Volunteers – The Heart of 4-H

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Florida 4-H aspires to be the leading youth development program that creates positive change in youth, families and communities. 4-H is a volunteer organization for adults and youth. Adults have much to offer from life experience and expertise. Youth can contribute high energy, new ideas, and a special understanding of new technologies.

Youth Volunteers

Youth are becoming involved with community organizations for many reasons. They may be involved in school based programs that require volunteer hours or simply have a desire to be a part of the community. When youth volunteer, the community gains a generation of people who care about where they live and have a commitment to make it better. Research indicates that regular participation in extracurricular activities during adolescence can lead to many life payoffs and satisfactions.

Youth who volunteer:
- Are less likely to engage in risky, destructive behavior.
- Learn respect for others and an understanding of different cultures and backgrounds.
- Are more likely to do well in school.
- Gain valuable employment skills and experience.

Adult Volunteers

4-H adult volunteers amplify the impact of paid county extension agents, reaching more youth and providing valuable mentors for young people. Advisory committees, foundations, government officials, program and club leaders play important roles in the future of the program.

The ability of the 4-H program to provide safe and secure environments to our youth is dependent upon the management and quality of trained volunteer leaders. Youth outcomes are related to the effectiveness of youth/adult relationships and interactions.

Adults who volunteer:
- Gain an understanding of younger generations.
- Develop a better means of communication with youth.
- Gain a feeling of acceptance and need in the community.
- Pass on important life skills to youth.
- Create high quality community based learning environments for youth.

4-H is always looking for adults who are willing to work with our youth. If you are interested or know someone who might be, please contact the 4-H office at 904-269-6355 or 284-6355. All programs and related activities sponsored by, for, or assisted by, the IFAS Extension 4-H Program are open to all person regardless of race, color, creed, age, religion, gender, sexual orientation, handicap or nation origin.