4-Hers have fun learning from volunteer adults and older youth, who are interested in sharing their knowledge and experience.

HEART - Throughout club, county, district and state events and activities, participants are continually developing their sense of identity, particular project skills and characteristics that result in a statement of "who I am and what I stand for". 4-Hers make many new friends including caring adults and a positive peer group.

HANDS - A goal is for 4-H members to arrive at a tentative occupational choice. Three essential factors are:

- 1) learning about oneself
- 2) learning about work and occupational opportunities
- 3) learning knowledge of self and occupational opportunities.

4-H members are also involved with their clubs in a wide variety of service projects. They reach out to help others throughout our community.

HEALTH - 4-H continually strives to teach 4-H members to accept responsibility for their lifestyle choices and to create a personal environment which encourages choices with positive impact on their well being.

THE PLEDGE

I pledge . . .

My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service and
My Health to better living for
my club, my community,
my country, and my world.

The 4-H Motto Is:

“To Make the Best Better!”

The Symbol:

The four leaf clover is the 4-H symbol.
The four H's on the clover stand for **HEAD, HEART, HANDS,** and **HEALTH.**



Colors:

Green and white are the 4-H colors. Green symbolizes nature's most common color and represents life, springtime, and youth. White symbolizes purity and bright ideas.

WHO CAN JOIN 4-H?

4-H MEMBERSHIP

The 4-H year begins on October 1 and ends on September 30 in Polk County. 4-H is open to any interested youth grades K-13 (one year out of high school) regardless of where they live.

CLOVERBUDS

Cloverbuds are youth in K-2nd grades. Cloverbuds may exhibit at the county fair and take part in many county-wide events, but because research shows that youth this age can not understand and handle competition, that component of the 4-H program has been eliminated.

LEADERS

Any person can be a 4-H volunteer leader in Polk County. They need not be a 4-H parent. Leaders must enjoy working with youth, sharing their knowledge and enthusiasm for learning and having fun. All leaders must go through an orientation process. The process includes attending an orientation class, signing expectation and enrollment forms, and having a background check conducted.

Leadership Opportunities

Leadership is the key to a successful 4-H program. 4-H Adult Volunteer Leaders are made up of many different types of people. One thing they have in common is their concern for youth and the desire to develop today's boys and girls through 4-H.

The major leadership opportunities are:

- **Club project and/or activity leaders** - These leaders work with a small group of 4-H members in a specific project or activity. Project leaders are expected to conduct 3-5 project experiences for the members in their club. Project meeting ideas are available from the Extension Office.
- **Club Organizational Leaders and Co-Leaders** - These leaders have the organizational duties in the local club. Duties include assisting teen leaders and club officers, enrollment, records, etc. These leaders are the contact people for communications from the county extension office.
- **County Project Development Committees** - The county 4-H program depends on volunteers to help organize, conduct and evaluate county level experiences for 4-Hers enrolled in specific projects and activities. This provides an invaluable service to the 4-Hers in the entire county. Sign-up is in the fall of each year or contact the extension office if you are interested in helping expand and develop the 4-H program.
- **Teen Leaders** - 4-H members 6th grade and up may assist adult leaders in the above mentioned areas. These Teen Leaders are valuable in helping to guide and conduct projects and activities at all levels.
- **4-H Ambassadors** - serve as ambassadors for county 4-H program, planning special activities and events, and serving for public relations.

Why 4-H?

4-H provides a chance for young people to belong - to be a part of a group their own age, to learn new things and do fun things together. Through 4-H young people have opportunities to:

- learn new skills, gain knowledge, develop positive attitudes
- develop and use their creative talents
- learn to make intelligent decisions and to solve problems

- develop a feeling of self-worth while respecting the rights and privileges of others

In brief, the purpose of 4-H is to provide a variety of learning experiences for youth that contribute to their personal growth and development and that will help them to become useful, self-reliant, responsible members of society.

What do 4-H'ers do?

