



## What is 4-H?

4-H is a fun and educational program for children ages 5-18. The 4-H program is a part of N. C. Cooperative Extension and is dedicated to helping boys and girls develop life skills needed to be contributing members of their communities such as responsibility, leadership, self-esteem, critical thinking, communication skills and good citizenship through learning by doing. 4-H'ers also give back to the community by helping others through community service, and have a good time doing it! Children of all racial, cultural, economic, and social backgrounds are welcome to participate in 4-H educational programs.

4-H is open to farm kids AND city kids - you do not have to live on a farm to enjoy 4-H opportunities! In fact our number one project area is Science and Technology, followed by Healthy Lifestyles and Environmental Education!

Children can participate in 4-H through different types of learning experiences:

- Clubs and Groups
- School Enrichment Programs
- Special Interest Programs
  - Week-long Over-Night Camps
  - Summer Programming
  - Livestock Groups

## The 4-H Mission

The goal of 4-H is to assist youth and adults in becoming competent, coping, and contributing members of a global society, developing essential life skills through planned learning by doing experiences.

NC State University and N.C. A&T State University are collectively committed to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.

N.C. Cooperative Extension  
Forsyth County Center  
1450 Fairchild Drive  
Winston-Salem, NC 27105

Give us a call:  
336-703-2850

Find us online:  
<http://forsyth.cc/CES/4-H>

Send us an email:  
4H@forsyth.cc

### 4-H Motto

“To Make the Best Better”

### 4-H Slogan

“Learning By Doing”

### 4-H Colors

White - Purity

Green - Life,  
Growth & Youth



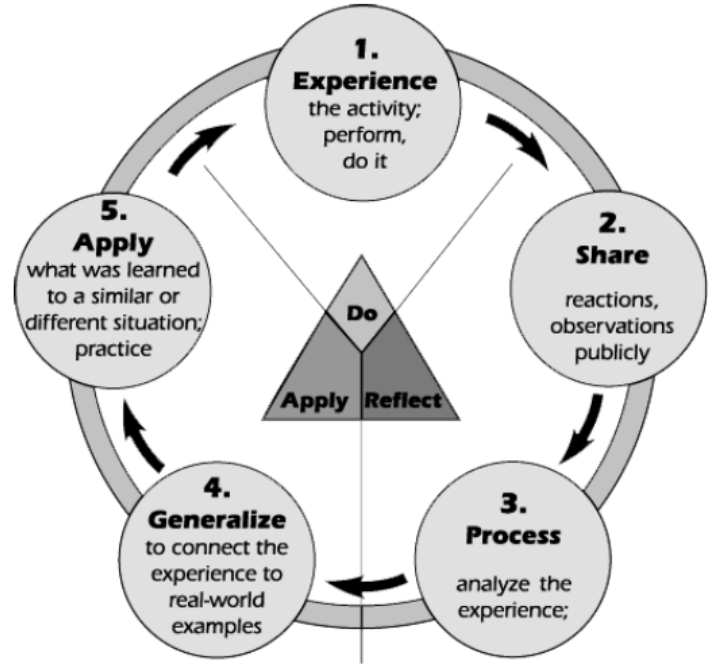
# 4-H Scholarship Dollars

4-H'ers are able to EARN 4-H scholarship dollars through participating in competitive events including poster and photography contests, the talent show, presentation competition, project record books, and many more. County winners typically receive fifteen and all blue ribbon award winners earn eight scholarship dollars. This really adds up quickly. 4-H members can then use their dollars to get reimbursed for registration of 4-H events. Read the 4-H newsletter to find out about upcoming competitive events. Sign up for the newsletter and enroll by visiting our website!

It is up to you to become involved!!!

