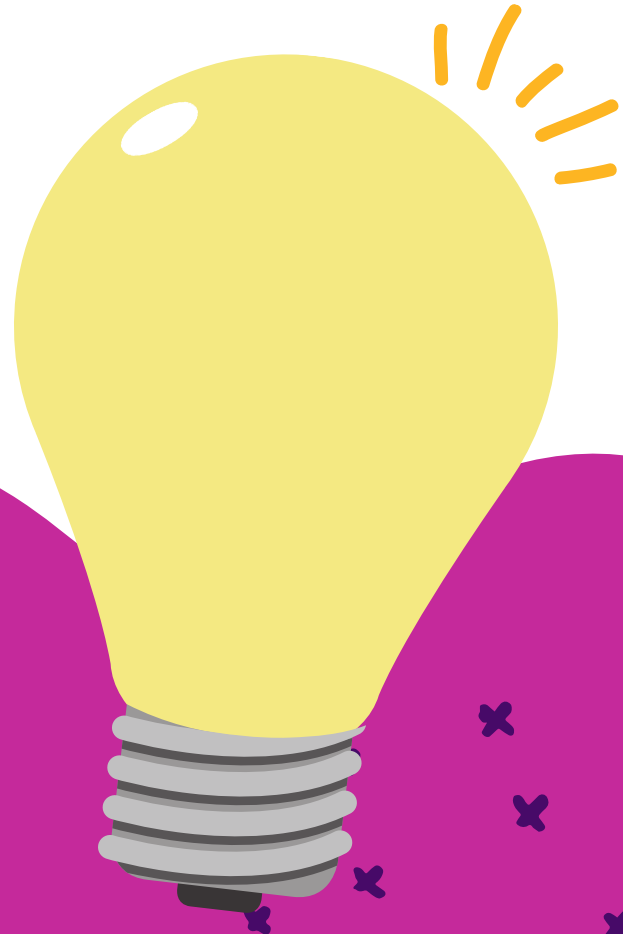


LIGHTS ON AFTERSCHOOL 2025

Presented by
Girls on the Run
Puget Sound



Afterschool Programs Strengthen the Economy

Afterschool programs help parents provide for their families and save businesses money. They keep kids safe and offer real-world learning opportunities that help youth build life skills and prepare for future careers.

AFTERSCHOOL EMPOWERS FAMILIES AND BOOSTS THE BOTTOM LINE

When workers have reliable care for their kids, they can be more productive on the job—and businesses benefit.

Lack of afterschool costs U.S. businesses up to



\$300 BILLION
A YEAR¹

9 IN 10 VOTERS SAY
AFTERSCHOOL²



Strengthens families' economic well-being



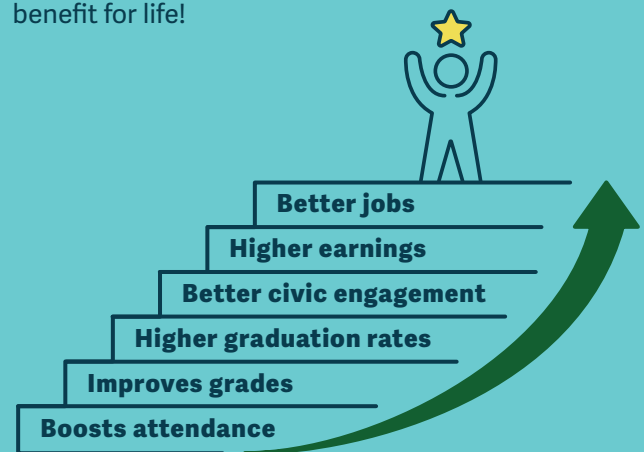
Helps parents work



Allows parents to provide for their families

AFTERSCHOOL IS BUILDING STRONGER LEARNERS, EARNERS, AND LEADERS³

Kids who participate in afterschool programs benefit for life!



