



Afterschool Programs...Keep Kids Safe, Inspire Learning and Help Working Families.

AFTERSCHOOL PROGRAMS KEEP KIDS SAFE AND HEALTHY

A study measuring the health and social benefits of afterschool programs found that controlling for baseline obesity, poverty status, and race and ethnicity, the prevalence of obesity was **significantly lower** for afterschool program participants compared to non-participants. (Mahoney, J., Lord, H., & Carryl, E., Lawrence Erlbaum Associates, Inc, 2005)

61.5% of children ages 9-13 do not participate in any organized physical activity outside of school hours, and **22.6% do not engage in any type of physical activity** during their free time. (National Centers for Disease Control, 2003)

Self-care and boredom can increase the likelihood that a young person will **experiment with drugs and alcohol** by as much as 50 percent. (The National Center on Addiction and Substance Abuse at Columbia University, 2007)

Youth tend to develop patterns of alcohol, tobacco, and other drug use – or nonuse – **from ages 12 to 15**. (Indiana Prevention Resource Center, 1998)

Studies show that juvenile crime and other risk behaviors like smoking, drinking, doing drugs and sexual activities are **more likely to occur between 3 p.m. and 6 p.m.**

(Fight Crime: Invest in Kids, 2000)

The Pennsylvania Statewide Afterschool/Youth Development Network (PSAYDN) promotes sustainable, high-quality afterschool/youth development programs through advocacy and capacity building. For more information about PSAYDN or to join the Network, visit www.psaydn.org.



AFTERSCHOOL PROGRAMS HELP WORKING FAMILIES

Pennsylvania is home to nearly **1.3 million school-age children and youth** (5-18) who have at least one parent in the workforce.

(Pennsylvania Kids Count, 2004)

Parents who are concerned about their children's after-school care miss an average of eight days of work per year. **Decreased worker productivity** related to parental concerns about after-school care costs businesses up to \$300 billion per year.

(Brandeis University, December 2006)

A recent poll shows that the number one concern of working parents is the safety of their children during the afterschool hours. Afterschool programs that connect children to caring adults and provide constructive activities during these hours are among the **most powerful tools for preventing crime.** (Fight Crime: Invest in Kids, 2006)

“Healthy families are part of healthy businesses, and investments at all levels, federal to local, and from all sectors, public to private, are crucial to ensuring that America’s children do not fall through the cracks while their parents are at work and they are out of school.”

(Afterschool Alliance, 2007)



For more information:

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