http://www.unce.unr.edu/4H

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What is 4-H?

4-H is an exciting youth development program that is based on the concept of learn by doing (which is the 4-H Slogan) in order to develop youth to their greatest potential, in other words to make the best better (which is the 4-H Motto).

4-H and the 4-H Afterschool Program are designed for youth to make new friends, have positive interaction with peers and adults, build positive relationships within their family, learn life skills, enhance self-esteem, and achieve personal goals.

What is the meaning of 4-H?
The clover is green and white; white is for purity and green is for the most common color of nature. Each H (Head, Heart, Hands, Health) is for a part of the human body that comes together to make a complete and valued person, as per the words of the 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.

What is 4-H Afterschool?

It is a special effort by 4-H to work with schools and other youth groups to develop and implement afterschool programs, which uses juried curricula and the experiences of youth via learn by doing activities to develop and enhance:

- self-esteem leadership abilities
- citizenship awareness
- decision-making skills
- social-interaction skills
- diversity/differences skills
- learning/comprehension skills

Youth possessing these life skills are less likely to have problems with drug use, school failure, delinquency, and depression as they grow and develop into adults.

What does it provide?

The motto or slogan of 4-H Afterschool is Extraordinary Learning Opportunities and we strive to meet the differing needs of each community, create positive learning environments, train individuals to work positively and effectively with youth, and use “hands-on” curricula.

What are the objectives of 4-H Afterschool Program?

4-H Afterschool provides an excellent opportunity for youth to achieve their highest potential because the opportunity to develop and enhance life skills is provided. Studies show that students in afterschool programs have better academic performance, behavior, school attendance and participation, and greater expectations for the future.

The primary purpose of the 4-H Afterschool Program is to promote the child’s healthy development – mentally, physically, socially, and emotionally.

The primary goals of the 4-H Afterschool Program are:

- Positive Youth Development
- Youth Ownership of Program
- A Safe & Welcoming Environment
- Engagement in Learning
- Positive Adult Role Models
- Positive Adult/Youth Interaction

The 4 “H’s” of Afterschool!

Head.....to a bright future
Heart.....warming relationships
Hands...on opportunities
Health...lessons for life