April 2022

Indiana After 3PM HEALTH & WELLNESS

Promoting Healthy Futures:

Afterschool Provides the Supports Parents Want for Children's Well-Being

Afterschool and summer programs play an important role in supporting the healthy development of young people and are all the more critical today. Approximately 6 in 10 parents are more worried about their child's emotional well-being today than they were before the pandemic, and missing out on social connections and friendships is a top concern for parents. Recognizing the serious impact the pandemic has had on young people's health and well-being, in October 2021, the American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry, and the Children's Hospital Association joined together to declare a National State of Emergency in Children's Mental Health.[1]

As parents increasingly look to afterschool programs to support young people's overall health and development, but issues of access prevent approximately 417,000 young people in Indiana from participating in programs, action is needed to ensure that all young people have the same opportunities to help them forge healthy futures.

Indiana parents view afterschool as important to the healthy development of children

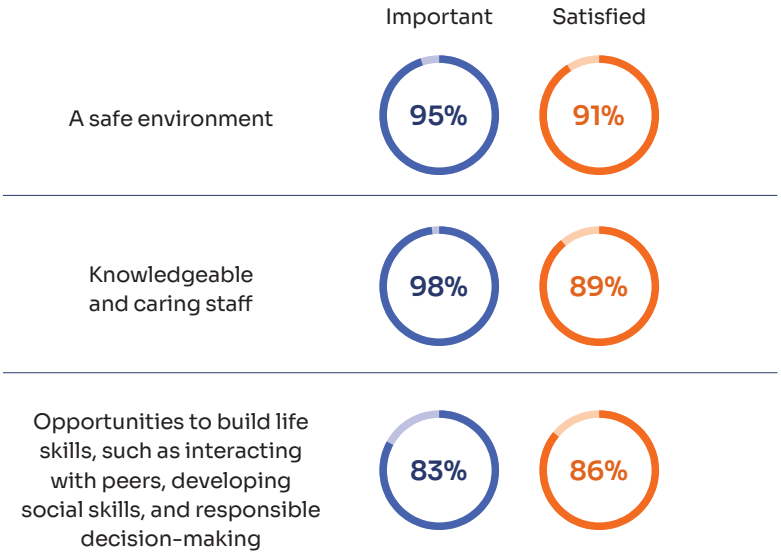
From building social skills and positive relationships with mentors to keeping kids safe in the hours after school, the 2020 America After 3PM study finds that Indiana parents overwhelmingly agree that programs are providing a broad set of supports for children that are integral to their healthy development.

Parents agree that afterschool programs:

Provide working parents peace of mind knowing that their children are safe and supervised	84%
Provide opportunities to learn life skills	83%
Allow children to build positive relationships with caring adults and mentors	77%
Provide opportunities for children to engage with their peers	84%
Provide opportunities to be physically active	86%
Provide opportunities to build confidence	80%
Keep kids safe and out of trouble	78%

Afterschool programs support healthy development

Focusing on the activities and supports provided by afterschool programs, a safe environment, knowledgeable and caring staff, and the opportunity to build life skills are among the most important aspects Indiana parents look for when selecting their child's afterschool program. And, in keeping with parents' priorities, America After 3PM finds that a strong majority of parents are satisfied with the supports they value most for their child.



SUMMERTIME AND HEALTHY DEVELOPMENT

During the summer, in addition to a safe environment and knowledgeable and caring staff, opportunities to build life skills, physical activity, and time to experience the outdoors were important in Indiana parents' selection of their child's summertime experience.

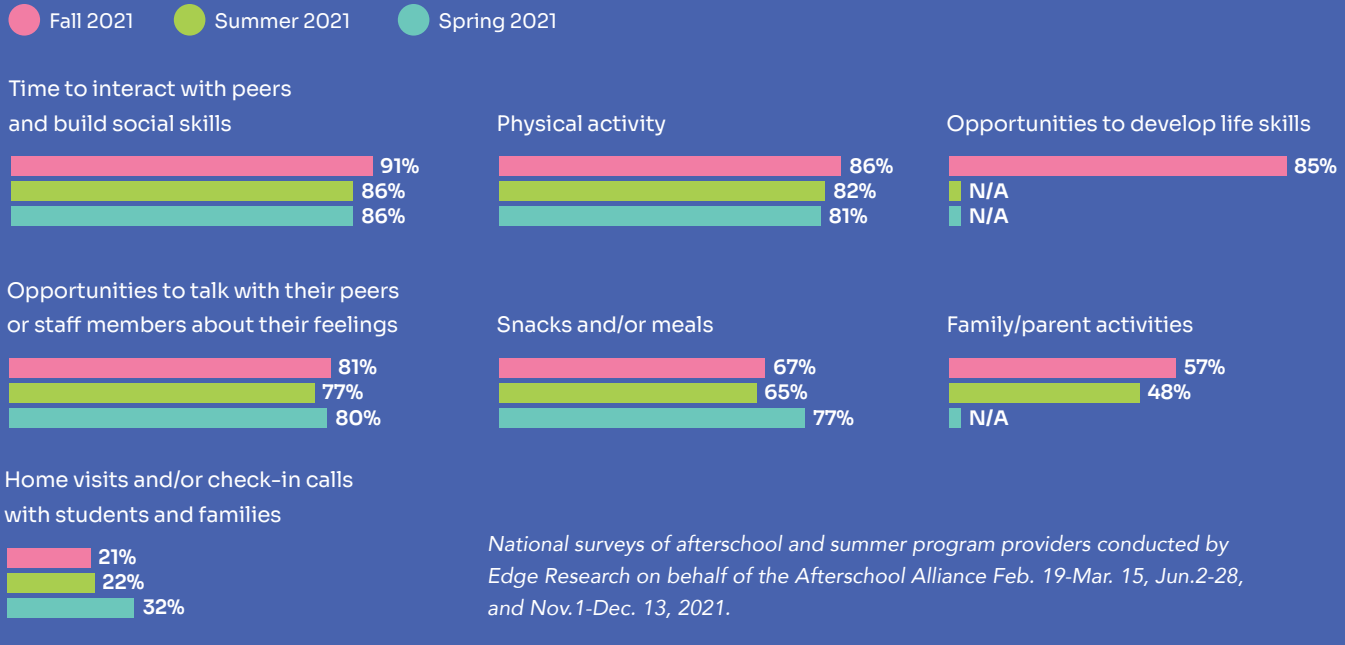
Parents reporting the following were important in choosing what their child does over the summer:

