THE 4-H PLEDGE

I pledge my

Head to clearer thinking
Heart to greater loyalty
Hands to larger service
Health to better living,

for my club, my community, my country and my world.

New Volunteer Leader Training

Nov. 1st from 5:30pm–9:30pm
Nov. 17th from 9:00am-1:00pm
Dec. 11th from 5:30pm–9:30pm

$25 fee

Online Pre-registration required at:
https://extension.oregonstate.edu/4h/douglas

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Visit 4-H.org and volunteer today.
4-H volunteers are essential to help youth make the most of a wide variety of learning experiences. Volunteering is an opportunity for you to share your personal interests by demonstrating expertise in subjects as varied as robotics, food and nutrition, public speaking, agricultural science, community service and more. In 4-H, you can leverage your experience and skills to help a young person find their own passions and interests.

4-H is an opportunity that we wish every young person could have. Because research shows it’s a step forward. More than 60 million of our nation’s most successful statesmen, business leaders, scientists and academics credit 4-H with setting them on a positive, productive path.

If every young person could step into 4-H, imagine all the resourceful problem solvers, skilled workers and capable leaders they’d become. That future is in our reach if we all lend our time and talents to guide the young people who will create it.

And with a variety of options, you can decide on the level of involvement that fits your skills and schedule:

- Lead youth within school-based, after-school and camp settings, or through a community club
- Serve as a chaperone, board member, judge or camp counselor
- Develop and support service opportunities for youth in your own community
- Teach using curriculum developed by your state university
- Work with other adults to create fun and exciting programs

Compared to their peers, 4-H youth are:

- 2X as likely to go to college
- 2X as likely to pursue careers in science
- More likely to make healthier choices, be physically active and avoid risky behaviors
- 3X as likely to give back to their communities