

It doesn't matter where you live or what you want to be when you grow up. In 4-H, you can make friends, have fun, and try new things with the help of caring adults. Whatever your interests, **there's a 4-H experience for you.** Explore your path through hands-on projects like:



Robotics & Computers



Cooking & Eating Healthy





Performing Arts



Discovering Nature



Helping Your Community

## What do the Four H's mean?



**HEAD:** Making good decisions; setting and sticking with goals



**HEART:** Doing and meaning what you say; taking responsibility for your actions



HANDS: Making a difference in your community and helping others



**HEALTH:** Taking care of your mind and body

## Ready to Learn More?

Contact your local 4-H office to find an experience near you!



UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources

4-H Youth Development Program

4H.ucanr.edu

<sup>© 1902-2016 4-</sup>H All Rights Reserved - The 4-H Name and Emblem are protected by 18 USC 707 4-H is the youth development program of our nation's Cooperative Extension System and USDA.

<sup>44-</sup>his the youth development program of our hatton's Cooperative Extension System and USDA. 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/anstaff/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) 750-1397.