



4-H Parent Handbook

L90320



UNIVERSITY OF ILLINOIS
EXTENSION



University of Illinois at Urbana-Champaign

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Because of nature of the Internet, Web Sites listed in this publication may change over time. To find the information, visit:

<http://web.extension.uiuc.edu/state4h/>

Search by the publication's title, subject, or publication number.

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Welcome to 4-H!

The purpose of this booklet is to help you learn more about 4-H and how to help your child have a positive experience in 4-H. Use this booklet as a tool to familiarize yourself with the 4-H youth development program.

As your family goes through the 4-H year, you may find you have questions about specific activities or events, or expectations of your family. Please be sure to keep the lines of communication open with your 4-H club/group volunteer leader(s) and/or contact your local University of Illinois Extension office.

Supportive Adults:

Today's 4-H member may not live in a traditional two parent family. The term **parent** is intended to refer to the adult supporting a child's participation in 4-H, school or community activities. This could be a mother, father, aunt, uncle, grandparent, guardian, sibling or another caring adult.

Supportive Adults are Encouraged to:

- Take the time to learn about 4-H, what it stands for, and how it operates.
- Help the **4-H member** select a project of interest to the child and his/her family. The member's ability and the resources needed to complete the project need to be considered.
- Show an interest and enthusiasm for the **4-H member's** selected 4-H projects. Plan project work throughout the year, rather than waiting until the last minute.
- Help the **4-H member** participate in county, regional and state events, such as public presentations, camp, fair, and project workshops.
- Keep the purpose of 4-H in mind. The project is a teaching tool and method to provide the member a learning experience. It is more important to involve the 4-H member in a learning experience to gain life skills than to prepare a perfect project display for the fair.
- Celebrate the 4-H members' successes, and learn from their mistakes. Whatever the rating or score, help the 4-H member see the progress made, things learned, and goals reached.



Role Description

4-H Parent or Supportive Adult

Purpose:	To assist and support their child and other children in the 4-H club or group.
Success Criteria:	Through the experiential learning (hands-on learning) process, the children in the 4-H club or group will gain knowledge and skills to positively and successfully respond to life's varying situations.
Responsibilities:	<p>To assist or encourage their child and other children in the club or group to:</p> <ul style="list-style-type: none">• Set realistic project and achievement goals• Accomplish those goals, where appropriate• Participate in club, unit, regional, state, national, and international programs• Use positive reinforcement of each child's part in the group• Provide transportation to and from meetings and special activities• Attend meetings and special events of the club or group <p>To complete a parent volunteer survey and/or discuss with the organizational leader, the areas where you could assist the club. Depending on the time that you have available, you may:</p> <ul style="list-style-type: none">• Plan and facilitate special events for the club or group• Learn about the developmental needs of the different ages of children in the club or group• Make phone calls• Lend use of home for meetings• Serve as a project leader or helper in one or more project areas• Assist with meetings or special events (tours, fund raisers, fairs, etc.)• Serve as an adult adviser to one or more committees
Time Required:	Approximately 1-5 hours per month (providing transportation, attending meetings, helping child with projects or activity work; varies according to task)
Target Dates:	September through August
Resources Available:	Volunteer Application Process Materials Helping You Help Youth Fact Sheet Series Ages & Stages of Youth: A Guide for 4-H Leaders A Valuable Partnership: Volunteers and 4-H Youth Program Letters to New Leaders Series <i>The Illinois Clover</i> (project and publication listing) Getting Started As a Project Leader
Training Opportunities:	Unit, Regional, State and North Central Regional trainings
Report To:	4-H Club Organizational Leader or 4-H Club Project Leader
For Questions, Contact:	4-H Club Organizational Leader or Extension Unit Youth Staff

Facts About 4-H

Our Mission:

To help youth learn skills for living.

Symbol:



Fact:

The 4-H emblem is federally protected under Section 18 US Code 707 and belongs to the Congress of the United States. The official emblem is green with white H's - the 4-H colors.

