



What does 4-H stand for?

Head, heart, hands, and health represent the 4 H's. Each meeting begins with a recitation of the Pledge of Allegiance, followed by the **4-H Pledge**. While the 4-H pledge has a very direct meaning for our 4-H clubs and members, there are additional ways that parents and guardians can apply the pledge before, during, and after club meetings and events.

I pledge

My head to clearer thinking

It's normal for kids to have questions or be unsure about things. Give your child the information you can to help them see things clearly and make wise decisions.



HEAD



HEART

My heart to greater loyalty

Success is awesome. Failure is inevitable. Encourage and support all youth, and especially your own, through successes and disappointments.

My hands to larger service

While our certified 4-H volunteers are awesome, they have limits as well. Help your family's club in whatever way you are able. If you don't have the time to be a volunteer, you can help in many equally important ways. If you do want to learn more about volunteering, contact the Extension Office!



HANDS



HEALTH

My health to better living

In addition to doing all we can to keep our kids physically healthy, it's important that we provide a space and time that is physically, mentally, and emotionally safe. Without a safe space, our kids are not likely to have a positive experience.

for my club, my community, my country, and my world.

4-H does not happen without supportive parents, guardians, and volunteers who serve as positive role models. Stay involved as a family as best as you can, it makes the experience much richer for everyone. The more successful our 4-H members are, the more impactful they are upon the world around them.





I pledge

My head to clearer thinking,

My heart to greater loyalty,

My hands to larger service, and

My health to better living

for my club, my community, my country, and my world.

The 4-H Pledge

4-H meetings start with the Pledge of Allegiance followed by the 4-H Pledge. In each leaf of the clover below, write what each “H” might mean for you!

I would like to learn...



My hobbies...



We could help our community by...



Just for fun we could...



At some time during the year, your club leader might ask for ideas about things you'd like to do, ways you'd like to help your community, or topics you want to learn more about. Don't be afraid to speak up and share the ideas you wrote at your next club meeting!