



# 4-H Member Handbook



CANADA



CANADA

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CANADA

This handbook belongs to:

**Name:** \_\_\_\_\_

**Club:** \_\_\_\_\_

**Club Leader's name:** \_\_\_\_\_



# Learn to Do By Doing



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# Welcome to 4-H!

Being a part of 4-H Canada means being part of a club and a community. It can even feel like being part of a big family.

4-H has been a part of Canada for over a century—that's more than 100 years! There are 4-H clubs all across Canada and in more than 70 countries around the world.

4-H is a program where youth just like you can join a club, meet new friends, learn new skills and try new things. With caring adults helping out, you get to explore, discover and do amazing, fun and interesting projects about the world around you.

# Why 4-H?

- 4-H is a fun, safe and inclusive space for all youth.
- The friendships you make will last a lifetime
- There are endless opportunities for you to explore your interests and chase your passions.
- Working in partnership with caring adults, you will learn new things and develop skills that will be with you your whole life.
- You get to take part in amazing experiences—from exchanges with your 4-H peers across Canada and around the world, to national youth conferences, to planting a garden in your local community, you will have a chance to expand your horizons and grow as a youth leader.
- 4-H Canada offers incredible scholarships, internships and mentorships.
- You will learn more about the world around you and how to create a positive impact as a young leader in your club, your community and your country.



This handbook will help you understand what 4-H is all about and how you can join 4-H. As you learn about 4-H, you may have questions. Check out the back of this Handbook to find contact information for your provincial 4-H association. They will help you get started.

# Who are 4-H'ers?

**We are youth  
between the ages  
6-25 years old**

*We live in big  
urban centres and  
cities, in suburbs  
and small towns, in  
rural communities  
and on farms*

**We want to make a positive impact in  
their lives, their communities and on  
the world.**



# What do the 4 “Hs” Stand For?

We get asked about these four important “Hs” a lot—and for good reason! The 4 “Hs” have been around for over a hundred years and they represent the values of 4-H and how our members commit themselves to be responsible, caring and contributing young leaders.

**HEAD:** managing, thinking, developing critical thinking skills

**HEART:** relating, caring, developing friendships

**HANDS:** giving, working, volunteering and helping out

**HEALTH:** wellbeing, healthy living, taking care of yourself and the planet



We even have a pledge that kicks off each meeting that is super helpful in remembering the 4 “Hs” and what they stand for:



## 4-H Pledge

### I PLEDGE

My HEAD to clearer thinking,  
My HEART to greater loyalty,  
My HANDS to larger service,  
My HEALTH to better living,  
For my club, my community, and my country.

## 4-H Motto

### Learn To Do By Doing

– everything in 4-H is hands-on, experiential and all about learning skills while trying them yourself!



# 4-H in Canada

4-H Canada empowers young Canadians to become responsible, caring and contributing leaders who are passionate about making meaningful contributions to the world around them. We provide a safe, fun, and inclusive environment that prepares youth to make a positive impact on their community, on their country and around the world.



# Hands-on Experiences

With a motto of “Learn To Do By Doing,” 4-H members get to learn through hands-on experiences. Trying something new, making mistakes, and then trying it again is how everyone learns and in 4-H we celebrate this! Our members see that, with a bit of practice, they can do anything!

## The 4-H Canada Positive Youth Development Formula

4-H in Canada provides a safe, fun, and inclusive environment by following this model:



I AM A 4-H'ER  
AND THIS IS MY 4-H.



**Youth who experience Positive Youth Development, tell us:**

*"I feel supported and valued by the adults involved."*

*"I feel safe, comfortable and able to participate. I am also having fun!"*

*"There are opportunities for me to try things out myself, learn from my experience and reflect on my actions."*

*"I feel that my life has purpose and I am beginning to know what I want for my future."*

*"I know how to plan ahead, make choices and prioritize."*

*"I can contribute my thoughts, my ideas and actions; I can take the lead on various activities."*

*"I am developing new skills and strengthening old ones."*

*"I feel better about accepting and taking personal responsibility for my actions"*

*"I feel more sure of my values and about acting on them and standing up for what I believe in."*

# Our History



4-H began in Missouri, USA



1901



4-H in Canada began at the Boys and Girls Club in Roland, Manitoba



1913



The name was changed to 4-H Canada, and Learn To Do By Doing was established as the 4-H motto



1952



4-H Canada celebrates its 100th anniversary as a dedicated positive youth development organization



**2013**



the new 4-H Canada logo was launched



**2015**



4-H Canada hosts the 4-H Global Network Summit in Ottawa



**2017**



**4-H Members**  
(this is you!)



**Your 4-H Club**



**Your 4-H Provincial office**



CANADA



**4-H Global Network**





*This is what 4-H looks like across the country*

# CAN





# ADA







## 4-H in numbers:

**24,354**

4-H youth  
members across  
the country

**1915 clubs**  
across the country

**10**  
provinces



CANADA

**7,364**  
volunteer leaders



**38% Male**

**Female 62%**





4-H around the

# WORLD



There are over **70** countries  
with 4-H programs globally.





