



As many as 15 million kids have no place to go after school.

The **Afterschool Alliance** is working to ensure that every child has access to quality, affordable afterschool programs.

Here's How You Can Help.



Afterschool Alliance

The Afterschool Alliance is a nonprofit public awareness and advocacy organization supported by a group of public, private and nonprofit institutions dedicated to ensuring that all children and youth have access to afterschool programs by the year 2010. The Alliance is proud to count among its founding partners the C.S. Mott Foundation, U.S. Department of Education, JCPenney Afterschool, the Entertainment Industry Foundation, the Creative Artists Agency Foundation and the Open Society Institute/The After-School Corporation.

The Afterschool Alliance
1616 H Street, NW, Suite 820
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**The information in this booklet
and much more is available at
www.afterschoolnow.org**

Afterschool programs keep kids safe, help working families and improve academic achievement. Yet many youth are missing out. As many as 15 million kids have no place to go after school.

The Afterschool Alliance is working to ensure that every child has access to quality, affordable afterschool programs.

Thank you for helping.

**Afterschool programs.
Ignore them and they'll go away.**



Learn the Facts

From education experts and law enforcement officers to parents and grandparents, Americans agree that afterschool programs make sense. Afterschool programs keep kids safe, help working families and improve academic achievement.

- More than 28 million children today have parents who work outside the home.¹
- As many as 15 million kids have no place to go once the school day ends.²
- Studies show that students involved in afterschool programs get better grades, attend school more and have improved behavior. They also express greater hopes for the future and more interest in school.³
- Teens who participate in afterschool are less likely to skip class, use marijuana and other drugs, smoke, drink alcohol or engage in sexual activity.⁴
- Two-thirds of Americans say that it is difficult to find programs in their communities and that not enough programs are available.⁵
- About 13 percent of children and adolescents are now seriously overweight.⁶ Afterschool programs can provide substantial amounts of health-enhancing physical activity and opportunities to practice skills taught in physical education courses.⁷

References:

¹ U.S. Department of Labor

² U.S. Census Bureau, Urban Institute estimate, 2000

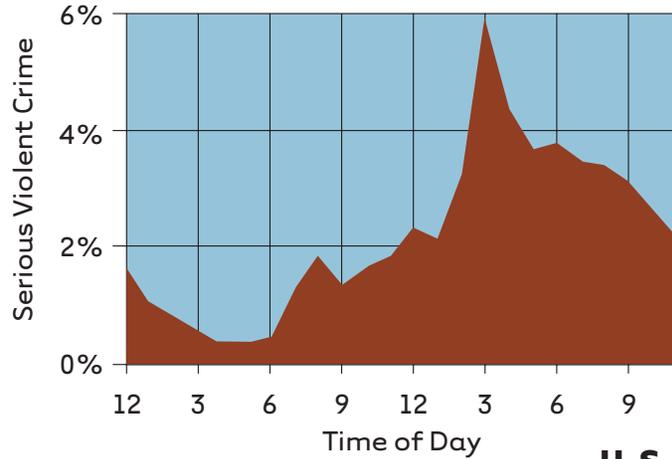
³ "Extra Benefits Tied to Extracurriculars," Education Week, October 2000