EVERY \$1 INVESTED IN AFTERSCHOOL PROGRAMS SAVES AT LEAST \$3 BY:⁴



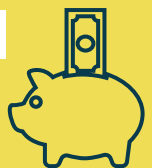
kids' earning potential



kids' performance at school



crime and juvenile delinquency



¹ Barnett, R. C., & Gareis, K. C. (2006). After-School Worries: Tough on Parents, Bad for Business. Catalyst and the Community, Families & Work Program, Women's Studies Research Center, Brandeis University

² A nationally representative online poll of 1,400 registered voters, administered by Lake Research Partners and New Bridge Strategy on behalf of the Afterschool Alliance, December 4-11, 2024

³ 50 State Afterschool Network. (n.d.). Afterschool Outcomes Research Library. <https://50stateafterschoolnetworks.org/research-library>

⁴ Afterschool Alliance estimate based on findings from state-level return on investment studies, including California, Georgia, Maryland, Oklahoma, and Vermont

NEARLY 25 MILLION YOUTH are waiting for an afterschool program. Learn more about the state of afterschool in America and how you can help more families participate: www.afterschoolalliance.org



Afterschool Alliance

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



This is Afterschool in Washington

In Spokane County, Washington, approximately \$210,000 in pandemic relief funding was dedicated to expand the capacity of Camp Fire's summer program, Camp Dart-Lo. The program serves more than 800 youth ages 3-14 every summer, and funding was used to broaden camp facility accessibility and provide new programming to youth who were most disproportionately impacted by the pandemic. Camp activities included archery, canoeing, hiking, ropes courses, swimming, outdoor skills, singing, and leadership. Participants have shown growth, with 71% reporting that they feel more confident meeting new people. In addition, 89% of campers' parents or guardians agreed that Camp Dart-Lo is an inclusive camp that values each camper as an individual with individual needs, and 84% felt that their camper received positive adult mentoring at Camp Dart-Lo.

However, as American Rescue Plan and other pandemic relief funding expires, many Washington youth will lose their programs—and families and communities will lose essential supports—if action is not taken. In Washington, for every child in an afterschool program, 5 more would participate if a program were available. And a national fall 2023 survey of afterschool program providers found that nearly 3 in 4 are concerned about their program's long-term funding and future. Afterschool and summer programs across Washington are accelerating students' growth, supporting students' well-being, and helping working families. To keep their doors open, these programs need additional investments at the local, state, and federal levels.

IMPROVING SCHOOL-DAY ENGAGEMENT AND REDUCING CHRONIC ABSENTEEISM

A 2023 U.S. Department of Education report on 21st Century Community Learning Centers (21st CCLC)—local before-school, afterschool, and summer learning programs that serve more than 1.3 million students attending high-poverty, low-performing schools—found that:

7 IN 10 students in the program demonstrated an **IMPROVEMENT IN THEIR ENGAGEMENT IN LEARNING**

NEARLY HALF of students who were **CHRONICALLY ABSENT** the previous year **IMPROVED THEIR SCHOOL-DAY ATTENDANCE**

AFTERSCHOOL PROGRAMS ACCELERATE STUDENTS' ACADEMIC GROWTH AND SUPPORT THEIR WELL-BEING

Washington students in afterschool programs are:



Getting homework help **(60%)**



Engaging in STEM learning opportunities **(82%)**



Working on their reading and writing skills **(63%)**



Interacting with their peers and building social skills **(88%)**



Taking part in physical activities **(82%)**



Building confidence **(83%)**



92% of Washington parents are satisfied with their child's afterschool program

AFTERSCHOOL PROGRAMS SUPPORT WORKING FAMILIES

Washington parents agree that afterschool programs are:



Helping working parents keep their jobs **(82%)**



Providing working parents peace of mind knowing that their children are safe **(83%)**

AFTERSCHOOL PROGRAMS ARE A SMART INVESTMENT

An overwhelming majority of Washington parents favor public funding for afterschool and summer learning programs.



Research spanning several states shows that **EVERY \$1 INVESTED** in afterschool programs **SAVES AT LEAST \$3** by:

- ✓ Increasing kids' earning potential as adults
- ✓ Improving kids' performance at school
- ✓ Reducing crime and juvenile delinquency

With strong public support, a national survey found that approximately 8 in 10 registered voters said that afterschool programs are an absolute necessity for their community (79%) and that they want their federal, state, and local leaders to provide more funding for programs (80%).

21ST CENTURY COMMUNITY LEARNING CENTERS

21st Century Community Learning Centers (21st CCLC) programs engage students in hands-on learning activities aimed at supporting their academic growth, provide a variety of enrichment activities to complement school-day learning, and offer educational and support services to the families of participating children. The 2023 Department of Education annual performance report of 21st CCLC found that among regular participants:



MORE THAN 1 IN 2 improved their GPA



7 IN 10 improved their engagement in learning



2 IN 5 saw a decrease in school suspensions

In Washington, 15,243 children in 174 communities take part in a 21st Century Community Learning Center. 21st CCLC grants are the only dedicated federal funding sources that support local communities' afterschool and summer programs. Demand for programming in Washington is so great that more than 2 out of every 5 applications were not funded during the most recent competition.

