



UC 4-H Handbook for Families

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people discover and develop their potential by learning to set goals, make plans and decisions, build self-confidence, and understand others. UC 4-H offers an opportunity to enjoy learning with family and friends. UC 4-H is open to all people equally, and Affirmative Action is practiced to ensure fair opportunities for all. This guide is designed for families in UC 4-H to help them have a positive experience.

Mission Mandates

The 4-H “Mission Mandates” outline program priorities at a national level. They also provide state and county staff the framework to organize their program implementation strategies. The UC 4-H mission areas are 1) civic engagement, 2) leadership, 3) healthy living, and 4) science, technology, engineering, and math (STEM). (See the [California 4-H Youth Development website](#)).

Positive Youth Development (PYD)

PYD refers to a focus on the developmental characteristics that lead to positive behaviors and outcomes among young people. Positive youth development is a cornerstone of UC 4-H. (See [4-H Thrive, California 4-H Youth Development website](#)).

Welcome to UC 4-H!

4-H is a nonformal educational youth program, conducted by the University of California’s Division of Agriculture and Natural Resources (UC 4-H). The UC 4-H program is delivered locally through University of California Cooperative Extension (UCCE) offices. The purpose of UC 4-H is to help young



UC 4-H Basics

Time Commitment

Clubs generally start in September or October and go until May or June. Some clubs may have project or club meetings over the summer. Club meetings generally occur monthly and last approximately 1 hour. Projects require a minimum of 6 hours of instruction time. Many projects have more than 6 hours of instruction time, and some may even require time outside of the project meeting itself to be successful. For more information, turn to the section “Clubs and Projects.”

Fees

Enrollment Fee: Each child pays an annual state program fee. This fee contributes to costs for county staff positions, online systems, state-wide events and activities, and accident/sickness insurance. Some counties or clubs have additional program fees that support county or club activities. UC 4-H is open to all youth, regardless of their ability to pay. Program fees can be waived or reduced for eligible youth. Contact your county Extension office for more information.

Project Fee: Most of the time, each child or parent is responsible for acquiring the materials needed to carry out project activities. Additional fees may be included for some projects, depending on the needs. Some project groups will fundraise to help lower the costs for everyone involved in that particular project. We recommend that families review these costs with club and project leaders before signing up for a particular project.



Events: Most county-level events are free; some may have participation fees. Fees for overnight conferences or camps cover the costs of putting on the event. Each participant is responsible for paying their event fees. Some counties hold fundraisers to help members cover the costs of these events.

Age Groups

Your children, depending on their age, will be eligible to be in one of the membership levels below. The levels in 4-H are based on the age of the child as of December 31 of the program year:

- **Primary, 5–8 years old:** Primary 4-H members must be 5 years old by December 31 of the program year. Youth enrolling or turning 9 on or after January 1 must participate as a primary member until June 30. For safety reasons, primary members may not enroll in large animal projects (e.g., cattle, horse, etc.) but may enroll in small animal projects, including rabbits, poultry, and cavy. There are a few other policies that affect primary members. Please see [download the Primary Member Fact Sheet](#) for more information.
- **Junior, 9–10 years old:** Junior members are eligible to enroll in all 4-H projects.
- **Intermediate, 11–13 years old:** Intermediate members may enroll in all 4-H projects and/or serve as Junior Leaders.
- **Senior, 14–19 years old:** Senior 4-H members may continue in the program until December 31 of the calendar year in which they turn 19. Senior members may enroll in all 4-H projects and/or serve as Teen Leaders.

For more information online about membership levels based on age, see Chapter 5, II, Membership Policy of the Policy Manual, on the [California 4-H Youth Development website](#).

Record Books

Record keeping can be a part of the UC 4-H experience. It helps young people track their activities, events, profits and losses, skill development, learning experiences, and much more. Keeping continual records in the online record book is one option (paper forms are also available). Another is to use blank paper, a notebook, or calendar and transfer the

information into the report forms later. See more information online about record books and their requirements on the [California 4-H Youth Development website](#).

Uniforms

Uniforms are not required for UC 4-H membership and may not be required or used as evaluation criteria for any UC 4-H activities. Some local, county, and district fair boards require wearing the official uniform of the organization they are representing for participation in livestock shows. See more information about the uniform online at the [California 4-H Youth Development website](#). The 4-H hat, scarf and tie may be purchased from some Extension offices, the local 4-H club, or the [Leslie Carman 4-H Supplies website](#).