Fact sheets on afterschool

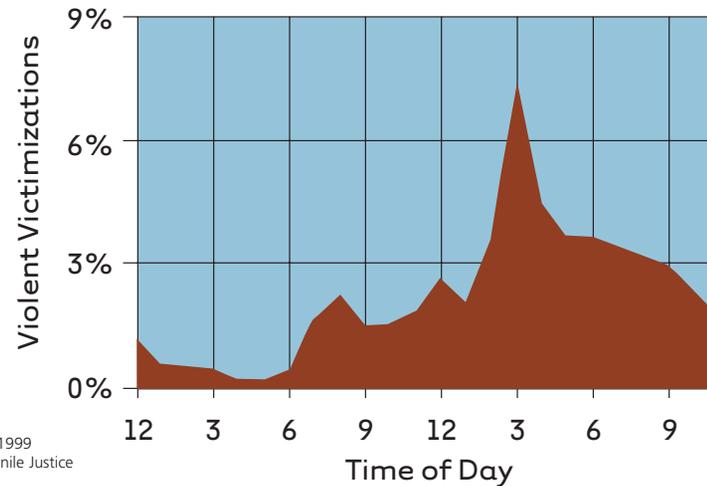
issues are available at

www.afterschoolalliance.org

U.S. Serious Violent Crimes Committed by Juveniles on School Days



U.S. Violent Crime Victimization of Juveniles on School Days



Data Source: Snyder, H.N., Sickmund, M., Juvenile Offenders and Victims: 1999 National Report, National Center for Juvenile Justice and the Office of Juvenile Justice and Delinquency Prevention, Washington D.C. September 1999.

References: (continued)

- ⁴YMCA of the USA, March 2001
- ⁵Afterschool Alliance, Mott/JCPenney Afterschool Poll, July 2001
- ⁶National Health and Nutrition Examination Survey, 1999
- ⁷"Promoting Better Health for Young People Through Physical Activity and Sports: A Report to the President From the Secretary of Health and Human Services and the Secretary of Education," Fall 2000

Violent crime
committed by
and against
juveniles **peaks**
during the hours
after school.



tip

Facts about afterschool in
your state are available at
www.afterschoolalliance.org

Tell Your Friends

One of the easiest things you can do to support afterschool programs is to tell others about why your community needs these programs. Public support and concern can turn afterschool into a priority for community leaders and policymakers.

Nearly everyone has a stake in afterschool programs:

- Teachers and other parents will want to know that afterschool programs keep kids safe, improve academic achievement, increase school attendance and support young people's positive and healthy development.
- Law enforcement and your neighborhood watch will want to know that afterschool reduces juvenile crime.
- Your co-workers and employer will want to know that afterschool programs can alleviate child care and safety worries of working parents.

Your discussions may spur healthy debate on afterschool in your community. You might also find that you learn a lot about the after school needs and resources in your community.



Other places to raise the issue of afterschool:

- neighborhood gatherings
- community centers
- parent/teacher organization meetings
- local parks
- houses of worship
- clubs and civic groups
- business organizations
- neighborhood and resident associations

When the whole nation demands safe, stimulating places for kids after school, we can have Afterschool for All.

What Parents Say

Parents have said that the afterschool program in which their child participated helped them balance work and family life:

- 94% said the program was convenient;
- 60% said they missed less work than before because of the program;
- 59% said it supported them in keeping their job; and
- 54% said it allowed them to work more hours.

Policy Studies Associates, Inc., "Evaluation Results from TASC After-School Programs' Second Year," February 2001.

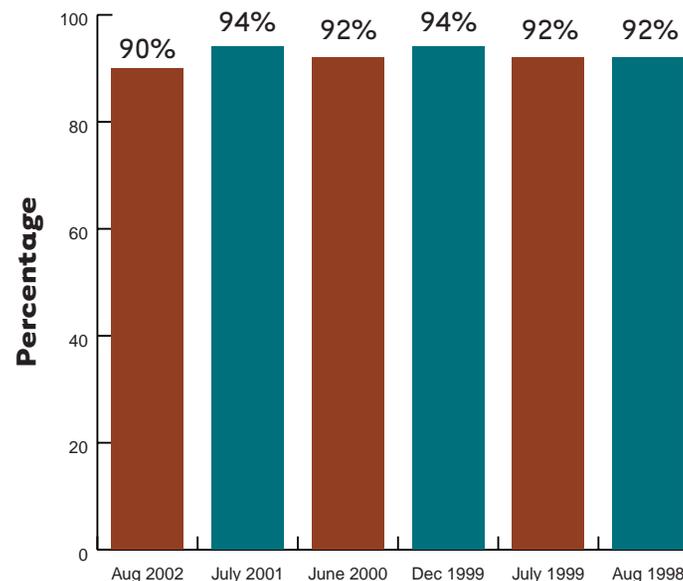
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Tell Your Leaders

The support of a school board or superintendent, city council, mayor, governor, or Congressional representative can make the critical difference in the success of afterschool in your community.

Contacting local, state and national leaders may be a little intimidating compared to chatting with neighbors and friends, but keep in mind that these individuals are working for you, and your community.

