What's Your "H"?

Colorado 4-H recently launched a 4-H marketing campaign encouraging both 4-H members and non 4-H members alike to think about the four "H's" of 4-H and try to determine which "H" they most closely relate to.

You may even see the "What's Your H?" slogan written on city buses, bus stops and light rail trains up and down the Front Range. But what do the four "H's" stand for and what do they mean?

The four "H's" in 4-H stand for Head, Heart, Hands and Health. When the origins of the current 4-H program were taking shape more than 100 years ago, the original symbol was a three-leaf clover with the words "Head, Heart and Hands."

In early 1911, the fourth "H," Health, was adopted thus beginning a 100-plus-year tradition of the 4-H program developing youth through the use of Head, Heart, Hands and Health. While each "H" may mean something slightly different to every individual, the following definitions are good guidelines to determine what "H" you can identify with.

Head is the first "H" that is mentioned in the 4-H pledge and 4-H creed. If your "H" is Head, you value managing and thinking through problems and situations. You strive for clearer thinking and intelligent behavior. You want to understand the "whys" and enjoy gaining new and valuable knowledge.

The second "H" is Heart. Those who identify closely with "Heart" are concerned with the welfare of others, accept the responsibility of citizenship and determine values and attitudes by which to live. If your "H" is Heart, you are kind, sympathetic, respectful and trustworthy, and you easily develop lasting friendships.

The third “H” is Hands—hands for larger service. Someone who easily identifies with this “H” is helpful, skillful and useful. This person enjoys learning new skills and perfecting skills they already know. They develop pride in their work and have a respect for their work.

The final “H” is Health. Individuals who closely identify with this “H” practice healthy living, protect the well-being of themselves and others and make constructive use of leisure time. This “H” enjoys life, works to resist disease and develops an understanding about the need for a clean and healthy environment.

Do you have an idea about which “H” you are? To determine your true “H,” go to the following website to take the “What’s Your H?” survey: www.colorado4h.org/whats-your-h-survey.php . You may be surprised with the results!

For more information on joining 4-H in Phillips County, or becoming a valued 4-H volunteer or mentor, please contact the Phillips County Extension Office at 854-3616. Extension programs are available to all without discrimination.

Holyoke Enterprise January 10, 2013