## 4-H...We Have the State Covered

<table>
<thead>
<tr>
<th>County</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Atlantic County</td>
<td>(609) 625-0056</td>
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<tr>
<td>Bergen County</td>
<td>(201) 336-6785</td>
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<tr>
<td>Burlington County</td>
<td>(609) 265-5052</td>
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<tr>
<td>Camden County</td>
<td>(856) 566-2908</td>
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<tr>
<td>Cape May County</td>
<td>(609) 465-5115</td>
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<td>Cumberland County</td>
<td>(856) 451-2800</td>
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<tr>
<td>Essex County</td>
<td>(973) 228-3785</td>
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<tr>
<td>Gloucester County</td>
<td>(856) 307-6450</td>
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<tr>
<td>Hudson County</td>
<td>(201) 915-1399</td>
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<tr>
<td>Hunterdon County</td>
<td>(908) 788-1340</td>
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<td>Mercer County</td>
<td>(609) 989-6833</td>
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<tr>
<td>Middlesex County</td>
<td>(732) 398-5261</td>
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<tr>
<td>Monmouth County</td>
<td>(732) 431-7263</td>
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<tr>
<td>Morris County</td>
<td>(973) 285-8301</td>
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<tr>
<td>Ocean County</td>
<td>(732) 349-1227</td>
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<td>Passaic County</td>
<td>(973) 305-5742</td>
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<td>Salem County</td>
<td>(856) 769-0090</td>
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<td>Somerset County</td>
<td>(908) 526-6644</td>
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<tr>
<td>Sussex County</td>
<td>(973) 948-3040</td>
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<tr>
<td>Union County</td>
<td>(908) 654-9854</td>
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<td>Warren County</td>
<td>(908) 475-6502</td>
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For more information, visit [www.nj4h.rutgers.edu](http://www.nj4h.rutgers.edu)

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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.
4-H is a community of young people across America who are learning leadership, citizenship and life skills.

4-H is one of the largest youth organizations in the United States with more than 7 million participants from diverse ethnic, racial, and socio-economic backgrounds who live in rural, suburban, and urban communities. 4-H serves youth through:

- Organized clubs
- School-enrichment groups
- Special interest groups
- Individual study programs
- Camps
- School-age child care programs
The New Jersey 4-H Program provides educational outreach programming for over 54,500 youth in all 21 counties.

Youth participate in the following ways:

- Nearly 17,000 are involved in 4-H clubs
- Over 28,000 are involved in school enrichment and school aged child care programs
- Over 9,500 are involved in overnight camping and special interest programs

Of the over 54,500 youth involved in the 4-H educational programs:

- 80% live in cities & suburbs
- 19% live in small towns or rural areas
Volunteers Make A Difference

Current research cites the importance for youth to have long-term consistent relationships with adults as well as their parents. Volunteers are essential to the successful delivery of 4-H programs to youth. In New Jersey:

• 2500 adults and teens volunteer annually
• 220 volunteer hours per person annually are spent mentoring and teaching youth
• $11 million is the value of the volunteer time contributed

Youth were asked what the most important thing that 4-H has taught them stated...

• how to become an important team member
• how to follow through with my goals
• never give up on a dream just because of the length of time it will take to accomplish it
In 4-H we provide educational opportunities that focus on personal and life skill development through the four H’s:

**HEAD** *(Independence)* to think, plan, and reason;

**HEART** *(Belonging)* to gain a sense of connection to others in the group and be part of positive activities;

**HANDS** *(Generosity)* to be concerned with the welfare of others, accept responsibilities of citizenship, and develop positive attitudes; and

**HEALTH** *(Mastery)* to apply the skills learned to be motivated, competent, and successful.
4-H provides youth and adults with opportunities to develop skills and confidence for leadership and self-discipline. Through 4-H leadership experiences, youth improve their abilities to make connections between independence and responsibility.

**Teen Leadership**

Teens learn and practice life skills through leadership opportunities such as:

- Planning county events
- Organizing community service projects
- Leading club meetings
- Serving as mentors for younger members
- Participating in County and State 4-H Teen Council groups
**Public Speaking**
Through 4-H Presentations, members share their knowledge with other youth and adults. The Public Presentation Program helps members:

- Organize educational materials into an effective presentation
- Become proficient communicators
- Gain self-confidence

**Workforce Preparation**
Through a variety of 4-H educational experiences, youth:

- Assume leadership roles
- Participate in shared decision-making
- Use technology
- Apply science-based information to solve problems
- Work in diverse teams

4-H workforce skill programming is based on SCANS (Secretary of Labor’s Commission on Achieving Necessary Skills) competencies and the New Jersey Core Curriculum Content Standards.
I PLEDGE MY HEART TO GREATER LOYALTY …

Current research emphasizes the importance that a sense of belonging may be the single most powerful positive ingredient in the lives of youth.