The 4-H Name and Emblem is a highly valued mark within our country's history. It is in a category similar to the Presidential Seal and the Olympic Emblem. It has federal protection deemed higher than a trademark or copyright. The United States Secretary of Agriculture oversees usage of the 4-H Name and Emblem.

The official 4-H Emblem is a clover with four leaves and an "H" on each leaf. The clover's stem must point to the right. The 4-H emblem should appear in specific colors and in its entirety. No text or graphics may be superimposed over the top of one of the leaves nor may it appear as a watermark behind other information.

A 4-H member or volunteer is permitted to use the 4-H Name & Emblem once a program charter is issued to their recognized 4-H club or group. Commercial vendors, private organizations, or other entities need to contact the local Extension office to determine steps necessary to use the 4-H Name & Emblem. Extensive penalties may be given for unauthorized use of the 4-H Name & Emblem.

For more information, contact your local Extension office.

Colors:

<p>WHITE</p> <p>Symbolizes purity</p>	<p>GREEN</p> <p>Stands for life, springtime & youth</p>
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4-H Pledge:

The pledge tells what 4-H is all about. 4-H has as its goal the four-fold development of youth: Head, Heart, Hands and Health. [Saying the pledge](#) has prominent place in 4-H activities, at regular 4-H meetings, achievement days, other club events, and county, state, and national events.

I Pledge

My Head to clearer thinking,
(right hand points to forehead)



My Heart to greater loyalty,
(right hand over heart)

My Hands to larger service,
(arms slightly bent to front with palms up)



And my Health to better living,
(arms at sides)

for my club, my community, my country,
and my world.

Motto:

“To Make The Best Better”

The intent of the motto is to inspire young people to continue to learn and grow, to make their best efforts better through participating in educational experiences where they gain knowledge, values, and skills.



Local 4-H Club/Group Information:

My Child's 4-H Club/Group Name: _____

Location of Meetings: _____

Meeting Time/Date: _____

Club/Group Volunteer Leader(s):

Name: _____

Phone: _____ Cell Phone: _____

e-mail: _____

Name: _____

Phone: _____ Cell Phone: _____

e-mail: _____

Name: _____

Phone: _____ Cell Phone: _____

e-mail: _____

Where to Get Further Information:

Local University of Illinois Extension office:

County Name: _____

Address: _____ Office Hours: _____

Phone: _____ FAX: _____

Web Address: _____

County Extension Director: _____

4-H Youth Development Staff: _____

Secretary(ies): _____

Illinois 4-H Website: <http://web.extension.uiuc.edu/state4h/>

University of Illinois Extension Website: <http://web.extension.uiuc.edu/state/>
(To find your local University of Illinois Extension office website, go to the University of Illinois Extension Website. Click on "Find an Office"; then click on your county name. Each local office website includes information about the staff members, how to contact the local University of Illinois Extension office, and programs and printed materials available from that local office.)

University of Illinois Extension Urban Programs Website:
<http://www.urbanext.uiuc.edu/4H/index.html>
An additional Illinois web site that has an "All About 4-H" page.

Communication with Local University of Illinois Extension Office:
Most University of Illinois Extension Units provide 4-H families and volunteers with periodic newsletters, which contain information about upcoming events & activities and helpful information to complete the 4-H year. The newsletter may be sent via regular mail, e-mail, handed out at club meetings, or posted on the local unit's website. Check with your club/group leader for information regarding your unit's 4-H newsletter.

County Newsletter Name: _____ How often received: _____

Available: ___ Mail ___ E-mail ___ Club meetings ___ Unit Website ___ Other _____

You Can Expect Your Club/Group Leaders To:

- Find answers to 4-H questions.
- Distribute 4-H materials in a timely fashion.
- Be courteous, helpful, and respectful.
- Provide an organized structure for club meetings and activities.
- Help officers plan creative, fun meetings.
- Assist members to learn leadership skills.
- Encourage all members to set realistic goals and work toward completing them.
- Be a positive role model.
- Create an awareness of resources and opportunities available to 4-H members.
- Reflect and celebrate successes, even small ones.



