

Afterschool Promoting Healthy Futures

How programs are addressing the well-being of
students and staff

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Objectives

- 1. Parent priorities**

Build understanding of parents' priorities when looking for their child's afterschool and summer learning program as they relate to well-being.
- 2. Children and youth well-being**

Share strategies to provide additional supports for young people's mental health and well-being in afterschool and summer programs.
- 3. Staff well-being**

Provide concrete examples of ways in which to support staff mental health and well-being.

America After 3PM

America After 3PM is the nation's most comprehensive look at how children spend their time during the hours after school. Conducted roughly every five years, the 2020 study is the fourth edition. Previous studies were conducted in 2004, 2009, and 2014.

America After 3PM serves as a resource for policymakers, educators, parents, and advocates on afterschool program participation, demand, and expectations and benefits of programs.

America After 3PM includes data from 31,055 households. Interviews were completed online and supplemented by phone. Respondents are parents or guardians with a school-age child in their household. The survey was offered in both English and Spanish. Interviews were completed January 27th-March 17th, 2020.

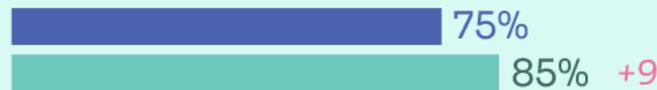
An Advisory Committee comprised of afterschool experts and researchers provided input on the design of the survey instrument.

America After 3PM is made possible by the generous support of the New York Life Foundation, Overdeck Family Foundation, The Wallace Foundation, the S.D. Bechtel, Jr. Foundation, Altria Group, the Walton Family Foundation, and the Charles Stewart Mott Foundation.

Strong and growing majorities of parents say afterschool programs support kids' needs

Parents agree that programs provide children a wide range of supports, even more now than in the past.

Provide children opportunities to be physically active



Provide children opportunities to engage with their peers



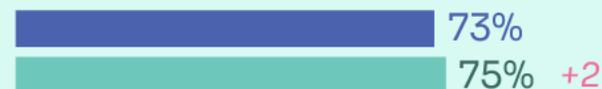
Provide working parents peace of mind knowing that their children are safe and supervised



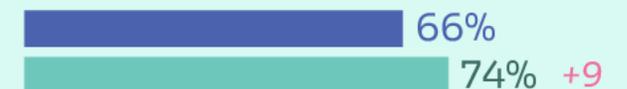
Allow children to build positive relationships with caring adults and mentors



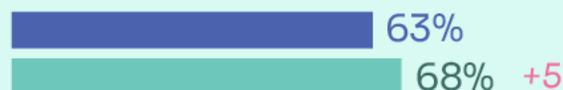
Reduce the likelihood that youth will engage in risky behaviors



Keep kids safe and out of trouble



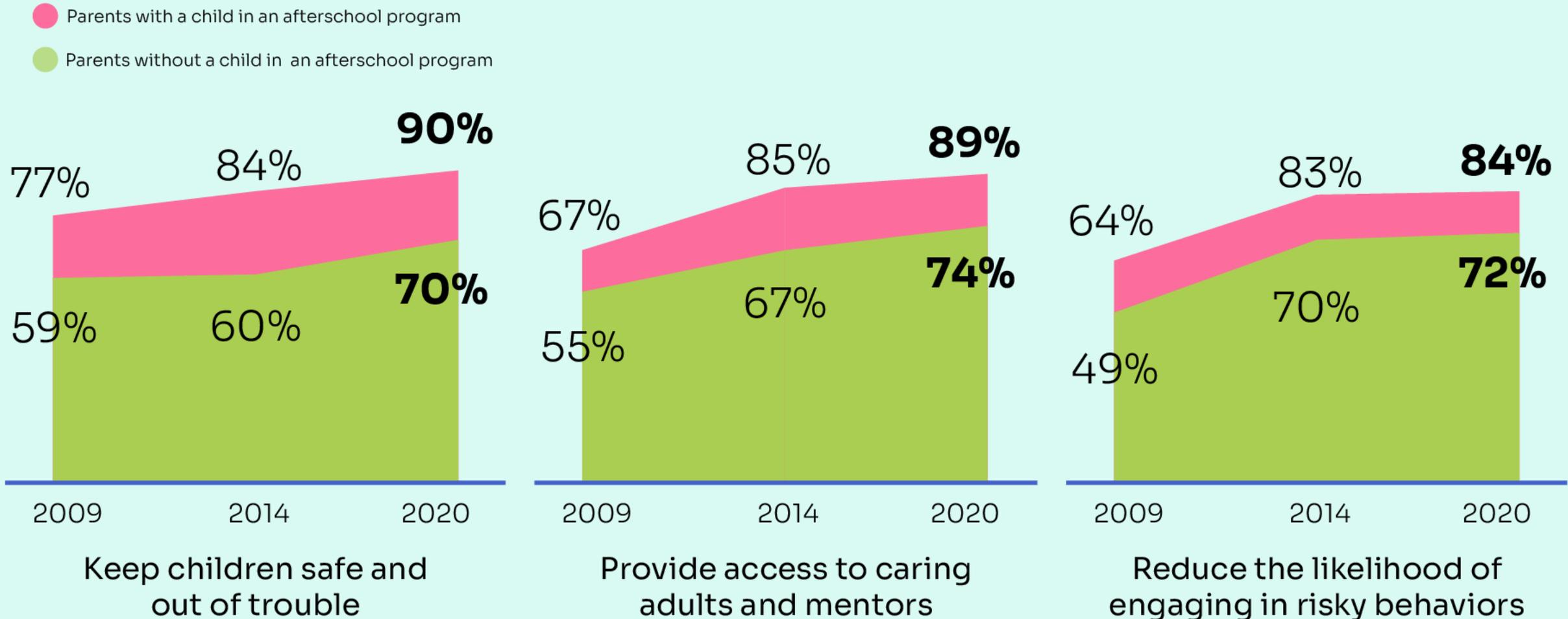
Provide healthy beverages, snacks, or meals



● 2014 ● 2020 ● Percentage point change*

* Percentage point calculations may be different due to rounding.