Safe environment	100%
Knowledgeable and caring staff	97%
Building life skills	94%
Physical activity	95%
Time outdoors	94%

SUPPORTING HEALTHY DEVELOPMENT IN THE TIME OF COVID-19

During the pandemic, afterschool and summer learning programs further established themselves as integral partners in the network of supports necessary to ensure that all students, in particular those who were struggling and missing out, were provided the care and opportunities that they needed to emerge from the pandemic re-engaged and re-energized.

Afterschool and summer programs reporting that they are providing their students:



National surveys of afterschool and summer program providers conducted by Edge Research on behalf of the Afterschool Alliance Feb. 19-Mar. 15, Jun.2-28, and Nov.1-Dec. 13, 2021.

The need to increase access and availability of afterschool programs

Afterschool and summer programs are vital to communities across the nation, providing the supports that young people need now, more than ever. However, cost and access top the list of roadblocks to afterschool program participation in the state, with approximately 417,000 Indiana children who would have been enrolled in a program if one were available.

Cost and access are roadblocks to afterschool program participation.

Programs are too expensive

2014	2020
36%	58%

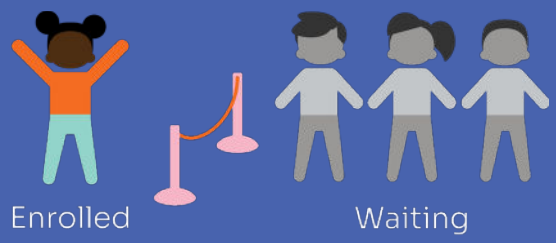
Transportation issues, no safe way to and from program

2014	2020
36%	47%

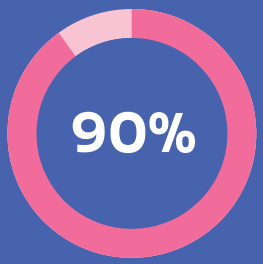
Lack of available programs

2014	2020
29%	39%

For every child in afterschool in Indiana, 3 are waiting for an available program.



Parents favor public funding for afterschool programs to expand opportunities for kids in underserved communities.



Action is needed at the local, state, and federal levels to ensure access to afterschool programs in Indiana for every young person who wants to participate.

About the survey

America After 3PM is a national survey of parents or guardians of school-aged children, screening 31,055 households and having 14,393 households completing in-depth interviews via an online survey using a blend of national consumer panels. At least 200 households completed interviews in every state and Washington, D.C., between January 27 and March 17, 2020. Where the minimum could not be met, supplemental telephone interviews were conducted. Data were collected by Edge Research on behalf of the Afterschool Alliance. The percentages and projected numbers in America After 3PM are based on survey responses from parents. In Indiana, 674 households and 1,246 children were screened for this study. Child-level statewide projections and total school enrollment numbers are based on 2018-2019 Department of Education, National Center for Education Statistics data. Total school enrollment for Indiana is 1,124,970.

For additional information about America After 3PM, visit: afterschoolalliance.org/aa3pm.

Data from this special report is based on the 2020 America After 3PM survey results, made possible with the 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.

America After 3PM HEALTH & WELLNESS

Afterschool Alliance

The Afterschool Alliance is working to ensure that all children and youth have access to quality afterschool programs.

1 Horowitz, J. M. & Igielnik, R. (2020). *Most Parents of K-12 Students Learning Online Worry About Them Falling Behind.* Pew Research Center. Retrieved from https://www.pewresearch.org/social-trends/2020/10/29/most-parents-of-k-12-students-learning-online-worry-about-them-falling-behind/; Learning Heroes. (2021). *Out-of-School Time Programs: Paving the Way for Children to Find Passion, Purpose, & Voice.* Retrieved from https://bealearninghero.org/wp-content/uploads/2021/09/Finding-Passion-Purpose-Voice_research-deck_final_9.21.pdf; American Academy of Pediatrics, American Academy of Child & Adolescent Psychiatry, & Children's Hospital Association. (2021). AAP-AACAP-CHA Declaration of a National Emergency in Child and Adolescent Mental Health. Retrieved from https://www.aap.org/en/advocacy/child-and-adolescent-healthy-mental-development/aap-aacap-cha-declaration-of-a-national-emergency-in-child-and-adolescent-mental-health/