What's Expected of Your Child in 4-H:

- Select at least one project from the *"The Illinois Clover"*
- Set goals for member's project(s) and make report on project to leader.
- Attend at least 2/3 of club meetings (or number established by club).
- Share his/her project experiences by giving a presentation or making an exhibit.

4-H members who successfully complete the guidelines above are considered to meet the **4-H Standards of Excellence** for youth ages 8-11. Additional guidelines are suggested for youth ages 12-14 and 15-18.

Cost of 4-H:

4-H has a Program Fee for all 4-H Cloverbud, Community Club, and Special Interest 4-H members. This fee will be collected annually by the local Extension office. There may also be costs for project manuals and some 4-H activities and events.

All 4-H projects have some cost beyond the project resource book. For some projects, this cost may be supplies and materials that the 4-H member and family already have. For other projects, your child may need to buy supplies not readily available. Please keep the cost in mind when selecting a project(s) with your child. Your club leader(s) can help you select projects that can interest your child, but stay within your family's budget guidelines.

Our local costs for 4-H mailings, project resource books, and other activities are:

\$ _____ for _____

\$ _____ for _____

\$ _____ for _____

\$ _____ for _____

Other important information regarding costs:

4-H Projects:

A 4-H project is the topic or interest area members explore through hands-on activities, sequential learning experiences, goal setting, and evaluation. Necessary life skills, as well as project skills, are emphasized in the project resource books. Project resource books may be approved and available statewide or at the county level.



More than 100 4-H projects are available to Illinois 4-H members. A complete list of Illinois 4-H projects may be found in the publication, *The Illinois Clover*. Your local University of Illinois Extension office may also offer projects available only to your county, based upon interest of members and availability of project resources.

New 4-H members are encouraged to limit their project choices to best maximize their first year experience and not become overwhelmed with completing them. [Members select new projects each year or may re-enroll in the same projects for multiple years.](#)

Projects My Child Signed Up for:

Setting Project Goals:

A goal-centered learning system is used by the 4-H program to help 4-H members get the most from their 4-H projects. An adult (club volunteer leader, project leader, or supportive adult) should assist the member in developing their plans for project learning. This system will allow the member to match their interests to what they want to learn and help them set their own pace for learning. As a result, they are likely to learn more than if an adult just tells them what they should do.

Project goals are like having a road map. They help the members decide how to get from where they are to where they want to go.

So like using a road map, first decide how to get there or how to do something. The ACTION part of the goal tells the action that will be taken or the “doing” part of the goal.

The next thing to include is the RESULT. This tells what results from the action or what is intended to be done. Sometimes numbers are useful in this step.

The last part of goal setting is WHEN the goal will be done. Set a realistic time to complete the goal.

Next apply the CONTROL TEST. Ask, “Does the member have control over what happens in this goal?” The 4-H member can control participating in events, and making or doing something. However, members cannot control awards and recognition, like blue ribbons or grand champions, etc.

Goals can prepare the member to win those awards by learning more about the project, talking to people who can help, or trying something new. But, the member has no control to win them, so do not include awards in project goals.

4-H members' project goals are recorded on the Project Planning Guide for reference throughout the 4-H year. The member should keep the Project Planning Guide and their project resource books in a secure place, such as a 4-H folder.

4-H Activities and Events:

4-H activities and events are planned to support the learning of 4-H members. They provide a hands-on opportunity for youth to learn new skills and evaluate their progress towards achieving established goals. Many activities allow 4-H members to showcase their knowledge and skills to the public and provide recognition to the 4-H member and to the 4-H program.