There are almost **seven million** 4-H'ers in the global 4-H network!



**Programming and members' experiences in each country can look very different:**

**Ghana** - 4-H members in Ghana, through its Enterprise Garden Project, have planted hundreds of school and community gardens. Members learn good farming and planting practices, life skills and gain business experience. Crops include: maize, plantain, cassava, sweet potatoes and more.

**South Korea** - 4-H is part of most school in South Korea, and students get to learn agriculture skills and make connections in the community. Members can participate in rural and urban youth exchanges and explore other parts of the country.

**Jamaica** - 4-H members can learn at one of the production centres across the island, which produce: sugar cane, cocoa, pigs, avocados, goats, vegetables, and more!

**Finland** - 4-H members learn to take care of the environment, gain experience and learn entrepreneurial skills through projects like working with farmers to recycle fertilizer sacks.

Each year, 4-H Canada takes part in global exchanges with several of our 4-H partners. Countries our 4-H'ers have visited include; Jamaica, Finland, Nicaragua, Taiwan, Japan, Costa Rica and the UK.

**To learn more about 4-H around the world, visit [4-h-learns.org](http://4-h-learns.org)**





# Become a 4-H Member

# 3 easy steps!

## Step 1: Register

Contact your provincial 4-H office to get started! They will give you all of the information you need to get registered and become a 4-H member.

## Step 2: Find a 4-H club

There are almost 2000 4-H clubs across Canada! Contact your provincial office to find the clubs nearest to you. At the back of this handbook you will find a list of provincial 4-H offices and their contact information.

If there isn't a club in your area you can create one! Contact your provincial 4-H office to find out more.

## Step 3: Get to know your 4-H club

Your new club leader(s) will welcome you and introduce you to the rest of your club members! You will get to know everyone as you work together on your projects, experience hands-on learning and do fun activities. Some 4-H clubs have members choose a project or topic they are interested in and work on it together. Other clubs have members working on different projects at the same time. Examples of projects can be found in this handbook in the 4-H Projects section on (page 34-35).

*"My 4-H experience has given me leadership traits, improved my public speaking, and has taught me valuable life skills which I will carry with me into the future."*



# What does it mean to be a 4-H member?

## 1 Commit to the Pledge.

The pledge was mentioned earlier in this handbook...do you remember it?



I pledge...

My **HEAD** to clearer thinking,

My **HEART** to greater loyalty,

My **HANDS** to larger service,

My **HEALTH** to better living,

For my club, my community, and my country.

What does this pledge make you think of?

What does it mean to you?

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2

## Attend your 4-H club meetings

You and your 4-H club will decide how often you meet, when you meet and what your meetings look like! Make sure you share this information with your parents or caregivers.

3

**Pick a 4-H project** and develop your skills! Most 4-H clubs will decide on projects together. If you have ideas or interests you would like to explore, make sure to speak up! There are hundreds of projects to choose from, so make sure you see everything your provincial 4-H office has to offer.

4

**Complete** your 4-H club requirements and practice what you're learning. There may be times when you will need to work on your project outside of your club meetings. The more time you can put into mastering your new skills the better! There may also be activities such as fundraisers or community events that your 4-H club organizes or takes part in. Getting involved in these extra opportunities is a chance for you to take initiative, be part of your community and develop your own personal leadership style!

5

## Participate in Achievement Days

This is where you get to share all of your hard work and effort with your club, family and community. Achievement Days look different in every province and for every 4-H club. Your 4-H leaders will help you plan and organize, but this is your day to shine! Discuss as a club how you would like this day to be, and together you can make it happen!

6

**Respect** everyone in your club and be your best possible self.

7

## Have fun!

# What is a 4-H project?

4-H projects are an opportunity for you to explore a topic that you are interested in! Clubs may pick one project to work on at a time or they may offer more than one project for you to try. As a club, you and your fellow 4-H members can decide if you want to complete a new project each year or stick with one you love!

Our programs and projects are organized within four leadership development pillars.



Community Engagement  
& Communications



Science &  
Technology





## The Environment & Healthy Living



## Sustainable Agriculture & Food Security





## Community Engagement & Communications

Community engagement is about being involved in your school, neighborhood, town or city, and doing your best to make a positive impact by communicating thoughts, ideas and solutions to challenges you see in the world around you. From building your confidence as a public speaker, to volunteering your time at local events, you have an opportunity to demonstrate community leadership through 4-H.

