

2025

Alabama 4-H Youth Development

Alabama Youth are Ready for the Future



Alabama Extension delivers a variety of youth development programs, including 4-H. 4-H continues to be one of the largest youth development programs in the nation, serving more than 6 million youths. Through 4-H, young people learn important life skills that prepare them to be leaders, volunteers, and even role models for other youths.

Alabama Extension's 4-H programs address substance use and bullying and encourage youth to enroll in science, technology, engineering, and mathematics (STEM) classes and pursue STEM careers.

Health Rocks!®

Health Rocks!® uses the positive youth development model to empower young people with life and decision-making skills to avoid substances like drugs, alcohol, and tobacco.

HYPE

The HYPE: Helping Youth Promote Empathy program generally delivers a series of six lessons to educate youth on how to reduce and prevent school bullying in elementary, middle, and high schools.

STREAM

STREAM, which stands for science, technology, reading, engineering, agriculture, arts, and mathematics, offers six interactive lessons to foster greater interest in STEM.

2024 Program Impacts

- 4,128 youths engaged in Alabama 4-H programs at AAMU.
- 78% (3,109) of 3,986 STEM youths demonstrated stronger analytical skills.



4,128
participants



78%
increased
analytical skills



65%
proficient in using
digital tools



81%
achieved higher
grades & test scores

The latest Alabama Extension at Alabama A&M University program impacts reported from 2024 program implementation.

- 66% (2,631) were proficient in using digital tools, coding, and robotics, essential skills in today's workforce.
- 52% (2,073) of youths reported a deeper understanding of sustainability, conservation, and climate science, leading to decision-making.
- 81% (3,229) of youths achieved higher grades and standardized test scores in science and math.
- 59% (179) of 304 Heath Rocks!® participants developed critical thinking and refusal skills that enabled them to resist peer pressure and make healthier life choices.
- 84% (255) of youths believed they could discuss health-related topics to foster more positive behavior, particularly among their peers, to make safer choices when it comes to substance use.
- 11% increase among pre- and post-test surveys in the knowledge of the adverse effects of substances and the risk of using drugs, alcohol, and tobacco.

By engaging in 4-H programs, young people are better prepared to handle life challenges, serve their communities, and become bright leaders of tomorrow.