County/Unit 4-H Events:

Most Extension Units offer similar 4-H activities and events throughout the year. The following is a list of 4-H activities and events that are offered in many Illinois Extension Units.

- Judging Contests – May be Livestock, Horse, Meat, Dairy, Poultry, Foods, or another focused on other 4-H projects.
- 4-H Quiz Bowls
- Public Presentation Contests
- 4-H Club Officer Training
- Project Workshops
- Leaders' Training Workshops
- National 4-H Week Promotion
- Recognition Events – Achievement Night, Recognition of Excellence events, etc.
- 4-H Shows, Fairs and other 4-H Exhibitions
- Older Youth Groups – Federation, Junior Leaders, Ambassadors, etc.
- Camp Clover
- Fashion Revue
- Rocket Launch



Many other 4-H activities and events may be offered in your local Extension Unit. There are also many opportunities offered in your region of the state, statewide and nationally. To find out about other opportunities of interest to you, contact your club leader, the local University of Illinois Extension office or website, and/or read your 4-H newsletter.

List three activities or events that you wish your child to participate in or learn more about:

4-H Shows, Fairs and Expositions:

Most Illinois Extension Units provide an exhibit opportunity for 4-H members. Members can showcase their 4-H projects at a 4-H sponsored show, fair or exposition. It may be held in conjunction with a county fair, school event, or other community event. The “Conference” or “Interview” judging technique is encouraged for use. With this method, someone discusses the 4-H project with the member and determines the quality of the exhibit and member’s knowledge learned, based upon accepted standards for the project. Exhibit classes are determined for each Extension Unit in consultation with local 4-H committees.



Date(s), Location(s), and Time(s) or my county’s project judging days:

4-H Show/Fair/Exhibit Book:

Each Extension Unit **must inform members and leaders of exhibit opportunities, classes, and exhibit requirements** for the 4-H Show/Fair or Exposition. Included in this list are the rules, regulations, health requirements for animal projects, schedules and other important information. This information is usually updated each year and is typically **available** in the late spring. 4-H members and families are encouraged to become familiar with the sections of the 4-H Show/Fair Book that pertain to their project(s). Ask your 4-H leader or the local Extension office staff for a copy of last year’s book so you may review the classes that were offered. (It may be helpful to save the fair book from year to year.) **The 4-H Show/Fair Book may be available on the web rather than in print form.** If questions arise, contact your club leader or the local University of Illinois Extension office.

Where to find exhibit requirements in my county’s 4-H Show/Exhibit Book:

General Requirements on page(s) _____

Project Exhibit Requirements on page(s) _____

4-H Camp:

Most Illinois counties participate in the 4-H Camping Program offered at one of the state's four locations. Illinois 4-H Camps offer organized activities, cooperative group living in the natural environment, and action-packed fun. Participation in 4-H Camp is not limited to 4-H members – any youth may participate in 4-H camp.

Medical assistance is available 24 hours each day and certified water safety personnel supervise water activities. Adults and teens, who have successfully completed personal background checks, supervise the youth in gender-segregated cabins. Campers sleep in screened cabins; nearby toilet and shower facilities are available. Kitchen personnel are State of Illinois certified food handlers. The camps' facilities are inspected regularly by several agencies, including the State Fire Marshall and Department of Public Health. Contact your local University of Illinois Extension office for more details about the 4-H camp in your area of the state.

4-H members from our area of the state attend 4-H Camp at:

Location _____ Dates _____

Cost _____ Website for more info _____

Camps

Contact any one of these camps for details of programs offered.

