

Vermont

4-H

Leader Training Series



Welcome to the 4-H Family!

A 4-H Vision

4-H is . . . People

4-H is . . . Experience Centered Learning

New Pictures for the Vision

The name 4-H conjures up different pictures for different people. One vision of 4-H may be “cows and cooking,” a fashion revue, county and state fairs, boys and girls learning about conservation or shooting sports, square dancing and clogging, horse shows. Another vision may be of a youth, defying gravity, airborne over a skateboard barely attached to her feet! Your vision depends on your experiences with 4-H Youth Development.

Whatever your vision, 4-H is about people. 4-H is about helping youth and adults grow, learn, and develop into the most competent people they can be. It is about Extension educators teaching the latest technology and information to people in the communities where they live and work so they can put the knowledge to work for themselves, their families, communities, and society as a whole.

4-H is education for life! The 4-H Program is experience centered, not just information giving. This learn-by-doing approach enables young people to learn what is useful to them. It enables them to adapt what they learn to everyday life through action and reflection. 4-H gives youth the opportunity to experience a sense of accomplishment and success, key ingredients to gaining a sense of self-esteem.

That is why the 4-H program, in Vermont and many other states, is adding new pictures to the vision of 4-H. Now you can envision:

- a 4-H activity or a 4-H club in an after-school setting;
- a group of children, in a short-term program, learning about the right foods to eat;
- a classroom teacher using 4-H curriculum to enrich his/her curriculum.

*Adapted from: Betty Ann Smith,
County 4-H Agent, Middlesex
County, New Jersey, 1994*

And we will leave a mental page blank so together we can
create new visions to reach youth!

4-H volunteers are taught how to provide a safe environment

4-H Emblem

The emblem is a four-leaf clover with a capital H in each leaf, standing for Head, Heart, Hands, and Health. The emblem was patented in 1924.



4-H Pledge

4-H members recite this pledge at each meeting or event:

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.

4-H Motto

The 4-H motto is: To Make the Best Better.

Volunteers

4-H has a responsibility to provide a safe and healthy environment for youth. As a potential volunteer, you will complete the Vermont 4-H Volunteer Application. The confidential procedure includes an application, three references, driver information, and an interview.

There are several ways in which you can serve as an adult volunteer (minimum age: 19 years).

You can be a:

- Club leader
- Resource person
- Judge
- Member of a foundation or advisory group
- Key leader for a project area or special event

For more information about volunteer positions, see *Selecting The 4-H Volunteer Role Right for You*.

Policy of Inclusion

4-H Youth Development programs are offered to all youth ages 5-19, without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. All possible effort will be made to include rather than exclude youth in events conducted by the 4-H Youth Development program.

Club Membership

Children ages 5-7 participate in 4-H Cloverbud clubs, an exploratory program designed to help young people explore various project activities in a noncompetitive environment.

Youth ages 8-19 may belong to a standard 4-H club. Clubs may be organized by project areas or within the community in which they live.

Clubs & Groups

The primary delivery methods for 4-H in Vermont are through organized 4-H clubs and the 4-H camping program. Other methods include:

- 4-H school enrichment programs
- 4-H special interest/short term programs/day camps
- 4-H school age child care education programs
- 4-H individual study/mentoring/family learning programs
- 4-H instructional TV/video programs

For more information on any of these, see *There's More to 4-H Than Clubs: Ways 4-H Reaches Youth*.

Fees

There are no regional, state, or national dues or membership fees. However, club members be asked to pay fees to cover or help defray expenses. They may also vote to collect dues to cover accident insurance or other minor costs. See *Fund Raising and 4-H Club Treasuries*.

Uniforms

Uniforms are not required for membership in 4-H, or for participation in 4-H activities. Fairs and shows may require livestock exhibitors to wear special clothing. Check with your regional 4-H staff.

Club Policies

All clubs should adopt the Suggested 4-H Club Constitution or adopt a constitution to fit their needs and to help the club run more smoothly. See *Devising a 4-H Club Constitution*.

Liability of Volunteers

Liability coverage for volunteers is provided under the University General Liability policy. In the event an injury to another occurs or property is damaged as a result of a volunteer's neglect, the University's liability coverage would respond. In the event a volunteer is injured while acting as a volunteer for the University of Vermont, the medical expenses incurred as a result of the injuries are paid under the University's Worker's Compensation policy. Disability payment for work time lost would not be covered since volunteers do not receive wages and are, therefore, not considered employees. Of course, only those volunteers who are registered in

Educational Materials

the Extension Office are covered. Therefore, it is important that 4-H Organizational Leaders keep the Extension Office up to date on volunteer enrollment records.

There is a state-approved curriculum list available from the regional office. Contact the regional 4-H staff to discuss age-appropriate curriculum. There may be a fee for curriculum.

