

THE 4-H STUDY OF POSITIVE YOUTH DEVELOPMENT

2012 Summary of Findings from Wave 8

RESEARCH SHOWS:

4-H Helps Young People Excel Beyond Their Peers

For a decade, preeminent youth development scholar, Dr. Richard Lerner, and the team at the Institute for Applied Research in Youth Development at Tufts University have been working with faculty at land-grant universities to conduct The 4-H Study of Positive Youth Development.

This in-depth, longitudinal study has discovered that the structured learning, encouragement and adult mentoring that young people receive through their participation in 4-H plays a vital role in helping them achieve future life successes.

4-H YOUTH MAKE MORE HEALTHY CHOICES

Young people in 4-H are:

- 3.4 times more likely to delay sexual intercourse by Grade 12
- Shown to have had significantly lower drug, alcohol and cigarette use than their peers
- 2.3 times more likely to exercise and be physically active

4-H'ERS EXCEL IN SCHOOL AND THE SCIENCES

Young people in 4-H:

- Report better grades, higher levels of academic competence, and an elevated level of engagement at school
- Are nearly two times more likely to plan to go to college
- Are more likely to pursue future courses or a career in science, engineering, or computer technology

The study also finds that girls in 4-H are more than twice as likely to participate in science, engineering, or computer technology programs than their peers.

YOUNG PEOPLE IN 4-H ARE COMMITTED TO IMPROVING THEIR COMMUNITIES

A notable trend of the study indicates that 4-H youth are 3.4 times more likely to actively contribute to their communities when compared with youth who do not participate in 4-H.

METHODOLOGY:

The 4-H Study of Positive Youth Development is a longitudinal study that began in 2002, surveying more than 7,000 adolescents from diverse backgrounds across 44 U.S. states. The study is made possible by the contributions of our nation's land-grant universities and National 4-H Council.



Tufts
UNIVERSITY

To learn more about The 4-H Study of Positive Youth Development, visit www.4-H.org/about/youth-development-research

4-H IS THE YOUTH DEVELOPMENT PROGRAM OF OUR NATION'S COOPERATIVE EXTENSION SYSTEM.