

# Fast Facts about Oklahoma 4-H

## 4-H diversity

African American	11.3%
American Indian/Alaskan Native	12.3%
Asian	2.3%
Hispanic	8.8%
Native Hawaiian/Pacific Islander	.2%
White	65.3%

## Where do 4-H'ers live?

Farm	37.7%
Rural communities	27.4%
Suburban communities	20.1%
Cities	14.7%

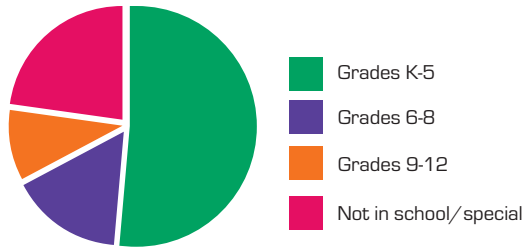
## How do Oklahomans participate in 4-H?

4-H clubs	39,726
Military 4-H clubs	1,076
Special interest/short term programs	125,066
School enrichment programs	95,965
Other programs	10,090

## Volunteerism

Adult volunteers	4,295
Youth volunteers	693

## Who participates in 4-H?



# Oklahoma 4-H Youth Development





# We're more than a number.

## The Power of 4(-H)

With more than 222,000 involved through club work, school enrichment, and special programs, Oklahoma youth are learning the value of citizenship, leadership and community service. Oklahoma 4-H members use the power of their Head, Heart, Hands and Health to accomplish goals that benefit their communities, counties and state.

## Head

- “Walk in my Shoes” introduces youth to better understanding how it is to live with physical limitations.
- Mini Society provided youth with the tools to be an entrepreneur for a day. They learned more about their strengths and resources and how to develop a business.
- More than 16,400 youth are involved in communications and expressive arts projects, which includes speaking, radio, TV, writing and print media, drama and theater, graphic arts, photography, video and the arts.
- More than half— that’s 112,587 youth! — are involved in science and technology, plants and animals, environmental education, and earth science projects, which include livestock, plant science, biological sciences, technology and engineering, physical sciences, geology, forests, rangeland and wildlife, and earth, water and air projects.
- Geospatial projects are about teaching youth how to think spatially through GPS/GIS. Five county teams are working on geospatial projects, teaching GPS workshops, and partnering with local agencies to create maps as a community service.

## Heart

- YES (Youth Educating Seniors) encourages intergenerational learning and service between youth and the elderly, improving youth social skills and stability.
- 4-H youth are 1.8 times as likely to attend college; 1.6 times as likely to attain higher grades in school; and are 1.5 times more likely to be more engaged in learning according to The 4-H Study of Positive Youth Development\*.
- 4-H members demonstrate mastery, generosity, independence and feel a sense of belonging through 4-H project work.

## Hands

- Garden of Hope teaches young women how to plant and grow their own food in gardens at shelter campuses. The community garden has been a catalyst for community development between the shelter inhabitants.
- “Hunters Against Hunger: 4-H Style” provides food banks with venison harvested during hunting season. 4-H’ers also participate in workshops about proper wild game meat handling.
- “Little Dresses for Africa” is providing dresses to those in need in developing areas of Africa. More than 267 dresses have been made or collected so far.
- 4-H members like to serve. More than 30,370 youth are involved in citizenship, civic education, personal development and leadership projects, which include citizenship, cultural education, volunteerism, service learning, career exploration, entrepreneurship, literacy, character education, and community service.

## Health

- “Cooking Together is Fun” teaches youth who are 9-12 and teen leaders about kitchen safety, basic cooking skills, and healthy meals.
- Tulsa County 4-H’ers teach the “Health Rocks!” program to local youth. Health Rocks! is designed to inform youth about making healthy decisions about smoking, drugs and alcohol.
- 8,941 youth are involved in consumer and family sciences projects, which includes consumer education, parenting and family life education, child development, clothing and textiles, and home environment.
- The 4-H Food Showdown was created to address the need for a new 4-H foods and nutrition experience that allows 4-H members to demonstrate their culinary and food safety skills. The project also supports studies confirming the association between family meals and dietary quality, as well as evidence that family meals serve as a protective factor against development of high-risk behaviors in youth.
- Decision making, teamwork, problem solving, responsibility and possessing high self-esteem are just a few of the many skills 4-H helps to develop to enable youth to be productive and positive adults in our society. The shooting sports program involves youth who have an interest in shooting sports and welcomes them into an accepting, caring group. After mastering safety they focus on discipline. In 2010, the Oklahoma Shooting Sports team was 8th overall after competing at the national contest.