

VOLUNTEERING IN 4-H

Providing Positive Experiences for Youth in Your Community

Along with youth, adult volunteers are the most important members of any 4-H program. Without volunteers, 4-H would be unable to offer the programs, activities, clubs and other learning experiences to young people that 4-H offers.

Volunteers permit a county 4-H program to offer a wider variety of educational programs to a greater number of young people with a higher degree of adult attention for each child than would be possible from just an agent-led program.

You are wanted and needed as a 4-H volunteer. As a volunteer leader, you will experience your own personal growth as you help others attain theirs and will be rewarded in many ways.



With the guidance of 4-H adult volunteers, youth:



- ⊕ Learn by doing
- ⊕ Develop leadership and life skills
- ⊕ Make new friends
- ⊕ Give back to the community
- ⊕ Build long lasting connections with adult mentors
- ⊕ Prepare, plan, conduct and reflect on activities
- ⊕ Participate in learning experiences that normally

- ⊕ Volunteers can develop knowledge and skills in the areas of child and youth development, organizational planning, and personal and group management
- ⊕ Volunteer leaders can watch the development and growth of 4-H members
- ⊕ Volunteer leaders can know they have given help to others and to their own families
- ⊕ Volunteer leaders get to meet new people and work with outstanding 4-H members and other adults
- ⊕ Volunteer leader can gain personal satisfaction and meet some of their own needs through helping others
- ⊕ Volunteer leaders learn new skills from other leaders and from 4-H members
- ⊕ Volunteer leaders know that they are contributing to the improvement of their communities

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VOLUNTEER REQUEST FORM

Name: _____ Address: _____

Email: _____ Phone: (Work) _____ (Cell) _____

Would you like to start you own club? YES _____ NO _____

If you said yes, what type of club would you like to start? What skills do you have that youth could benefit from?

If you said no, how would you like to volunteer? _____

**Please mail this request form to:
4-H Office, Spotsylvania Extension Office, P.O. Box 95, Spotsylvania, Va 22553-0095**