

MOVE over WORLD

Make a Difference Where You Live

What has 240,000 legs and does good things in every community in Virginia?

The 120,000 Virginia 4-H'ers.

We are the youth development organization of Virginia Cooperative Extension, a part of Virginia Tech and Virginia State universities. Extension provides scientific information that citizens can use to improve their lives at work and home. Virginia Cooperative Extension agents work with volunteer leaders to create 4-H programs that help youth and help them contribute to their communities.

We enjoy doing things for our communities. We are some of the first to help by visiting hospitals and nursing homes, working at fundraising events, being in community parades and festivals, and in many more ways.



I'm Going To Change The World
Join 4-H 



Helping people can start with making them laugh and go on to the serious business of raising funds for a local PBS station.



We expect this earth to be here for us and our kids, so we are helping our communities learn the value of practices such as composting and being careful about where hazardous material goes.



Have We got a deal for you!

If you are between the ages of 5 and 19 ... call the Virginia Cooperative Extension 4-H Youth agent in your county. The telephone number is often listed on the County government page in the Blue Section of the telephone directory, under Extension.

Join 4-H

Being in 4-H gives you a chance to learn about subjects ranging from citizenship to electric energy to water and energy conservation. You can learn about the things that are important to you and to your communities.

Learn with your friends.

4-H'ers get together in different kinds of clubs. Community clubs meet at a home or a neighborhood building and the members each work on a project that interests them. Project clubs are groups in which everyone is learning about the same topic. Some members get together in special interest groups and Virginia schools often use 4-H materials to enrich classroom programs. 4-H is based at Virginia Tech and Virginia State universities — the state's land-grant universities — and project materials come from experts at the universities. The information is up-to-date and based on research. Youth between 5 and 8 years old can be part of a Cloverbud group. They have special activities designed just for them.



4-H Pledge

I pledge:
My head to clearer thinking,
My heart to greater loyalty,
My hands to larger service, and
My health to better living
For my club, my community, my
country, and my world.

You can make a difference where you live.

Citizenship is an important part of 4-H. Throughout its more than 80 year history, 4-H has been a leader in doing things to help the community. Today's 4-H members are becoming involved in a wide variety of activities that will change our world — and make it better.

4-H Motto

To Make the Best Better

Be a 4-H leader.

If you know an adult who might help youngsters do something for themselves and their community, ask them to become a leader of a 4-H club.

Virginia Cooperative Extension will help volunteer leaders, providing the support of an agent who is trained in youth development. There is training to help volunteers learn to lead youngsters.



For additional information on 4-H and Virginia Cooperative Extension visit our website at:
<http://www.ext.vt.edu/resources/4h/>

Contact your Virginia Cooperative Extension agent.

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