



UNIVERSITY OF MINNESOTA EXTENSION 4-H

Extension 4-H Youth Development

BECAUSE today's youth are tomorrow's leaders. 4-H is Minnesota's largest youth-serving program providing young people with access to positive youth development and leadership programs in all 87 counties.

UNIVERSITY RESPONSE In 4-H, youth design and participate in their own education and activities, from raising dairy cows to building rockets or writing musical plays. This unique, learn-by-doing model teaches kids essential skills needed to succeed in life, such as problem-solving, decision-making, coping, communicating and responding to the needs of others.



4-H is delivered throughout Minnesota in urban, suburban and rural communities. With 130,000 annual youth participants, 4-H reaches nearly 13% of all Minnesota youth between the ages of 5-19. And, each year 12,000 adult volunteers contribute more than 1.1 million hours of service to support the positive development of Minnesota's youth.

RESULTS According to a 2009 report on positive youth development from Tufts University, youth who participate in 4-H are:

- More than twice as likely to be civically active and make contributions to their communities
- 47% less likely to have risky or problem behaviors
- Less likely to experience depression
- More emotionally engaged with school and have better grades
- More likely to see themselves going to college
- More likely to have features of positive youth development including: competence, connection, character and caring



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