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### Interested in 4-H?

4-H might mean a lot to you, might be something you have just heard of, or it might be something totally foreign to you, and if you are in the last two categories, this article is perfect for you. 4-H is the largest youth development organization that empowers young people with the skills to lead for a lifetime in all areas of life. 4-H engages youth in STEM and agricultural literacy, empowers youth to lead and entrepreneur, and prepares youth to make decisions for today and the future through camps, after school programs, school enrichment, and special interest clubs. When you are totally new to 4-H, this all can sound confusing, but below it is broken down more to help you find a place for you and your family in 4-H.

4-H STEM and agriculture programs equip young people with the skills they need to succeed in life by focusing on areas such as computer science, robotics, environmental science, agri-science, veterinary sciences and plant sciences. There are many hands-on activities that can be done through 4-H programs offered by Buffalo County 4-H, Nebraska 4-H, or that can be done at home with 4-H curriculum that help youth problem solve and use creative and critical thinking. 4-H can foster partnerships with schools, libraries, and learning centers to engage youth. County fair is often a 4-H members favorite time of the year because of the opportunity to showcase their knowledge of agriculture through showing livestock and entering horticulture projects!

Nebraska 4-H connects youth to important careers by strengthening their entrepreneurship skills as well as fosters youth's commitment to their communities by growing future leaders. If you or the youth in your household are always thinking about a business idea, or how they can contribute to their community, there are many projects and program in 4-H for young entrepreneurs. The skills youth can learn when becoming a young entrepreneur are beneficial for their future, some skills include citizenship, communication, and concern for others. Community is what keeps us all together, and through 4-H's many leadership opportunities, youth learn their importance in the community. Some of the ways Nebraska 4-H focuses on leadership in youth are by giving youth a voice, help youth participate in service projects, and engage youth in leadership opportunities.

By focusing on career and college readiness as well as healthy living, 4-H prepares youth to make decisions for today and the future. Nebraska 4-H offers programs to assist young people with developing skills that will lead to greater persistence in college and employability. There is curriculum

formed to develop these skills as well as project areas for youth to compete in that help develop these skills such as stress management, self-discipline, and responsibility. 4-H has competitions, programs, and curriculum to develop youth to be more aware of daily fruit and vegetable intake, daily activity, and screen time to foster healthy habits to improve overall health. 4-H helps youth learn kitchen skills and provides youth with an opportunity to compete with their baked goods, culinary skills, and table knowledge.

4-H offers more than what has been able to be talked about in this short article, but through STEM, agriculture literacy, leadership, entrepreneurship, and future decision-making programs, Nebraska 4-H is a place that youth thrive in. Buffalo County 4-H is offering a club for anyone interested in 4-H, that wants to get more information, but does not know where to start. The club will meet 1-2 times per month and the first meeting is April 26<sup>th</sup> at 5:00 pm at the Buffalo County Extension Office. This meeting is for youth to engage in different 4-H opportunities as well as to give parents a place to get information about 4-H and ask any questions! Come join the fun!

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