Fairs

Fairs provide opportunities for members to exhibit the best of their project work from the past year and see how their skills have grown. Fairs also share with the community what UC 4-H activities are taking place in their area. Most fairs are not run by UC 4-H. Each fair is governed by a set of rules that should be carefully reviewed by UC 4-H staff. Entering UC 4-H projects in county, district, and state fairs is the responsibility of the UC 4-H members. They should contact their project leaders to obtain necessary forms, help with completion of forms, and required signatures. Members are responsible for turning in their entries on time. It is the member's responsibility to find out the rules of a fair and follow them, while representing UC 4-H and following the UC 4-H Code of Conduct.

Steps to Success

The [Steps to Success document](#) was created to help families understand UC 4-H and to make sure that every youth has the same opportunities for success. This document describes key terms and requirements for members in good standing, project completion, club participation, and more. Additional information can be found on the California 4-H Youth Development website, [Steps to Success](#), [Frequently Asked Questions](#).



Clubs and Projects

In California, there are five different types of UC 4-H clubs:

- community clubs
- afterschool clubs
- in-school clubs
- special interest (SPIN) clubs
- military clubs

The core elements of each club model are the same but the objectives, program structure, and setting differ based on the needs and interests of youth and families. For more information on these different club models, contact your county Extension office.

4-H clubs are intended to meet the needs of their participants. As such, they can be operated in many ways. Each club may be unique in how it is locally structured to meet those needs.

Club Meetings

UC 4-H clubs operate under an established constitution and by-laws or set of operating procedures. Clubs either elect youth officers or have youth leaders provide leadership to the club. In partnership with adults, youth develop and implement an annual educational plan. The club leader or other adult volunteer supports the members in these activities and guides them as they acquire leadership skills. Club meetings also provide an opportunity for members and parents/guardians to share

Steps to Success in 4-H

Member in Good Standing

Complete the enrollment process and be enrolled in at least one project.
Comply with 4-H Member Code of Conduct.

Project Completion

Be a member in good standing.
Complete a minimum of 6 hours of project instruction or more as required by the project leader.
Complete Annual Project Report (APR) form.*
Annually receive a year stripe and pin.**

Club Participation

(for 4-H club programs only)
Be a member in good standing.
No attendance requirement.
100% attendance pin for perfect club meeting attendance.

Requirements to Exhibit at Fair

Complete Project Completion requirements.
Meet requirements as set by the county or fair.

Event Participation

Participation in county, sectional, state and national 4-H events is open to all 4-H members in good standing.
There may be eligibility requirements established by the event planning committee.

Incentives and Recognition

There are many ways to earn recognition in 4-H.
Awards can be earned based on project and club attendance and work.
Awards can be earned for participating at county, sectional, state and national 4-H levels.
Awards earned will be governed by county and state 4-H Incentives and Recognition Committees.

*Primary members, youth aged 5 to 8 years, do not complete the Annual Project Report (APR). Record keeping is not required for project completion.

**Primary members receive a year stripe and pin for participation in a project. Project completion is not required.

**Junior/Teen Leaders receive a gold stripe and year pin for completing the Leadership Development Report (LDR). Junior/Teen Leaders are not required to actively participate in the project in which they are a leader.

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>). Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance & Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1343.

experiences and interests. For clubs that have business meetings, any parent or adult volunteer may join the discussion, but only UC 4-H members vote on matters that are brought before the club.

Project Meetings

Members choose to learn within "projects." A project may involve a topic like geology, photography, small animals, food and nutrition, or bicycling. It can be almost any subject that young people are interested in. Each club offers different projects depending on the needs and interests of youth and availability of caring adults to lead the project. Completed projects may be exhibited at the local county fair or similar UC 4-H event. They are evaluated, and awards are given for quality work.

If members are interested in a project that is not available in their club, they may be able to find another club that offers that project and participate there. If that project is not found in their county, they may be able to set up a project with the help of their county staff and work independently.