Generation Z—your generation—is shaping and redefining how we communicate— from the technology we use, to the words we write, to the way we talk with each other.

4-H believes in the ability of youth to make a meaningful difference both locally and globally. We want you to have an authentic voice at the table. The opportunities are endless for active community involvement and positive change. Through 4-H you can:

- Make a positive difference in the world around you
- Look for ways to lend a hand and to take action
- Speak up for what matters to you and help others to do the same
- Be a role model for the change you want to see in the world
- Connect to your peers in your community, across Canada and around the world





## Science & Technology

Science and technology impact our lives in so many ways. As agriculture evolves and farming practices become more modern and sustainable, we have STEM (science, technology, engineering and math) to thank for these innovations. 4-H believes that learning about the fascinating world of science and technology is important and will help you make choices in the future. Choices about your careers, the food you eat, and the health of the planet.

Through our science and technology programming, you can dive right into hands-on, inquiry-based projects and activities that spark your curiosity by:

- Engaging in the science and technology world
- Exploring ideas and career opportunities related to STEM
- Explaining the important connection between agriculture and STEM innovations
- Expanding your mind by asking questions and finding solutions





## Environment & Healthy Living

4-H is all about healthy living! Our programs and projects promote the health and well-being of you, your community and the planet we live on. It's important to be knowledgeable about your own health, what influences healthy living and how to support others in taking care of themselves.

Being aware of the environmental impact of our everyday behavior, routines and habits is a responsibility we know you take very seriously. Through experiential and outdoor educational programming, 4-H offers opportunities for you to:

- Be stewards of the environment and develop sustainable solutions
- Take care of yourselves and others
- Learn positive ways to stay healthy and active
- Make informed choices about your health and the health of the planet
- Dig in and get your hands dirty!





## Sustainable Agriculture & Food Security

4-H has deep roots in rural agricultural communities and was founded on the innovation and energy of youth engaged in those communities. 4-H continues to build awareness of Canada's agricultural practices and showcase opportunities in the industry.

As global citizens, youth are more and more interested in where your food comes from, how it is grown and produced, and how to feed a growing global population sustainably. Through 4-H, you can really explore these issues and more! Youth engagement in this global issue is vital to understanding the food we grow and eat. With youth at the table, we are confident there will be so many creative and innovative solutions for feeding the planet. Through 4-H you can:

- Appreciate and learn about the food we eat and grow
- Explore innovative and sustainable farming practices
- Discover new ways of improving nutrition and food security
- Exchange ideas and solutions both locally and globally!



# Choosing a 4-H Project

Take this **quiz** to find out what 4-H projects fit your interests...

If you are **creative and crafty**, these projects might be for you...

Creative Writing
Sewing
Woolcrafts
Creative Arts
Leathercraft
Cake decorating
Scrapbooking



If you like understanding **how things work** and don't mind getting a bit dirty...

Welding
Small Engines
Farm Tractor/Machinery
Bicycle
Woodworking and Carving

If you **love nature, being active** and care about the environment, try these out...



Geocaching
Astronomy
Street Buskers!
Camping & Outdoor living
Photography
Bird Watching
Archery



If you are **tech-savvy**, like to solve problems and are always up for a challenge, these might spark your curiosity...



Rocketry
Robotics
Engineering
Science in the Kitchen
Plant Science
Science Fair

If you **love animals** and want to learn more about taking care of them, training and raising them...



Veterinary Science
Animal projects:
<ul style="list-style-type: none"><li>▪ Horse</li><li>▪ Beef</li><li>▪ Sheep</li><li>▪ Goat</li><li>▪ Rabbit</li><li>▪ Canine</li><li>▪ And more!</li></ul>

If you want to understand more about **where your food comes from** and how things grow...



Aquaculture
Gardening
Beekeeping
Fishing
Field crops

If you want to build your **leadership and communication skills**, push yourself to grow and be an active part of your community...



Junior Leadership
Adopt-a-Grandparent
Babysitting
Public Speaking
Events and Entertaining

## Exploring 4-H

If you want to learn about what 4-H has to offer, and maybe try out a few different projects or topics, then this is the way to go! Most provinces offer Exploring 4-H as an introduction for new 4-H clubs just getting started. Contact your province 4-H office for more information on what's involved in Exploring 4-H near you.

\*Your province may have a different name for this type of project.

## Self-determined projects

The sky is the limit! If you have a great idea or want to learn more about a topic you are really passionate about, this is your chance to choose your own adventure. If you are independent and like to take initiative, consider a self-determined project, where you set the pace and make your project come to life!

\*Your province may have a different name for this type of project.

## Cloverbuds\*

Introducing our little ones to 4-H through Cloverbuds is a great way to get them ready to take on bigger projects through 4-H in a few years' time. Cloverbuds learn team work and responsibility, and have a lot of fun exploring the world of 4-H and the planet they live in.

