



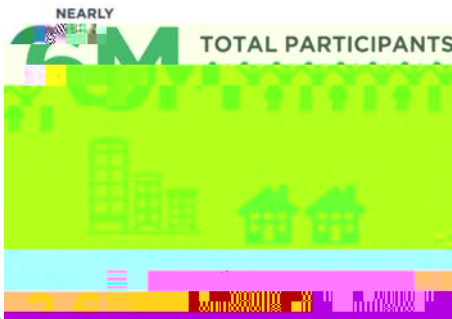
# WHAT IS 4-H?

## 4-H is a Community

4-H programming is delivered by trained adult volunteers and Cooperative Extension staff. A community of more than 100 public universities across the nation, Cooperative Extension provides resources and experiences where young people learn by doing. Through 4-H, youth complete hands-on projects in areas like health, science, agriculture and citizenship, in a positive environment where they receive guidance from mentors and are encouraged to take on proactive leadership roles. Youth experience 4-H through in-school and after-school programs, community clubs, independent study, special interest groups, and 4-H camps.

## National Reach, Local Programs

4-H's reach and depth is unmatched; reaching kids in every corner of America – from urban neighborhoods to suburban schoolyards to rural farming communities. Our network of 500,000 volunteers and 3,500 4-H professionals provides caring and supportive mentoring to nearly 6 million 4-H'ers, helping them grow into true leaders today and in life.



4-H'ers are...

- 4X** More likely to give back to their community
- 2X** More likely to make healthier choices
- 2X** More likely to participate in STEM activities



[www.uvm.edu/extension/youth](http://www.uvm.edu/extension/youth)

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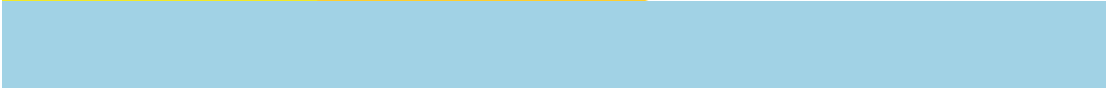
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