

VOLUNTEER

Over 10,000 volunteers guide 4-H members in becoming productive citizens, outstanding communicators, effective leaders, and successful learners. But just as important as what volunteers give is what they get back!

4-H needs many volunteers who are willing to share creative ideas, time, talent, and skills to support youth at the community, county, and state level. Are you curious about volunteering for 4-H? Check out our orientation videos and other volunteer support resources found on the website. Visit with Extension staff in your county office about volunteer opportunities.

Potential volunteer opportunities include:

- 4-H Club Leader
- Project Leader
- Clover Kids Volunteer
- 4-H Mentor
- County 4-H Volunteer

"My volunteer experience has helped me both professionally and with my family. I seem to look at kids in a different light and try to encourage all to be the best that they can be."



JOIN 4-H NOW

PICK WHAT INTERESTS YOU

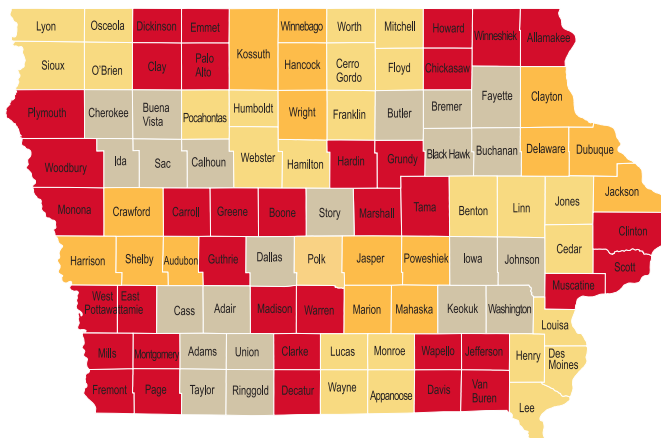
In 4-H, there are endless projects to explore. If you don't find the project area you're looking for, you can create your own project.

www.extension.iastate.edu/4h/projects-list



CHOOSE A CLUB AND GET INVOLVED

There are 100 county ISU Extension and Outreach offices located across Iowa. Your local Extension office can help you find a club in your area that fits you and your goals.



Contact your local county ISU Extension and Outreach office today to get started!

4-H is the premiere Youth Development program of Iowa State University Extension and Outreach.

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.

4-H INSPIRES CONFIDENCE



Mission: 4-H empowers youth to reach their full potential through youth-adult partnerships and research-based experiences.

Vision: Preparing Iowa's youth to be successful, contributing members of society.

www.extension.iastate.edu/4h



IOWA STATE UNIVERSITY
Extension and Outreach

WHAT IS 4-H

4-H is a community of 6 million young people across the world who are learning how to live healthily, be leaders, become engaged in their communities, and use science and technology to make good decisions for their future and their communities' future.

The Iowa 4-H Youth Development Program provides opportunities for youth to develop skills that they can use now and throughout their lives. Iowa 4-H builds upon a century of experience as it fosters positive youth development that is based on the needs and strengths of youth, their families, and communities.

Iowa 4-H follows the principles of experiential learning and draws on the knowledge base of Iowa State University and other institutions of higher education in cooperation with the United States Department of Agriculture. The Iowa 4-H Program's vision and mission statements clearly view youth as partners working with caring adults, and as full participants in planning and working for individual and community change.



4-H PROGRAMS

For over 100 years Iowa 4-H has been delivering research based educational programs for K-12 Youth in Iowa. Using its experiential model of **"DO"; "REFLECT"** and **"APPLY"**.

4-H programs are designed to teach **Healthy Living, STEM, Leadership/Civic Engagement and Communication and the Arts**. Each year almost 100,000 youth in Iowa participate via one of our program delivery modes.

WHY JOIN 4-H

We want to hear what you have to say. You have the ability to be a leader and to influence and support others in positive ways. Share your opinions, ideas, energy and vision while inspiring others and improving our world!

What you achieve in 4-H is up to you, so let your imagination run wild!

WHO CAN JOIN

For 4th through 12th graders, 4-H is a place where you can make new friends in your community and across the state.

Want to start earlier? Kids in kindergarten through 3rd grade can participate in Clover Kids, which offers hands-on activities designed to build life skills and foster new friendships.

CLOVER KIDS



Clover Kids is a fun 4-H program specifically designed for children in kindergarten through third grade. The overall purpose of the Iowa 4-H Clover Kids program is to foster the development of life skills that are essential for the cognitive, social, emotional, and physical maturation of kindergarten through third graders by providing a unique, age-appropriate educational opportunity.

What do Clover Kids do?

- Investigate Science, Technology, Engineering and Math (STEM)
- Explore literacy through fun and engaging ways to read and write
- Learn the importance of being healthy and physically active
- Practice communication skills and learn to work as a team
- Play fun cooperative games and make new friends
- Participate in developmentally appropriate opportunities at county fair
- And much, much more!!