**Voter Support for
Organized Activities After School**



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You can send an e-mail to your Congressional leaders instantly at www.afterschoolnow.org, or download sample letters and tips for talking to policymakers.

You might start by calling your school, principal or superintendent to ask about afterschool in your community, then call, write, e-mail or meet with your leaders to let them know how important afterschool programs are to the communities they represent. Ask how they are supporting afterschool programs and whether they are working toward afterschool for all children.

Find your leaders' contact information in the local phone book under government, or on your town's website.

Lend a Hand

As much as afterschool programs need money to stay alive, they also need people. And you don't have to be a teacher or education expert to help. Parents, students, and anyone with time and a commitment to helping children succeed can lend a hand.

There are many ways to get involved in volunteering for afterschool.

- Contact your local school district and ask about programs in your community and whom to call about volunteering.
- Try community-based organizations, such as Boys & Girls Clubs or the YMCA. If they don't run an afterschool program near you, they might know who does.
- Look in the phone book or on the Internet under child care or youth organizations, or try www.childcareaware.org.
- Look up the volunteer bureau in your community.
- Contact organizations dedicated to volunteering, such as the USA Freedom Corps.

USA Freedom Corps

President Bush created the corps in 2002 to encourage all Americans to help others and strengthen communities by pledging 4,000 hours of community service in a lifetime. For more information, go to www.usafreedomcorp.org. There you will learn about the organization's history and what you can do to serve your community. The site even provides a journal in which to keep track of your service and document your experiences while you do your part for America.

Volunteers can be an invaluable resource for your afterschool program. Both www.afterschool.gov and www.usafreedomcorp.org have information on finding, training and using volunteers effectively.

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Elementary Ages 5-10

Characteristics of This Age-Group:

- High energy and need lots of activity
- Practicing large muscle and fine motor skills
- Developing physical flexibility
- Growing attention span
- Respond to simple rules and limits
- Eager to learn
- Creative
- Beginning to reason
- Feel their ideas count
- Easily hurt and insulted
- Identify with the family
- Eager to please
- Enjoy small groups
- Emphasize fairness

What Afterschool Should Offer This Age-Group:

- Wide variety of activities and choices, but offered under a set routine
- Frequent individual interaction with adults
- Games with simple rules
- Quiet areas as well as noisy areas
- Outside experiences
- Imaginative play opportunities
- Some clear responsibilities like clean-up
- Projects that apply school day lessons to family and community
- Opportunities to read aloud, silently, and to talk about books and ideas
- Matching, ordering and sorting activities

- Opportunities to apply arithmetic problems in real-world ways
- Small experiments with everyday products
- Nature walks and talks
- Opportunities to work with a variety of materials for projects

- Physical activities that do not emphasize competition, such as jump rope, marbles, jacks and kites
- Music, dance and drama opportunities
- Opportunities to try experiences from diverse cultures

Preadolescents & Teens Ages 10-14

Characteristics of This Age-Group:

- High energy and need lots of activity
- Like to achieve and be seen as competent
- Seem inconsistent in ideas and moods
- Use logic and reasoning
- Think beyond the immediate experience
- Can exchange ideas
- Seek independence
- Want voice in decisions

- Feel awkward and embarrassed in some situations
- Need praise and approval
- Identify strongly with peers
- Interested in experimentation

What Afterschool Should Offer This Age-Group:

- Wide variety of options
- Connections to real-world experiences
- Opportunities to interact in large and small groups as well as individual recognition

Experiences that explore ethics and values with respected adults

Opportunities to serve others

Physical activity

Opportunities for decision-making and leadership

Opportunities to apply school day lessons through performances and projects

Experiences emphasizing reasoning and problem-solving in art, science, mathematics

Quiet times for homework with adult help and peer help when needed

Games that provide opportunities to practice basic skills, such as chess, checkers, puzzles, word games

Wide range of reading activities with discussion of the ideas found in the books

Experiences built on a wide diversity of cultures and ethnic groups

Teens Ages 14-18

Characteristics of This Age-Group:

