



The 4-H Emblem

The H's stand for HEAD, HEART, HANDS, and HEALTH. They represent the four-fold training and development which club members undergo.

The Creed

"I believe in Boys' and Girls' 4-H work for the opportunity it gives me to become a useful citizen. I believe in the training of my HEAD for the power it will give me to THINK, PLAN and REASON. I believe in the training of HEART for the nobleness it will give me to be KIND, SYMPATHETIC, and TRUE. I believe in the training of my HANDS for the ability it will give me to be HELPFUL, SKILLFUL and USEFUL. I believe in the training of my HEALTH for the strength it will give me to ENJOY LIFE, RESIST DISEASE and MAKE FOR EFFICIENCY. I believe in the United States of America and in my responsibility for its development. I am, therefore, willing to devote my efforts for the fulfillment of these things which I believe."

The Pledge

Every 4-H member and leader should know and be able to repeat at any time the following national 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 National 4-H Motto

The 4-H motto, "To Make the Best Better," should be the aim of every club member and leader.