

The Value of High-Quality After School Programs

Research: Proven Success

High-quality after school programs play an important role in helping children to grow up safe, healthy, educated, connected and employable. A growing body of evidence shows the after school approach to learning—fun, engaging, project-based, and linked to the school day but not mirroring it—not only boosts in-school success, but contributes to the development of work-ready skills such as team work, problem-solving, critical thinking, healthy decision making and more.

Did you know?

Regular participation in high-quality after school programs is linked to significant gains in standardized test scores. It is also linked to significantly improved work habits and reduced behavior problems thus facilitating academic improvements. (1)

An analysis of 73 studies concluded that high-quality after school programs that promote personal and social skills were consistently successful in producing multiple benefits for youth including improvements in children's personal, social and academic skills. (2)

Supporting Student Learning

Studies show that students involved in high-quality after school programs have:

- ⇒ Fewer absences and less tardiness
- ⇒ Better grades
- ⇒ Higher rates of homework completion
- ⇒ Increased rates of parental involvement in school
- ⇒ Greater sense of the relevance of curriculum
- ⇒ Increased responsibility
- ⇒ Enhanced problem solving and conflict management skills

Youth in the Quantum Opportunities after school program were half as likely to drop out of high school and two and one half times more likely to go on to further education after high school than their peers. (3)

After school programs play a vital role in reconnecting schools and communities. Programs offer children of all ages the opportunity to move beyond traditional classroom activity and engage with their surrounding neighborhoods, organizations and individuals. (4)

Helping Working Families and Employers

Myriad studies and evaluations have proven that after school programs are cost effective and actually save money. Yet after school advocates and practitioners face a daily struggle for adequate funding.

After school programs are an invaluable support for K-12 education because they provide extra time for academic help, career exploration, skills development and internships that will prepare students for college and beyond.

According to Corporate Voices for Working Families, "Quality after school programs provide a unique venue in which young people can develop the range of skills they need to enter the 21st century workplace." (5)

After school programs provide essential benefits to employers today, not only in their services to tomorrow's workers. Polling shows that 87 percent of working mothers say the hours after school are when they are most concerned about their children's safety, and this "after school stress" can lead to distraction that causes lower productivity, high turnover and absenteeism. In fact, 80 percent of employees with children miss work because of child care problems. (6)



Did you know?

- ⇒ Every dollar invested in after school programs will save taxpayers approximately \$3, not including the savings from reduced crime. (7)
- ⇒ One in five Connecticut children (21%) regularly spends time after school unsupervised. This translates to more than 80,000 Connecticut children. (8)
- ⇒ \$1.7 to \$2.3 million is saved by putting one high-risk youth on the right path. (9)

Keeping Kids – And Communities – Safe

Quality After School Programs Can Cut the Risk of Youth Becoming Involved in Crime By Up to 75%

Did you know?

- ⇒ On school days, 3-6 p.m. are the peak hours for teens to commit crimes, be in or cause car crashes, be victims of crime, smoke, drink and use drugs. (10)
- ⇒ For most families there is an “after school gap” of 15-25 hours per week that children are out of school while their parents are still at work. (11)
- ⇒ Self-care and boredom increase the likelihood that a young person will experiment with drugs and alcohol by as much as 50%. (12)
- ⇒ Youth tend to develop patterns of alcohol, tobacco and other drug use from ages 12 to 15. (13)
- ⇒ Teens who do not participate in after school programs are nearly three times more likely to skip classes at school, experiment with drugs and engage in sexual activity than teens who do participate. (14)

America’s police chiefs say after school programs are essential to preventing crime: (15)

- ⇒ 86% agreed that expanding after school programs will greatly reduce youth crime and violence.
- ⇒ Nine out of ten police chiefs agree that if America does not make greater investments in after school and educational child care programs to help children and youth now, we will pay far more later in crime, welfare and other costs.



The Connecticut After School Network is a non-profit organization whose mission is to lead, educate and advocate for excellence in the after school field by building professionalism, strengthening program quality and increasing availability and affordability.

Our vision is for every Connecticut child and youth to have the opportunity to participate in high quality, affordable after school programs.

For more information about the Connecticut After School Network visit:
www.ctafterschoolnetwork.org

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