



If you are between the ages of 5 and 8 (Clover Kids) or 9 and 19 (4-H), take a look at 4-H. 4-H is more than a club—4-H is young people getting ready for the future. In 4-H, you will work with other people in a 4-H club, in your school, or with another organization. 4-H'ers can also go to camps, show their work at fairs, travel, host youth from other countries, attend meetings and events with other young people, and much, much more!

4-H Motto and Pledge

In support of the 4-H Club Motto,
To Make The Best Better,

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.

What will I do in 4-H?

4-H members choose projects that interest them. Texas has more than 40 4-H projects to choose from. You attend meetings, participate in new learning experiences, and may be involved in making presentations and community service projects. You may also want to participate in 4-H camps, the county fair, or trips to other states and countries.



How do I join 4-H?

Call your local office of the Texas Agricultural Extension Service. It is listed in the telephone book along with other county offices. An Extension agent working with 4-H will be able to guide you to 4-H opportunities in your area.

How much does it cost to join 4-H?

Joining 4-H costs little or nothing. Some projects may require an investment to get started.

We live in the city. Can I join 4-H?

4-H programs are open to all young people, no matter where they live. There are programs in every county in Texas. If you live in a town or city, you can participate in 4-H activities with pets and small animals, drama, food and nutrition, mini gardens, photography, woodworking, leadership, and more!

How old do I have to be to join 4-H?

4-H programs are open to all young people from third grade through age 19. A special 4-H Clover Kids program is available for children in kindergarten through the second grade, ages 5 through 8.



What about my parents or guardians?

Your parents don't have to become 4-H leaders when you join 4-H, but there are many opportunities for them to help. This help can range from being a project leader to driving members to activities or supplying refreshments for a meeting. Adult volunteers supervise the 4-H activities. 4-H volunteers are carefully screened and trained to ensure the safety of the 4-H'ers.

Who sponsors 4-H in Texas?

4-H is an education program provided through the Texas Agricultural Extension Service in partnership with the Texas A&M University System and state, federal, and county government in each of the state's 254 counties.

For more information, call your county office of the Texas Agricultural Extension Service.

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Educational programs of the Texas Agricultural Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.
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Texas Agricultural Extension Service
The Texas A&M University System



**more than
you ever
imagined!**

4-H is . . .



Head

4-H will get you thinking. You'll learn how to think as a team member and work with others to accomplish your goals. You will discover the world around you. 4-H offers you the chance to build the knowledge, skills, and attitudes you will need to be a strong, self-directed, productive adult. You'll find new ways to see the world and to see yourself.

4-H is . . . learning and achieving!



Heart

It can be tough growing up today. To sort out your thoughts, ideas, and emotions, you can talk with 4-H members and leaders about what is important to you. You will find that others involved in 4-H feel the same way you do. In 4-H, you develop relationships with other young people and with adults. You will form lasting friendships and make cherished memories.

4-H is . . . sharing and caring!



Hands

In 4-H, you will do fun things and learn skills you can use for the rest of your life—on the job, at home, or with your friends. 4-H'ers work to improve their communities, share their skills and ideas with others, and get hands-on experience for the future. You will learn new skills and explore careers that interest you.

4-H is . . . serving others!



Health

4-H helps you learn to make healthful choices about exercise and eating. Being healthy means feeling good inside and outside, with school, friends, and family. In 4-H, you will learn how to develop a healthy lifestyle, and you will understand the consequences of unhealthy decisions. Your physical and emotional well-being are important, and in 4-H you can achieve your fullest potential.

4-H is . . . making healthy choices!

you!