



HELPING YOUTH THRIVE



4-H participation provides youth a place to belong, matter, and explore their personal spark.

ALABAMA 4-H'ERS PROJECT AREA PARTICIPATION

25.9k  **CITIZENSHIP & LEADERSHIP**

"4-H has helped me become the person I am today. I have served in leadership roles such as Henry County 4-H Council and participated in numerous contests since 4th grade. I have confidence in myself, know how to run meetings, and accomplish goals because of the foundation 4-H has given me." —**James Quinlivan**, Henry County 4-H

"Being a part of 4-H has provided me with the opportunity to be a leader and make a difference in my community. Throughout my 9 years in 4-H, I have always been supported by my local Extension office and Alabama 4-H. 4-H has allowed me to participate in many events on the county, state, and national level, which has given me many skills that I would have never learned without 4-H.

Being in 4-H was one of the best decisions that I have ever made."

—**Gavin Yocom**, Alabama 4-H State Ambassador President, Shelby County

 **12.6k** **CAREER** College & Career Ready  **EXPLORATION**

"4-H has helped me to become a better communicator and a more outgoing, independent person. As I move forward into the college and career phase of my life, I hope to take the skills and assets learned in 4-H to better not only myself but those around me." —**BreeAnna Centers**, Etowah County 4-H

BECAUSE OF 4-H CITIZENSHIP & LEADERSHIP PROGRAMS

82.9% ALABAMA 4-H'ERS
Respect others and value their opinions

76.9% ALABAMA 4-H'ERS
Help others reach their goals

70.8% ALABAMA 4-H'ERS
Enjoy learning about people who are different from them

63.6% ALABAMA 4-H'ERS
Show respect for others' ideas

3.7k  **PUBLIC SPEAKING/ COMMUNICATION**

"Through 4-H I have learned the importance of public speaking and the impact your words can have on people. I have learned to be a leader. I have learned when to lead and when to follow because we need both leaders and followers in our world today." —**Macee New**, Etowah County 4-H



Visit www.alabama4h.com for more information.

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