Concerned about body and appearance

Highly developed motor skills

Worry about clumsiness, illness and diet

Think abstractly

Learn by doing

Less influenced by parents, more influenced by peers

Need and demand more freedom and privacy

Mask true feelings

Need praise and adult recognition

Admire heroes that demonstrate characteristics of friendship and romance

Recognize diversity of ideas

What Afterschool Should Offer This Age-Group:

Presentations and projects that involve appearance

Opportunities to discuss and address physical risk, including smoking, drugs, drinking, and sexual activity

Opportunities to tutor younger children

Opportunities to show competence in a public setting

Individual projects as well as teamwork in small and large groups

Substantial choice with clear limits

Opportunities to express feelings through projects and activities

One-on-one opportunities to talk with adults

Loud and quiet areas and activities

Discussions of diverse ideas and opinions with adults and peers

Specific help with skill areas that are causing problems

Opportunities to catch up or move ahead with academic interests

Opportunities to work on school day projects and papers with library and Internet support

Problem-solving and reasoning skills practice

What Kids Deserve

After School



Afterschool programs keep kids safe, help working families and improve academic achievement.

The **Afterschool Alliance** is working to ensure that every child has access to quality, affordable afterschool programs.

Afterschool Resources



The Afterschool Alliance is a nonprofit public awareness and advocacy organization supported by a group of public, private and nonprofit institutions dedicated to ensuring that all children and youth have access to afterschool programs by the year 2010. The Alliance is proud to count among its founding partners the C.S. Mott Foundation, U.S. Department of Education, JCPenney Afterschool, the Entertainment Industry Foundation, the Creative Artists Agency Foundation and the Open Society Institute/The After-School Corporation.

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Children in afterschool programs get better grades than their peers. They show greater interest in school, learn new skills and exhibit improved behavior. Youth who do not attend afterschool programs are at greater risk of being involved in crime, and are missing out on important opportunities to learn and grow.

The Afterschool Alliance is working to ensure that every child has access to quality, affordable afterschool programs.

Use the resources in this booklet to ensure that children in your community receive the benefits of afterschool.

**Afterschool programs.
Ignore them and they'll go away.**



94%

of Americans believe that children should have access to afterschool programs.

Afterschool Alliance, Mott/JCPenney Afterschool Poll, July 2001

Finding a Program

All children deserve to be safe and join in creative, stimulating activities after school.

If you are looking for a program, try these resources:

1 Ask a teacher or principal at your school if there is a school-based afterschool program. If not, ask why. Tell them about the 21st Century Community Learning Centers program and point them to the website at www.ed.gov/21stcclc for more information.

2 Contact community organizations such as:

- YMCA: 1-888-333-YMCA, www.ymca.net
- Boys & Girls Clubs of America: 1-800-854-CLUB, www.bgca.org
- 4-H Council, www.fourhcouncil.edu
- Girls, Inc.: (212) 509-2000, www.girlsinc.org
- Camp Fire Boys & Girls, www.campfire.org
- Park & Recreation Department
- Churches, synagogues and mosques
- Police Athletic Leagues, www.nationalpal.org
- Inner City Games, www.inner-citygames.org

3 Talk to other parents, guardians and grandparents about what their children and grandchildren do after school. They might be able to tell you about good programs in the area.

4 Call your local child care resource and referral office. They will have a directory of afterschool programs in your area. You can find them in the blue, white and yellow pages of the phone book under child care, or visit www.childcareaware.org.

5 Afterschool often is part of larger programs at places such as community centers, settlement houses, community learning centers, full-service schools, museums and libraries. Look for programs called Lighted Schools, Beacons, Extended Learning Centers and Supplemental Educational Services. Community arts councils and youth employment programs also might be offering programs after school.



No matter how stellar your program is, no one will know if they can't find it. Be sure to register or list your program with your local child care resource and referral service, and the social services information and referral service. Also, put your program in the phone book, and let reference librarians know about it. Brainstorm other places people might look for afterschool, such as city, school district and state education agency websites, and ask whether you can list your program there.

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Two thirds

67%

of voters think there
are not enough
afterschool
programs available
for children in
America today.

