

Benefits of the 4-H Program



Kalamazoo County 4-H Youth Program

What benefits do youth receive by belonging to 4-H?

Choosing Healthy Lifestyles

A survey was conducted of 1,851 public high school students in West Central Illinois. 4-H members report that they could voice opinion and be heard within the community more than non-members. They were also more frequently involved in meaningful activities such as helping someone in need, providing service to their community, and using skills or talents important to them. Overall, 4-H members were less likely to participate in risky behaviors than non-4-H members.

4-H'ers Gain Communication Skills

"In a survey of 428 personnel directors in the U.S., oral communications skills were considered the most important skill in hiring job applicants." Public Speaking (Jan. 1989) As members of 4-H youth have the opportunity to strengthen their communication skills by giving speeches and demonstrations about their projects, as well as expressing their opinions by serving on committees and holding club offices.

Volunteering Benefits Youth and Communities

All 4-H youth in Kalamazoo County have many opportunities to participate in Community Service activities. Benefits linked to community service include; increased feeling of self-esteem and self-worth, increased likelihood of contact with pro-social peers, higher value on personal status, rejecting potential legal and personal damage from alcohol and drug use, and increased chance of feeling "connected" and able to work within the system. (Volunteers in Prevention Summary of Findings, and ACTION Drug Alliance Grant to the Pacific Institute for Research and Evaluation)

Want more info on joining 4-H? Visit the [Joining](#) section of the website or contact msue39@anr.msu.edu



Facebook



RSS

[County Home](#)

[Copyright and Disclaimer 1995 - 2012, County of Kalamazoo©](#)

