



This is Afterschool

Promoting Healthy Futures

The hours after school can be full of risk. Across America, 1 in 5 kids are alone and unsupervised from 3 to 6 p.m.¹ These are the hours when juvenile crime, victimization and drug use peak—and many parents are still at work.²

Studies show just how risky the hours after school can be:

- Youth who are not involved in constructive, supervised extracurricular activities are more likely to engage in risky behaviors such as school failure, drug use, and delinquency.³
- Teens who do not participate in structured activities after school are nearly three times more likely to skip classes at school and experiment with drugs.⁴

Afterschool is changing that.

Afterschool turns a time of risk into a time of opportunity by helping youth develop skills and relationships they need to succeed. Afterschool programs:

- Foster protective factors that help kids gain self-control and confidence, feel more connected to school, and build quality relationships with their peers and caring adults.⁵
- Provide trauma-informed practices that help kids overcome Adverse Childhood Experiences (ACEs), which in turn reduces the likelihood that youth will develop substance use disorders and other future health conditions.⁶

When youth participate in afterschool programs, risky behaviors decrease and measures of success increase.*

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| 📍 Tobacco, marijuana, and alcohol use | 📍 Strong social skills |
| 📍 Arrests and gang activity | 📍 Improved school day attendance |
| 📍 Selling drugs | 📍 Improved work habits and classroom behavior |
| 📍 Aggressive behavior toward peers | 📍 Gains in reading and math |
| 📍 Reports of misconduct in school | 📍 Graduation rates |

*Among studies comparing afterschool participants to their non-participating peers.

“Research has consistently shown that the presence of developmental supports and opportunities (protective factors) provide a better indicator of whether youth will grow up to become successful, well-adjusted adults than does the presence or absence of risk factors. By providing youth with caring relationships, high expectations, and opportunities for meaningful participation, we meet the fundamental developmental needs that must be fulfilled if children and youth are to become happy and successful.”⁷

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Afterschool Alliance

America Needs More Afterschool Programs

Today, both parents work full time in nearly half of two-parent households and more than 3 in 4 single parents are in the workforce.⁸ As a result, the gap between school and work schedules for many families is up to 25 hours per week.⁹

The Unmet Demand Continues to Grow

- For every child in an afterschool program, 2 more are waiting to get in. Nationwide, nearly 20 million families need afterschool programs.
- 21st Century Community Learning Center grants are the only dedicated source of support for local communities' afterschool and summer programs. Demand for programs is so great that 2 out of every 3 applications cannot be funded.

Afterschool is a Smart Investment

Afterschool provides a solid return on investment. Research shows that every \$1 invested in afterschool programs saves at least \$3 by:



- Increasing kids' learning potential
- Improving kids' performance at school
- Reducing crime and juvenile delinquency

“Latchkey children are particularly vulnerable to alcohol or other drug use because they are unsupervised by their parents or other responsible adults before and after school.”

National Crime and Prevention Council¹⁰

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By Nila Cobb, Assistant Director of the West Virginia Statewide Afterschool Network

As a medical social worker at both the Veteran's Affairs Medical Center and a private hospital, I saw the damage opioids were causing. I also saw an extremely personal side of the crisis—afterschool was the catalyst that helped me step in as a grandparent and rescue my grandson from a deteriorating circumstance. Afterschool programs can build relationships with a child's family and provide specialized staff training around the steps that must be taken in a crisis. With appropriate supports and intervention, people can overcome traumatic experiences. Afterschool is perfectly situated to work within the community to help with the recovery efforts for our youth to enjoy a future of prosperity.



Afterschool Alliance

The Afterschool Alliance is working to ensure that all children and youth have access to quality afterschool programs. Learn more at: www.afterschoolalliance.org

Find research about how afterschool helps kids reduce risky behaviors at <http://3to6.co/healthy-futures>.

Sources

- 1 www.afterschoolalliance.org/AA3PM
- 2 www.fightcrime.org
- 3 <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.546.5178&rep=rep1&type=pdf>
- 4 www.ncjrs.gov/pdffiles1/ojdp/fs200114.pdf
- 5 <https://www.samhsa.gov/capt/sites/default/files/resources/preventing-youth-marijuana-use-programs-strategies-2017.pdf>; <https://eric.ed.gov/?id=ED499113>; <https://teammates.org/wp-content/uploads/2011/01/DuBoisetalMeta.pdf>
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