



TEXAS 4-H MAKE A

DIFFERENCE



FOR LIFE



The Texas 4-H and Youth Development Program has been providing educational opportunities and experience to youth from the ages of five to eighteen for more than 103 years. From the very beginning to today, the premise of 4-H has remained the same, teaching life skills to young people to prepare them to be engaged, active citizens in their community.

Today, more than 640,000 youth are involved in Texas 4-H annually. These youth are developing skills in the areas of science, engineering, and technology, they are learning about healthy lifestyles, becoming more engaged as citizens, and are giving back to those in their communities.

Texas AgriLife Extension Service, the Cooperative Extension Program at Prairie View A&M and the Texas A&M System conducts the 4-H program. 4-H is the largest youth organization in Texas with more than 30,000 youth and adult volunteers

4-H Members Make a Difference through Healthy Choices

According to Wave 6 of the 4-H Study of Positive Youth Development, 4-H'ers – regardless of their background, socio-economic status, race, and gender – thrive through the health/safety education and experiences they receive through 4-H programming. In fact, young people in 4-H are:

- Less likely to have sexual intercourse by Grade 10,
- 56% more likely to spend more hours exercising or being physically active,
- Shown to have had significantly lower drug, alcohol and cigarette use than their peers.

4-H Members Make a Difference in School and the Sciences

The advantages of 4-H participation also include higher educational achievement and higher motivation for future education. Young people in 4-H:

- Report better grades, higher levels of academic competence, and an elevated level of engagement at school,
- Are nearly two times more likely to plan to go to college,
- Are more likely to pursue future courses or a career in science, engineering, or computer technology.
- The study also finds that girls in 4-H are more than twice as likely to participate in science, engineering, or computer technology programs than their peers.

4-H Members Make a Difference in their Communities

A notable trend of the 4-H Study of Positive Youth Development indicates that 4-H youth are three times more likely to actively contribute to their communities when compared with youth who do not participate in 4-H.

Who Participates in 4-H?



School & Military Clubs	4,111
After-School Programs	5,702
Camping Programs	5,881
Community Clubs	57,037
Special Interest Projects	270,663
School Enrichment Programs.	306,385
Total 09-10 Participation*	649,779

**reflects duplication*

The Diversity of Texas 4-H*

African American	73,082
American Indian/Alaskan Native	2,025
Asian	20,590
Caucasian	524,600
Hispanic/Latino	273,566
Native Hawaiian/Pacific Islander.	672

**some members indicate multi-ethnicity backgrounds*

Volunteer Participation

Adult Volunteers	24,676
Youth Volunteers	9,071
Total Volunteers.	33,747

How Youth Participate in 4-H*

Animal Projects	424,549
Plant Science	175,715
Food & Nutrition	149,841
Environmental Education	139,040
Health	114,808
Agriculture in the Classroom.	100,756
Biological Sciences	67,744
Leadership/Personal Development	56,158
Consumer & Family Sciences	24,782
Community/Civic Engagement	16,677

**many youth participate in multiple project areas.*