Roles

Responsibility of a Club Leader

Club leaders are UC 4-H adult volunteers, sometimes parents/guardians of members. They are interested in young people, and they

- coordinate (by managing and facilitating) the team that provides support, guidance, and direction to 4-H members and the club
- are the primary contact person for the club with the county 4-H Youth Development Program (YDP) staff and the county 4-H council
- promote the 4-H club, as well as its mission and programs, to the community
- ensure compliance with and adherence to University of California 4-H YDP policies, procedures, and core values by parents, adult volunteers, and members
- provide a safe environment that fosters positive youth development



Project Leader Checklist

This checklist is designed to assist 4-H project leaders in preparing to implement their project(s) prior to meeting with youth.*

#	Action	Check
1	Have you met your club leader(s) and discussed your plan for implementing your project(s)?	
2	Have you completed all the steps for becoming a 4-H adult volunteer? 1. Complete the interest survey for your county. 2. Fill out the application and pay fees. 3. Get fingerprinted if you are a new 4-H adult volunteer. 4. Complete online trainings. 5. Complete county orientation.	
3	Do you have a list of the youth who are going to participate in your project(s), and are they enrolled in the 4-H project(s) you are going to lead? (Your club leader or volunteer enrollment coordinator can check for you.)	
4	Have you developed a project description and lesson plan for what will be covered on which dates and determined if there will be any cost for participants?	
5	Do you have a UC ANR user agreement with the facility you will be utilizing? (Your county staff member must assist you in obtaining this document.)	
6	Do you have completed and signed the youth and adult treatment authorization/health history forms on hand for all participants? Youth form Adult form	
7	Have you provided the dates, times, and location of your project meetings to the youth enrolled in your project?	
8	Is there at least one additional adult that will be on-site with you at each meeting?	
9	If you are going to fundraise or secure grant support for your program, have you received approval from your county 4-H staff and county director?	
10	Is there ample drinking water available?	
11	Have you reviewed the "4-H Project Leaders' Digest" available online?	
12	Do you have "Annual Project Report" forms on hand for the 4-H members to keep track of their project participation?	

Note: *Revised 5/2019.

Responsibility of a Project Leader

Similar to club leaders, project leaders are UC 4-H adult volunteers, sometimes parents/guardians of members. They

- help members plan and organize their project work based on a proven experiential model
- help members organize and conduct project meetings
- obtain project curriculum and distribute materials
- encourage members to set attainable, measurable objectives and develop their own standards for project work, according to their abilities and interests
- keep members informed about project-related events in which they are eligible to participate; give members ideas on how to prepare for these events
- give recognition for any kind of progress in order to encourage continued improvement
- spend some time at the end of each year with each member showing them how to measure and evaluate the overall progress made in the project
- talk with parents of members who need extra help or who have problems working with other members
- participate in meetings, keeping the club leader informed of their own group's work and progress
- work with junior and teen leaders to maximize their contribution to the project

For more information about the role of adults in UC 4-H, visit the [California 4-H Youth Development website](#).

Role of a Member

UC 4-H members work as individuals and as a team. Members must abide by the UC 4-H Code of Conduct. The level of participation in UC 4-H is left up to the members and their families. Opportunities common across UC 4-H clubs, counties, and the state include the following:

- Select projects with guidance from a UC 4-H adult volunteer and parent/ guardian.
- Create and complete a plan for project work.

- Keep a record of project work.
- Attend UC 4-H meetings.
- Participate in local, county, state, and national UC 4-H activities and events.
- Learn the UC 4-H Pledge and Motto.
- Exhibit project work.
- Participate in committees.
- Participate in community service activities.
- Participate in other UC 4-H clubs and programs, such as camp.



Youth Leadership Opportunities

One goal of UC 4-H is to help members develop into confident, effective leaders. UC 4-H youth leaders use their knowledge, skills, and influence to establish relationships with people and help others meet goals. Many leadership opportunities are offered through the UC 4-H program, and members are encouraged to become involved at all levels, including club, county, state, and national.

Project Level

Junior and Teen Leaders

Junior and Teen Leaders assist the project leader in teaching and helping other members of the project. They receive special patches and pins for their 4-H hat. Check with your club's project leaders for opportunities. For more information on recognition, turn to the section "Incentives and Recognition."

Club Level

Club Committees

Clubs may have committees for various reasons and occasions such as setting up/taking down monthly meetings, club judging day, fundraising, events, community service, and others. Find out from your club leader what committees are available.

Club Chairperson

The chairperson is responsible for the organization and facilitation of his or her committee. Some clubs hold elections for chairperson positions. Other ways are to be appointed, to be the founder of the committee, or to volunteer for an ongoing project your club already has in place.

Club Officer

Some clubs have elected officers that provide leadership for the club, as well as planning and carrying out club meetings. Generally, the executive board consists of a President, Vice President, Treasurer, Secretary, Reporter, and others. Positions available vary by club. Clubs hold elections once a year for new officers. Check with your club leader on how to get nominated. For more information, visit the [California 4-H Youth Development website](#).

