

The 4-H Experience

San Diego County 4-H Youth Development Program

4-H... More Than You Ever
IMAGINED.



Division of Agriculture and Natural Resources (ANR)
University of California Cooperative Extension

For additional information about 4-h, see the County 4-H website at <http://sandiego4h.ucdavis.edu> or contact us at:

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History

The 4-H Youth Development Program has its roots in serving disadvantaged youth and families in rural America. 4-H was formed in the early part of the twentieth century to extend knowledge and information from the state land-grant universities to local communities. An organization rooted in the rich tradition of American agriculture, 4-H today serves youth from urban centers as well as those living in suburbs and the rural heartland. 4-H looks back with pride at its past and looks ahead to a future of continued dedication to the development of young people. 4-H has been active in San Diego County since 1915.

4-H is a program of the University of California Cooperative Extension (UCCE) which is a collaboration between federal, state and county governments. Each county maintains a Cooperative Extension office with academic advisors who conduct research and extend knowledge in their areas of expertise. The 4-H youth development advisors work with other staff and volunteers to deliver the 4-H program in San Diego county.



Purpose

4-H is an educational program to assist youth in their development by:

- ◆ Providing learn-by-doing educational experiences
- ◆ Developing skills that benefit youth throughout life.
- ◆ Strengthening families and communities.
- ◆ Fostering leadership and volunteerism in youth and adults.
- ◆ Building partnerships for programming and funding.
- ◆ Using research-based knowledge from the land-grant university system.

The 4-H program purpose is achieved through the development and support of leadership teams of staff, volunteers, youth and others who organize and conduct educational project experiences in community and family settings.

4-H Community Clubs

(The following list of 4-H Community Clubs is provided to show where club activity currently takes place. New clubs are developed as communities become interested. For information on how to start a new club, contact the 4-H office at the locations on the back of this brochure.)

Bonsall, Fallbrook, Valley Center (Homesteaders, Valley Center, Valley Center Country, Escondido, Olivenhain Valley, San Dieguito, Rancho Poway (Rancho Bernardo, Sabre Springs, West Poway Areas). Poway, Ramona (Paisanos, Rancheros, Rough Riders, Stars, Valley, Wranglers), Santa Ysabel/Julian, Warner Springs, Alpine Amigos, Japatul, Mountain Empire, El Cajon (Golden Clovers), Lakeside area (Sagebrush), Spring Valley/Lemon Grove Areas (Bonita Agua Dulce, Jamul Chaparros, Lemon Valley Leprechauns), Service Animal Club (Countywide) and Horsemanship for the Handicapped (La Mesa Area).

4-H Project Areas

(The following projects are available in San Diego County. Please note that not all projects are available in every club.)

Angora Goats, Dairy Goats, Market Goats, Pygmy Goats, Beef Cattle, Dairy Cattle, Veal Calves, Guide Dogs, Canine Companions, Dog Care and Training, entomology, Bees, Horses & Ponies, Mules & Burros, Vaulting, Pets & Other Small Animals, Rabbits, Cavies, Sheep, Wool Sheep, Swine, Veterinary Sciences, Round Robin, Poultry & Game Birds, Chick Embryology, Cage Birds, Embryology. Exotics, Field Crops & Crop Management, Forestry or Xmas Trees, Oaks, Fruits-Nuts & Berries, Indoor & Mini Gardens, Ornamental Horticulture, Other Plant Sciences, Sugar Beets, Vegetable Gardens & Crops. Aerospace-space-Rocketry & Aviation, Automotive, Bicycles, Electricity-Electronics, General Engineering, Safety, Gun Safety, Small Engines, Tractors & Farm Machinery, Woodworking, Child Development & Care, Clothing & Textiles, Consumer Education, Foods & Nutrition, Food Preservation, Home Environment, Management, Camping & Outdoor Adventure, Creative Arts & Crafts, Hobbies, Wool & Spinning, Lapidary, Cake Decorating, Candy Making, Health & Physical Fitness, Individual & Group Sports, Golf, Surfing, Crocheting, Recreation, Shooting Sports, Leathercraft, Photography, Cultural Arts & Leisure Education, Climatology, Energy Management, Marine Biology, Oceanography, Career Exploration, Communications, Demonstrations, Record Book, Economics & Marketing, Graphic arts, Computers, Self Determined, Group Determined, ATV Safety, Clownology, Magic, River Rafting.

4-H Pledge I pledge....

