

Cooperative Extension

New Jersey 4-H

4-H is a dynamic, informal, and positive youth development program for young people in kindergarten through one year out of high school. Youth develop the knowledge, attitudes, and skills they need to become competent, caring, and contributing citizens of the world. This is accomplished through a variety of hands-on, experiential learning activities and by using the knowledge and resources of the land-grant university system. 4-H professionals train adult and teen volunteers who are responsible for teaching, mentoring, and guiding 4-H youth. These volunteers are essential to the successful delivery of 4-H programs.



4-H provides positive youth development through the “Essential Elements” (Independence, Belonging, Generosity, and Mastery) connected to the 4-H pledge:

*I pledge my **HEAD** to clearer thinking...*

... OPPORTUNITIES FOR “INDEPENDENCE”

- Through 4-H leadership opportunities, youth mature in self-discipline and responsibility, learn to better understand themselves, and become independent thinkers.
- Youth need to know that they are able to influence people and events through decision making and action.

*I pledge my **HEART** to greater loyalty...*

... OPPORTUNITIES FOR “BELONGING”

- Current research emphasizes the importance for youth to have opportunities for long-term, consistent relationships with adults other than parents.
- Youth need to know they are cared about by others and must feel a sense of connection to others in the group. 4-H gives youth the opportunity to feel physically and emotionally safe while actively participating in a group.



RUTGERS

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*I pledge my **HANDS** to larger service...*

... OPPORTUNITIES FOR "GENEROSITY"

- By participating in community service and citizenship activities, youth connect to communities and learn to give back.
- Youth need to feel their lives have meaning and purpose.

*I pledge my **HEALTH** to better living...*

... OPPORTUNITIES FOR "MASTERY"

- By exploring 4-H projects and activities, youth master skills to make positive career and life choices.
- Youth need to have a safe environment for making mistakes and getting feedback.

The Educational Foundation of 4-H Lies in Three Mission Areas:

- Science, Engineering, and Technology – tied to science, agricultural, and environmental issues
- Healthy Lifestyles – tied to human health and well-being
- Citizenship – tied to the activities that help youth become engaged, well informed, active citizens

... For my club, my community, my country, and my world.

4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

Get involved in 4-H today!

For more information, visit us at www.nj4h.rutgers.edu or call 732-932-5000, ext. 596.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

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