

# Why 4-H



HEAD



HEART



HANDS



HEALTH

With all the options for the youth of South Dakota you may ask “Why 4-H?” Well here are some of the reasons that 4-H may be a great option for your kids!

**Did you know that nearly 1 in 4 South Dakota youth participate in the 4-H program?!** Leading the largest positive youth development organization in the state is not our goal, but rather a reflection of the value so many young people have experienced as members.

4-H youth enjoy a program that fosters each member's unique journey. A network of trained professionals, volunteers and older members creates a strong base of mentoring support.

Though the 4-H program can benefit every youth, do not take our word for it! Check out what the research says ... 4-H'ers are about:

4-H girls are **2x** more likely (Grade 10) and nearly **3x** (Grade 12) to take part in science programs compared to girls in other out-of-school time activities.

**4x** more likely to make contributions to their communities (Grades 7-12)

**2x** more likely to be civically active (Grades 8-12)

**2x** more likely to make healthier choices (Grade 7)

**2x** more likely to participate in Science, Engineering and Computer Technology programs during out-of-school time (Grades 10-12)

4-H offers many opportunities for its members to learn and grow in project areas that fit their interests.

## Q & A about 4-H

**Who can join 4-H?** 4-H offers two different types of membership based on the 4-H members and 4-H age. 4-H age is determined by the age of the member on Jan. 1 of the current year. The two types of membership are:

- » **Cloverbuds:** Cloverbuds is an educational, non-competitive program for children between the ages of 5-7. It is part of the South Dakota 4-H Youth Development program. The primary goal of this program is to promote the healthy development in children by enhancing the life skills of social interaction, self-esteem, physical mastery, making choices and learning to learn.
- » **Youth:** All youth are eligible to participate in 4-H if they turn 8-years-old prior to Jan. 1 of the current 4-H year. If the 4-H member turns 19 years of age or older by Jan. 1 of the current 4-H year, they will no longer be eligible to participate.

**Do I have to live on a farm to join 4-H?** No!

Although 4-H began as a program for rural children, today 4-H is available for all children whether they live on a farm or not.

**How do I join 4-H?** Visit [extension.sdstate.edu](https://extension.sdstate.edu) to find your county's local 4-H office to find a 4-H club that fits your needs! Although some 4-H projects do require a financial commitment, there are no statewide enrollment fees for 4-H youth members.

**What all can I do in 4-H?** There are numerous opportunities to learn and grow through the 4-H program. A full list can be found online at <https://extension.sdstate.edu/south-dakota-4-h/projects>.



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South Dakota 4-H Hotsheet

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