



An Overview of Idaho 4-H Today



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University of Idaho
Extension



Educating OUR Youth





Citizenship

Empowering youth to be well-informed citizens and contributing members in their communities

4-H teaches service, civic engagement and leadership

4-H Youth Development programs teach citizenship through several different programs. By providing opportunities to connect to their communities and work with adult leaders, youth gain a clear understanding of their role in civic affairs and improve their decision-making abilities. This solid foundation helps youth understand and acquire the skills to become leaders.

Citizenship Opportunities

- Teen Conference
- Know Your Government Conference
- Teen Leaders
- Citizenship Washington Focus
- Teen Ambassador Leadership Retreat
- National Congress
- National Conference
- T.A.L.K. (Teen Ambassador Leadership Kit)

Know Your Government

Each February, nearly 200 Idaho teens from 4-H clubs around the state travel to the state capitol to watch the legislative, executive and judicial systems at work as part of the Know Your Government Conference (KYG). Teens meet and dine with Idaho's political leaders and fulfill civic roles themselves—trying legal cases and introducing, arguing and passing (or rejecting) legislation. Through KYG, 4-H members experience the decision-making process. This opportunity strengthens their connection with our political and social networks through education, application and inspiration.

Citizenship Projects

- Step Up To Leadership
- Exploring the Treasures of 4-H
- Elementary Financial Management
- Entrepreneurship
- Build Your Future
- High School Financial Planning
- Financial Champions



Science

Engaging youth in interactive projects to enhance their interest in science

4-H generates excitement for science

Robotics. Engineering. Environmental Science. Agri-science. Veterinary Science. These are just a few of the programs that Idaho 4-Hers participate in every day, learning new skills to make a difference in our communities. 4-H clubs are using GIS technology to map irrigation canals. They are winning international robotics competitions. And they are using the latest technology to raise and learn the business of sugar beets and other crops. Idaho's hands-on 4-H programs empower youth and provide them with opportunities to grow, learn and become confident members of their communities.

Science Opportunities

- Animal Projects
- Afterschool Science Projects
- Rocketry
- Robotics Competitions

Science Projects

- Ecology
- Forestry
- Geology
- Wildlife
- Archery
- Cross-Country Skiing
- Hunting
- Muzzel loader/Black Powder
- Outdoor Adventures
- Pistol/Rifle/Shotgun
- Sportfishing
- Cats/Dogs
- Family Flock
- Rabbits
- Dairy Goats/Non-Animal Goat
- Beef/Dairy Cattle
- Horse/Pony
- Lambs/Sheep
- Gardening
- Small Grains
- Sugar Beets
- Entomology
- Aerospace
- Bicycle
- Electric Power
- Geospatial Technologies
- Small Engines
- Wind Energy
- Woodworking
- Robotics



Healthy Living

Encouraging youth to lead lives that balance physical, mental and emotional health

4-H makes Idaho healthier

Health is one of the foundations of the 4-H pledge. Through Idaho 4-H healthy living programs, 4-H youth are learning to make smart and healthy decisions for themselves and are building a foundation to give back to their communities so their friends and family can do the same. 4-H members are creating change with issues that matter most to young people today: nutrition, childhood obesity, drug awareness, bullying, safe driving, suicide prevention, decision-making and stress management. From simple skills such as learning to serve healthy snacks at 4-H meetings to complex responsibilities such as knowing how to be a good friend and leading group activities, 4-Hers are guiding their communities toward a healthy future.

Healthy Living Opportunities

- Food Smart Families
- 4-H Cooking Projects
- ChooseMyPlate.gov
- Community Garden Projects
- Exercise Programs for Youth Afterschool

Healthy Living Projects

- Keeping Fit and Healthy
- Jump Into Foods and Fitness
- Up for the Challenge
- Baking
- Dutch Oven Cooking
- Fantastic Foods
- Food, Culture and Reading
- Frozen Bread Dough
- It's Mealttime
- Let's Begin Cooking
- Microwave Cooking
- Outdoor Meals
- Pathways to Culinary Success
- S'mores & More
- Teens Entertain
- Dehydrating
- Boiling Water Canning
- Freezing
- Pressure Canning
- Science Fun with Dairy Foods



Volunteers

Volunteers are the backbone of 4-H.

With their support and commitment, our youth are able to participate in many opportunities to gain the confidence and skills they need to become caring, responsible, civic-minded and contributing members of their communities. Through project participation in a wide variety of topics, in after-school activities and in camps and conferences, volunteers mentor and inspire young people to work collaboratively and cooperatively. They encourage and facilitate experiential learning so that youth can take the lead on their own projects and learn to set and achieve goals. Whether in rural, suburban or urban areas, the possibilities are endless for our 4-H youth because of the commitment, nurturing and life skills that our volunteers are so willing to share.

**Join today, become a
volunteer to Idaho 4-H!**

**Contact the
State 4-H Office at
fourh@uidaho.edu or
visit www.uidaho.edu/4h.**

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