

Why Choosing a High-Quality Afterschool or Summer Program Matters



Prime Time Palm Beach County provides resources and supports to afterschool programs in Palm Beach County to help deliver high-quality programming that allows children to thrive socially and academically.

Research shows that high-quality afterschool and summer programs can lead to substantial academic, social and emotional benefits for children and youth.

What is the recipe for a high-quality program?

A high-quality afterschool or summer program ensures your children are safe, encourages supportive relationships, fosters a sense of belonging, provides positive learning experiences and promotes positive communication with families.

Out-of-school time (OST) programs support children and youth before school, after school, and during summer, weekends and seasonal breaks.



67% of parents agree that afterschool programs help children gain workforce skills, such as teamwork, leadership and critical thinking.¹



In afterschool programs using the evidence-based SAFE (sequenced, active, focused, explicit) model of social-emotional skill training, youth were more likely to experience improved self-perception and bonding, positive social behaviors, better school grades and academic achievement, and fewer problem behaviors.²



The Promising Afterschool Programs Study, a study of about 3,000 low-income, ethnically diverse elementary and middle-school students, found that those who regularly attended high-quality programs over two years demonstrated a gain of 12 percentile points in standardized math test scores, compared to peers who were routinely unsupervised during the afterschool hours.³



In a sample of youth in grades 1-7 receiving subsidies to attend OST programs within the Palm Beach County Quality Improvement System, youth attending higher-quality OST programs had fewer school-day absences and behavior incidents, and were more likely to be promoted to the next grade, compared to youth attending lower-quality programs. The grade-promotion outcome reached statistical significance.⁴

Children and youth build social and emotional skills that help them succeed.

When high-quality afterschool and summer programs address the needs of the whole child and intentionally foster social and emotional learning (SEL), children benefit more.



<https://www.primetimepbc.org/sel/>

Children and youth increase academic performance.

Regular participation in high-quality afterschool programs by low-income youth can produce significant gains in test scores and work habits and reductions in behavior problems.

School attendance improves.

Research has shown that high-quality afterschool programs can improve students' school-day attendance.

SOURCES

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