



## WHY 4-H?

Arizona 4-H is delivered in every county through in-school and after-school programs, school, and community clubs and 4-H camps.

By becoming a member of the nation's largest youth development organization, you will:

- Build skills to lead for a lifetime
- Gain access to research-based experiences, including hands-on projects and leadership opportunities
- Learn-by-doing in a wide variety of project areas in STEM, Agriculture, Civic Engagement and Healthy Living
- Create your own pathway and follow your interests to find your spark
- Work with adult mentors and volunteers



## CONTACT US

Contact your local 4-H office today to learn more about 4-H opportunities in your area.

[extension.arizona.edu/4h](https://extension.arizona.edu/4h)

520-621-7205

Arizona 4-H State Office  
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THE UNIVERSITY OF ARIZONA

Cooperative Extension



# INSPIRE KIDS TO DO

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## HEALTHY LIVING

Our programs inspire youth to lead healthy lifestyles — body and mind — and to make healthy decisions. Having the confidence and skills to do so not only improves overall wellbeing; it enables youth to tackle life’s challenges and become leaders in their lives, careers and communities as they grow into adulthood.



## STEM AND AGRICULTURE

4-H STEM and agriculture programs equip young people with the skills they need to succeed in life, and are available through local clubs, schools and grant-funded programs. Focus areas include computer science, agri-science, financial literacy, entrepreneurship, and veterinary science.



## CITIZENSHIP

4-H civic engagement programs empower young people to be well-informed citizens who are actively engaged in their communities and in the world. Youth learn about civic affairs, build decision making skills, and develop a sense of understanding and confidence in relating and connecting to other people.



**“Because of 4-H I feel successful and have made life-long friends. I like being a leader to younger kids so they have a role model to look up to.”**

**Anthony**  
*La Paz County 4-H Member*

