4-H is one of America’s largest nonformal educational programs for youth. It makes a major contribution to our nation by helping young people acquire knowledge and develop the life skills needed to become self-directing, productive and contributing members of our society.

4-H clubs are offered in all 77 counties in Oklahoma.

4-H involves more than 6.7 million young people from the city, farm and in between.

4-H programs are conducted in more than 3,000 counties of the United States, District of Columbia, Puerto Rico, Virgin Islands, Guam, American Samoa, Micronesia and Northern Mariana Islands.

The 4-H motto is “To Make the Best Better.”

The Oklahoma 4-H program is collaboration between Oklahoma State University’s and Langston University’s Oklahoma Cooperative Extension Services.

The strong educational base is extended to youth through a nationwide corps of more than 640,000 volunteer 4-H leaders who share their time and talents to help 4-Her’s “learn by doing.”

Members develop skills they will find useful throughout their lifetime. They are learning practical skills and developing attitudes and habits that help them meet the challenges of today and tomorrow.

4-H is family and community oriented. 4-H members devote much of their time to community service in a wide variety of projects, ranging from helping the elderly and disabled to restoring historic sites, to landscaping public buildings to helping preserve their environment.

The 4 H’s stand for Hands, Heart, Head and Health.

Head represents the knowledge gained through 4-H. 4-H projects are based on research from land grant universities throughout the United States and vary according to the interests of members.

Heart is the attitude members develop toward themselves, their families and community. Through club projects, members not only develop enthusiasm for work and achievement but also form values based on honesty and service.

Hands refer to the skills members learn from working on projects. 4-H teaches a strong work ethic and encourages members to do their best at all times.

Health is the basis of the ancient Greek philosophy of a sound body and sound mind. 4-H teaches self esteem, self-responsibility and healthy lifestyle choices.

To learn more about 4-H in your area or to volunteering contact your County Cooperative Extension Office or visit the state 4-H website at http://agweb.okstate.edu/fourh/