



4-H is the largest youth organization in North Carolina with more than 227,782 participants. 4-H is best identified by its green four-leaf clover with an H on each leaf. The four H's on the emblem stand for Head, Heart, Hands, and Health. 4-H is the only youth organization based at land-grant universities and provides the first experience many

youth have with higher education. The 4-H Youth Development program invites you to see what 4-H is all about. Take time to participate in an upcoming event or attend any of the various open houses available during the year to connect with other youth and adults and learn more about what 4-H has to offer.

SUPPORT NC 4-H: **POSITIVE** YOUTH DEVELOPMENT.
WWW.NC4H.ORG

Did You Know:

? In 2013, 103,082 youth gained knowledge in STEM (Science, technology Engineering & Math) areas as a result of Extension programs.



WWW.NC4H.ORG

JOIN | THE REVOLUTION
OF RESPONSIBILITY
Cooperative Extension's Youth Development Program

OUR VOLUNTEERS | FRIENDS & SUPPORTERS

Helping our program grow strong, **20,333** youth and adult **volunteers** held various roles throughout the program in 2013.

The financial support of individuals, 4-H families, community leaders, foundations, corporations, civic organizations, government agencies, and local United Ways makes NC 4-H possible. Whether used for programs (such as our healthy living initiative) or for development of our camping facilities, the investment made by those in the community makes a difference one youth at a time. **We are grateful for each and every financial gift that benefits the youth we serve.**

OUTREACH

LEADING THE WAY FOR **POSITIVE** YOUTH DEVELOPMENT.

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To assist **youth** and adults in becoming competent, coping and contributing members of a **global** society.

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In 2013, 165,271 youth participated in 4-H in-school (K-12) outreach programs. 4-H school enrichment programs are designed fit the NC Essential Standards and are used to bring "learning to life" in classrooms across the state.

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In 2013, NC 4-H continued working with the NC affiliates of Feeding America™ to raise awareness of an issue hiding "in-plain sight" - **HUNGER**.

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4-H youth learn the importance of leadership and personal responsibility, the value of goal setting, the spirit of teamwork and the value of "giving back."

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Cooperative Extension's Youth Development Program

OUR MISSION | POSITIVE YOUTH DEVELOPMENT

To assist **youth** and adults in becoming **competent, coping and contributing** members of a **global** society.



NC 4-H served 227,782 youth in all 100 counties

and The Eastern Band of the Cherokee Reservation in 2013. Reflecting the diverse society in which we live, 43 percent of our youth identified themselves as racially or ethnically diverse.

29,273 youth enjoyed membership in over 1,200 4-H clubs, NC 4-H offered the experience to 165,271 youth in 4,077 classrooms. More than 83,909 youth participated in hands-on special interest programs that strengthened the linkage of out-of-school fun to academic success. In cooperation

with after-school programs, day care centers, houses of worship, parks and recreation centers, schools, summer migrant education programs, and community centers, as well as through partnerships with local government and other youth serving agencies, NC 4-H Youth Development provided 21st century life skill programs. Participants focused on citizenship and leadership development, health and fitness, science, technology, engineering and mathematics, the environment, plants and animals, energy, financial literacy, entrepreneurship, hunger and food security and global issues - to name just a few.

communities, and to become intentionally concerned and contributing citizens of the state of North Carolina.

4-H empowers youth to reach their full potential working and learning in partnership with caring adults. To support our state's youth, families and communities, the NC 4-H program, in partnership with NC State University and NC A&T State University, incorporates 21st century life skills within our four strategic program areas.

**"4-H builds
Citizen-Leaders."**

- **School to Career/K-12 Outreach**
- **Healthy Lifestyles**
- **Volunteerism**
- **Citizenship/Citizen-Leaders**

NC 4-H is a youth organization committed to building citizen leaders with marketable skills to succeed in today's global society. 4-H provides pathways for youth to view learning as relevant to the world around them, to connect with their

DR. STEWART'S MESSAGE:



I'M A SCIENTIST | 4-H K-12 PROGRAMS

Over the past decade, America has started to understand the magnitude of its dropout epidemic and take important steps to measure and address it. Educators, administrators, community leaders, policy makers, social entrepreneurs, students, parents, and others have been active at the school, state, and national levels to ensure dropout prevention and recovery and college readiness are part of a comprehensive educational improvement strategy tailored to local conditions. Most future dropouts begin to disengage from school during early adolescence, and during the middle grades achievement gaps often grow. By the time these students enter high school, they have one foot out the door and are not prepared to succeed in a rigorous college and career-readiness high school curriculum.

According to the National Center for Education Statistics, 66 percent of girls in fourth grade say they like science. But only one-third of high school students enrolled in Advanced Placement physics classes are girls. At the college level, fewer than one-fifth of engineering majors are women. Positive reinforcement in these subjects can give **all** youth the extra support they need to enthusiastically pursue STEM (science, technology, engineering and math) careers.