How Does 4-H Fit in With the University?

In 1914, Congress passed the Smith-Lever Act that created the Cooperative Extension Service. The purpose of this act was to enable the land-grant university to extend research and practical education to people where they live. Vermont's land-grant institution is the University of Vermont. Funding for UVM Extension is provided by federal and state governments. Special programs may receive private funding from the state and county 4-H foundations or from other sources.

The Vermont 4-H Youth Development Program encourages the teamwork of faculty, staff, and volunteers as we offer youth and adults high-quality personal growth opportunities. Faculty and staff concentrate on involving volunteers as stakeholders in 4-H at all levels and educating the public about 4-H and Extension. Volunteers, as full partners in 4-H, contribute their unique talents, skills, and knowledge of our communities to provide personalized leadership with youth and adults.



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**Life Skills in the
4-H Program**

attending Citizenship Washington Focus, participating as youth members of advisory groups, environmental education projects, global education programs, inter-state/international exchanges.

Paid staff and volunteers of the 4-H Youth Development Program teach these skills through group and individual learning opportunities. These experiences may be 4-H projects, events, camps, club/group activities, or organized classes. While the learning experiences are “hands-on,” and deal with topics of current interest and relevance to the young person, they also

Reference:

New Jersey 4-H Into the 21st Century - Prepared by Dr. Charles L. Lang in cooperation with the Long-Range Planning Task Force of the New Jersey Department of 4-H Youth Development and distributed to 4-H faculty. October 11, 1988



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There's More to 4-H than Clubs: Ways 4-H Reaches Youth

When most people think of 4-H, they think of 4-H clubs. Although 4-H clubs are the most commonly known, there are six other ways 4-H reaches youth. Each “delivery mode” serves a different purpose but all are equally important.

In Vermont, educational programs represented by the following delivery modes are offered to youth, ages 5-19. Membership in 4-H clubs is open to youth, ages 8-19.

1. Organized 4-H clubs.

Members of an organized group of youth, led by an adult, with a planned program that is carried on throughout all or most of the year. 4-H clubs may meet in any location and typically have elected officers and a set of rules approved by the membership to govern the club. Standard 4-H clubs involve youth ages 8-19 and focus on in-depth learning during the completion of one or more projects. 4-H Cloverbud clubs provide youth, ages 5-7, with an introduction to 4-H in a non-competitive environment. 4-H clubs usually meet in homes or community buildings. Refer to the Vermont 4-H Club Guidelines (see Appendix), for details of what an ideal 4-H club is expected to do.

2. 4-H overnight camping programs.

Youth taking part in an Extension- and volunteer-planned educational experience of group living in the out-of-doors which includes being away from home at least one night. This experience is not restricted to members of organized 4-H clubs. Summer 4-H camps fit this description.

3. 4-H special interest/short-term programs/day camps.

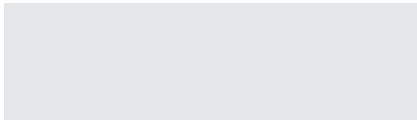
Groups of youth meeting for a specific learning experience for one or more sessions, which involves direct teaching by Extension staff or trained volunteers, including teachers. Such a program is not part of school curriculum and cannot be restricted to members of 4-H clubs. This delivery mode does not usually continue for as long as a 4-H club. Examples might be a five-

*Adapted from: Keith G. Diem, Ph.D.,
County 4-H Agent, Somerset
County, New Jersey 1994*

week babysitting course or a three-day state 4-H teen conference if they are open to the public.

4. 4-H individual study/mentoring/family learning programs.

Planned learning which occurs independent of a formal group



4-H Cloverbud is Non-Competitive

4-H Cloverbud leaders are very important people. They serve as role models to these youngest 4-H members. They are also responsible for making sure that the child's first 4-H experience is a positive one.

4-H Cloverbud is a non-competitive program. There is no rating or scoring of individual projects or activities for members. They may receive a participation ribbon.

This policy is based on research which shows that children of this age need to progress and develop at their own speeds, and that they find it especially hard to lose. To help these youth develop self-confidence, they need to have less pressure to "win." Since success is very important at this age, the success of just having completed an activity helps to increase self-esteem. It's the process and the fun of participating, not the product, which is important to these children.

Recognition

Although projects of Cloverbud members are not rated, these younger 4-H'ers are still recognized for their work. This is usually done through participation ribbons at the fair or other events, end-of-year certificates or pins, and other forms of creative recognition not based on a rating or scoring system.

4-H Cloverbud is Fun!

4-H Cloverbud sets the stage for a child's participation in the 4-H program. It is an opportunity for younger children to begin to have hands-on experiences as 4-H members. It is also a chance for adults to serve as role models at this important time in a child's life. Most importantly, 4-H Cloverbud is educational and fun for all involved!



2004

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