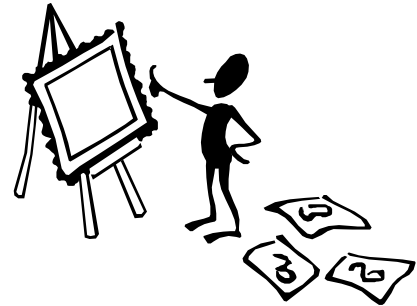
Each 4-H member chooses one or more projects to work on. 4-H members attend meetings where they may work on projects or learn about other topics of interest determined by the group. At meetings they also learn and practice leadership skills.

4-Hers may participate in various community, county, state, and even national and international events which are offered to enrich the local 4-H program. These may include 4-H camps, parades, fairs and shows, achievement days, recreational activities, conferences, contests, educational trips, exchange programs with youth from other states and countries, appearances before civic groups, and on radio and television.

IF YOU JOIN A POLK COUNTY 4-H CLUB

WHAT'S EXPECTED OF YOU?

1. Select one or more projects suited to your interests, abilities and age. (There are over 80 projects to choose from).
2. Do project work according to the best information available.
3. Attend club meetings and follow club rules.
4. Participate in club activities.
5. Serve on committee(s) of your choice.
6. Keep and turn in a record book of what you do in 4-H each year.
7. Give a club talk or demonstration in each project area.
8. Make a public exhibit at county fair or club tour.



9. Find out what membership requirements are for your club and work to achieve them. (There are not that many and they're easy to do. You can do it!)

WHAT DOES A 4-H CLUB DO?

A 4-H club elects its own officers and conducts its own business. Each club meets monthly with an annual plan for their programs. Each meeting usually includes some kind of special program. This can be demonstrations or talks by members, parents or a resource person, recreation or indoor games, family sharing nights, or a field trip.

Clubs charge minimal dues or hold fund raising activities to raise money for their club events.

4-H members are responsible for the cost of materials needed to complete their project(s), but project literature (written project guides) is provided by the County Extension Office and the Polk County 4-H Leaders Federation. 4-H members pay \$5.00 to the Leaders Federation (\$6.00 for horse project members) and this covers dues to the Wisconsin 4-H Foundation, insurance, and a donation towards literature costs. Clubs may assess additional dues.

HOW ARE PARENT(S) AND GUARDIAN(S) PARTNERS IN 4-H?

1. Help member select the right project(s) for their interest.
2. Give encouragement and supervision, but allow the 4-H'er to do their own work. Also, this means giving positive encouragement when problems arise.
3. Help locate or assist youth in finding financial aid for project work, if needed.
4. Provide a place for records and other club and county materials in the home (a 4-H drawer or file).
5. Help members set standards of honesty, teamwork and good sportsmanship.
6. Be willing to help whenever possible for the club as drivers, chaperones, lunch committee, or as need arises.
7. Attend club meetings with the member.
8. Help member complete club and county requirements for the year.
9. Give input into the county program by participating in county meetings and serving on committees.
10. Have fun with the youth.

4-H PARENT OR GUARDIAN'S PLEDGE

I Pledge My Head

to give my child the information I can,
to help them see things clearly and to
make wise decisions.

I Pledge My Heart

to encourage my child no matter whether
they have successes or disappointment.



I Pledge My Hands

to help my child's club; if I cannot be
a leader, I can help in many equally
important ways.



I Pledge My Health

to keep my child well and strong for a
happier, healthier life, through 4-H,
for our club, our community, our country and our world.

HELPFUL INFORMATION

FROM 4-H MEMBERS AND ADULTS

IF I HAD ONLY KNOWN . . .

(from a member)

- * I can go to any county activity that is listed in the 4-H Clover Connection (newsletter).
- * Read the 4-H Clover Connection (newsletter) every month.
- * Keep records of activities in 4-H file - activities, speeches, demonstrations, school, community, church and other organizations for your later reference when applying for trips and awards.

* Any of my friends can join 4-H. You do not need to own an animal to join 4-H.

IF I HAD ONLY KNOWN . . .
(from an adult)

- ❖ Go to club meetings and activities with my children
- ❖ Send a calendar with my child(ren) to meetings to mark down club and county events.
- ❖ Keep a drawer or shelf for all the 4-H newsletters, mailings and record books.
- ❖ Youth are to keep reusing the green record book covers from year to year. (Applying clear contact paper helps keep it looking neat longer.)
- ❖ Parent(s), guardian(s) and grandparents are encouraged to attend and participate in 4-H events with their youth. Everyone's help is needed to make the program strong. 4-H is a family organization.
- ❖ The County Extension Office can obtain videos, slides, etc. for project leaders to use at project meetings.
- ❖ To read my newsletter and call the Extension Office, or club leader(s) and other 4-H parents with any question (however small I think it might be.)
- ❖ Print materials are available from the Extension Office to help you with your child's project work.