AFTERSCHOOL WORKS

Studies have shown that students regularly participating in quality afterschool programs attend school more often, are more engaged in school, get better grades, and are more likely to be promoted to the next grade. For example, a 2023 report by the U.S. Department of Education on 21st CCLC programs nationally included findings showing that Washington students in the program became more engaged in learning and made both academic and behavioral gains. Based on teachers surveyed, 70% of participants in grades 1-5 improved their engagement in learning and 75% of 1st-12th grade students with an attendance rate below 90% the previous school year improved their school-day attendance. A majority of Washington 21st CCLC participants in grades 7-8 and 10-12 who had a GPA below 3.0 the previous year improved their average (53%). Students in programs also demonstrated improvements in their behavior in school, with 80% of students decreasing their in-school suspensions compared to the previous year. Additionally, a 2023 evaluation of Washington's 21st CCLC programs found that students in the program believed that participation in the program provided academic and social benefits. An overwhelming majority of students said that the program helped them try new things (96%), work hard to get better at something (93%), and do things that challenged them in a good way (91%). They also said programs had a supportive adult who helped them when they had a problem (80%), and who helped them find something they're good at (73%). More than 9 in 10 Washington 21st CCLC participants (94%) said that they looked forward to attending their program.



Girls on the Run Puget Sound + KING COUNTY IMPACT

WHY GOTR

There is a critical need for Girls on the Run. We know that girls' confidence has declined by almost **20%** since 2017, **40%** of girls experience bullying and since the pandemic, **79%** of girls feel lonelier and depressed.

"Our 3rd-5th grade [Girls on the Run] students have learned how to gain self-confidence while supporting and encouraging the growth of their peers."

-HANNAH BAUER, TEACHER, KING COUNTY



ABOUT GOTR

- Girls on the Run is designed to enhance participants' social, emotional and physical skills to successfully navigate life experiences.
- Teaching essential life skills is the cornerstone of our research-based programs.
- Trained volunteer coaches facilitate lessons that blend physical activity with life skill development, including managing emotions, fostering friendships, and expressing empathy.

PARTICIPANTS SERVED IN YOUR COMMUNITY

During the 2024-2025 school year, GOTR served **2,032** students at **126** sites across King County.

SCHOLARSHIPS & SHOES



Across King County last year, **51%**, or **1,043** of our participants received full or partial scholarships to participate in GOTR. **673** participants also received scholarship shoes and **112** were given sports hijabs so they could be comfortable and confident at practices.



GOTRPS is
proud to retain
over **70%** of
our sites year
after year!

OUR IMPACT

Our Spring 2025 End-of-Season Survey was sent to **1,784** GOTR families, and the results indicated that:

- **99%** of participants felt like they **belonged**, were **included** in all activities, and that their teammates **supported** them.
- **92%** of participants said they are **more confident** since participating in the program.



2025

GIRLS ON THE RUN PUGET SOUND SPRING WRAP-UP

WHAT DO VOLUNTEERS *love* MOST?

- “I absolutely loved encouraging the students and then seeing their determination grow. Celebrating their accomplishments at the 5K was so fulfilling!” *Coach Elyse*
- “Being able to inspire young girls to motivate themselves and find their “I Can!” Power.” *Coach Abby*
- “Seeing the girls’ confidence grow throughout the season and listening to how they feel about the experience and the friendships I saw form along the way was wonderful.” *Coach Nancy*

Volunteer Numbers

376 Coaches
107 Superstar Supporters
98 Site Liaisons

Program Numbers

1,810 Participants
111 Teams



Coaches volunteered over 12,032 hours of their time to support participants in King County!

Throughout the 8-week spring program, participants worked through the brand new **Hello, Mountain Mover!** curriculum that supports participants in building confidence through the innovative, evidence-based blend of team discussions, movement-based games, and life skill-building activities. They discovered their “I Can!” Power to do hard things and learned stick-with-it strategies to help them overcome obstacles, manage and move through difficult emotions, and proudly breathe, believe, and achieve their goals.

52%, or 944 participants, received partial or full scholarships

Participants fueled up with \$23,530 in healthy snacks



Participants received 590 pairs of scholarship running shoes and 89 sport hijabs



ALL ABOUT THE 5K

7 Local
5K
Sponsors

5 Local
Entertainment
Groups

5,000 Attendees

Over
3,500
5K
Runners

270 5K Volunteers

1,300 5K Buddies

THANK YOU TO OUR LOCAL SPONSORS! ✨