County Level

County Ambassador

Ambassadors represent their county, visit UC 4-H clubs in their county, network with other organizations in the community, and organize and run county events and ceremonies. (This position was previously known as "All Star.") Call your local county Extension office or visit their website for details.

Area or State Level

Area Summits

Area summits are a great opportunity to learn and practice leadership skills, public speaking, citizenship, character building, and more. Area summits are held throughout the state, one in each area, and are designed for intermediate and/or senior members. Youth may attend any summit throughout the state but typically attend the closest one. The State Leadership Conference (SLC) is held annually and is

designed for senior members. Requirements vary; check with your local county Extension office or the [California 4-H Youth Development website](#).

State Ambassador

State Ambassadors are youth who have excelled in the areas of leadership and community service. The State Ambassador position is one of the highest opportunities obtainable for service and recognition. This is a working honor, and each year State Ambassadors choose a platform to focus on and a program to promote. They plan state events and lead workshops within and outside of UC 4-H. All expenses are paid by the state UC 4-H Office for travel and other costs related to Ambassador commitments. Applicants must be 16 years old or older and pass a selection process conducted by the state. For more information, visit the [California 4-H Youth Development website](#).

California 4-H Management Board

The California 4-H Management Board is composed of UC 4-H members and adult volunteer directors who do the following: provide leadership for area programming; assess local and area needs; connect state and area programming; increase awareness, visibility, outreach, and participation in the program; and raise money in support of the program. The Management Board has a variety of committees. Applicants must be 14 years old or older, and new members are selected annually. For more information or to apply, go to the [California 4-H Youth Development website](#).



State 4-H Advisory Committees

The State 4-H Office has several advisory committees ranging from animal science to healthy living to camping. These committees provide an opportunity for UC 4-H members, adult volunteers, and program partners with a particular interest or expertise to provide leadership and help advise on the direction of UC 4-H. Applicants must be 14 years old or older, and new members are selected annually. For more information or to apply, go to the [California 4-H Youth Development website](#).

How Young People Learn

4-H'ers are sometimes involved in long-term learning experiences with peers and adult volunteers. Active, hands-on learning is an important part of UC 4-H. Our point of view is that youth learn through experiencing. They reflect through sharing and processing the experience, and applying what they learn in real-life situations. This is why we offer a range of experiences. Each UC 4-H member learns through participation in many opportunities, including the following:

- **Projects.** Projects help members gain new knowledge and skills. They take responsibility for their decisions. Some project work continues at home. This gives members a chance to develop stronger relationships with parents/guardians/siblings. (*Parents: be supportive and help guide your 4-H'er; don't try to do their work for them.*)
- **Presentations.** Through oral presentations, members present subjects in an organized, concise, and effective manner. Members gain confidence in their public-speaking skills. This is one of the first steps in developing personal leadership skills.
- **Record Keeping.** The ability to keep accurate records is an important life skill. Through entries made in their UC 4-H record books, members learn good record keeping skills. These records help members learn from their UC 4-H experiences and develop business skills. In order to successfully complete a UC 4-H project, members are required to keep records of their project work.

Annual State and National Events

The chart below shows the annual state and national events offered to 4-H members.