4-H Clubs
The 4-H club is the foundation of the program. A club is a group of at least five youth guided by adult volunteer leaders. During club meetings, youth:

- Conduct business meetings
- Work together on community service projects
- Learn about their 4-H project areas
- Build life long friendships

Projects can be anything - from astronomy to photography, go-karts to cooking, dog training to dairy cattle. The culmination of the members’ year-long work is showcased at the annual Fair.

“In 4-H I learned how to make new friends, get along with others, and be a good role model.” – a 4-H member
4-H Camping & Outdoor Education

A variety of camping experiences are offered throughout the state including:

- The Lindley G. Cook 4-H Youth Center for Outdoor Education residential camp
- County 4-H Day Camps
- Prep Weekend Camps
- Environmental Camps
- Special Interest Camps

Youth at Risk Programming

4-H Youth Development programs in targeted at-risk communities help prevent disruptive behavior and establish effective youth programs by collaborating with Juvenile Justice Commission staff, local youth shelter staff, and other educators to provide:

- Training in non-violent crisis intervention
- Workforce preparation skills
- Life skills & personal development
- A reduction in recidivism

"The first year my son went to this camp, I sent you a shy, somewhat introverted child. A week later I picked up a more outgoing, confident young man"
- parent of a camper
I PLEDGE MY HANDS TO LARGER SERVICE ... 

Part of the 4-H mission is to help young people become contributing members of our society and world. 4-H programs engage youth in leadership, community service, and citizenship activities that connect them to their community.

Community Service
4-H members throughout the state are actively involved in the planning and implementation of various community service projects. A few examples include:

- Assisting families in homeless shelters
- Road side clean-ups
- The Seeing Eye Puppy Raising Project
- Pet therapy clubs
- Raising funds for groups in need
Character Education

Character education is incorporated into all aspects of the 4-H program from clubs to teacher trainings. The success of the program is evidenced through partnerships with local, county, and state departments of education, and other youth serving organizations. Good character traits are defined as:

- Trustworthiness
- Fairness
- Respect
- Caring
- Responsibility
- Citizenship

Engaging Youth in Communities

Sometimes referred to as Youth as Partners, Youth Civic Engagement, or Youth in Governance, this initiative provides youth with opportunities for authentic and meaningful experiences in programs, organizations, and communities. Youth have opportunities for equal voice, influence, and decision-making ability at all levels through programs such as:

- State Teen Advisory Council
- South Jersey 4-H Teen Conference
- 4-H Environmental Ambassadors
I PLEDGE MY HEALTH TO BETTER LIVING...

To develop self-confidence, youth must experience success at solving problems and meeting challenges. Through hands-on learning opportunities, 4-H members master a variety of skills.

Science Literacy

4-H science programs such as NJ 4-H Science Discovery Series provide youth with an opportunity to explore science and how it exists in their daily lives. Areas addressed include:

- Science and technology
- Physical science
- Biology
- Computer technology
- Aerospace
- Engineering

Healthy Lifestyles

Developing good eating habits and adopting a healthy lifestyle is a key initiative in 4-H. Members learn to:

- Plan nutritious menus
- Incorporate exercise into daily living
- Handle food safely
- Prepare tasty, nutritious snacks and meals
Environmental & Natural Resource Programs

Programs such as the Environmental Ambassadors and Adventure in Environmental Science provide opportunities for youth to:

- Develop an understanding of ecological concepts
- Discover community-based solutions to environmental issues
- Develop critical thinking skills to solve difficult environmental issues

Animal and Plant Science

The 4-H plant and animal science program has evolved over the last 100 years from production farming to science-based education. Programs are conducted in urban, suburban and rural areas. The educational aspects of animal and plant science literacy are highlighted in the following programs:

- Livestock symposiums
- Horticultural therapy programs
- Animal shows
- Workforce preparation programs
- Quiz bowl contest

“I enjoy watching the members grow and develop with their projects.”
- a 4-H Leader
4-H is a dynamic, non-formal, educational program for young people in first grade through one year out of high school. New Jersey 4-H Youth Development is a department of Rutgers Cooperative Research & Extension (RCRE) and the New Jersey Agricultural Experiment Station (NJAES). These outreach programs are the land-grant component of Rutgers, The State University of New Jersey.

The primary focus of 4-H is positive youth development, which is accomplished through a variety of delivery modes using hands-on, experiential learning programs. 4-H professionals train adult and teen volunteers who are responsible for teaching, mentoring, and guiding youth involved in the program.
Our motto is to Make the Best Better

Gaining Life Skills

Data gathered from record books kept by 4–H members show an increase in valuable life skills. As a result of their 4-H experience:

- 72% feel comfortable with public speaking
- 70% have learned how to listen to other people
- 69% are proud of their accomplishments
- 81% have gained knowledge in their project area
- 76% are able to set goals for themselves
- 71% know how to keep records of important information
- 67% learned how to solve problems

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