How much do you know about 4-H and Positive Youth Development?

- 4-H provides opportunities for youth development and for youth to develop skills, practical knowledge, and wisdom through observing, doing, and living through experiences.
- 4-H curriculum and activities emphasize the practical application of knowledge or "learning by doing" to develop skills and acquire a sense of responsibility, initiative, and self-worth.
- For more than a century, 4-H has made an impact on many lives and has continued to expand programming while transferring the latest research of the land grant system to young people.
- The educational foundation for the 4-H Youth Development Program lies in three areas (Mission Mandates) that are tied to the research and resources of the 106 land grant universities and colleges of the Cooperative Extension System and the United States Department of Agriculture National Institute of Food and Agriculture (USDA/NIFA). Within the three mandates below are numerous project areas individuals choose to pursue - from astronomy to financial literacy, market beef to safety, health to agronomy, and everything in between.

4-H Citizenship: Since its inception, 4-H has placed emphasis on the importance of young people being engaged, well-informed citizens. By connecting to their communities and leaders, youth understand their role in civic affairs and are able to expand their role in decision-making processes. Civic engagement provides the foundation that helps youth understand the big picture of life and learn the skill sets that will allow them to become wise leaders for the 21st century.

4-H Health: A core belief of 4-H is Health, as evidenced by the four H's in the 4-H clover: Head, Heart, Hands, and Health. 4-H is committed to the physical, mental and emotional health of our nation's youth so they may lead healthy and productive lives into adulthood. 4-H has become a national leader in health-related educational issues including chemical health, mental and emotional health, foods and nutrition, physical health and safety.

4-H Science is one of the three mandated areas of the program essential to the success of today's youth, tomorrow's leaders. One Million New Scientists. One Million New Ideas.™ The connection to land grant universities and colleges positions 4-H to strengthen US global competitiveness and leadership. 4-H Science, Engineering and Technology programs reach more than 5 million youth with hands-on learning experiences to encourage young minds and to fill the pipeline of young leaders proficient in science.

Looking for project information and challenges? Check out:

- [https://www.kansas4-h.org/resources/cloverclassroom.html](https://www.kansas4-h.org/resources/cloverclassroom.html)
- [https://www.kansas4-h.org/projects/](https://www.kansas4-h.org/projects/)
- [https://extension.usu.edu/utah4h/discover](https://extension.usu.edu/utah4h/discover)

Each Extension Office in the Sunflower District has copies of most National 4-H Project Curriculum families can borrow.