\*Clever Kids in Alberta







# My 4-H Club

# My 4-H Club

My club Leader(s): \_\_\_\_\_

Other members of my 4-H club: \_\_\_\_\_

My 4-H club meetings happen on (dates and time): \_\_\_\_\_

My club meetings take place at (location): \_\_\_\_\_

My 4-H project is: \_\_\_\_\_

To complete my 4-H project I should: \_\_\_\_\_

I'm excited to... \_\_\_\_\_

I'm unsure about... \_\_\_\_\_

I want to learn more about... \_\_\_\_\_

My questions are: \_\_\_\_\_

# Club Requirements

Beyond your 4-H project, the 4-H clubs have different participation requirements, depending on the province. It's good to know what is required as part of your 4-H club. Some examples include:

Public  
Speaking

Volunteering and  
Community Service

Judging

Record Books

Achievement  
Day

## Public Speaking

This is an amazing part of 4-H that gives you an amazing skill for life! Working together, 4-H members learn to speak in front of others about a topic they are passionate about. This can be in front of your 4-H club, parents or at a public event, and is a great way to build your confidence and communications skills.

## Volunteering and Community Service

As a 4-H member, you pledge to use your head, heart, hands and health to serve your club, community and country. Community service activities put the pledge into practice and help you make connections and demonstrate community leadership. As a 4-H club, you will discuss and decide on the volunteer roles you would like to play, some examples include:

- Road, park or shoreline clean-ups
- Bike servicing workshops
- Food drives and volunteering at a food bank
- Helping host a community dinner
- Tree planting at a local school
- Spending time with seniors in a retirement home





## Judging

Which of these dogs is performing best and why? This is a fun example of 4-H judging that puts your critical thinking and communications skills to test. Learning to consider, make a choice and provide reasoning for your decisions is a key skill that many 4-H members develop during their time in 4-H and builds confidence for a lifetime.

## Record Books

As part of their 4-H project, members will typically be required to keep a record book, where they write down everything they do for their project. This encourages members to organize their thoughts, and record their hard work.

## Achievement Day

This is your chance to shine! At the end of your 4-H year, 4-H members get a chance to exhibit their projects and share them with their family, friends and even members of the public. It is a great way to show your pride in all of your hard work and wrap up your project.





# Teamwork and Leadership in 4-H

**Teamwork and leadership are at the heart of your 4-H club and your role as a member.**

## **Meetings and activities**

- You, your 4-H club leader and fellow club members will decide how often you meet
- Meetings can range from 4 or 5 times a year, to once a month, to once a week
- Your 4-H club will also discuss and decide on other activities to take part in or organize throughout the year.

## **Teamwork**

- Your 4-H club will work together to help each other complete your projects, learn together and make a difference in your community. These things are only possible through teamwork and supporting everyone in your club. You'll achieve even more when you all work together!

### Youth-adult partnerships

- 4-H'ers are supported by an amazing network of awesome volunteer leaders. These caring adults make sure you are having fun and staying safe while learning new skills. In 4-H, youth and adults work together on almost everything. Make sure to ask questions and let your 4-H leader know if you are unsure about anything.

### Taking on leadership roles

- In 4-H you will be given lots of opportunities to practice leadership...which of course includes learning how to be a leader! Whether you teach other 4-H members how to do something, take on responsibilities in your 4-H club, or lead an activity in your community, 4-H is full of opportunities for youth to lead the way.

In my 4-H club, I like teamwork because it helps me...

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In my 4-H club, I want to take the lead on....

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# Running a club meeting

One of the most important parts of being in a 4-H club is actually running your 4-H club. You and your fellow members are in charge of running meetings and making decisions about your club.

One of the ways 4-H helps you to build these leadership skills and share your voice in your club meetings is through something called **Parliamentary Procedure**.

## What is it?

- Parliamentary procedure is basically how to run a good meeting!
- This is a way for every member of your 4-H club to have a say in how the club is run. It allows you to develop leadership skills and learn about how to best work in group where people may have different ideas about what to do. It also allows the club to stay organized and keep track of its goals.
- Your 4-H club leader will explain how this works when you attend your first meeting. There will also be members who have attended before who can show you the ropes!

*"I was encouraged at all times to be a part of my club's planning and to be a positive contributor. My ideas were not only valued but encouraged. For me, 4-H truly was learning to do by doing! This included learning to be a leader by becoming a leader."*

### **Why is this an important skill to learn?**

- The 4-H club you are a member of is your club - all of the members have a say in how it is run and help to make decisions. To allow for every member in the club to be heard, we use the parliamentary procedures to keep everything organized.

