

## What is 4-H?

4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

## Who can join?

Youth may participate in 4-H from September 1st of grade three through August 31st following the completion of grade twelve, with a minimum age of 8 (in addition to being in grade 3) and a maximum age of 18, as of the current 4-H year. Some clubs offer a Clover Kid program, which is for youth in Kindergarten through second grade. Clover Kids aren't eligible to serve as club officers or to participate in competitive events.

## What do the H's stand for in 4-H?

The H's pertain to the 4-H pledge:

I pledge my **Head** to clearer thinking,

my **Heart** to greater loyalty

my **Hands** to larger service,

and my **Health** to better living,

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

**HEAD** stands for clearer thinking and decision making – knowledge that is useful throughout life.

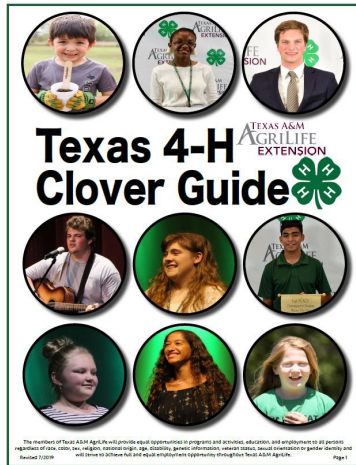
**HEART** represents greater loyalty, strong personal values, positive self-concept and concern for others.

**HANDS** stand for larger service, workforce preparedness, useful skills and science and technology literacy.

**HEALTH** stands for better living and healthy lifestyles.

4-H sounds great! How do I join?

There are 6 community/project clubs in Kaufman County. Contact the 4-H Office at 469-376-4520 or email [cl-sharp@tamu.edu](mailto:cl-sharp@tamu.edu) for a list of clubs and their contact/meeting information. Each club has its own 'personality' so we suggest that you visit a few of them before you decide which club you would like to join. Once you decide which club you would like to join, you enroll in that club.



The [Texas 4-H Clover Guide](#) should serve as an encyclopedia of projects, contests, and opportunities within Texas 4-H along with contact information for each entry. This guide is great for families as a resource for all we have available in Texas 4-H.

[How To Enroll in 4-H](#)