

**Cornell Cooperative Extension of Rockland County  
4-H Youth Development**

**Q. What is 4-H Youth Development?**

**A.** 4-H is the oldest youth organization in America. It is the youth component of the Cooperative Extension system nationwide. Each 4-H organization is connected to the land-grant institution in their state. In New York State, 4-H connects kids to Cornell University and all of the rich resources available there.

**Q. Given the history of 4-H, is 4-H relevant to urban and suburban youth?**

**A.** 4-H began as a way of involving youth in agricultural activities. Today, young people can still choose to learn about agriculture, including animals, as part of the program, but they can also learn about science, engineering and technology, nature, wildlife, gardening and a host of other subject areas of interest to children and teens.

**Q. What is a 4-H Club?**

**A.** A 4-H Club is a small group of boys and/or girls who meet regularly to work on 4-H projects, perform community service, develop leadership skills and learn to work together. Some clubs are organized around special interests: animals, horses, community service, technology, arts, career exploration or pre veterinary medicine.

**Q. What do the four H's stand for?**

**A.** The H's represent HEAD (develop critical thinking skills), HEART (learn generosity), HANDS (master new skills), HEALTH (learn independence and to take responsibility for a healthy lifestyle).

**Q. What is the age for club membership?**

**A.** Boys and girls participate in either the Cloverbud Club Program (for 5-8 year olds) or the Community Club Program (for 9-19 year olds).

**Q. How many members are in a 4-H Club?**

**A.** Most 4-H Clubs have 5-8 members.

**Q. When and where do 4-H Clubs meet?**

**A.** Each club sets its own meeting time and place. Clubs can meet every week or every other week; right after school, in the evening or on weekends. Some clubs meet in leaders' homes on a rotating basis; other clubs utilize schools, religious institutions, or community facilities.

**Q. Who provides leadership?**

**A.** The leadership of a 4-H Club is shared by the parents of members and other adults. Each parent is responsible to participate in providing club leadership.

**Q. How much does it cost to belong to 4-H?**

**A.** There is a \$10.00 annual membership fee for youth who belong to Rockland 4-H Clubs. Each club decides how to cover the cost of supplies and if there is a need to do fund raising to offset the cost of trips or special events.

**Q. What is a 4-H project?**

**A.** 4-H projects are written curriculum that is available in many subject areas: animal science, clothing and textiles, food and nutrition, indoor and outdoor gardening, science, engineering and technology, consumer education, leadership and personal development.

**Q. How do 4-H leaders know what to do?**

**A.** A 4-H educator will help the group get started, guide leaders in project selection and provide continued support. Specialized training in the use of 4-H projects is also provided.

**Q. How do we get involved in 4-H?**

**A.** For more information, call Pat Hubbard at Cornell Cooperative Extension of Rockland County at 845-429-7085 ext. 103 or by email at pp40@cornell.edu.