Central Illinois 4-H Camp Association

U of I 4-H Memorial Camp, Monticello, IL (217) 762-2741
<http://web.extension.uiuc.edu/4hmemorialcamp/>

Northern Illinois 4-H Camp Association

Camp Shaw-Waw-Nas-See, Manteno, IL (815) 933-3011
<http://www.4-h.uiuc.edu> (search for "camp")

North-Western Multi-County Camping Program

Quad Cities Extension Center, East Moline, IL (309) 792-2500

Southern Illinois 4-H Camp Association

Mt. Vernon Extension Center, Mt. Vernon, IL (618) 242-9310
<http://web.extension.uiuc.edu/regions/4h/camp/>



Illinois 4-H Glossary

4-H: The youth development education program of the University of Illinois Extension and the United States Department of Agriculture. The program consists of a collection of access systems in which youth learn in group settings or on their own. A number of activities and events enrich the program experiences for the learners.

4-H Member: A youth who has completed an individual enrollment and attended at least one meeting of an organized ongoing local 4-H club or group and is aware of their involvement in 4-H. Includes, but is not necessarily limited to 4-H club members.

4-H Club/Group: An identifiable group of youth sanctioned by University of Illinois Extension, which has been organized to have similar learning experiences.

4-H Club/Group Volunteer: An adult or older youth who provides support to a 4-H club/group to complete the annual program plans and goals of the club/group. Titles may include: 4-H Leader, Organizational Leader, Activity Leader, Enrollment Leader, Junior Leader, New Family Support Coordinator, Project Leader or other needed volunteers to conduct the club/group program.

Access Systems: Youth may participate in 4-H through a variety of ways, called access systems. These access systems include: school or community based 4-H Clubs/Groups, Special Interest Groups, Short-term Project Groups, 4-H Camping programs. Youth can learn with others by enrolling in 4-H clubs or groups, or they can work on their own, at their own pace, as an individual member. Youth ages 5-7 may participate in the 4-H Cloverbud Program. Youth ages 8-18 may participate in more structured club/group experiences.

Activity Leader: A volunteer that leads and/or helps coordinate a club or county activity. For example, an activity leader might coach youth preparing for a county 4-H horticulture judging contest or help a group of youth coordinate a club fundraiser.

Achievement Program: An annual event in which 4-H youth, clubs/groups, leaders, community partners, and alumni are recognized for their achievements. Awards are distributed for levels of 4-H participation and accomplishment.

Adult Volunteer: Unpaid support for the 4-H program by an individual 18 years of age or older.

Camp: Usually an overnight outdoor living experience that is offered to 4-H youth during summer months. Camp is an excellent opportunity for youth to learn more about the environment, themselves, [and working together in a “community.”](#)

Camp Counselor: An adult or older teen who volunteers to assist with the 4-H Camp Program for 4-H members. Counselors usually stay in cabins with campers at a ratio of 1 counselor for no more than 10 campers. Counselors supervise campers throughout the daily 4-H Camp activities, including cabin supervision, project activities, recreational activities, campfire and evening programs.

Cloverbud: Youth that are 5-7 years of age that are enrolled in a 4-H group. Cloverbud groups participate in unique 4-H projects that are age appropriate. Volunteer leaders help coordinate activities and the program for Cloverbuds.



Community Worker: University of Illinois Extension staff member **who** is based in the county at **a** local University of Illinois Extension office. The community worker teams with other Extension staff and local volunteers to deliver local youth development programs.

Conference Judging: A recommended style of evaluating 4-H members' project work and performances. The 4-H member meets one-on-one or in a small group to discuss their project accomplishments or performance. The judge asks questions about what the 4-H member learned while working on the project and the 4-H member can receive feedback from the expert about how the work could be improved.

County 4-H or Extension Foundation: A county or Extension Unit group of volunteers chartered to raise funds from individuals, businesses, corporations, and organizations to provide financial support for county programs.

County Extension Director: An Extension staff member responsible for program, staff and fiscal considerations within a specific local University of Illinois Extension unit. The unit may be a single county or multiple counties.

Demonstration: A method where a 4-H member shows and explains how to do something. Many counties have contests for the members to use public presentation skills while showcasing the knowledge they have learned in their project.

