

# 4-H Is Growing Tomorrow's Leaders



**Support our local 4-H youth at the upcoming livestock sales.**

**4-H Bingham County Livestock Auction**

Wednesday, August 5 at 6:30 p.m.  
 Eastern Idaho State Fairgrounds, Blackfoot  
 Call 785-8060 for more information

**4-H Bonneville County Livestock Auction**

Thursday, August 6 at 6:30 p.m.  
 Bonneville County Fairgrounds, Pavilion  
 2925 Rollandet, Idaho Falls  
 Call 529-1390 for more information

## 4-H: Building Character, Changing Lives

During the next week, our community has the unique opportunity to support our youth. The annual 4-H livestock auctions taking place at the county fairs represent the culmination of the year's activities for Idaho youth aged 8 to 18.

Many youth will put the proceeds from their animal sales directly into college funds.

4-H truly is a life-changing program that prepares young people to step up to challenges in their community and world.

Last year, it reached 60,000 Idaho youth through traditional 4-H clubs and programs ranging from healthy living camps, leadership training events, afterschool programs and more.

It uses real-life situations to help youth develop practical life skills such as communication, citizenship, decision making, interpersonal relations, and community and global awareness.

Youth who participate in 4-H gain confidence, compassion and connections. Over 45 million alumni credit their 4-H experience with helping them develop valuable life skills, like goal setting, cooperation, decision making and leadership.

But they aren't the only ones who benefit from this organization. Businesses that support 4-H youth enjoy the goodwill, community support and new customers they garner as a result of their purchases.

New research indicates that 4-H youth are more likely to succeed in school, become leaders in their communities and give back to those in need.

A 10-year study by Tufts University in Medford, Mass., found that 4-H participants are:

- Four times more likely to contribute to their communities
- Two times more likely to be civically active
- Two times more likely to make healthier choices—including avoiding drugs and alcohol
- Two times more likely to go on to college than their peers

The research also shows these students pursue science, engineering and computer technology degrees in higher numbers.

It's evident that Idaho's 4-H youth are tomorrow's leaders who are likely to fill careers critical to Idaho's and the nation's future.



## More Than Just Livestock

The youth in Idaho's 4-H programs have the opportunity to learn a wide variety of skills.

They experience hundreds of projects that teach cooking, nutrition, electricity, computers, science and more through the University of Idaho Extension Programs.

One initiative, the Food Smart Families program, helps youth and their families learn how to make healthier nutrition and lifestyle choices. Taught by older teens, this is a peer-to-peer program that also provides opportunities for older 4-H participants to gain leadership skills and begin making a difference in their communities.

"4-H is growing leaders," says Idaho 4-H Development Coordinator Shea Saralecos. "We're engaging youth and helping kids achieve physical, social and emotional well-being."

There are science programs that range from robotics to rocketry and even environmental science and rangeland.

In the robotics program, kids learn how to build a robot with Legos and are then taught how to program the robot.

"The robotics program teaches kids how to be our future engineers at age 5," Saralecos says. "Twenty years ago, you wouldn't have imagined a team of 10-year-olds operating an expensive robot, but that's normal today in 4-H."

## What Kids Say About 4-H

"My 4-H experiences have given me the opportunity to go to college. I never planned on going to college because it wasn't something I was expected to do. By being in 4-H I learned how to judge livestock and compete at the national level. Those experiences help me have the confidence to serve on committees with adults. On those committees I was given leadership opportunities and the chance to use the decision-making skills I learned from livestock judging to help the group resolve issues. These skills will help me as I head off to college next month on a livestock judging scholarship."  
 —Jacey

"4-H has taught me how to work and be responsible. It's helped me gain confidence when talking to people I don't know. This February, I went to the Know Your Government Conference in Boise, Idaho. I toured the Supreme Court building and served on a mock trial. It's taught me to try new things, be productive and plan out what I need to do to reach my goals."  
 —Kylee

"4-H has given me the opportunity to gain many valuable characteristics that only come with experience. For me those include leadership, budgeting and saving money, patience, hard work, leadership, communication and good decision-making skills. I've gained patience by working with animals. Having patience when working with animals can sometimes be hard, but I've learned that when I am patient the animal is easier to work with. This skill is important as I have to use patience when I deal with others at school or work on a team."  
 —Kim

"4-H helped me gain the confidence to stand up and speak to a group of state legislators at the Know Your Government Conference. It was hard to speak in front of a room full of people that I felt like were very important. I realized that the toughest things in life can sometimes be the things that are the most special and memorable. Because of my 4-H experiences, I had the chance to serve as a legislative page and work in the capital."  
 —Karessa