**My Head to clearer thinking,
My Heart to greater loyalty,
My hands to larger service,
My Health to better living,
For my club, my community my country and my
world.**

4-H Emblem

The 4-H Emblem is a four-leaf clover with the letter “H” on each leaf, representing:

Head



Heart

**Hands
4-H**

**Health
Motto**

“To make the best, better”

San Diego County 4-H Mission

The 4-H program is family and community oriented, stressing the values in the 4-H motto and 4-H pledge to improve society.

The 4-H program is a self-sustaining program, that provides support, training and educational opportunities for members, volunteer leaders and staff. Adult role models train the leaders of tomorrow, teens are encouraged to take on stronger leadership roles and members work early on basic life skills. Individuals practice these skills in the community and world, with 4-H providing a safe place for nurturing and growth.

Program Delivery

4-H youth development programs can be delivered in a variety of ways:

- ◆ Clubs.
- ◆ Special Interest Projects.
- ◆ School-age Child Care.
- ◆ Camps.
- ◆ School Enrichment.

Programs offered may vary according to local needs and resources.

One of the most well-known delivery methods of 4-H is the community-based club program which is operated primarily by volunteers. Members of clubs have the opportunity to conduct their own business meetings, learn how to provide leadership for younger members, and be involved in a wide variety of community service activities. The members also participate in projects in areas of interest under the guidance of their volunteer leaders.

Regardless of the type of 4-H program, the goal is to develop youth into capable, responsible and caring adults. There is an emphasis on community service; leadership; and the development of skills and knowledge in decision making, communication, working with others and career preparation.



Membership

Youth are eligible to participate in 4-H as primary members if they are 5 years old or in kindergarten as of January 1 of the program year. If a youth is 9 years old or enters 4th grade by January 1 of the program year, he or she enrolls as a regular member. Please note that the grade criterion does not apply to home schooled children. The San Diego county program year is September 1 through August 31. Youth remain eligible for membership until December 31 of the year in which they turn 19 years old.

The purpose of 4-H is to help young people discover and develop their potential. 4-H encourages young people to set their own goals and make their own plans and decisions. This helps youth mature and build self-confidence. By being part of a group, 4-H'ers learn to understand and to cooperate with others. These two basic skills help youth achieve a happy, useful life.

GOALS

The goals of 4-H are to help young people:

- ◆ Develop initiative and assume responsibility
- ◆ Develop leadership and be of service to others.
- ◆ Develop the ability to live and work cooperatively with others.
- ◆ Acquire knowledge and skills and explore careers.
- ◆ Achieve satisfaction from work and accomplishments.
- ◆ Choose from alternatives and plan satisfying lives.
- ◆ Develop positive self images.

4-H Team

In 4-H, members of the community work together as a team to develop educational programs that meet the needs and interests of youth today. The team includes UCCE county directors, 4-H staff, adult volunteers and 4-H members.

The San Diego County Cooperative Extension office has a county director and professional 4-H staff who are responsible for providing a 4-H youth educational program and conducting and applying research in youth development. This is accomplished through collaboration with agencies, schools and volunteers in local communities.

Adult volunteers are essential in carrying out the 4-H program. The roles of **4-H volunteers** include teaching and mentoring youth and coordinating activities. Volunteers may serve in a variety of roles. Some are **project leaders** who teach youth skills and knowledge in an area of interest. Others are **unit** or **community club leaders** who organize clubs, groups, camps and other programs. **Resource leaders** are available to provide information and expertise. In addition, volunteers may serve as helpers to other volunteers, assist with transportation or telephone calls or be responsible for all or a portion of an event or activity.

Junior and teen leaders are another part of the leadership team. Junior leaders are 4-H members in the seventh through ninth grades and teen leaders are in the tenth grade and above. These members participate in a Leadership Development project in order to learn leadership skills. It is important for adults to let the junior and teen leaders assume as much responsibility as possible. Guidelines for the Leadership Development project can be found in 4-H booklet #8043.

4-H Youth Development Core Values

Below is a list of the core values that provide guidance to the 4-H Youth Development Program as it plans and conducts its work.

- ◆ Responsive to California's youth and families.
- ◆ Inclusive and diverse.
- ◆ Innovative and adaptable.
- ◆ Accountable for its actions and resources.
- ◆ Collaborative and team focused.
- ◆ Honest, fair and equitable.
- ◆ Respectful for the health and well-being of people, animals and the environment.
- ◆ Program planning decision based on solid evaluation evidence.
- ◆ As part of the University of California's Division of Agriculture and Natural Resources (ANR), the 4-H Youth Development Program also adheres to the core values of the University and of the Division.