MAKE THE INVESTMENT OF A LIFETIME

When you take the time to help a young person, you exert an enormous, positive effect on the future—you, Nevada’s, America’s and the world’s—by developing our greatest resource.

In today’s 4-H, 7 million young people are learning responsibility by leading and following through on community projects.

More than 500,000 4-H volunteers are helping to create life-changing experiences for young people in every county and community—all 50 states, U.S. territories and on military installations worldwide.

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HEAD
for the power it will give me to think, plan and to reason.

HEART
for the nobleness it will give me to be kind, sympathetic and true.

HANDS
for the ability it will give me to be helpful, skillful, and useful.

HEALTH
for the strength it will give me to enjoy life, to resist disease, and to work efficiently.
4-H volunteers are essential to help youth make the most of a wide variety of learning experiences. Volunteering is an opportunity for you to share your personal interests by demonstrating expertise in subjects as varied as robotics, food and nutrition, public speaking, agricultural science, service learning and more. In 4-H, you can leverage your experience and skills to help a young person find their own passions and interests.

With a variety of options, you can decide on the level of involvement that fits your skills and schedule:

- Lead youth through a community club, after school program or camp setting
- Serve as a chaperone, board member, judge or camp counselor
- Develop and support service opportunities for youth in your own community
- Teach using curriculum developed by your state university or national 4-H
- Work with other adults to create fun and exciting learning opportunities

4-H is an opportunity that we hope every young person could have. Because research shows it’s a step forward. More than 60 million of our nation’s most successful statesmen, business leaders, scientists and academics credit 4-H with setting them on a positive, productive path.

Compared to their peers, 4-H youth are:
- Twice as likely to go to college
- Twice as likely to pursue careers in science
- More likely to make healthier choices, be physically active and avoid risky behaviors
- Three times as likely to give back to their communities

If every young person could step into 4-H, imagine all the resourceful problem solvers, skilled workers and capable leaders they’d become. That future is in our reach if we all lend our time and talents to guide the young people who will create it.

TO VOLUNTEER NOW,
Visit www.unce.unr.edu/4h/ to find out more about volunteering with 4-H Washoe County. Or visit us at the University of Nevada Cooperative Extension Washoe County 4-H Youth Development Programs 4955 Energy Way Reno, NV 89502
Or contact:
Sam Mitchell at mitchells@unce.unr.edu, (775) 336-0259 (Administrative Assistant)
Lisa Boldman at boldmanl@unce.unr.edu, (775) 336-0273 (Program Assistant)
Sarah Chvilicek at chviliceks@unce.unr.edu, (775) 336-0236 (Program Coordinator)