



## What does 4-H stand for?

**Head, heart, hands, and health** represent the 4 H's. Each meeting begins with a recitation of pledges, including the **4-H Pledge**. While the 4-H pledge has a very direct meaning for our 4-H clubs and members, there are additional ways that adults can apply the pledge before, during, and after club meetings and events.

### I pledge

#### My head to clearer thinking

It's normal for youth to have questions or be unsure about things. Give your youth the information you can to help them plan, organize, make wise decisions, and problem solve. It will encourage your child to think critically and use this knowledge throughout life.



HEAD



HEART

#### My heart to greater loyalty

Success is awesome. Some failure is inevitable. Both help youth develop strong personal values and a positive self-concept. Encourage and support all youth, especially your own, to have empathy and concern for others. Show your child by example how to cooperate and communicate with those around them.

#### My hands to larger service

When you help your family's club, you model volunteerism, community service, and inclusiveness to your youth. If you don't have the time to be a volunteer, you can help in many equally important ways. If you do want to learn more about volunteering, contact the Extension Office!



HANDS



HEALTH

#### My health to better living

In addition to keeping youth physically healthy—body and mind—it is important we provide them the skills to make healthy decisions and to lead healthy lifestyles. You can help create safe spaces to support youth learning and character development.

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

4-H does not happen without supportive adults serving as positive role models. Stay involved as a family/caretaker as best as you can; it makes the experience much richer for everyone. The more successful our 4-H members are, the more impactful they are upon the world around them.





I pledge

**My head** to clearer thinking,

**My heart** to greater loyalty,

**My hands** to larger service, and

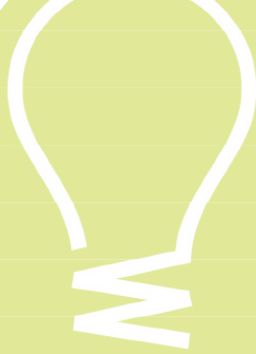
**My health** to better living

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

## The 4-H Pledge

4-H meetings start with pledges, including the 4-H Pledge. In each leaf of the clover below, write what each “H” might mean for you!

I would like to learn...



My hobbies...



We could help our community by...



Just for fun we could...



### What does the 4-H Pledge mean to you?

*Adapted from Design Your Own Clover, Dr. Darlene Z Millard, University of Arkansas Cooperative Extension by Ben Hoppe, Brown County 4-H Program Educator, UW-Madison; Division of Extension*

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