Enrollment Leader: An adult or older teen who coordinates the enrollment process for the club/group. Collection of enrollment forms from individual members, communicating with the local Extension office to complete the enrollment process, and distributing project resource materials are a part of this volunteer's role.

Event: An educational or recreational occasion occurring at a particular place and time. Events support ongoing positive development of youth **and are one part of the 4-H experience.**

Exhibit Opportunity: See (4-H) Show

Experiential Learning: The process by which an individual or group participates in a learning experience, responds to the experience, discusses and processes the experience in terms of past and present, and generalized the experience in terms of future, and applies the experience to future situations.

Extension Regions: Illinois is divided into five geographical areas for administration of the University of Illinois Extension program. Each area has a regional director, who supervises and supports the local Extension staff. See map on last page of this booklet to see in which University of Illinois Extension region your county belongs.

Extension Unit: One or more counties that work together to provide University of Illinois Extension programming to local citizens. **Extension Unit and county are used interchangeably throughout this publication.**

Extension Unit Council: The Extension Unit Council assists University of Illinois Extension staff to determine the direction of local programs. Members of this local advisory group reflect the diversity of the local constituents. They bring a variety of views and backgrounds to local decision-making.

Fair: See (4-H) Show



Federation: A group of 4-H youth that represent individual 4-H Clubs/Groups in a county or multi-county area. This group serves as communications links between 4-H clubs and Extension staff.

Hands-On: Direct practical experience in the operation or function of something.

The Illinois Clover: A 4-H publication that serves as a 4-H member handbook or family resource of available 4-H learning opportunities in Illinois. It lists all state-approved projects with brief project descriptions, supporting publications, and other resources. Awards available to 4-H members and leader resources are also included in the publication.

Illinois 4-H Foundation, Inc.: The Illinois 4-H Foundation raises funds from individuals, businesses, corporations, and organizations to provide financial support for state and county 4-H programs.

Individual Enrollment: Detailed demographic data on individuals; including name, address, place of residence, age, gender, and cultural background. Individual enrollments are required of 4-H members and volunteers who work directly with youth.

Junior Leader: An older 4-H member who assists adult volunteers of the 4-H club in carrying out the organizational duties of the club or who teach other members through projects or activities.

Learn-by-Doing: A 4-H slogan of doing and reflecting.

Life skills: Life skills are abilities individuals can learn that will help them to be successful in living a productive life. The goal of youth programming is to provide developmentally appropriate opportunities for young people to experience life skills, to practice them until they are learned, and be able to use them as

necessary throughout a lifetime. Through the experiential learning process, youth internalize the knowledge and gain the ability to apply the skills appropriately. (Source: Targeting Life Skills Model, Iowa State University Extension, November 1998)

National 4-H Week: The first full week of October is identified as National 4-H Week. The event recognizes 4-H youth and leaders nationally. Frequently this week is used as an opportunity to promote 4-H in local communities and recruit new members and leaders for 4-H clubs.

New Family Support Coordinator: A club/group volunteer who advises and supports new 4-H families during their beginning years of 4-H involvement.

Organizational Leader: A volunteer who is identified as the key contact for the 4-H club/group. They are generally responsible for enrolling members, securing 4-H project resource books, maintaining communications with the local University of Illinois Extension office, and ensuring 4-H meetings run smoothly. Some clubs have several adults to share this duty; others may have only one leader.

Program Coordinator: University of Illinois Extension staff member who is based in the county at a local University of Illinois Extension office. The program coordinator teams with other Extension staff and local volunteers to plan, promote, and implement educational programs.

Project: A developmentally appropriate series of planned hands-on educational experiences leading toward achievement of learning goals, as established by the 4-H member.



Project Leader: A volunteer that is familiar with a project area and helps 4-H members learn and master skills related to that project.