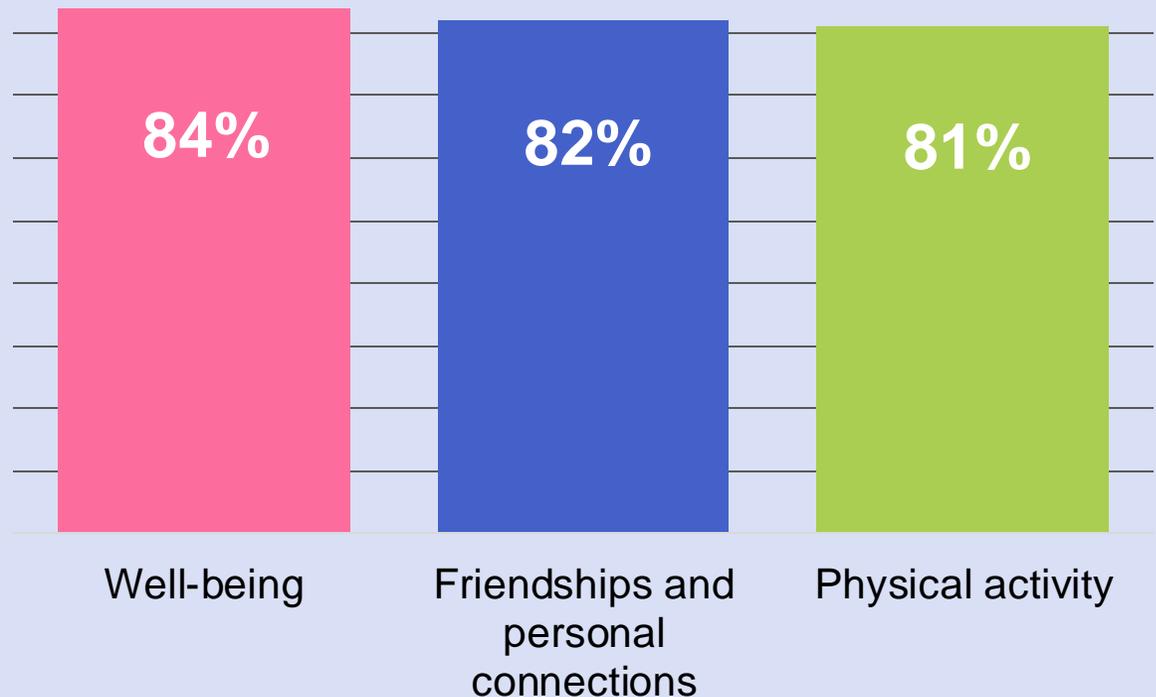
Parent views on the benefits of afterschool have grown stronger—whether they have kids in programs or not



Children's health and well-being was top of mind for parents during the pandemic

During the fall of 2020, more than 8 in 10 parents reported that they were concerned about their child's well-being, that their child had friendships and personal connections, and that they were active on a regular basis.

Parents reported concerns about their child's:



Physical activity and time to build life skills were the supports parents wanted most for their child.

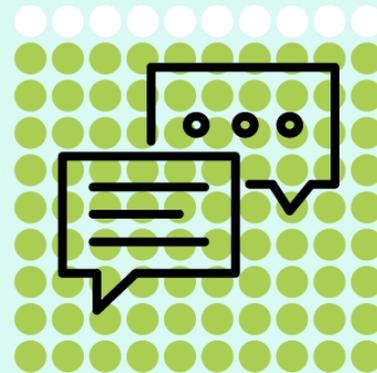
Physical activity	44%
Opportunities to build life skills	40%
Activities that excite my child about learning	33%
STEM learning opportunities	31%
Opportunities for social connections with peers and caring adults	31%
Opportunities to experience the outdoors	27%
Music or arts	26%
Opportunities for reading or writing	25%
Organized sports, including school teams	25%
Homework or academic help	23%
College or career exploration	11%



Parents value opportunities for children to build life skills, and afterschool programs are delivering

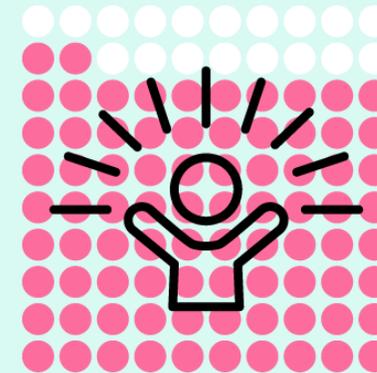
Nearly 9 in 10 parents (88%) say opportunities to build life skills was important in their selection of their child's afterschool program.

Parents report that afterschool programs are:



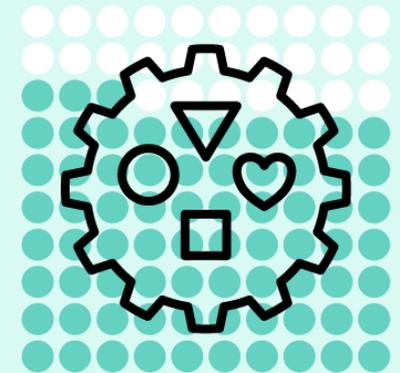
90%

Offering time for their child to interact with their peers and build social skills



82%

Helping build their child's confidence



73%

Providing time to learn responsible decision making