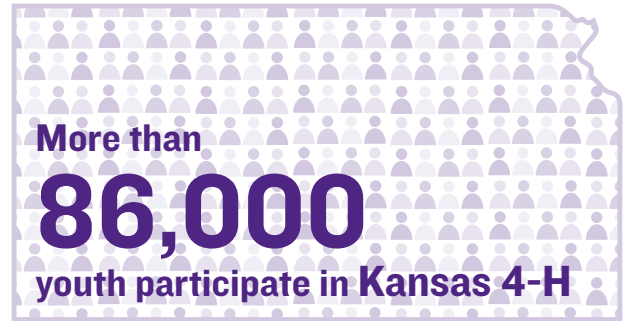


# 4-H GROWS HERE

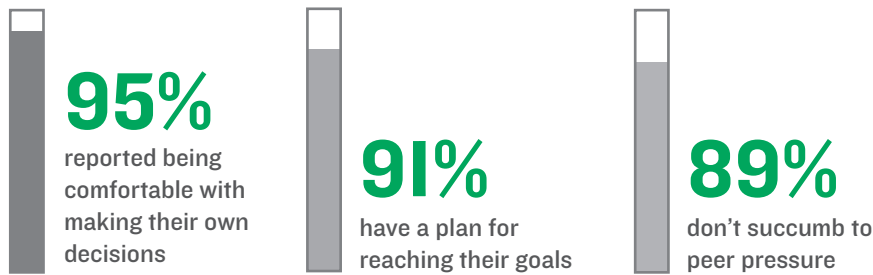


4-H learning experiences enhance young people's abilities to grow into tomorrow's leaders and communicators. The structured learning environment combined with encouragement and mentoring allows 4-H programming to play a vital role in helping our youth achieve future success.

Recently, 2,600-plus Kansas youth ages 8 to 18 years old — from both rural areas and cities — participated in a study to determine 4-H's effectiveness in fostering positive connections, encouraging responsible decisions, and developing communication and citizenship skills. The following is a summary of the study's results.



## MAKING RESPONSIBLE DECISIONS

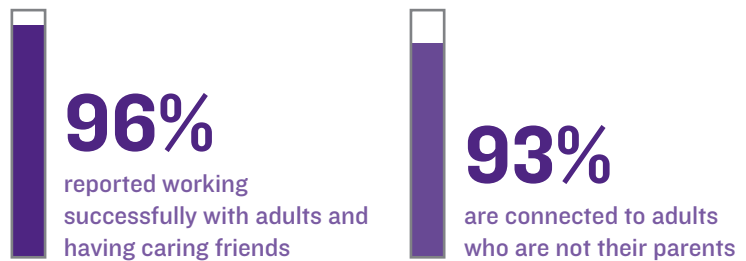


Strong decision-making skills enable a young person to effectively navigate life. One of 4-H's principles is viewing youth as active participants in learning and addressing their own needs and interests. Youth create goals, show progress and work with mentors.



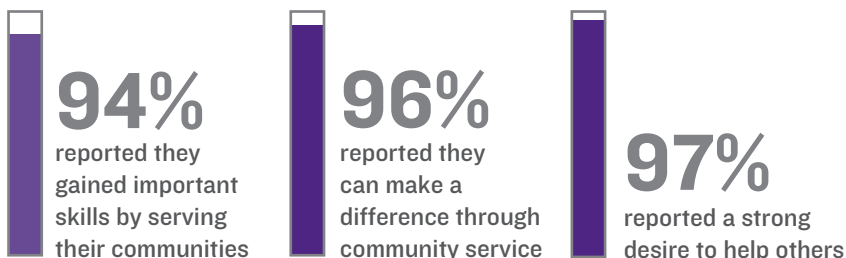
## DEVELOPED CONNECTIONS

The overall well-being of a child is largely determined by their perceived satisfaction in relationships with others. A sense of belonging motivates young people to show respect and concern, as well as make them more receptive to guidance from caring adults.



## GROWTH IN CITIZENSHIP SKILLS

4-H citizenship programs empower youth to become informed and engaged in their communities. Youth use their decision-making, communication and leadership skills to make a difference.





## LEADERSHIP

Strong leadership skills allow youth to analyze their own strengths and weaknesses while maintaining the confidence, motivation and skills to achieve their goals. In 4-H, youth grow as leaders through identifying and carrying out projects that benefit themselves, their families and communities. Youth lead various committees, projects and events to share their knowledge.

95%



of youth reported an increased effort to allow everyone to have a voice

95%



treat everyone fairly and equally when they are in charge of a group



## COMMUNICATION

4-H communication opportunities help young people grow their public speaking, personal expression, interactive and professional correspondence skills. Youth give presentations and demonstrations, learn extemporaneous speaking, and practice artistic expression.



60% increase

4-H participants in their third year or more reported a 60% increase in their confidence in public speaking compared to newer participants

## HELP GROW 4-H

Youth-driven 4-H experiences provide access to safe learning environments; challenges that build skills, competencies, and resiliency; and active contributions to society. 4-H helps youth form connections with caring adults that help meet their basic developmental needs of belonging, mastery, independence and generosity.

### Community

Share your time, talents and passion by becoming a 4-H Volunteer – Email [Volunteer4-h@ksu.edu](mailto:Volunteer4-h@ksu.edu).

### 4-H Alumni

Support the Kansas 4-H program by becoming a donor. Contact the Kansas 4-H Foundation at [kansas4hfoundation.org](http://kansas4hfoundation.org).

### Parents

Enroll your children in 4-H programs available in communities across Kansas at [kansas4-h.org](http://kansas4-h.org).

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