Event	Date	Brief description and link (at the California 4-H Youth Development website)
Equine Field Day	Varies; Spring	The Equine Field Day is an educational event that offers learning sessions for each of the five 45-minute sessions. Youth and adults are encouraged to attend.
California Camping Conference	Varies; Spring; bi-annual	The California 4-H Camping Conference brings together the adults and Teen Leaders who help plan and administer camping programs across California in a weekend of hands-on training, networking, and learning experiences.
Area Presentation Days	Varies; March–May	UC 4-H members may present at a Presentation Day to receive feedback and an award. Youth who receive a gold award at County Presentation Day may participate in an Area Presentation Day.
National 4-H Conference	Varies; March–April	The National 4-H Conference is a working conference. Youth and adults develop recommendations to help guide 4-H nationally and in their communities. This event brings together youth, volunteer leaders, and state and county staff members from across the United States, the U.S. territories, and the Canadian provinces.
Animal Science Symposium	May	The Animal Science Symposium is a train-the-trainer conference with educational sessions on animal welfare and animal health.
State Field Day	Varies; May–June	The largest and most comprehensive educational event for UC 4-H youth members (ages 9 to 19) and UC 4-H volunteer educators.
California Focus	June; bi-annual	Citizenship educational experience that combines hands-on participation in workshops, debates, and simulations with speakers, tours, activities, and new friends from across California. For youth ages 14 to 19.
Leadership Washington Focus	July	An educational conference is offered at the National 4-H Center near Washington, D.C. It gives youth in grades 7 to 9 the opportunity to explore, develop, and refine the civic engagement skills they need in order to become better citizens.
Citizenship Washington Focus	July	An educational conference for youth ages 15 to 19. Hosted at the National 4-H Center near Washington, D.C., it gives youth the opportunity to explore, develop, and refine the civic engagement skills they need in order to become outstanding leaders.
State Leadership Conference	July or August	A conference for UC 4-H members, 8th grade graduates and above. The conference holds workshops, informative presentations, and social activities for youth members to network, gain new skills, and build relationships.
Horse Classic	July or August	The California 4-H Horse Classic offers members the chance to showcase the culmination of their efforts put forth in their equine projects throughout the year.
Livestock Bowl	October	This contest is open to both UC 4-H and FFA members. The top UC 4-H team and the top FFA team at this contest are eligible to compete at the Western National Round Up .
Mindfulness Retreat	November	This retreat offers teens 13 to 19 and adults the opportunity to take a “time-in” to develop their health and well-being. Participants will not only increase their personal skills in leading a healthy lifestyle, but they will also gain skills needed to be health advocates in their communities.
Area Summits	Varies by area	Annual area summits are hosted in each area of the state. These summits engage 4-H’ers in learning opportunities and workshops, increasing their leadership, citizenship, and public-speaking abilities. They also include fun recreational and social activities that allow UC 4-H members to network with those outside their county.

See the California 4-H Youth Development website, [News and Event Calendar](#), for the most up-to-date State and National Event Calendar. Some events may offer financial aid when available. Check the event information for details. Gift certificates are also available for some events. (For more information about gift certificates, see the California 4-H Youth Development website, [Gift Certificate Program](#).)

- **Recreation.** Members learn to enjoy life, balance work with leisure time, and develop social skills through their interactions with others. Recreation also provides opportunities to teach leadership skills.
- **County (and other) Contests.** Through their participation in contests, members learn cooperative and competitive skills. Awards may be provided in recognition of their efforts.
- **Exhibits.** Members may choose to exhibit their project results at the county fair or some other setting. Exhibiting UC 4-H projects allows the public to learn what 4-Hers are doing. It helps members learn how they can improve their work and gives them a sense of pride and accomplishment.
- **Camps.** Many counties provide camping opportunities. Members take part in educational and recreation experiences as they learn more about nature, science, and living with people.
- **Ambassadors (County and State Ambassador).** For older members, the UC 4-H Ambassador program develops leadership and public-speaking skills. These youth become more effective UC 4-H advocates within their respective communities, county, and state.
- **Exchanges.** Exchanges are arranged with UC 4-H groups from other counties or states. Exchanges help 4-Hers develop a broader knowledge of people and living situations, and they provide the chance for creating lasting friendships. Some international exchanges are also available.
- **Recognition and Awards.** Youth are recognized and rewarded in many ways for work they do. Recognition may range from acceptance by peers and leaders to ribbons, certificates, trips, and scholarships. Accomplishments in both cooperative and competitive settings may be recognized.
- **Fundraising.** Members may be asked to participate in club or county fundraising efforts. This allows the club or county to offer additional educational opportunities. It also helps decrease the cost of events, activities, and programs. The skills learned in these

fundraising activities add to the member's leadership and organizational skills, and they may influence career choices. While UC 4-H is provided with some public funds, private funds are essential to the operation of UC 4-H.

Incentives and Recognition

UC 4-H promotes participation and excellence through rewarding members of all ages with ribbons, pins, patches, medallions, stars, and certificates. Primary members (5 to 8 years old) should only receive recognition for participation. Youth development research has shown that competition does not have positive effects on this age group. In UC 4-H, competitions are evaluated in one of two ways. In the American system, competitors are evaluated against one another and awarded 1st, 2nd, or 3rd place. In the Danish system, competitors are evaluated against a universal standard and their score awards them medals like gold, blue, and red. The biggest difference to note is that in the Danish system there is no maximum or minimum number of gold, blue, or red awards that can be awarded—every competitor has an equal chance at the highest award.



