4-H COMMUNITY SERVICE PROJECT

In 4-H, service is defined as the voluntary action of an individual or a group of individuals without pay. In this project young people learn caring, leadership, and civic engagement. Youth will
- learn the value of helping others
- develop leadership, communication, organizational skills, and a sense of empowerment
- build self-esteem from the positive results of their service

<table>
<thead>
<tr>
<th>Starting Out</th>
<th>Learning More</th>
<th>Exploring Depth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Intermediate</td>
<td>Advanced</td>
</tr>
<tr>
<td>Identify a service activity.</td>
<td>Using your interests/spark, contact a related organization, and inquire about specific needs they may have.</td>
<td>Build on relationships you have developed with organizations, inquire what their needs may be, and identify service activities.</td>
</tr>
<tr>
<td>Brainstorm and prioritize your service ideas, and select the best one.</td>
<td>Identify one or two specific needs, and develop a timeline to carry out the needed service.</td>
<td>Prioritize your ideas and select the best one.</td>
</tr>
<tr>
<td>Contact an organization you wish to serve, and participate in a service activity offered by the organization.</td>
<td>Give a presentation to your club or county about your project’s success.</td>
<td>Develop a plan of action for your activity (identify a date to carry out the activities, what tasks, what resources are needed, who will do it, and by when.</td>
</tr>
<tr>
<td>Keep a ledger of expenses or income you may have accrued.</td>
<td>Document your activity.</td>
<td>Submit an article to your local newspaper.</td>
</tr>
<tr>
<td>Ideas: river/beach/lake clean-up, food or supply donations, visiting seniors.</td>
<td>Ideas: river/beach/lake clean-up, food or supply donations, visiting seniors.</td>
<td>Celebrate your accomplishments.</td>
</tr>
</tbody>
</table>

The activities above are ideas to inspire further project development. This is not a complete list.

4-H THRIVE

Help youth:

**Light Their Spark**
A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

**Flex Their Brain**
The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

**Reach Their Goals**
Help youth use the GPS system to achieve their goals.

- **Goal Selection:** Choose one meaningful, realistic, and demanding goal.
- **Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.
- **Shift Gears:** Change strategies if you’re having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

**Reflect**
Ask project members how they can use their passion for this project to be more confident, competent, and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character, or establish connections.
Expand Your Experiences!

Civic Engagement
- Research and share historic contributions of African Americans, Asian Americans, Latinos and Native Americans in your community.
- Organize a voter registration drive in your community. Volunteer at a polling site.

Healthy Living
- Learn about water sheds, and test the quality of local lakes, rivers, and streams. Provide report to county supervisors, water district, or local leaders.
- Determine what the specific needs are for the food bank in your community.

Science, Technology, Engineering, and Mathematics
- Offer computer training to families for senior citizens with limited resources.
- Volunteer at a science museum.
- Develop ways for people with visual impairments to experience local parks.

Leadership
- Design and create a small discussion group of teens close to your own age.
- Organize a series of community speakers to educate your 4-H unit.
- Become an active member of a county or city youth commission or other group outside 4-H.

College and Career Readiness
- Contact a local university, and volunteer with them in your area of interest or major.
- Choose long-term volunteering and service rather than short-term “one off” service.
- Record and write about your experiences.

Connections & Events | Curriculum | 4-H Record Book
--- | --- | ---
**Presentation Days** – Share what you’ve learned with others.

**Field Days** – At these events, 4-H members may participate in a variety of contests related to their project area.

Participate in California Focus or Washington Focus event.

Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.

- Civic Engagement and Service Learning
  [http://4h.ucanr.edu/Projects/CivicEngagement/](http://4h.ucanr.edu/Projects/CivicEngagement/)
- 4-H Afterschool Resource Guide– Civic Engagement
  [http://4h.ucanr.edu/files/124237.pdf](http://4h.ucanr.edu/files/124237.pdf)
- Civic Engagement Curriculum Resources
  [http://4h.ucanr.edu/Resources/curriculum/](http://4h.ucanr.edu/Resources/curriculum/)

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning, and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

4-H Record Book online, visit [http://ucanr.edu/orb/](http://ucanr.edu/orb/)

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

University of California Agriculture and Natural Resources

Authors of 4-H Community Service Project Sheet Vera M. Bullard, Jenna Colburn, Allison Keaney, Maura Sparrevoorn, Fe Moncloa
UC ANR 4-H Youth Development Program • [http://4h.ucanr.edu](http://4h.ucanr.edu)
FOR FUTURE INFORMATION

To order or obtain ANR publications and other products, visit the ANR Communication Services online catalog at http://anrcatalog.ucanr.edu/ or phone 1-800-994-8849. You can also place orders by mail or request a printed catalog of our products from

University of California
Agriculture and Natural Resources
Communication Services
2801 Second Street
Davis, CA 95618
Telephone 1-800-994-8849
E-mail: anrcatalog@ucanr.edu

©2019 The Regents of the University of California. This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/4.0/ or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

Publication 8648

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a U.S. veteran.

UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University’s equal employment opportunity policies may be directed to: UCANR, Affirmative Action Compliance and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397. Email: titleixdiscrimination@ucanr.edu.

Website: http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/.

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.

An electronic copy of this publication can be found at the ANR Communication Services catalog website, http://anrcatalog.ucanr.edu/.

This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by ANR Associate Editor for Human and Community—Youth Development Kendra Lewis.

California 4-H Project Sheet Technical Editors
NICOLE MARSHALL-WHEELER, 4-H Youth Development Advisor, UC Cooperative Extension, Colusa, Sutter, and Yuba Counties; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma Counties.

California 4-H Project Sheet Series Authors
VERA M. BULLARD, 4-H Program Representative, UC Cooperative Extension, Amador and El Dorado Counties; JENNA COLBURN, 4-H Program Representative, California State 4-H Office; ANNE IACCOPUCCI, 4-H Healthy Living Academic Coordinator, California State 4-H Office; ALLISON KEANEY, CEO, Sonoma-Marin Fairgrounds; SHANNON KLISCH, UC CalFresh Community Education Supervisor, UC Cooperative Extension, San Luis Obispo County; NICOLE MARSHALL-WHEELER, 4-H Youth Development Advisor, UC Cooperative Extension, Colusa, Sutter, and Yuba Counties; FE MONCLOA, 4-H Youth Development Advisor, UC Cooperative Extension, Santa Clara County; KATHERINE E. SOULE, Youth, Families, and Communities Advisor and Director of UC Cooperative Extension, San Luis Obispo and Santa Barbara Counties; MAURA SPARREVOHNI, 4-H Youth Member, Sacramento County; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma Counties.