

Meadowlark 4-H Join Today

What is 4-H?

4-H is a research-based experience that includes a mentor, a hands-on project, and a meaningful leadership opportunity. It is the largest youth development organization in America. It's the only organization where you will find youth of all ages working together and that is family oriented. 4-H stands for Head, Heart, Hands, and Health. These are the four values that our members work on through fun and engaging programs.

Who can be in 4-H?

Youth ages 7 - 18 as of January 1, 2023 can be a 4-H member. We also offer 4-H Cloverbuds, a free educational program designed specifically for youth ages 5 and 6 as of January 1, 2023.

Benefits of joining 4-H?

Youth build life skills by leading hands-on projects in areas like science, health, agriculture, and civic engagement - helping them to grow confidence, independence, resilience, and compassion. Adult volunteers provide a positive environment where youth can learn by doing. We welcome all youth who want to have fun, learn and grow.

"In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us."

How to join 4-H?

The 4-H year starts on October 1st and concludes on September 30th. You may join at anytime during the 4-H year, but now is especially a great time. Sign-up by going to <https://v2.4honline.com>.

For more information, please call your local Extension office.

4X

more likely to give back to their communities.

2X

more likely to make healthier choices

2X

more likely to participate in STEM activities

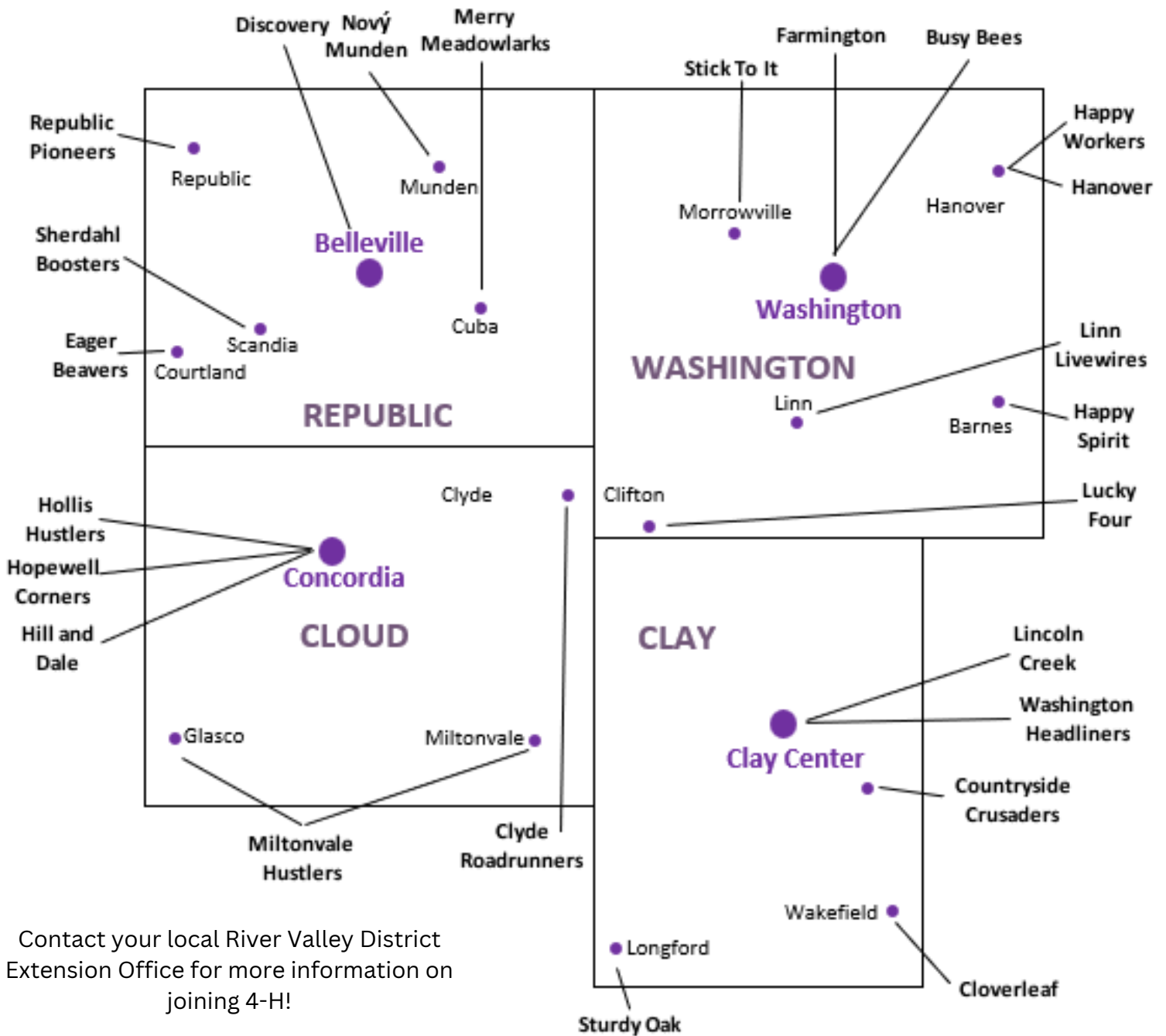
2X

more likely to be civically active

4-H Youth
Development Agent
mhynek@ksu.edu
785-527-5084

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River Valley District 4-H Community Clubs



Contact your local River Valley District Extension Office for more information on joining 4-H!

RVD-Belleville	785-527-5084
RVD-Clay Center	785-632-5335
RVD-Concordia	785-243-8185
RVD-Washington	785-325-2121

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District

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Wade Reh, Director, River Valley Extension District #4, 322 Grant Avenue, Clay Center, KS 67432. Phone 785-632-5335.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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