*"Without a doubt, 4-H has motivated me to expand my leadership and organizational skills and to participate in community groups and activities, all of which make my community and country a better place to live."*



## Creating an Executive Committee

- ✓ To keep the club's efforts and meetings organized, club members form an Executive Committee. These positions are elected by other club members. Some clubs may choose to rotate positions throughout the year, so that everyone has the opportunity to experience each role.
- ✓ This allows you to take on a leadership role in your club, and gain experience in leading meetings, being responsible for the club's funds, or taking notes and keeping everything organized!

## Executive Positions

### President

- Chairs the 4-H club meetings.
- Prepares the agenda for each meeting after consulting with other officers and the club leader.

### Vice-President

- Assists the president and performs any duties assigned by the president.

### Parliamentarian

- Knows parliamentary procedure and helps members follow it correctly.
- Assists members to effectively run a meeting following an agenda.

### Secretary

- Helps the president prepare the agenda and gives notice of meetings.
- Records attendance and keeps a careful record of all meeting minutes, club committees and committee reports.

### Treasurer

- Keeps an accurate, up-to-date record of the club finances.

### Club Reporter

- Shares information about club activities (e.g. social media, newspaper, radio)

### Social (optional)

- Helps to plan the social activities of the club
- Typically works with the Treasurer to track the activity budget

### Other

- Your club may think of other roles that they would like to have included in your club's Executive Committee.

What position interests you? Which ones would you like to try?

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**Committees**

- There will be things you do in your club beyond your 4-H project and committees can be an effective way to try out different responsibilities.
- Committees can run throughout the year (e.g. social committee, Achievement Day committee), or they can run on an ad hoc basis to address shorter term efforts (e.g. a community BBQ, park cleanup day).
- Discuss as a 4-H club and with your leader. If committees are something you think would be helpful, you can try setting one up and see how it goes!

Committees for my 4-H club...

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# 4-H is Much More Than Your Club

4-H is a movement that goes beyond your club meetings or projects. You and your 4-H club can become an important part of the community. On top of that, your involvement in 4-H can even take you across Canada or around the world!



## **Provincial programming**

- Each province offers a ton of different activities and programs to get involved in! From leadership camps to contests to conferences, there are so many options to choose from. Contact your province for more info on dates and ages for various programs.



## **Club-to-Club exchanges**

- Open to members 12-17 years old, this program offers members the opportunity to do an exchange over the summer with another club in Canada.



### **National conferences**

- Members Forum and Citizenship Congress bring members 16-21 years old together from across Canada to learn, build friendships and develop leadership skills.



### **Global opportunities**

- U.S. National 4-H Conference -10 youth 16-21 years old travel each year to Washington where over 1000 youth from across the US gather to learn about civic engagement.
- Going Global Exchanges – 4-H members 18-25 years old travel on an epic adventure and are hosted by a 4-H family in another part of the world. They return the favour a few weeks later and host their twin in Canada.



### **Scholarships**

- 4-H offers a variety of scholarships available at the provincial and national levels. With scholarships ranging in value up to \$20,000, if you are a 4-H member considering post-secondary education, this is something you definitely want to check out!



### ***And so much more!***

- Show Your 4-H Colours
- Proud to Bee a 4-H'er
- 4-H Canada Science Fair
- Careers on the Grow
- Find Your 4-H Wings



## **Youth Advisory Committee**

- Have you ever wondered what you can do after your senior 4-H years and still be involved in 4-H? Well, you could always apply to be one of our Youth Advisory Committee (YAC) members for your province. Established in 2005, YAC is the national youth voice for 4-H Canada and provides leadership opportunities for outstanding, engaged young people from across the country who have been active in 4-H at the club level and want to continue to play a role and contribute as young adults. YAC is comprised of 12 members from across the country who bring a vital youth perspective to national programs, activities and events. This is done through active participation in working groups where they provide advice, recommendations and a youth voice. Interested in becoming a YAC'er? If you want to be an engaged youth leader and have a voice at the national level, contact 4-H Canada to learn more.

## **How do I find out more?**

- Your 4-H leader can tell you more about the opportunities available in your province.
- Check out your provincial website and read the newsletters they send you!
- Check out the 4-H Canada website at [4-h-canada.ca](http://4-h-canada.ca) for national and global opportunities

# Information for Parents



## Welcome to the 4-H family!

- We are excited to have your child join the 4-H movement in Canada and want to warmly welcome you!
- We hope that this Member Handbook will help you and your child understand the steps involved in joining 4-H and being part of a global positive youth development movement with more than 7 million members worldwide.

## How to find a 4-H club

- Connect with your provincial 4-H office to find out if there is a 4-H club in your area.
  - ✓ Your province will do their best to match your child with an existing 4-H club or a new leader looking to start a club.
- No 4-H club in your area?
  - ✓ If there isn't a club in your area, you have options!
  - ✓ There may be new 4-H leaders in the area who have expressed interest in starting a 4-H club.
  - ✓ You can start your own 4-H club! Your provincial 4-H office can provide information about how to become a trained 4-H volunteer leader and how to start a club.

