



BE BOLD. Shape the Future.®
**College of Agricultural, Consumer
 and Environmental Sciences**
 Cooperative Extension Service
 Extension 4-H Youth Development

New Mexico 4-H 101 (Part 3)



New Mexico 4-H Clubs

200.A-15c (N-2022)

What is a 4-H club?

A 4-H Club is an organized group approved by the County Extension Agent consisting of at least five youth from at least three different families. Members meet regularly with adult volunteers or staff for a long-term, progressive series of educational experiences.

4-H Facts

- The 4-Hs stand for head, heart, hands and health.
- The 4-H colors are green and white
- 4-H Motto is “To Make the Best Better”
- 4-H Pledge “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.



An overall plan helps direct the work/goals of the 4-H club. The members should take an active part in the overall planning.

Monthly meeting planning provides the outline for the meeting to help keep the meeting orderly and efficient as well as providing opportunities for youth to be involved in various aspects of the meeting.



4-H Club Meetings Allow Youth To:

- Acquire new knowledge and share ideas
- Develop self-confidence and leadership
- Participate in decision making
- Develop responsibility and commitment
- Make new friends
- Enjoy recreational activities

Fun and Effective Meetings

A 4-H club meeting is an environment that we help create to provide opportunities for youth to experience: Belonging, Independence, Mastery and Generosity.

Tips for Effective Meetings

Create a safe and welcoming environment

Encourage use of parliamentary procedure

Support democratic participation

Communicate upcoming events, dates and responsibilities

This information summarizes the NM 4-H 101 volunteer training module. Complete the NM 4-H 101 module on the NM 4-H Enrollment system, Zsuites, or contact your local County Extension office for more detailed information.



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Expectations and Members in good standing:

- 4-H member should make every effort to attend as many scheduled club meetings, activities, and events.
- Club Bylaws should state a percentage or number of meetings that need to be attended in order to be in “Good standing” (attendance policy).
- 4-H member should enroll in only as many 4-H projects that they feel they can dedicate time and effort in accomplishing.
- Each project requires accurate recordkeeping, and tasks in order to complete the project or Portfolio.
- When available, 4-H members should provide help as needed with club activities: fundraisers, special activities, community service, and refreshments. Planning, organizing, financial responsibilities, and a number of other life-skills are learned through participation.
- Each 4-H member serve as a positive role model for peers and younger members to learn good sportsmanship, respect, and cooperation.
- All 4-H member should encourage others to take advantage of the many opportunities 4-H has to offer such as: workshops, leadership retreats, competitions. Participate in recognized 4-H events throughout the year (local, county, state or national level).

All 4-H members are required to meet the following minimum standards each year:

1. Adhere to the expectations of the New Mexico 4-H Code of Conduct.
2. Complete a 4-H project doing one’s own work with minimal assistance from parents or others.
3. Give a club or county 4-H public presentation for each project enrolled in.
4. Complete a 4-H record book and turn it in to your community club leader.

“Lending your hands to larger service”

Community service projects

“Learning by Doing”

Service-learning projects.

Community service projects teach youth about themselves and the world around them. Service-learning projects are a form of experiential learning, that is “Learning by Doing,” where youth apply knowledge and decision-making skills to address needs within the community. Community service project should be about “lending your hands to larger service,” taking pride and ownership within your community.



Information cited from the NM 4-H 101 volunteer training module, New Mexico 4-H Policies and Procedures Handbook, and NMSU College of ACES website.