Project Planning Guide: A form that a 4-H member uses to outline what he/she wants to learn and skills to master during the 4-H year. The member should work with parents/guardians and leaders to complete the project planning guide for each project they plan to do. [The age-specific forms are available from the local Extension office.](#)

Quality Assurance and Ethics: A certification program to be completed by 4-H members with animal projects planning to exhibit at the Illinois State Fair. Counties may also require members to complete this certification program for exhibit at the local 4-H show. For more information, go to: <http://web.extension.uiuc.edu/qaec/>. This website is active from February 1 through July 1, but deadlines differ for each species of animal.

Recognition for Excellence: A system of recognizing 4-H members for their individual participation, progress toward goals, achievement of standards of excellence, and peer competition in 4-H. Illinois 4-H clubs/groups are similarly recognized.

(4-H) Show, Exhibition, Fair: Each year, 4-H members participate in a public display that showcases the results of their project accomplishments and performances. Knowledgeable judges evaluate the projects. Ribbons, trophies, and other awards are presented to the members based on the level of the quality of their 4-H work.

University of Illinois: The land grant university in Illinois designated by Congress to receive the benefits of the Morrill Acts of 1862 and 1890, which provided for college education for the working classes. The University of Illinois has campuses at Chicago, Springfield, and Urbana-Champaign.

University of Illinois Extension: University of Illinois Extension provides practical, research-based information and programs to help individuals, families, farms, businesses and communities in Illinois. Its mission in short, is to help the citizens of Illinois put knowledge to work. U of I Extension offers educational programs in five broad areas: Healthy society, Food security and safety, Environmental stewardship, Sustainable and profitable food production and marketing systems, Enhancing youth, family and community well-being. For more information go to: <http://web.extension.uiuc.edu/state/whatwedo.html>.

Unit Educator: An Extension staff member with specific subject matter responsibility. The Educator may be responsible for the subject matter programming in a single county or in a larger multi-county area.

Window Display: 4-H promotional display that is placed in the window of a store, school, or other community place. This activity is frequently held during National 4-H Week.

Volunteer Screening Process: A process adopted by the University of Illinois Extension to prevent child abuse and neglect and to protect youth within the 4-H program. The volunteer must complete and sign the *Extension Volunteer Application* and authorize contact of three listed references. An authorization for a search of the Illinois Department of Children and Family Services Child Abuse Neglect Tracking System and a complete criminal conviction investigation with the Illinois State Police is a part of the volunteer screening process. All volunteers who have contact sufficient to build a personal relationship with young people in the Illinois 4-H program must successfully complete the full process.

