

Through 'learn-by-doing' experiences, 4-H members experiment, innovate, and think independently

4-H offers three areas of emphasis:

1. Science, technology, engineering, and math
2. Healthy living
3. Citizenship

4-H youth learn skills that benefit them throughout their lives by engaging in a wide variety of 4-H projects such as animal science, photography, nutrition, robotics, public speaking, leadership, and community service. 4-H helps youth discover their interests and develop their talents!



4-H changes lives by helping youth to become confident, mature adults ready to succeed in today's challenging world. Studies show that youth participating in 4-H do better in school, are more motivated to help others, feel safe to try new things, and develop lasting relationships.

4-H is investing in tomorrow's youth today.



Virginia's 4-H volunteers make the difference. 4-H offers quality programming because of our dedicated and caring volunteers.

The Virginia 4-H Foundation raises money to support and enhance the Virginia 4-H Youth Development Program. Support from individuals, companies, foundations, and organizations enable the Virginia 4-H Foundation to fund innovative new programs and improve existing 4-H educational opportunities throughout Virginia.

For more information visit:
<http://www.4-h.ext.vt.edu/give/index.html>
 or call 540-231-7640.

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4-H: Seize the Opportunity



4-H Youth

- master skills to make career and life choices
- connect to communities and learn to give back to others
- become independent thinkers



FUN and Friends!
 4-H youth develop lifelong friendships and long-term relationships with caring adults.



4-H is a great place to grow!

Through clubs, school enrichment, and camps, 4-H members have opportunities to apply and share the knowledge and skills they learn through their projects. 4-H'ers attend club meetings, become involved in public speaking, and serve as a club officers. 4-H youth participate in county, district, state, and national opportunities.



Through exchanges, competitions, and educational tours, 4-H members hit the road visiting locations across the state, the country, and the world. Through these experiences youth gain new perspectives, confidence, and curiosity.



Young people ages **5 to 19** are invited to join 4-H. 4-H is open to everyone regardless of race, religion, ethnicity, gender, or where they live.



Leadership! Youth gain leadership skills through participation in 4-H. The 4-H program relies on volunteer leadership from adults and 4-H members – that's how we make things happen!