Afterschool Alliance, Mott/JCPenney
Afterschool Poll, July 2001

If There is Not Enough...

If you think afterschool opportunities in your area are inadequate, get active. Check out the resources below for more information and tips on getting programs started in your neighborhood.

General Information on Afterschool

www.afterschoolalliance.org This website provides up-to-date news on afterschool policy as well as tools and materials that can be used in presentations and meetings. It also has information about starting an afterschool program, finding funding for afterschool and how to get involved in the issue.

www.niost.org The National Institute on Out-of-School Time focuses on research, policy and practice in its efforts to ensure that all children, youth, and families have access to high-quality programs, activities, and opportunities during the non-school hours.

Resources for Parents

www.childcareaware.org This site offers resources for parents on finding and choosing a child care provider. It also has a newsletter for parents and providers about child development and child care issues.

www.npin.org The National Parent Information Network is a source for research-based information on education. The site's Virtual Library includes extensive resources on afterschool and summer programs, including a downloadable version of a previously held



satellite town meeting webcast, links to information on finding or starting an afterschool program and a collection of publications.

www.nochildleftbehind.gov This website describes the components of the No Child Left Behind Act, which was signed into law by President Bush in January 2002. The "For Parents" section offers a variety of resources designed to help parents help their children learn.

Starting or Running an Afterschool Program

www.afterschool.gov This website offers a variety of helpful topics for running an afterschool program, including best practices submitted by afterschool program providers from around the nation.

www.afterschool.org Promising Practices in Afterschool is a place to find and share ideas that are working in afterschool programs. It has information on curriculum, funding, staffing, evaluating and other areas of interest on afterschool.

www.afterschoolalliance.org This website offers various tools to help communities develop and expand afterschool programs. Check out "Start a Program" and "Program Tools."

www.nccenet.org The National Center for Community Education's mission is: "To provide state-of-the-art leadership development training and technical assistance focusing on community and educational change emphasizing community schools." NCCE workshops cover topics from the concept of community education to training and instructional materials.

Additional guides on starting an afterschool program are available for a small fee from the North Central Regional Educational Laboratory (www.ncrel.org/after) and the Southwest Educational Development Laboratory (www.sedl.org/pubs).



79%
Nearly 8 in 10
teens who participate
in afterschool programs
are "A" or "B" students.
Teens who do not engage
in afterschool activities
are five times more likely
to be "D" students than
teens who do.

YMCA of the USA. After School for
America's Teens, March 2001

\$1

Every \$1 invested in the Quantum Opportunities afterschool program produced \$3 worth of benefit to youth and the general public.

This figure does not include the added savings from a six-fold drop in crime by boys in the program.

Fight Crime: Invest in Kids. America's After-School Choice: The Prime Time for Juvenile Crime or Youth Enrichment and Achievement, 2000



Funding for Afterschool Programs

www.afterschool.gov Check out “How to Get Money” for an extensive but easy to use database on government resources that support afterschool programs.

www.afterschoolalliance.org Go to the “Program Tools” section of this site for funding information and links to additional resources.

www.financeproject.org The Finance Project is a national initiative to improve the effectiveness, efficiency, and equity of public- and private-sector

financing for education, other children's services, and community building and development. The site includes downloadable guides on afterschool funding.

If you don't have access to the Internet:

Explore other options to get on-line:

- Visit your local library or community center. Most have computers you can use to visit the websites mentioned above. Ask the research librarian or technology center staff for assistance.
- If you are a student or work with a school, youth group or faith-based organization, ask if you can use their computers to get on the Internet. Most have computer resources.

- Neighbors or businesses might lend you access to the Web to help with your afterschool needs.
- Local copy centers offer Internet access for a fee.

Don't forget the phone book. Your local directory will have phone numbers of federal, state and local government offices; schools and school boards; and listings for child care and youth organizations in your area.



Higher levels of participation in **LA's BEST** (Better Educated Students for Tomorrow) afterschool program led to better school attendance resulting in higher academic achievement on standardized tests of math, reading and language arts.

D. Huang, B. Gribbons, K.S. Kim, and C. Lee.
The Impact of the LA's Best After School Program on Subsequent Student Achievement and Performance, May 2000