Parliamentary Procedure

Parliamentary procedure is one of the most effective means by which individuals can take orderly action as a group.

Depending on the skills that members have, the club can use simple, informal, or formal parliamentary procedures. Club officers as well as club members should learn the appropriate parliamentary procedures they are going to use in making club decisions.

These are the three different meeting styles:

Simple Style

Characteristics: No formal agenda; group

discusses business until they agree on what to do; probably no officers; open discussion.

Settings: project meetings, small groups, sessions with younger members.

Informal Style

Characteristics: Flexible meeting agenda; basic parliamentary procedures; chairperson or elected officers; controlled discussion.

Settings: 4-H meetings, school/church/civic organizations.

Formal Style

Characteristics: Precise meeting agenda;

standard parliamentary procedures following Robert's Rules of Order; elected officers.

Settings: Large gatherings, legislative

bodies, 4-H Federation meetings, FFA formal meetings.

Steps In Making A Club Decision

1. **Motion** - A motion is a request that something be done or that something is the opinion or wish of the group. Only one motion should be placed before the group at one time. It is debatable and amendable.

2. **Second** - Someone from the group must "second" the motion, or agree to the motion, so that it can be discussed.

3. **Discussion** - The motion "on the floor" is

discussed by all members, addressing the pros and cons, etc.

4. **Re-state the motion** - The president re-states the motion before the groups votes.

5. **Vote** - The group votes by voice - aye/no; by show of hands; by standing; by secret ballot, or by roll call vote.

4-H'S EASY TO USE DICTIONARY

Achievement - Achieving in 4-H means a member completes all membership requirements of the 4-H club and County 4-H policy during the year.

"Clover Connection" - The monthly Polk County newsletter, mailed to each 4-H family. It contains valuable countywide meeting information, project news, educational information, and family fun ideas. Read it!

Cloverbuds - Cloverbuds are club members (ages 5-8) who can participate in designated club and county events and activities. Cloverbuds exhibit at the county fair and receive a \$1.00 premium for all of their exhibits.

Club - an organization made up of a group of youth who have fun together learning and sharing.

Club Organizational Leaders - Volunteer adult(s) who serve as an advisor, friend, and leader to the local club. Co-leadership is often used to involve more adults and share communication and information.

County Committees - volunteers (adults and youth) serve on over 30 county committees which determine project area needs, organize and provide leadership for events or workshops and plan a yearly calendar for the Polk County program.

Explorer - A first year 4-H member (usually in 3rd or 4th grades) who takes the project Exploring, allowing him/her to look at a variety of 4-H projects during the year.

Key Leader - A volunteer who is willing to be a resource and share their knowledge, talents, skills or expertise in a particular project with youth and adults from across the county.

Polk County 4-H Leaders Federation, Inc. - executive governing body of the Polk County 4-H program. Advises the overall 4-H program by dispersing funds, appointing committees and carrying out work of the organization. Every club in the county can have one adult and one youth on the

Leaders Federation Board of Directors.

Projects - a unit of 4-H work which is the basis of "learning" experiences which involve learning a skill.

Project Leader - a volunteer (youth or adult) who teaches a particular interest or skill to youths.

Project Literature - Each project has valuable information for the 4-H'er to use during the year. The information is written by University specialists and serves as suggested areas to study in your 4-H projects.

Project Meetings - Project leaders (either club, or county level) hold meetings for members to come and learn about their project areas.

Record Books - a booklet that members put together explaining what they did during the past 4-H year. These books are turned into the Club General Leader at the end of the 4-H year.

*** Members are to keep their record books from year to year and reuse the green cover.**

UWEX - University of Wisconsin Cooperative Extension Service - 4-H is part of the University of Wisconsin Cooperative Extension Service, land-grant colleges, and the U. S. Department of Agriculture.



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