## Member Registration

- ✓ Contact your provincial 4-H office through their website or by email (see back of this Handbook for contact information). They will provide you with all of the information you need to register your child.
- ✓ Fees - The member's provincial 4-H registration fee must be paid in order for them to be considered an active member. Fees vary from province-to-province. 4-H is committed to being an affordable and accessible program for all families.



## Experiential education

With a motto of “**Learn To Do By Doing**,” 4-H Canada truly upholds the practice of experiential education. Experiential education is a learning philosophy that is studied, practiced and valued around the world. It is about creating opportunities for direct experiences and focused reflection in order to increase knowledge, develop skills, clarify values, and develop people’s capacity to contribute to their communities.

Experiential education occurs when 4-H members are involved in experiences in which they:

- Are meaningfully engaged and participate fully
- Are able to look at their experience critically and reflect on it
- Determine what was useful or important in what they just experienced
- Have opportunities to apply this new information to their lives

Drawing from Experiential Education models, here is a three step cycle that 4-H uses to guide our programming:



# Positive Youth Development (PYD)

4-H Canada invests in a bright future for today's young people with a focus on Positive Youth Development. Positive Youth Development (PYD) is a globally recognized and research-based approach to youth development that considers young people as assets and partners in the community, and not as problems who need solving. PYD does not focus on one single activity or program, but rather is a general approach and philosophy incorporated into all 4-H programming.

4-H in Canada provides a safe, fun, and inclusive environment by following this model:



I AM A 4-H'ER  
AND THIS IS MY 4-H.



The 4-H Canada Positive Youth Development Formula, is our recipe for building responsible, caring, and contributing young people who are empowered to be successful through our supportive 4-H structures.

At the centre of our formula are our essential elements. We know we are achieving these core outcomes if we hear members saying statements like:



**“I feel safe, comfortable and able to participate. I am also having fun!”**

**“I feel supported and valued by the adults involved.”**

**There are opportunities for me to try things out myself, to learn from my direct experience and to reflect on my actions.”**

Surrounding these essential elements are the six key assets that 4-H cultivates and fosters in 4-H members. These are the outcomes we hope to achieve in any 4-H activity or program we develop or implement.

The 4-H Canada Positive Youth Development Formula—as a whole—allows youth to achieve their goals by equipping them with tools, offering meaningful opportunities and by connecting them to supports from caring adults. By tapping into their strengths and building assets along the way, 4-H'ers are leading the way to a healthy, prosperous and sustainable future for themselves, their community and Canada.



## Breaking down PYD into its three main aspects:

**Positive** - This means that we are taking a strengths-based approach that builds on assets, interests and strengths already within our members. By focusing on, and developing, these positive internal and external factors, we are supporting young people's ability to achieve their goals and develop to their full potential.

- Fosters the existing strengths, abilities, interests and attributes and builds on potential.
- Allows young people to build skills and develop assets in themselves
- Empowers youth to be responsible for their decisions, including to say "no" to negative influences
- Promotes positive influences like family, peers, schools and communities.

**Youth** - Our program is focused on the developmental needs of young people and they are at the centre of everything we do.

**Development** - This means creating opportunities for youth to develop to their full potential. This includes mastering skills, developing confidence, taking on leadership roles, and making healthy, responsible choices and decisions.

## Can you spot PYD in action?

**For 4-H members, PYD often looks something like this:**

- ✓ Developing new skills and abilities
- ✓ Demonstrating leadership and taking ownership
- ✓ Thinking about, planning and setting goals for the future
- ✓ Expanding social skills and forming positive relationships with peers and adults
- ✓ Showing flexibility, adaptability and comfort with change
- ✓ Growing ability to plan ahead and make decisions

*"I believe that the skills I have learned through 4-H have made me a stronger, more confident leader, and I am even more determined to motivate others to give back to community and become better citizens."*



# Youth-Adult Partnerships (YAPs)

Youth-Adult Partnerships are not only a key part of 4-H clubs, they are also considered an important component of Positive Youth Development. They take place when youth and adults plan, learn and work together, with both groups sharing equally in the decision-making process. A true Youth-Adult Partnership is one in which each group has the opportunity to make suggestions and decisions and in which the contribution of each is recognized and valued. This is critical when discussing issues facing youth and/or on programs and policies affecting youth.

4-H Canada believes that youth should have a say in the types of programs and initiatives being developed for them. How else will we know if we are meeting their needs if don't include them in the conversation? 4-H Canada has built-in structures for youth to be involved in helping to identify goals and develop programs at a club, provincial and national level.



