

Understanding 4-H

Oklahoma 4-H Volunteer Development Series



**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**



The 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."



The 4-H Youth Movement

- Youth discovered by doing.
- They achieve their unique potential
- Gain confidence that will guide them as adults.
- Enjoy university-based youth programs for diverse interests.
- Families find no barriers to participation—geographic, ethnic, economic, or otherwise. All youth ages 5-19 are welcome.

4-H Mission

4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

4-H Vision

A world in which youth and adults learn, grow and work together as catalysts for positive change.

The pledge describes the four-fold developmental of youth: Head, Heart, Hands and Health. The pledge was

adopted in 1927. The phrase "and my world" was added in 1973. Reciting the pledge has a prominent place in 4-H activities such as regular 4-H meeting, achievement days and 4-H activities and events.

The 4-H Emblem

The original symbol of the Boys and Girls Clubs was a three leaf clover with the words Head, Heart, and Hands.

The 4-H emblem is federally protected under Section 18 US Code 707 and belongs to the Congress of the United States. The official emblem is green and white with the letter H on each leaflet.

The colors are green and white. White symbolizes purity. Green represents nature's most common color and is characteristic of youth, life and growth.

Motto

**"To Make the
Best Better"**

The motto was adopted at about the same time as the 4-H Club Pledge. Its intent is to inspire young people to continue to learn and grow, to make their best efforts better through participation in educational experiences.

"Learning by Doing"

This phrase sums up the educational philosophy of the 4-H program. Young people learn best when they are involved in their learning. The intent for project work, club meetings, activities and events is to do, reflect, and apply their understanding of the experience, to real life situations.

The 4-H Ritual



Vice President: *What is our 4-H Club motto?"*

Members: In unison): "To make the best better."

Vice President: *"We will repeat the 4-H Club pledge."*

Members: "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."

[In repeating the pledge, raise the right hand to side of head when speaking line No. 1, lower right hand over heart when speaking line No.2; extend hands, palms upward, when speaking line No.3; and stand at attention when speaking line No. 4.]

Vice President: *"We will now give the Pledge to the Flag."*

Members: "I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all." [At attention facing the flag repeat together the pledge of allegiance. The right hand should be placed over the heart while giving the pledge of allegiance. Congress, made this change December 15, 1942, Section 7, Public Law 623.]

Vice President: *"We will now review the meaning of the club emblem. What is the national 4-H club emblem?"*

Members: "The National 4-H Club emblem is the four leaf clover with the letter "H" on each leaflet running parallel with the mid-rib of the leaflet."

Vice President: *"What do the four H's on the club emblem represent?"*

Members: "They represent the equal training of the head, heart, hands and health of every member."

Vice President: *"For what is the head trained?"*

Members: "To think, to plan, to reason."

Vice President: *"For what is the heart trained?"*

Members: "To be kind, to be true, to be sympathetic."

Vice President: *"For what are the hands trained?"*

Members: "To be useful, to be helpful, to be skillful."

Vice President: *"For what is the health trained?"*

Members: "To resist disease, to enjoy life, to make for efficiency."

Vice President: *"In the All-Star Emblem, what does the Fifth H represent?"*

Members: "The Home."

Vice President: *"In what way can we be of help in our home life?"*

Members: "By striving to train for a home life that represents true character, comfort and contentment."