

# New York State 4-H Youth Development



Welcome to the NY Youth Agriculture Leadership Conference! As a proud member of NYS 4-H, you're part of an amazing community that prepares you with essential skills for your future in school, careers, and life. Use this guide to help you share your story with stakeholders, politicians, and peers while showcasing what 4-H means to you!

## What is 4-H?

4-H is all about hands-on learning and developing the skills you need to succeed. Through 4-H, youth like you are: Exploring careers in agriculture, STEM, civic engagement, healthy living, and more. Building leadership and teamwork by taking on roles in your community. Growing personally through real-life experiences and relationship building.

### The four Hs refer to

**Head:** We learn to think, solve problems, and make good decisions.

**Heart:** We build strong relationships, care for others, and grow as leaders.

**Hands:** We get involved in our communities by helping others and learning new skills through real-life projects.

**Health:** We focus on living healthy lives, both physically and mentally.

## YOUTH REACH

**250K**

short-term experiences

**78K**

long-term experiences

## SPARK CHAMPIONS

**200+**

staff

**6K**

volunteers

## Programs to know about!

**Career Explorations:** Youth visit Cornell University every year to explore careers, develop leadership skills, and experience college life firsthand. Last year, 233 youth and 66 adults from across NYS took part!

**4-H Welding program** sparks youth interest in the technical trade, helping you develop skills and explore future career options. Programs are offered in collaboration with local BOCES, businesses, and government agencies.

**Computer Science Pathways:** In the past few years, 4-H has engaged over 12,000 youth in computer science learning. Programs like Esports, robotics, and STEM clubs help you build new tech skills.

What 4-H Programs have you participated in?

Compared to their peers, 4-H participants are:

**4X** more likely to make a positive contribution to their communities.

**2X** more likely to participate in out-of-school-time science programs.

**2X** more likely to make healthier choices.

**2X** more likely to report feeling competent.

**2X** more likely to feel positive about their wellbeing.



Beyond Ready

Cornell Cooperative Extension



New York State 4-H connects youth to hands-on learning opportunities that help them grow into competent, caring, contributing members of society. 4-H, the youth development program of the Cooperative Extension system, works to create a world in which youth and adults learn, grow, and work together as catalysts for positive change.