Many UC 4-H members choose to display their awards on their 4-H hat, which is part of the 4-H uniform. On the hat, you will find pins, patches, stripes, and stars. The stripes represent each year the member has been active in UC 4-H. Members can earn gold stripes by serving in leadership roles. The pins above each stripe also represent the years the member has been active in UC 4-H. Officer pins are often displayed above the year pins.



Officer pins are awarded to youth members who serve as club officers, like President, Vice President, Secretary, Treasurer, etc.

High school seniors may also be eligible for scholarships through the UC 4-H program in support of their higher education goals.

Enhancing Your Experience

We want every UC 4-H member to feel welcome and successful in the program. Here are some items that will help you navigate your way through UC 4-H.

Helpful Hints for a Successful Club Experience

As a UC 4-H parent/guardian, you can contribute to your child having a successful 4-H club experience by doing some of the following:

- Get to know your club leader(s) and project leaders.
- Attend local club/project meetings with your child whenever possible.
- Ask for a copy of your club's bylaws and constitution or operating procedures and yearly calendar of events.
- Encourage your child to complete project work and to meet deadlines.
- Bookmark your county Extension program website and visit it occasionally.

Supporting Your Child's Club

- Serve as a project leader. If you have an activity or hobby that you have a passion for and would like to share, then you could become a project leader teaching something you love to youth.
- Assume a specific club responsibility, such as helping with member registration, working with a committee of youth to plan an activity, or helping club officers with their responsibilities.
- Adults helping in any role can be enrolled as a UC 4-H adult volunteer. Adult volunteers fill out an application and pay the accident/sickness insurance fee and are also covered under the University's general liability insurance. Speak to your club leader or the county Extension office about how to become a UC 4-H adult volunteer.
- If you know an individual, business, or organization that would be interested in financially supporting the UC 4-H program in your county, refer them to the [California 4-H Foundation](#) to donate.

Ensuring Satisfaction with UC 4-H

- Please see above for expectations of the club and project experience. If your expectations are not met, please contact your local county Extension office to speak to the UC 4-H Program Representative. If you still feel that the issue has not been resolved, contact the local UC 4-H Youth Development Advisor. If there is not an advisor in your county, you may need to contact the county director. Contact information for the advisor and county director can be found on your county's webpage.

If I Had Only Known...

Quotes from UC 4-H members and families:

From Members

"I would read the county newsletter each month."

"I can go to any county activity listed in the newsletter."

“Any of my friends can join 4-H, and they do not need to own an animal or live on a farm.”

“Writing down the 4-H activities and presentations I do throughout the year makes it easier to fill out my record book later.”

“You may join 4-H at any age between 5 and 18 years old.”

“Each project and club is different. Keep trying different projects and/or clubs until you find one you like.”

“4-H has a lot of terms and words that are unfamiliar. I wish I had known about the Cloverpedia, which has defined those terms. See the California 4-H Youth Development website, Cloverpedia.”

From Parents/Guardians

“I would read each issue of the county newsletter for upcoming events and activities that will benefit my child.”

“Parent(s), guardian(s) and grandparents are encouraged to attend and participate in 4-H meetings, events, and activities with their youth.”

“I would have sent a calendar to meetings/events with my child to mark down club/county deadlines and events.”

“I would encourage my child to write down anything completed in relation to 4-H in preparation for completing a record book.”

“Find out how the project leader(s), club leader(s), and county office communicate with families and make sure I am connected to get information.”

“If I have a question, I can contact the club leader(s), other parents, or the UC Extension office (4-H staff) with any questions, no matter how small it might be.”

Frequently Asked Questions (FAQ's)

Are UC 4-H adult volunteers background checked?

Yes, all UC 4-H adult volunteers must be fingerprinted and cleared by the California Department of Justice.

What projects are available in UC 4-H?

There are over 100 projects for youth to participate in, with some of the major categories being health, animals, technology and engineering, and leadership. For more, see the [California 4-H Youth Development website](#).

Contacting Your Local Office

There is a state 4-H website and a county Extension website. For the state, see the [California 4-H Youth Development website](#). For your individual county website, visit the UC ANR website, [Locations](#). Contact information for your county office is on this website.

For Further Information

To order or obtain ANR publications and other products, visit the ANR Communication Services online catalog at <http://anrcatalog.ucanr.edu/> or phone 1-800-994-8849. You can also place orders by mail or FAX, or request a printed catalog of our products from

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