



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.



CONTACT US

Lexi Ray
Cyla Gardner

4-H Youth Development
 Extension Agents

Johnson County Extension Office
 11811 S. Sunset Drive
 Suite 1500
 Olathe, KS 66061

913-715-7000
joco4-H@jocogov.org
www.johnson.k-state.edu/4-h/



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the Johnson County Extension Office. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.



**JOHNSON
 COUNTY
 4-H**



**4-H EMPOWERS
 YOUNG PEOPLE
 WITH SKILLS TO
 LEAD FOR A
 LIFETIME**

K-STATE
 Research and Extension





HEAD



HEART



HANDS



HEALTH

4-H is project-based learning that teaches youth life skills while pursuing their interests. 4-H members learn by doing.

How? Youth (ages 7-18) join 4-H clubs that are groups of families working together to share knowledge and interests to help kids learn practical skills and important values. 4-H members serve in leadership roles, help their community and engage in projects throughout the year.

4-H club meetings are held once a month, led by the youth president with support from adult club volunteers. During meetings, youth will discuss and vote on club decisions, participate in activities, practice their presentation skills and get to know their peers.

4-H youth pick their project areas of interest. There are 30 + projects to choose from.



Project work is supported by club project meetings, county wide project meetings or even your own at-home work.

Project meetings held at the club or county level are led by adults or Junior Project Leaders and will consist of hands-on learning opportunities.

In addition to club activities, 4-H youth have opportunities to participate in county, state and national events. Popular events are Club Day (performing arts & public speaking event), Johnson County Fair (show off your project work), Discovery Days (career/hobby workshops at K-State) & Summer Camp at Rock Springs Ranch.



4-H empowers youth to build life skills:

- Public Speaking
- Goal Setting
- Communication
- Record Keeping
- Responsibility
- Leadership
- Time management
- Compassion
- Creativity

4-H'ers are...

4X

more likely to give back to their communities

2X

more likely to make healthier choices

2X

more likely to participate in STEM activities