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 UF IFAS Extension
 Seminole County 4-H



Did you know?

- 4-H members are 50% less likely than non 4H members to smoke cigarettes, shoplift, or use illegal drugs.
- 4-H members are 20% more likely to hold a leadership position in their school or community than non 4-H members.
- 4-H members are 24% more likely to get involved in projects that “help others” than are non 4-H members.
- 40% of 4-H Alumni have completed a college degree, compared to 28% nationwide.

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All programs and related activities sponsored for, or assisted by, Seminole County Extension are open to all persons with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, and political opinions or affiliations.



What is 4-H?

4-H is a fun and educational program where kids “learn by doing.”

It’s a great opportunity for youth to acquire knowledge and skills, and develop healthy lifestyles they can use the rest of their lives. In Florida, it takes the form of community clubs, project groups, inschool and afterschool programs.

4-H is part of the University of Florida, Institute of Food and Agricultural Sciences. The 4 Hs stand for Head, Health, Heart and Hands.

Who can join?

Anyone age 5 - 18 can join 4-H.

4-H happens wherever kids are — in large cities, small towns and in schools.



Come join the fun!

The faces of 4-H kids are as diverse as the activities in which they take part. Some of the exciting programs members are experiencing firsthand include:

- Science and Technology
- Health, food and nutrition
- Citizenship and leadership
- Camping
- Community service
- Livestock and poultry
- Public speaking
- Photography
- Afterschool programs
- And so much more

Although there are several ways to be involved, 4-H clubs offer the most fun and excitement. 4-H clubs are made up of adult volunteers working with a group of young people who want to learn new things, meet new people and have a good time along the way!

Best of all, participation in 4-H is free!

To learn more about Seminole County 4-H and your local Extension Office, contact: 406-665-5557 or 407-665-5571 or visit us online at www.seminolecountyfl.gov/extension-services/YouthEnrichmentAndEducation/4HYouthDevelopment.aspx.

