



The 4-H Motto

To make the best better

The 4-H Vision

New Hampshire 4-H Youth Development envisions a world in which youth and adults learn, grow, and work together as catalysts for positive change.

Values of 4-H Youth Development

- Positive youth development is the focus of everything we do.
- Partnerships are essential for successful youth development.
- Volunteerism is fundamental.
- Strength is attained from diversity across the entire range of 4-H experiences.

4-H Helps Young People:

- become creative and productive citizens
- form friendships with youth and adults
- develop positive leisure time activities
- create a lifelong desire for learning
- foster positive self esteem
- build leadership potential
- become involved in communities
- explore interests and try new skills

Learn more by contacting your UNH Cooperative Extension office:

- Belknap County 4-H 603-527-5475
- Carroll County 4-H 603-447-3834
- Cheshire County 4-H 603-352-4550
- Coos County 4-H 603-788-4961
- Grafton County 4-H 603-787-6944
- Hillsborough County 4-H 603-641-6060
- Merrimack County 4-H 603-796-2151
- Rockingham County 4-H 603-679-5616
- Strafford County 4-H 603-749-4445
- Sullivan County 4-H 603-863-9200

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4-H youth development



Flexibility and Community:

How Youth Participate in 4-H

- 4-H Clubs: Community-based and led by volunteer leaders and parents involving youth members
- 4-H After School: Affiliated with existing after-school programs
- 4-H Independent and Family programs: join as an individual member or as a family
- 4-H Local, County, Statewide, and National learning and leadership events



Variety and Challenge:

Things To Do with 4-H

- 4-H Areas of National Focus: Science, Technology, Engineering, and Math (STEM), Healthy Living, and Citizenship
- 4-H Learning is Fun, Experiential, and Hands-on
- 4-H Projects include: cooking, rocketry, shooting sports, gardening, raising & showing animals, sewing & textiles, GPS navigation, communications skills, wind power, hiking & environmental stewardship, service-learning, and much more . . .



The mission of 4-H is to help youth acquire knowledge, develop life skills and form attitudes to enable them to become self directing, productive and contributing members of society.

4-H emphasizes the importance of involving youth in the learning process. It is offered free of charge to youth ages 5-18.

Youth from all cultural and economic backgrounds get involved in 4-H fun and learning. Members and volunteers live in towns, cities, farms, and suburbs.

Positive Youth Development:

Making the Best Better

- 4-H is the University of New Hampshire Cooperative Extension's youth development program
- 4-H strives to build upon youth's existing strengths
- 4-H seeks to create places of belonging, mastery, independence, and generosity



**"4-H, your first class
at the University of New Hampshire"**



What is UNH Cooperative Extension?

A program designed to extend University knowledge and resources to the communities of New Hampshire. Learn more at:

extension.unh.edu