



**The 4-H Youth Development program** of UNH Cooperative Extension strives to create supportive program environments where youth have a sense of belonging and a desire to grow in knowledge and skill.

Key elements include:

- caring adult leaders,
- inclusive environments,
- safe places,
- opportunities to learn and master skills,
- opportunities for youth to be active participants in their own future, and
- practice leadership and service learning.

Professional 4-H youth development educators located in each of New Hampshire's 10 counties provide subject matter support, volunteer management and event planning for the more than 20,000 school-aged youth involved in all aspects of the 4-H program. As part of a national organization, NH 4-H is focused on three priority areas.



**4-H Healthy Living:** Health is a core commitment of 4-H and one of the H's in the 4-H pledge. 4-H hopes to "expand participation of youth and their families in a dynamic process of healthy living opportunities so they are physically, emotionally, and socially prepared to meet the challenges of the 21<sup>st</sup> century."

- 4-H youth in Manchester raised more than **5,000 pounds of vegetables** for the NH Food Bank in the summer of 2010. Most counties have a strong youth gardening program.
- Afterschool programs report the approach of the 4-H *Up for the Challenge Project* is "the only program that offers a combined wellness approach – nutrition, physical activity, community service learning." In 2010 **772 youth and 129 adults** statewide participated in one or more program activity.
- Over 200 children will increase their time out of doors by participating in 4-H Camp at Barry Conservation Camp, in cooperation with NH Fish and Game. Theme weeks this summer include Hunter Education, Aquatic Adventures, Shooting Sports, Walk on the Wild Side, and the NH Natural Leaders Program.



**4-H Citizenship & Civic Engagement:** 4-H Citizenship programs empower youth to be well-informed citizens actively engaged in their communities and the world. By providing them with opportunities to connect to their communities and adult leaders, youth gain a clear understanding of their role in civic affairs and are able to build their decisions-making ability. Volunteers from 183 4-H groups provided their perceptions related to the skills learned and practiced by 3,098 4-H members during the 2009 program year.



- Statewide, **1,216 4-H adult volunteers** contributed **83,178 hours** to 4-H groups and 4-H activities. Using the 2009 Independent Sector value of \$20.80 per hour, this volunteer contribution of 83,178 hours represents a **value of over \$1.7 million** in services to New Hampshire's youth.
- Statewide, three-quarters of the 4-H groups involved 4-H youth in 669 **community service learning projects**, including 341 projects done

by 4-H groups and 328 projects done by individual 4-H members. These projects were guided by 622 adult volunteers.

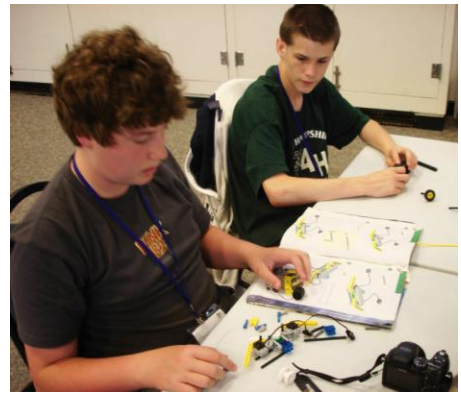
- Deployment and later re-entry are major life events that add stress and challenges to daily lives of NH's military families. Operation: Military Kids (OMK) offers military children a variety of 4-H educational and recreational activities, educates the community about the effects of deployment on children, engages community partners in support efforts, and prepares youth babysitters to provide voluntary services to military families with young children. More than 1,800 service members who are Active Duty, Reserve, or National Guard deployed from NH in 2010 from all branches of the military.



**4-H Science, Engineering and Technology (SET):** America faces a future of intense global competition with a startling shortage of scientists. 4-H Science programs reach youth with hands-on learning experiences to ensure global competitiveness and prepare the next generation of science, engineering, and technology leaders. 4-H's approach is comprehensive and holistic – from agriculture to climate change to alternative energy – youth are learning about highly relevant complex systems and issues that will ensure their contributions to their communities today and their success as global leaders tomorrow.



- 4-H Youth Development is strategically positioned to connect with the research and resources of higher education to better prepare youth for critical emerging careers in science, engineering and technology. 4-H has a long history of engaging youth with programs in agricultural science, electricity, mechanics, entrepreneurship, and natural sciences.
- 4-H NPASS (National Program for After School Science) helps build confidence of after-school



leaders in their science literacy and ability to lead science based lessons.



- **Engineering and technology** programs help youth understand the importance of science, engineering and mathematics in advancing our society. 4-H programs in this area engage youth with knowledgeable community mentors.
- 4-H helps youth explore areas of interest and careers, often influencing their aspirations for future education and employment. Statewide, the 4-H experience ***raised aspirations*** as over half the

youth gained confidence, tried new things and learned about career opportunities they had not previously envisioned. Some members developed important workforce preparation skills as they ***documented their 4-H effort and progress*** through record-keeping activities and/or preparing a resume.



### The 4-H Foundation of NH

helps raise private dollars to support the 4-H activities and events throughout the state. They raise dollars to support 4-H'ers who represent NH at national leadership conferences, national horse and dairy events, state 4-H teen

conference and camp. A donation to the 4-H Foundation of NH is also a donation credited to the UNH Foundation. To learn more about the 4-H Foundation of NH, please see our website <http://extension.unh.edu/4H/4HFoundn.htm>, or call Wendy Brock, Executive Director at 603-862-2187. You can also follow us on Facebook by clicking on the link on our web page.





## What those in the program tell us...

- "Other kids in my class hate giving oral reports. It is easy after you have been in 4-H Public Speaking."
- One parent reported, "My son was a soft drink drinker. He saw how much sugar is in one bottle and stopped drinking it completely."
- A young girl attended a county 4-H event as a non-4-Her. She took part in the many games and activities and watched as her peers presented their 4-H demonstrations and speeches, and then received recognition for their 4-H work. Driving home she told her mother, "That was the best time I've ever had. Sign me up."



- In a survey completed by a cross-section of 141 youth from five NH counties, 86% think that "healthy living" means making good decisions about what they eat, 63% think it means following safety rules, 80% think it means being physically active, 77% think it means eating more fruits and vegetables each day, 70% think it means limiting the time spent watching TV or playing computer games, and 67% think it means eating fewer sugary drinks and snacks.
- The Rogue Robots 4-H club did its own fundraising and successfully sent a team to the First Lego Robotics contest at Dartmouth College last fall. The five team members from North Charlestown received a second place award for "Teamwork." The group has now been invited to Dartmouth and Cold Regions Research and Engineering Laboratory (CRREL) in Hanover to be mentored by their students and staff. This is a wonderful partnership that is just beginning this fall, but it has the potential to be life and career changing for the young people involved.
- "At State 4-H Teen Conference I can be myself – everyone accepts me for what I am. There is not the pressure I feel in school."

*4-H is your first class at the University of New Hampshire.*

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University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.  
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