

# How high-quality OOSPs\* support children 6-12

\* Out-of-School-Time Programs: before and after school, holidays and summer

## Develop Social & Emotional Skills

More than **1 out of 3** children are bullied leading to low self-esteem, depression, and anxiety. OOSPs foster a sense of peer-belonging, emotional regulation and build confidence.



## Increase Physical Activity

**63%** of kids' free time is spent being inactive.

OOSPs have the potential to engage children in regular, enjoyable physical activity.



## Improve School Performance

Students who participate in programs have **significant gains** in performance, work habits & academic aspirations relative to unsupervised students.



## Reduce Risky Behaviours

Children whose parents work full-time spend **20-25 hours** on their own each week. During this unsupervised time they are at risk for injury, victimization, and may participate in alcohol consumption, sexual activity and smoking.

