

Valley of the Sun
United Way

LIVE UNITED™ 

OST Action Plan

May 12, 2010

Out of School Time Defined



- An array of safe, structured programs that provide children and youth ages kindergarten through high school with a range of supervised activities intentionally designed to encourage learning and development outside the typical school day.

Out of School Time Programs



- **Strive to:**
 - **Meet the educational, social, emotional and physical needs of young people**
 - **Focus on the fundamental experiences that foster both learning and broader healthy development**
 - **Prepare young people to become successful adults**

Young people who participate in out of school programs are more likely to have:



- Greater levels of concentration and motivation (Larson, 2000)
- Lower rates of early school dropout (Mahoney & Caines, 1997)
- Good grades and rate their chances of attending college as “very high” (McLaughlin, 2001)
- Increased social acceptance and popularity (Sandstrom & Coie, 1999)
- Decreased social alienation (Youniss et al, 1999)

Young people who participate in out of school programs are more likely to have:



- Positive social identity development (Eccles & Barber)
- Decrease in antisocial behaviors (e.g., alcohol/drug use)
(Mahoney, 2000; Mahony, Stattin & Magnusson, 2001)
- Voluntary associations as adults (Hanks, 1981)
- Experiences that promote their leadership potential (Lerner, Dowling, & Anderson, 2003)

Youth Development Framework for Practice

Developed by Gambone and Eldridge (2001)



Early Adult Outcomes

**College & Work Economic
Self Sufficiency**

**Life-- Healthy Family/
Social Relationships**

Contributor to the Community

Youth Development Framework for Practice

Developmental Youth Outcomes

Learning to be productive

Learning to be Connected

Learning to Navigate



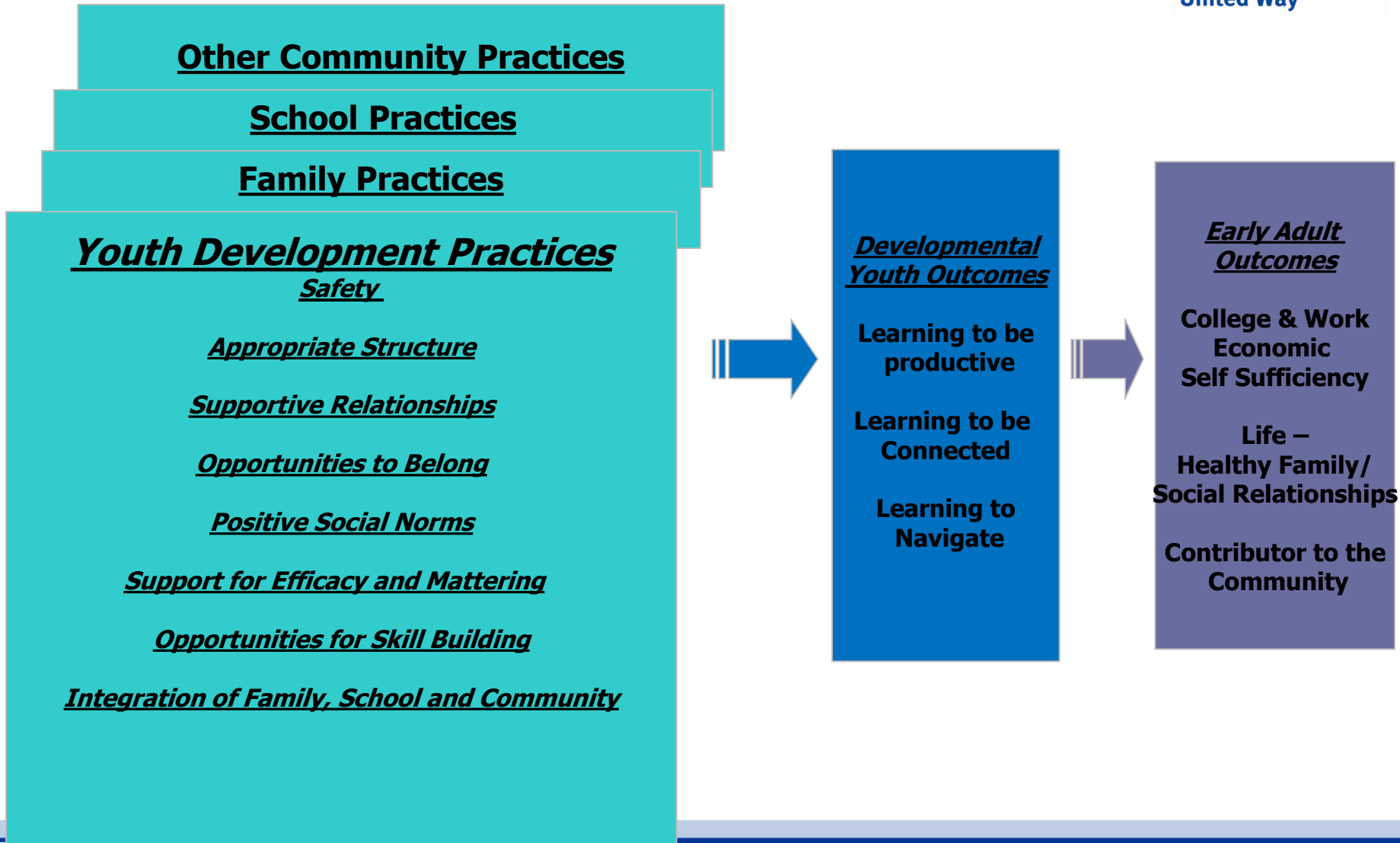
Early Adult Outcomes

**College & Work—
Economic Self
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Youth Development Framework for Practice



Youth Development Practice



- **Physical and Psychological Safety**
- **Appropriate Structure**
- **Supportive Relationships**
- **Opportunities to Belong**
- **Positive Social Norms**
- **Support for Efficacy and Mattering**
- **Opportunities to Develop New Skills**
- **Opportunities to Develop New Skills**
- **Integration of Family, School and Community**

What Role Does Out of School Time Play?



Helps young people become prepared
for college, work and life by:

Building developmental assets

Building protective factors

Reducing risk factors

Narrowing the Scope – Which Kids?



Children and youth who have more risk factors than protective factors

- More negative influences from a community, family, school and peer/individual perspective
- Need more positive influences from community, family, school and peer/individual perspective

A tool to help with planning

A tool to help with measurement