At the club level, 4-H leaders and members work together in the planning, development, delivery and completion of projects. They work together to plan Achievement Days and other 4-H events in their community.

At the provincial level, youth are often engaged as provincial ambassadors, where they represent their club, community and province at events. They actively contribute their ideas, time and leadership skills, working with provincial staff and board members.

At the national level, youth play a significant role as members of the 4-H Canada Youth Advisory Committee (YAC). YAC is made up of a youth representative from each province and is the national youth voice for 4-H in Canada. YAC members take part in various working groups where they support 4-H Canada staff in the planning and delivery of programs, marketing activities, the development of project resources, in addition to two youth seats on the Board of Directors.



# Family Engagement in 4-H

Family engagement is a common practice in many 4-H clubs and comes with many advantages. Involving parents and caregivers means more than communication and sharing updates, or driving kids to their club meetings. It means being actively engaged in 4-H club activities, events and projects so that your child can get the most out of this experience!

## 4 easy ways for you to be involved!

- 1** Keep in touch with your child's club leader(s), ask questions when you have them, and make sure you are aware of the club plans for the year.
- 2** Offer to share any strengths or skills you may have! Think about how you would most like to get involved, and what you could contribute. Maybe help to lead an activity, be a guest speaker, or assist in planning an event?
- 3** If you're willing to help, let your club leader know! They'll be excited to have you on board.
- 4** Keep an open mind and encourage your child to try something new, be welcoming to other members, and learn from their different experiences.



# Frequently Asked Questions



## **How do I join 4-H?**

It's easy! Just talk to your parent(s) or guardians and reach out to the 4-H office in your province. Their contact information is available at the back of this handbook. They will let you know exactly what you need to do to get registered.



## **What does it cost to join 4-H?**

Annual membership fees are different in every 4-H province and covers participation for the year. Some 4-H provinces may charge an additional fee at the local level. Some 4-H clubs may also have a small fee to cover the materials used in that project. 4-H is committed to being an affordable and accessible program for all families.



## **Is there a limit to how many 4-H projects I can take in a year?**

Not at all! You can take as many 4-H projects as you want each year, for one membership fee. Remember that some projects take longer than others. Some may also have a small cost to cover materials etc., and that each project has its own requirements which must be met in order to complete the project. So plan your time accordingly and jump right in!



## **Can I do a 4-H project that isn't offered by my province?**

Quite possibly! There are a few steps that you have to go through before you can get approval to start a project, so contact your provincial 4-H office to find out more about customizing or adapting projects offered in another province!

Q

**Can we make a 4-H project about any topic?**

Most provinces offer what are called “self-determined projects”, where an individual member or small group of members can work together on a topic they are really interested in. If you are an independent person with lots of initiative, this may be an option for you. Connect with your provincial 4-H office to explore your ideas further.

Q

**Do I have to own an animal to be in 4-H?**

Nope! There are loads of 4-H projects that don't involve animals at all. If you are interested in doing a project that involves animals but don't own one, or have space for one, talk to your 4-H club leader. Many 4-H club leaders will help youth to find a project animal if they enroll in a project but don't have their own. Some animal clubs even run without actual animals!

Q

**Do I have to live on a farm to be in 4-H?**

Not at all! Many 4-H members are in urban areas or don't live on farms. So, no matter where you live in Canada, you can be a 4-H member!



# 4-H Code of Conduct

As a 4-H member, you will be an ambassador for your club, your community, and your country. This awesome opportunity comes with expectations and responsibilities. The following Code of Conduct is a guide to support you as you take part in 4-H activities, work with others and strive to be the best leader you can be. Being a 4-H member in good standing, means upholding this Code of Conduct.

## Code of Conduct

**Be fully engaged.** You will have an amazing opportunity to learn and contribute many things during your time with 4-H, so take an active role in this experience. Your responsibilities include:

- Attending all scheduled activities
- Engaging with the other participants
- Being on time
- Participating fully in opportunities

**Be respectful.** A lot of work goes into 4-H club activities and projects. Volunteer leaders, families and other members deserve to be treated fairly and respectfully. It's important to be respectful and appreciative of everyone's efforts. This means:

- Respecting any rules and guidelines set by your club and/or provincial or national program.
- Being polite to fellow members, volunteer leaders, families, special guests, speakers and community members who may be involved with your 4-H club.
- Looking for opportunities to help out and encouraging others to do the same.

**Act and dress appropriately.** Think about how your actions (what you say and do) and appearance (what you wear) may be perceived by others. Please ensure that you:

- Wear clothing suitable for the weather or activity
- Do not wearing clothing that is disrespectful to yourself or others (obscene language, etc.)