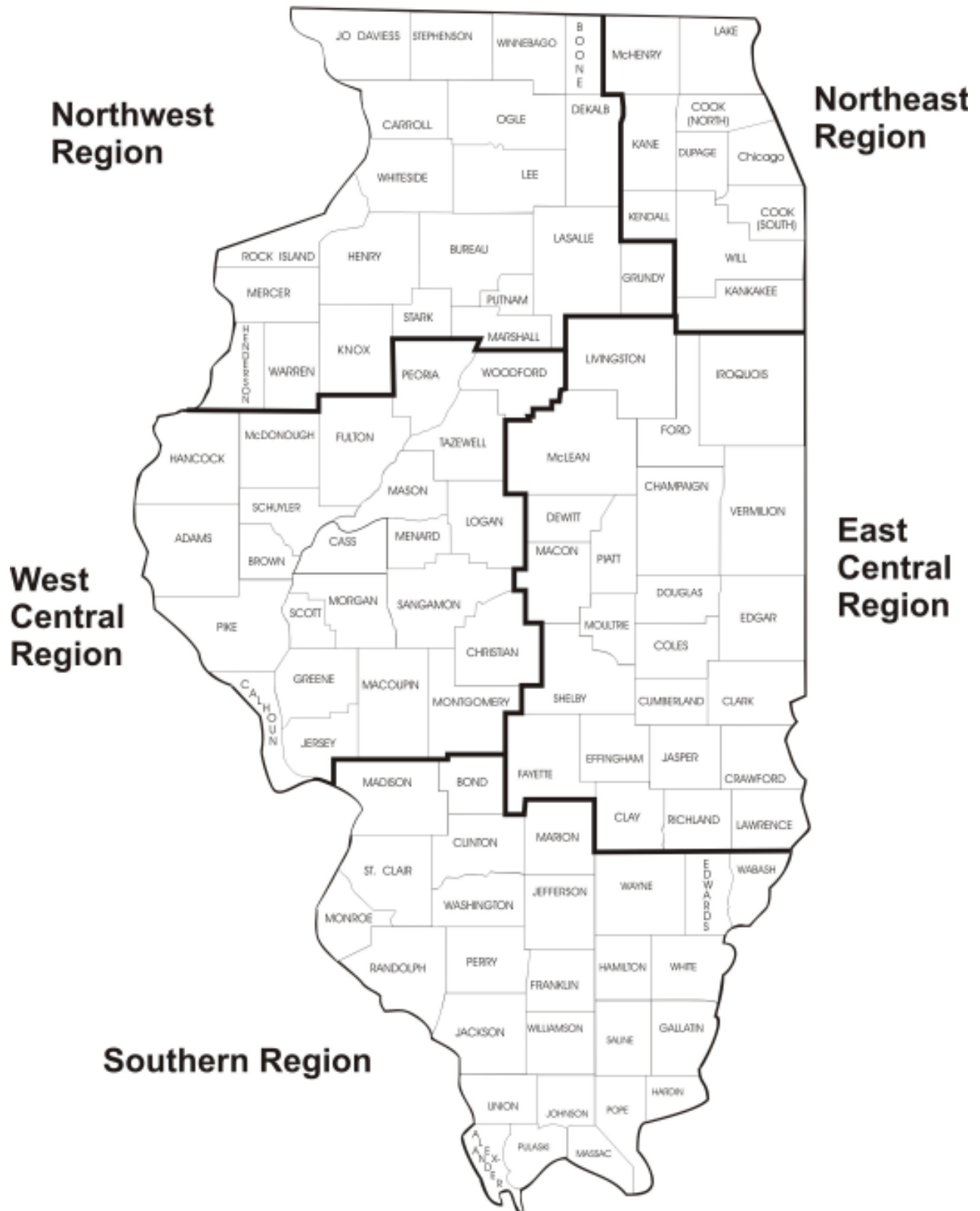
Youth Volunteer: Unpaid support for the 4-H program by a person under the age of 18.

Resources to help 4-H Families:

- *The Illinois Clover*
- *Helping You Help Youth* fact sheets (available from your local Extension office or via the Illinois 4-H Website)
- University of Illinois Extension Website at: <http://web.extension.uiuc.edu/state/>
- Illinois 4-H Website at: <http://web.extension.uiuc.edu/state4h/>
- Local University of Illinois Extension Website: _____
- University of Illinois Extension Urban Programs Website at: <http://www.urbanext.uiuc.edu/4H/index.html>.
- 4-H Newsletters sent by local University of Illinois Extension offices
- Club Newsletters or Program Booklets
- 4-H Show/Fair Exhibit Requirements
- *New Kids in the Clover* newsletter available at: <http://web.extension.uiuc.edu/state4h/members/resources.cfm> (search for “New Kids in the Clover”) or your local University of Illinois Extension office.
- Quality Assurance & Ethics website (for animals projects members) at: <http://web.extension.uiuc.edu/qaec/>
- National 4-H Volunteers website at: <http://www.4hvolunteersusa.org/>

Map of Illinois with Extension Regions

University of Illinois Extension



University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.

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UNIVERSITY OF ILLINOIS
EXTENSION



Urbana-Champaign

L90320

Revised September 2009

Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Dennis R. Campion, Director, University of Illinois Extension. The University of Illinois Extension provides equal opportunities in programs and employment. The 4-H Name and Emblem are Protected Under 18 U.S.C. 707.