EVIDENCE OF AFTERSCHOOL'S IMPACT ON STUDENTS' WELL-BEING

Only 10 states* have included questions regarding participation in afterschool programs in their state Youth Risk Behavior Survey (YRBS), conducted as a part of an effort by the U.S. Centers for Disease Control and Prevention. However, these additional questions have produced findings demonstrating positive correlations between participation in afterschool programs and young people’s mental and physical health. For example:

**ALASKA**
Students participating in afterschool programs at least two days a week were 18% less likely to use alcohol, 39% less likely to use marijuana, and 28% less likely to have an unexcused absence.

**VERMONT**
High schoolers who participated in at least one hour of afterschool activities were less likely than their non-participating peers to report carrying a weapon or report being threatened or injured by a weapon on school property.

**WISCONSIN**
Students involved in at least one hour of extracurricular activities report lower rates of anxiety, depression, and suicidal thoughts.**

These student quotes are a small sampling of the invaluable supports and experiences afterschool programs are providing young people—from creating a safe space where they can connect with caring adults to helping them build the skills to reach their full potential.

However, in New York, for every child in an afterschool program, 4 more would participate and are missing out, despite strong public support for afterschool. A national fall 2022 survey found that approximately 8 in 10 registered voters said that afterschool programs are an absolute necessity for their community (79%) and want their federal, state, and local leaders to provide more funding for programs (80%).

AFTERSCHOOL PROGRAMS ACCELERATE STUDENTS' ACADEMIC GROWTH AND SUPPORT THEIR WELL-BEING

Among New York students in afterschool programs:

- 86% are getting homework help
- 84% are engaging in STEM learning opportunities
- 83% are taking part in physical activities
- 86% are interacting with their peers and building social skills
- 84% are building confidence
- 76% are learning responsible decision-making
- 94% of New York parents are satisfied with their child’s afterschool program

*AK, CT, MI, MN, NM, OH, VT, VI, WA, WI

**The Wisconsin YRBS question in the middle school questionnaire asked, “During an average week when you are in school, how many total hours do you participate in school activities such as sports, band, drama, or clubs?” and the high school questionnaire asked, “Do you participate in any school activities, such as sports, band, drama, or clubs?”
Studies have shown that students regularly participating in quality afterschool programs attend school more often, are more engaged in school, get better grades, and are more likely to be promoted to the next grade. A 2020 study conducted by Measurement Incorporated of New York’s 21st CCLC programs noted that pre-pandemic, successes of the program included student and parent engagement in the program and improved graduation rates, English language arts and math performance, and homework completion. During the pandemic, the study found that programs were providing virtual programming, helping students access technology, giving referrals for families, and providing emotional support services.

**AFTERSCHOOL PROGRAMS SUPPORT WORKING FAMILIES**

New York parents agree that afterschool programs:

- 80% are helping working parents keep their jobs
- 82% are providing working parents peace of mind knowing that their children are safe

**AFTERSCHOOL PROGRAMS ARE A SMART INVESTMENT**

Research spanning several states shows that every $1 invested in afterschool programs saves at least $3 by:

- Increasing kids’ earning potential as adults
- Improving kids’ performance at school
- Reducing crime and juvenile delinquency

**21st Century Community Learning Centers**

21st Century Community Learning Centers (21st CCLC) are local before-school, afterschool, and summer learning programs that serve students attending high-poverty, low-performing schools. These programs engage students in hands-on learning activities aimed at supporting their academic growth, provide a variety of enrichment activities to complement school-day learning, and offer educational and support services to the families of participating children. The 2022 Department of Education annual performance report of 21st CCLC found that among regular participants in need of improvement:

- NEARLY 1 IN 2 improved their language arts or math grades
- NEARLY 7 IN 10 improved their homework completion and class participation
- NEARLY MORE THAN 3 IN 5 improved their behavior in class

In New York, 80,000 children in 334 communities take part in a 21st Century Community Learning Center. 21st CCLC grants are the only dedicated federal funding sources that support local communities’ afterschool and summer programs. Demand for programming in New York is so great that more than 1 out of every 2 applications was not funded during the most recent competition.

**AMERICAN RESCUE PLAN FUNDING IS HELPING INCREASE ACCESS TO AFTERSCHOOL AND SUMMER PROGRAMS**

A spring 2023 survey of afterschool and summer program providers found that while less than 1 in 5 providers (17%) report that they have received COVID-relief funding, those with this funding stream have been able to use it to keep their doors open and increase access to their program. Programs report that they have been able to bolster staff recruitment efforts (47%), hire more staff (44%) and serve more students (44%), expand program offerings (38%), and offer new summer programs (18%).

Funds from American Rescue Plan (ARP) continue to present a tremendous opportunity to help increase access to afterschool and summer programs. For example, the Port Chester-Rye Union Free School District invested approximately $2.2 million of its ARP Elementary and Secondary School Emergency Relief (ESSER) III funds toward a new afterschool program for students in grades K-6. The ASPIRES program is offered daily in each of the district’s elementary schools and at the Port Chester Middle School for students in grade 6, providing homework help; activities in the arts—such as music, dance, and theater; and sports programming, as well as helping students build their foundational skills, including working collaboratively, communicating effectively, and learning self-management. The district is also budgeting for the program during the 2022-2023 and 2023-2024 school years.