Providing Positive Youth Development through the 4-H Essential Elements

I pledge my head to clearer thinking... OPPORTUNITIES FOR INDEPENDENCE
- Opportunity to see oneself as an active participant in the future
- Opportunity for self determination

I pledge my heart to greater loyalty... OPPORTUNITIES FOR BELONGING
- Positive relationship with a caring adult
- An inclusive environment
- A safe environment

I pledge my hands to larger service... OPPORTUNITIES FOR GENEROSITY
- Opportunity to value and practice service for others

I pledge my health to better living... OPPORTUNITIES FOR MASTERY
- Engagement in learning
- Opportunity for mastery

New Jersey 4-H Mission
The Rutgers Cooperative Extension, 4-H Youth Development Program uses a learn-by-doing approach to enable youth to develop the knowledge, attitudes and skills they need to become competent, caring and contributing citizens of the world. This mission is accomplished by using the knowledge and resources of the land grant university system, along with the involvement of caring adults.

A commitment to high-quality, positive youth development is at the core of 4-H's work with young people in New Jersey. The 4-H Youth Development Program prepares young people to make a positive impact in their communities and the world.

Youth in New Jersey 4-H
The 4-H Youth Development Program is part of Rutgers Cooperative Extension. 4-H educational programs are offered to all youth, grades K-13 (one year out of high school), on an age-appropriate basis, without regard to race, religion, color, national origin, ancestry, age, sex, sexual orientation, gender identity and expression, disability, atypical hereditary cellular or blood trait, marital status, civil union status, domestic partnership status, military service, veteran status, and any other category protected by law.

In 2014, 59,972 youth (*duplicates included) participated in the following ways:
- 12,582 youth were members of organized 4-H clubs (community, in-school, after school and military)
- 7,162 youth were members of 4-H special interest/short-term programs
- 955 youth participated in camping programs
- 38,177 youth were involved in 4-H school enrichment programs
- 436 youth participated in 4-H individual study programs
- 660 youth participated in after-school education programs

*some youth participated in multiple programs.

Of the 56,217 (duplications eliminated) youth in New Jersey 4-H...

Residence: Grade in School

<table>
<thead>
<tr>
<th>Residence</th>
<th>Grade</th>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Farm</td>
<td>1%</td>
<td>K – 3</td>
<td>50%</td>
<td></td>
</tr>
<tr>
<td>Towns &gt; 10,000</td>
<td>9%</td>
<td>4 – 6</td>
<td>31%</td>
<td></td>
</tr>
<tr>
<td>Towns &amp; Cities (10,000-50,000)</td>
<td>33%</td>
<td>7 – 9</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Suburbs &gt; 50,000</td>
<td>22%</td>
<td>10-13</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Central Cities &gt; 50,000</td>
<td>35%</td>
<td>Not in School</td>
<td>1%</td>
<td></td>
</tr>
</tbody>
</table>

Volunteers Serving 4-H Youth
Volunteers are essential to the successful delivery of 4-H programs to youth. This year 3,748 adult volunteers donated, on average, 220 hours per year preparing for club meetings and teaching youth. According to the Independent Sector, the value of volunteer time for New Jersey in 2013 was $25.33/hour. This equates to more than $22.8 million in time donated to New Jersey 4-H. There were also 372 4-H teen volunteers who shared their skills with younger 4-H members and with other youth in their communities.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.
Impact of 4-H

The 4-H Youth Development Program is preparing young people to make a positive impact in their communities and the World.

An in-depth study by Tufts University has discovered that, when compared to other youth, young people involved in 4-H:

- Have higher educational achievement and motivation for future education.
- Are more civically active and make more civic contributions to their communities.

NJ 4-H Project Enrollment

Science, Engineering & Technology ............. 34,254
Consumer and Family Science ..................... 304
Biological Science ..................................... 3,086
Technology and Engineering ...................... 2,342
Physical Sciences ...................................... 3,410
Environmental Education/Earth Sciences .......... 13,012
Ag in the Classroom ..................................... 120
Animals .................................................. 10,552
Plant Science ............................................ 1,428

Healthy Lifestyles ................................. 19,911
Health .................................................... 3,544
Foods and Nutrition ................................... 16,184
Personal Safety ......................................... 183

Citizenship .............................................. 13,956
Civic Engagement ..................................... 1,868
Community/Volunteer ............................... 1,489
Leadership and Personal Development ........... 6,945
Communications and Expressive Arts ............ 3,654

4-H Beyond New Jersey

4-H programs are conducted in 3,150 counties of the United States, District of Columbia, Puerto Rico, Virgin Islands, Guam, American Samoa, Micronesia, and North Mariana Islands. Programs have also taken root in more than 70 countries in North, South, and Central America, Europe, Asia, and Africa. World-wide, 4-H programs operate autonomously but all share the goal of improving the lives of young people and their families.

The program has served over 6.5 million youth and has over 50 million 4-H Alumni.

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

For more information about 4-H in New Jersey, contact the Rutgers Cooperative Extension office in your county or call the State 4-H Office at 848-932-3700.

Website: www.nj4h.rutgers.edu

Facebook Page: www.facebook.com/NewJersey4H