**Take care of yourself.** Being involved in 4-H can keep you very busy! Listen to your body and make sure that you are not taking on too much. 4-H is also very active, so be mindful of your health and safety at all times. If you feel you need a break or feel unsafe in any way, tell your 4-H leader or an adult you trust.

**Honour your club, community and 4-H.** As a representative of your community and the 4-H program, it is important that you conduct yourself in an appropriate way. 4-H programs are drug, tobacco and alcohol free, and we encourage you to make smart choices while participating as a member.

**Push yourself to grow.** You will be presented with numerous opportunities to try new things, challenge your assumptions, learn and get outside your comfort zone. Take full advantage of everything 4-H has to offer! You will be rewarded with personal growth and memories to last a lifetime!

---

Member Signature



# My 4-H To Do List



Using my **head** I want to accomplish these four things

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



Using my **hands** I want to learn these four skills

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



Using my **heart** I will help out and be a leader in these four ways...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



For my **health** I will improve these four things about the world...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# Get Connected with 4-H in Your Province!

## 4-H BC

**T:** 250-545-0336  
**E:** mail@bc4h.bc.ca  
**W:** bc4h.bc.ca

## 4-H Alberta

**T:** 780-422-4444  
**E:** info@4h.ab.ca  
**W:** 4h.ab.ca

## 4-H Manitoba

**T:** 204-726-6136  
**E:** lmcrae-walker@4h.mb.ca  
**W:** 4h.mb.ca

## 4-H Saskatchewan

**T:** 306-933-7727  
**E:** info@4-h.sk.ca  
**W:** 4-H.sk.ca

## Provincial Requirements

	NF	NS	NB	CNB	PE	ON	QC	MB	SK	AB	BC
Achievement Day	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Public Speaking	✓	✓	✓	✓	✓	✓		✓	✓	✓	*
Community Service	*	✓	*	✓	✓	✓	✓	✓		✓	*
Judging		✓	✓	✓		✓		*		*	*
Record Books	*	✓	✓	✓		✓		✓	✓	✓	✓
Ag awareness	*	*	*	✓	✓		*				
Other		1								2	

\*Encouraged, but not mandatory at the provincial level

1. Achievement is scaled. For gold completion, all checked requirements must be completed.

2. All market animals must be sold at the end of the 4-H year.



**4-H Quebec**

**T:** 514-398-8738

**E:** office@quebec4-h.com

**W:** Quebec4-H.com

**L'Association des  
Jeunes Ruraux du  
Québec (AJRQ)**

**T:** 819-364-5606

**E:** info@ajrq.qc.ca

**W:** AJRQ.qc.ca

**4-H Newfoundland & Labrador**

**T:** 709-727-3397

**E:** NL4-H@outlook.com

**W:** 4HNL.ca

**4-H PEI**

**T:** 902-368-4833

**E:** pei4h@gov.pe.ca

**W:** pei4h.ca

**4-H Ontario**

**T:** 1-877-410-6748

**E:** inquiries@4-hontario.ca

**W:** 4-HOntario.ca

**4-H Nova Scotia**

**T:** 902-843-3990

**E:** iola@novascotia4h.ca

**W:** novascotia4H.ca

**4-H New Brunswick**

**T:** 506-324-6244

**E:** nb4h@aernet.ca

**W:** NB4H.com

**Conseil francophone des  
4-H du  
Nouveau-Brunswick**

**T:** 506-423-6639

**W:** 4hclub@xplornet.com



  
CANADA  
**I PLEDGE**  
My HEAD to clearer thinking,  
My HEART to greater loyalty,  
My HANDS to larger service,  
My HEALTH to better living,  
for my club, my community  
and my country.  
**Learn To Do By Doing**





CANADA

# Learn To Do By Doing

## Endnotes:

- i 4-H Alberta, Leader Guide, 2015. [www.4h.ab.ca/downloads/documents/LeaderGuide2015.pdf](http://www.4h.ab.ca/downloads/documents/LeaderGuide2015.pdf)
- ii Advocates for Youth, Building Effective Youth Adult Partnerships, 2001. [www.advocatesforyouth.org/publications/publications-a-z/672-building-effective-youth-adult-partnerships](http://www.advocatesforyouth.org/publications/publications-a-z/672-building-effective-youth-adult-partnerships)
- iii 4-H Ontario, Leadership In Action - Resource Guide 2017, v17:1, pg7, 2017 <http://4-hontario.ca/uploads/userfiles/files/2017%20resource%20guide.pdf>
- iv 4-H Ontario, Leadership In Action - Resource Guide 2017, v17:1, pg7, 2017 <http://4-hontario.ca/uploads/userfiles/files/2017%20resource%20guide.pdf>
- v 4-H Ontario, Leadership In Action - Resource Guide 2017, v17:1, pg7, 2017 <http://4-hontario.ca/uploads/userfiles/files/2017%20resource%20guide.pdf>