

## What do other parents say about 4-H?

"4-H is such a well rounded program. I love the fact that Rachel could pursue her interests, but also be included in the community service focus of the club and that the club consisted of both boys and girls and a range of ages. She learned so much from the teens mentoring her as an 8 year old member. Now she mentors the new members of our club. I think 4-H is a fabulous program."  
Jackie

### For more information:

Learn more about DuPage 4-H at [www.extension.uiuc.edu/dupage](http://www.extension.uiuc.edu/dupage)

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# 4-H What's It All About?



## ► Answers to Frequently Asked Questions



DuPage County



## 4-H is Fun for Families



**Sharing** — 4-H provides an opportunity for families to experience fun together. Families can take an interest in 4-H projects and activities with youth. Families may give encouragement while allowing youth to learn by mistakes as well as successes.

**Supporting** — Families gain more from 4-H by attending meetings regularly and by getting involved in 4-H activities. Clubs encourage the entire family to be a part of the meetings, community service events, trips, and activities.



**Preparing** — Families can help youth prepare for real life experiences through 4-H by showing them the value of learning, helping youth carry out their duties in a club, and encouraging them to follow through on their responsibilities.

**Caring** — 4-H helps families care for one another by working together, spending time together, and learning together. Stronger families are built by showing interest in each family member's activities.

## What is 4-H?

### 4-H is...

- a fun, hands-on learning experience
- an opportunity to develop leadership, citizenship, and life skills
- for boys and girls between the ages of 8-18
- available to all youth throughout the nation

- ▶ *4-H Cloverbuds is a special program for youth ages 5-7.*



## Why do young people like 4-H?

4-H gives youth a chance to:

- learn new things
- develop new skills
- travel to new places
- experience new situations
- make new friends

and most importantly...

- have lots of fun!



## What does it cost to join 4-H?

- A small annual materials fee.
- No uniforms are required.
- There may be minimal costs for some activities and projects.

## How do you join 4-H?

- Call the DuPage County Extension Office to find a club near you.
- Check out opportunities for starting a new club in your community.

## Who conducts 4-H?

- University of Illinois Extension conducts the Illinois 4-H Program.
- Local volunteers work in partnership with Extension staff.

## How often and where do 4-H clubs meet?

- Most clubs meet once a month.
- The 4-H year runs from September 1 to August 31.
- 4-H clubs meet in places such as public libraries, the fairgrounds, and members' homes.

## What are 4-H projects?

- Fun, hands-on learning experiences chosen by each 4-H member.
- There are more than 150 projects available including aerospace, visual arts, animal science, woodworking, computer science, sewing, foods, and much more.



## What do the four H's stand for?

- My HEAD to clearer thinking
- My HEART to greater loyalty
- My HANDS to larger service
- My HEALTH to better living
- For my club, my community, my country, and my world.

(4-H Pledge)



If you need reasonable accommodation to participate in this program, please contact the DuPage Extension office.