

# 4-H TRADITIONS

## 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.

**HEAD** stands for clearer thinking and decision-making. Knowledge that is useful throughout life.

**HEART** stands for greater loyalty, strong personal values, positive self concept, and concern for others.

**HANDS** stands for larger service, workforce preparedness, useful skills, science and technology literacy.

**HEALTH** stands for better living and healthy lifestyles.

## 4-H Motto

“To make the best better”



## 4-H Emblem

The first emblem design was a three-leaf clover, introduced by O.H. Benson, sometime between 1907-08. From the beginning, the three “H’s” signified Head, Heart, and Hands. A four-leaf clover design with H’s appeared around 1908. In 1911, Benson referred to the need for four H’s suggesting that they stand for “Head, Heart, Hands, and Hustle.” In 1911, 4-H club leaders approved the present 4-H design. O.B. Martin is credited with suggesting that the H’s signify Head, Heart, Hands and Health -- universally used since then.

**Did You Know?** The 4-H Name & Emblem is a highly valued mark within our country’s history. As such, it was granted a very unique and special status; it is in a category similar to the Presidential Seal and the Olympic Emblem. This federal protection makes it a mark in and of itself with protection that supersedes the limited authorities of both a trademark and a copyright. The Secretary of Agriculture has responsibility for the 4-H Name and Emblem, at the direct request of Congress. The “18 USC 707” is the statement in the United States Code that outlines the protection of the 4-H Name & Emblem. The official 4-H emblem (seen above) must be used by 4-H clubs. Private organizations and commercial vendors can only use the emblem with the permission of the local Extension Office.

More information about 4-H can be found at [www.uwex.edu/ces/4h/about/](http://www.uwex.edu/ces/4h/about/).