



## AFTER-SCHOOL TIME PERIOD

### FAST FACTS

***After-School Time Period (ASTP) refers to the time between 3:00 p.m. and 6:00 p.m. — a time which poses certain risks to our young people.***

- Children and youth *not* engaged in quality after-school programs are 3 times more likely to skip class, take drugs, drink alcohol, smoke, participate in criminal activities and engage in sexual activity.
- Children and youth aged 5-17 years accumulate an average of 8 hours of screen time per day despite the recommendations that recreational screen time should be limited to no more than 2 hours daily.
- Children and youth are active only 8% of the time during ASTP, getting only 14 minutes of moderate-to-vigorous physical activity.
- Children and youth aged 5-17 years should be engaging in moderate to vigorous physical activity for at least 60 minutes per day.
- Law enforcement officials view after-school and summer programs as a primary prevention strategy for juvenile crime.

### KEYS to SUCCESS

- **Advocacy** for the benefits of the After-School Time Period.
- **Access** for all children and youth through school, community and municipal partnerships and shared facility use.
- **Training** for leaders to provide safe, active, fun and engaging programs.
- **Programming** that provides opportunities for growth and leadership.
- **Evaluation** of programs and services to promote increased opportunities, resources and development of programs.



Saskatchewan  
Parks and Recreation  
Association

## POSITIVE EXPERIENCES

Research shows that children who are engaged in quality after-school programs benefit from:

- A safe place to go after-school
- Greater academic achievement
- Enhanced emotional well-being and decreased anxiety
- Improved behaviour and greater social skills
- Higher rates of physical activity

## TAKE ACTION IN YOUR COMMUNITY

### Recreation and Community Sector

- Provide education and training to the recreation sector
- Work with partners to identify and promote funding sources
- Support community and school facility joint use agreements
- Assist with training, development and recruitment of staff or volunteers
- Support accessibility for ASTP through affordable use of recreation facilities
- Increase programming during ASTP
- Share best practices

### Education Sector

- Identify and assist with facility and resource access
- Support the development of community and school facility joint use agreements
- Assist in the engagement of volunteers from the school network (parents, school councils)
- Support transportation to and from ASTP activities

#### Sources:

- Active Healthy Kids Canada. 2009. Active Healthy Kids Report Card.
- Canadian Society for Exercise Professionals. 2011. Canadian Physical Activity Guidelines.
- Witt, P. & Baker, D, 1997. Developing After-School Programs for Youth in High Risk Environments. Journal of Physical Education, Recreation & Dance, Vol. 68.

## HOW CAN SPRA HELP?

### ■ Advice

For information on programming, training, development and design of ASTP contact:  
Tanya Murphy  
SPRA Consultant, Youth Engagement  
Phone: (306) 780-9219  
Email: [tmurphy@spra.sk.ca](mailto:tmurphy@spra.sk.ca)

To read our reports: Saskatchewan After-School 2011 and After-School Time Period Report 2012 visit: [www.spra.sk.ca/afterschool](http://www.spra.sk.ca/afterschool)

### ■ Resource Centre

There are many FREE books, videos, cds and pedometer lending kits available to help you set your ideas in motion. Check out titles like:

- *After-School Centres & Youth Development*
- *Recreation Programming: Designing Leisure Experiences*
- *SPARK: Sports, Play & Active Recreation for Kids*

### ■ Information

For more information, resources and training visit: [www.spra.sk.ca/afterschool](http://www.spra.sk.ca/afterschool)



Supported by:



For more information, contact the Saskatchewan Parks and Recreation Association  
Phone: (306) 780-9231 Toll free: 1-800-563-2555 Email: [office@spra.sk.ca](mailto:office@spra.sk.ca) Website: [www.spra.sk.ca](http://www.spra.sk.ca)