## 4-H is...Discovering

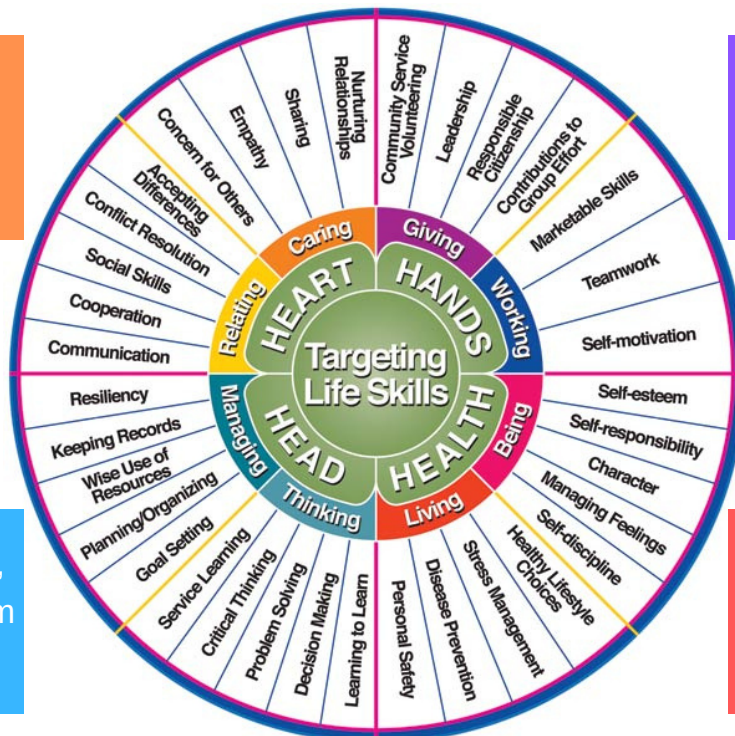
- Animal Science
- Citizenship
- Communication/ Expressive Arts
- Environmental and Natural Sciences
- Family and Consumer Science
- Healthy Lifestyles
- Personal Development and Leadership
- Plant Science
- Science and Technology
- & much, much more!



## 4-H is...Learning Life Skills

Heart: Communication, cooperation, social skills, accepting differences

Hands: Responsible citizenship, contributions to group and community



Head: Learning to learn, decision making, problem solving, organizing

Health: Healthy life-style, personal safety, character, managing feelings, self-discipline

# Starting a 4-H Club

## What You Need:

1. A **VOLUNTEER** willing to serve as the club leader. This person must be approved by the 4-H office.
2. A **COMPLETED** 4-H Volunteer Application found online at <https://v2.4honline.com>
3. Five or more youth members ages 5-18 enrolled in 4-H Online - <https://v2.4honline.com>
4. A Planned Program

## Types of Clubs:

- Community
- Project
- Home-School
- After-School
- Special Interest

## 4-H Club Charter Requirements

1. Lets the youth take leadership (as age appropriate)
2. Volunteer led and parents take an active role
3. Adults and 4-H'ers work together to plan 4-H calendar, including community service projects
4. Appropriate club leadership
5. Clubs meet on a continuous basis throughout the year
6. Clubs meet at least once monthly



## What happens at a 4-H meeting?

4-H'ers do all sorts of fun things at meetings. Some clubs have a special interest, like horticulture or horses. Others are general-interest clubs that offer a variety of activities. If your club has a special interest, then your activities will center around that. For example, if you join a horse club, you'll learn how to ride and take care of horses.



## Can I join 4-H and not be in a club?

If you wish to become a member, but don't have the time to be involved in a club, you can still join 4-H by becoming a member "At-Large". They have the ability to participate in any event, such as the 4-H Talent Show, Photography Contests, and MUCH more!

Another way you can be involved in 4-H is to become a 4-H Volunteer! There are many different ways to help support the 4-H program, regardless of whether or not you have children enrolled in 4-H. You can become a club leader or a special interest instructor. You can work behind the scenes at 4-H events, being a judge or a member of the 4-H Advisory Council. Feel free to contact the Forsyth County 4-H office for more information!

# Meet your Forsyth County 4-H Staff!



**APRIL BOWMAN**  
4-H Youth Development,  
Livestock, and Forages



**D. MONIQUE  
PEARCE-BRADY**  
4-H Youth  
Development



## FOLLOW US:

FACEBOOK.COM/FORSYTHCOUNTY4H

TWITTER:  
@FORSYTHCOUNTY4H

INSTAGRAM:  
@FORSYTH4H

## Join 4-H at 4-H Online!

The first step to joining 4-H as a member or volunteer is registering online at:

<https://v2.4honline.com/>

Once you register, we can start the enrollment process! If you have any questions, give us a call or email!



Point your phone camera at the QR code or [click here](#) to view an easy enrollment guide for 4-H Online

## Contact Us:

North Carolina Cooperative Extension, Forsyth County Center  
1450 Fairchild Rd  
Winston-Salem, NC 27105

Phone: 336-703-2850  
Email: 4H@forsyth.cc

<http://forsyth.cc/ces/4-H>