4-H aligns its academic programs with real world environments by infusing 21st century skills.

4-H'ers are college-ready

- In 2013, 165,217 youth participated in 4-H in-school (K-12) outreach programs. 4-H school enrichment programs are designed fit the NC Essential Standards and are used to bring "learning to life" in classrooms across the state.
- 4-H programs had amazing results in several life skill areas including:
 - 37,007 girls participated in STEM programs outside of school.
 - 25,218 youth gained career / employability skills
 - 5,811 youth increased their knowledge of Entrepreneurship
 - 13,365 youth participated in 4-H Drop-Out prevention programs
 - 3,029 teachers were trained in 4-H STEM curriculum.

For over 104 years, North Carolina 4-H has been in the business of creating citizen-leaders. From its early days in rural North Carolina, the program has always found in helping young people be their best and prepare for the future challenges they would face as adults. This focus remains through today and is more important than ever as youth and our world face many challenges.

In North Carolina, 4-H focuses on three core issues: (1) Economy; (2) Education; (3) Health. 4-H prepares citizen-leaders that will be the next generation of entrepreneurs and business leaders thereby improving the future economy of our state. 4-H encourages youth to stay in school and to achieve academically by emphasizing the STEM (Science, Technology, Engineering, Math) disciplines. 4-H recognizes that too many of our state's youth are overweight or obese and that 4-H must encourage healthy eating and living habits.

4-H is relevant and responsive to the issues facing our state. From the economy to education to health, 4-H recognizes that healthier youth do better in school that will result in higher success for them in the economy. The results of these efforts are citizen-leaders who are prepared to lead and gain a stronger North Carolina, nation and world!

HEALTHY YOUTH | A TASTEFUL PURSUIT

1 IN 5 YOUTH IN NC FACES HUNGER! EVERY PARENT KNOWS THAT A HUNGRY CHILD IS A DISADVANTAGED CHILD. HE CAN'T GROW, DEVELOP AND LEARN LIKE OTHER KIDS. SHE HAS TROUBLE FOCUSING AND GETTING ALONG.

They complain often of headaches, stomachaches and other ailments. They fall behind in virtually every way. It doesn't have to be this way. There is plenty of nutritious food in America to make sure every child grows up healthy and thrives. What's missing is access to this food. If families don't have reliable access to healthy, affordable food, they can't possibly feed their children well.

In 2013, NC 4-H continued its partnership with the NC affiliates of Feeding America™ to raise awareness of an issue hiding "in-plain sight" - **HUNGER**. Whether it involves skipping meals, eating less than is needed to live a healthy life, or making do with foods that are filling but not nutritious, hunger's effects can be devastating, especially among our more vulnerable citizens, including children and older adults.

Today, 4-H'ers, volunteer leaders and 4-H alumni are hosting "healthy" can food drives, raising money for their local food banks, volunteering at soup-kitchens and speaking out on the issue of food insecurity.



In 2013, 4-H's commitment to helping youth grow strong, both physically and mentally continued with outstanding results.

- 26,817 youth increased their consumption of fruits and vegetables.

IMPACTING COMMUNITIES

4-H YOUTH LEARN THE IMPORTANCE OF LEADERSHIP AND PERSONAL RESPONSIBILITY, THE VALUE OF GOAL SETTING, THE SPIRIT OF TEAMWORK AND THE VALUE OF "GIVING BACK."

• In 2013, NC **OMK** (Operation Military Kids) delivered 87 support programs to 2,000 military youth and their families through Family Days, 4-H clubs, holiday gatherings, Yellow Ribbon events, camps/retreats, Military appreciation Day events and community events.

• NC **OMK** provided more than 244 military youth and 181 military family members the opportunity to utilize the Mobile Technology Lab during Family Days, Yellow Ribbon Events, OMK trainings, teen retreats and summer camps.

"Compared to other youth: 4-H'ers are 25% more likely to contribute to their families and their communities."



LET'S GO CAMPING

At three NC 4-H camps and conference centers spread out across the state, youth can participate in everything from sailing near the

coast to negotiating ropes courses in the foothills.

Programs range from traditional camp activities such as swimming and horseback riding to environmental education and creative writing. They're tailored for youth ages 5 to 17. And recent sweeping renovations to all of the camps include major structural upgrades and new facilities. All of our 4-H camps are accredited by the American Camp Association (ACA), a national organization that sets high standards for the health and safety of campers and staff and the delivery of quality programs.

In 2013, **3,879** youth participated in 10 weeks of camp.

4-H'ers: COLLEGE BOUND

In 2013, students from across the state received 4-H scholarships from the North Carolina 4-H Foundation to attend institutions of higher learning. The total amount of 4-H scholarships awarded this year, including renewable scholarships, amounts to more than **\$100,000**.