

**4-H Youth, Family & Community Development  
 For  
 Lincoln and Adams Counties**

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**JOIN | THE REVOLUTION  
 OF RESPONSIBILITY** 

**4-H 4 U in  
 Lincoln-Adams, WA**

## 4-H provides opportunities for kids to:

**Make decisions**

**Learn by doing**

**Learn a vocation**

**Develop self-confidence**

**Improve communication skills**

**Learn record keeping skills**

**Learn to be part of a group**

**Develop pride in achievement**

**Develop leadership and citizenship skills**



## 4-H project materials may be used by:

**Camps**

**Families**

**Day Care Programs**

**Short-Term Interest Groups**

**After-School Programs**

**Schools**

**Clubs**

## ? I don't have kids.

### Can I be a 4-H leader?

Yes. You can be 18 to 118 years of age, with or without children or grandchildren!

## ? Can I be a volunteer even if I don't have special training or skills?

Yes. You only need to enjoy working with kids or other adults to provide an opportunity for youth to learn, have fun, and develop life skills.

WSU Extension provides various workshops and training opportunities for volunteers. Volunteer Leader Training is required for some leadership roles. Training is available to any adult or teen with an interest in the 4-H program.

## ? Can any adult be a 4-H volunteer?

Yes and No. All volunteers working with youth in unsupervised situations are screened as part of the application process. This includes references and a Washington State Patrol Criminal History Report.

Volunteers must agree to specific rules of conduct when working with 4-H youth. After all, adults not only teach skills; they are role models for our youth. Some adults may be more suited for support roles without direct contact to youth. WSU can relieve an adult of their volunteer status for illegal conduct.

### **4-H Motto**

***"To Make the Best Better"***

## More Questions

### ? Can I be in a 4-H Club and FFA at the same time?

Sure! Many kids do both.

Especially kids involved in Leadership who like working with younger kids. There are restrictions concerning use of individual project animals in both groups.

### ? Does it cost money to be in 4-H?

That depends. Some activities are FREE!

There are no "dues" but some clubs or events ask for a small fee for insurance and/or project books and supply costs. You can ask for financial help if you need it.

Some projects are more expensive than others. For instance: sewing costs could be just for fabric, thread & patterns. But, a large animal project requires purchase or lease of animal, pasture, money for feed, equipment, shelter and upkeep, vet bills, etc.

## Volunteer Questions



### ? I don't have a lot of spare time. Can I still volunteer with 4-H?

Yes. Some volunteer roles require only 3 or 4 hours!

There are several "short term roles" that do not require a big time commitment. However, many club or group leaders spend over 30 hours in a year.

## There are over 100 projects!

4-H utilizes "projects" to develop youths' life skills. Research based project manuals, teaching guides, and educational resources are available in the following subject areas:

### Animal Sciences

livestock, horse, small animals, pets, vet science

### Expressive Arts

communication, photography, visual arts, performing arts

### Family & Consumer Sciences

nutrition, cooking, sewing & textiles, consumer education

### Engineering & Technology

aerospace, bicycle, computer, engines, wood working

### Environmental Stewardship

land & water resources, shooting sports, sport fishing

### Plant Sciences

gardening, plant science, entomology, beekeeping

### Social Sciences

leadership, community service, cultural exchange, leisure education, government, health

### Interdisciplinary

Challenge – teamwork & cooperation, Ag in the Classroom

### Self-Determined Projects

projects can be designed by individuals or groups to study ANY topic in any program area.

# Questions and Answers

## ? Who runs 4-H?

The Washington 4-H Youth Development Program is based at the College of Agricultural, Human, & Natural Resource Sciences of **Washington State University**. Federal, State, and County governments cooperate to provide a WSU Extension Office in each county.



If you are in 9th grade or older you can learn how Washington State Government works and spend 3 days in Olympia in a program called "Know Your Government."

These are just some of the activities you can do without being in a "club."

**Leaders' Council.** Each County has a 4-H Leaders' Council that is the local governing body for the County 4-H Club Program. Parents, 4-H leaders, and teen leaders meet approximately every other month to discuss the needs of our area 4-H youth.

**School Enrichment, After School, & Summer Youth Programs.** Some communities have volunteers involved in 4-H sponsored school, after school and/or summer activities for kids. Many 4-H activities are co-sponsored by schools, libraries, and/or other community organizations.

## ? Do I have to join a "club" to do 4-H?

No. You and your family can study a project together.

Or you can go to 4-H Camp. Or you can take a tour, field trip or workshop on a school vacation day.

Or your teacher can use 4-H study guides or invite 4-H volunteers to teach some topics in the classroom.

If you are home schooled, you can study 4-H materials.

You can host or visit 4-H kids from around the country . . . or around the world.

## ? How do I join a 4-H Group?

Contact a leader in a club or group (contact Extension Office or web-site for list) or watch the newspaper for announcements of activities or club enrollment meetings.

**Most clubs reorganize in October.**

## ? How do I start a new 4-H Group?

Find at least one adult willing to be a leader and at least two youth who want to be members. The leader(s) must contact the WSU Extension Office for start-up and training information. There is no limit to the number of clubs in an area and each club can offer whatever projects its leaders are willing to teach.

## ? I'm in first grade. Can I join 4-H?

Yes. 4-H is for kids in Kindergarten through 12th grade. However, you must be in at least 3rd grade to take some projects. (Large animal projects such as beef, pig, sheep, or horse are some of those projects.)

K - 2<sup>nd</sup> grade 4-H'ers will receive participation ribbons and will not be compared against other youth if they choose to exhibit project work.