Benefits of 4-H Youth Camping

At the Northern Virginia 4-H Educational Center

What is the purpose of 4-H camping?
- 4-H camping is cooperative group living in a natural environment that focuses on developing life skills, social, spiritual, mental, and physical development in young people.
- 4-H camping emphasizes experiential learning; campers “learn by doing.”

Who participates?
- More than 5,900 youth ages 5-18 are involved in the Northern Virginia 4-H Educational Center programming annually.
- 782 4-H teen and adult volunteer leaders support, supervise, and teach those youth.

How are youth involved?
- The Northern Virginia 4-H Educational Center provides opportunities for youth in three ways: 4-H residential camping, 4-H specialty/day camping, and 4-H school enrichment based upon the Virginia Standards of Learning.

What type of educational programming is provided?
- Leadership development, outdoor adventure, high/low ropes, environmental and aquatic science, outdoor sports, performing arts, shooting education, horsemanship, canoeing, swimming, forestry, climbing, wildlife, arts/crafts, primitive skills, fishing, and rocketry

How do youth benefit from 4-H camping?*
- Youth have the opportunity to learn and have fun in a safe environment while surrounded by caring adults.
- A recent study of the impacts of Virginia 4-H camping conducted with 11,000 youth campers (ages 9-13) from across Virginia found that 4-H camp participation helped youth learn to:
  - Make new friends
  - Develop new skills
  - Become more independent and able to take care of themselves
- A recent study of parents/guardians of Virginia 4-H campers found that 4-H camp participation changed youths’ behaviors in the areas of:
  - Taking care of their own things (self-responsibility)
  - Becoming more independent /Taking initiative
  - Sharing

*18 U.S.C. 707

For more information:
- Contact your local Extension Office
- Contact the Northern Virginia 4-H Center at (540) 635-7171 or www. ext.vt.edu/resources/4H/northern