JUNE 2021

Thriving in afterschool: Promoting healthy futures for young people

This June marks more than one year of living in the new normal created by the pandemic. For children and families alike, the new normal has brought with it unease and anxiety, feelings of isolation, and increased levels of stress.¹ Parents’ level of concern for their children’s social and emotional health remained high throughout 2020. Summer and fall parent surveys found that more than 8 in 10 parents were concerned about their child’s social and emotional well-being, with nearly half of these parents reporting extreme concern for their child.²

Afterschool and summer programs are rising to the moment

Afterschool and summer enrichment programs have been a consistent source of support to young people and families who are juggling remote school or work, dealing with the health and economic stressors created by the pandemic, and managing the toll that COVID-19 is taking on their mental health and overall well-being.

Throughout 2020 and into 2021, afterschool and summer learning programs have stayed in contact with their students and families, finding ways to support them as the nation continues to navigate the short- and long-term effects of the pandemic.³

A spring 2021 survey of program providers found that in addition to academic enrichment, an overwhelming majority of programs that are open are: ⁴

<table>
<thead>
<tr>
<th>Activity</th>
<th>Spring 2021</th>
<th>Summer 2020</th>
<th>Fall 2020</th>
<th>Spring 2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Giving young people the time to interact with their peers and build social skills</td>
<td>62%</td>
<td>61%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Creating the space to talk with their peers or staff members about how they are feeling</td>
<td>63%</td>
<td>64%</td>
<td>64%</td>
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<tr>
<td>Providing opportunities to be active and away from screens</td>
<td>61%</td>
<td></td>
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</tbody>
</table>

Finding ways to stay connected to youth

Connecting families with community resources

Providing a safe, supervised learning environment during virtual school days
Research conducted by the Search Institute has found that strong relationships between adults and youth have a positive impact on youth development. Young people in out-of-school time (OST) settings who reported strong developmental relationships had higher self-rated social and emotional competencies, including self-awareness, self-management, responsible decision-making, social awareness, and relationship skills. On average, youth in OST reported stronger high-quality relationships with staff compared to the other youth development settings included in the study.


Promoting positive developmental supports

Afterschool and summer enrichment programs serve both as a fundamental setting in which healthy development and learning takes place, as well as an intervention through which social and emotional skills and competencies are fostered. Through afterschool and summer enrichment programs, young people will have the support they need to re-engage, recharge, and rebound from the pandemic.

Afterschool programs provide integral developmental supports:

- Caring and supportive mentors
- Safe spaces where students build confidence and feel a sense of belonging
- Opportunities to work collaboratively, problem solve, and think critically

In turn, these supports help kids:

- Gain self-control and confidence
- Improve work habits and grades
- Develop strong social skills
- Improve school day attendance and behavior
- Build healthy relationships with their peers and adults
- Reduce risky behaviors, such as tobacco, marijuana, and alcohol use

Endnotes


2 National household surveys of parents of school-aged children commissioned by the Afterschool Alliance. The first survey was of 1,071 parents, conducted Aug. 4-18, 2020, and the second was of 1,202 parents, conducted Oct. 12-29, 2020.


4 A national survey of 1,235 afterschool and summer program providers, commissioned by the Afterschool Alliance and conducted Feb. 19-March 15, 2021.