After-School Programming

Investing in after-school activities can boost your teen's future success and happiness. These programs provide a supportive environment for learning and personal growth outside the classroom. They help develop academic skills, social connections, and overall well-being. Many after-school programs are low-cost, or even free!

According to a 2021 Wisconsin survey, teens in after-school programs feel 1.5 times more connected to school.[1] By encouraging your teen to join these activities, you help them explore their interests and reach their full potential.

Benefits of After-School Programming

Academic Improvement[2]

After-school programs can provide homework help and tutoring. This can greatly improve teens' academic performance in school.

Skill Development[3]

These programs offer chances to explore interests like sports, arts, music, and STEM. Teens can discover new talents, learn teamwork and leadership, and develop hobbies that might turn into careers.

Social and Emotional Growth[2, 3]

Having fun with peers outside of school helps teens build social skills, empathy, and emotional resilience.

Time Management and Responsibility[3]

Doing both schoolwork and after-school activities teaches teens how to manage their time and meet deadlines. This practice in time management and responsibility can help to prepare them for adulthood.

Healthy Outlets and Physical Fitness[4]

Participating in sports and physical activities helps to promote a healthy lifestyle. It also reduces obesity risk and improves both physical and mental well-being.

Options for Resources

Everyone Plays Scholarships - Milwaukee County
www.milwaukeerecreation.net/Everyone-Plays-Youth-Scholarships.htm

Madison Out of School Time (MOST) Program Finder - Madison
www.mostmadison.org#program-finder

Wisconsin Youth Company - Dane and Waukesha County
www.wisconsinyouthcompany.org/school-year/

4H Program - Statewide
4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/statewide-scholarships/

Boys and Girls Clubs - Statewide
www.bgcosh.org/after-school-program/

Wisconsin Shares - Statewide
https://dcf.wisconsin.gov/wishares

YMCA - Statewide
www.ymcadane.org/financial-assistance/

Contact Well Badger for help finding after-school program resources

1-800-642-7837

Complete our webform

Text "WB" to 608-360-9328

help@wellbadger.org

WELL BADGER RESOURCE CENTER



Sources

1. Sulzle, C., & Kohout, D. (n.d.). *2023 Wisconsin Youth Risk Behavior Survey*. Wisconsin Department of Public Instruction. https://dpi.wi.gov/media/49263/download?inline
2. Kelly, K. (n.d.). *6 benefits of afterschool programs*. Understood. https://www.understood.org/en/articles/benefits-afterschool-programs-kids-with-learning-thinking-differences
3. Fuller, H. (2025, May 1). *Out-of-school programs provide essential benefits for children and youth; more support is needed to help these programs thrive*. National Academies of Sciences, Engineering, and Medicine. https://www.nationalacademies.org/news/out-of-school-programs-provide-essential-benefits-for-children-and-youth-more-support-is-needed-to-help-these-programs-thrive
4. Afterschool Alliance. (2025, June). *Building healthy habits and healthy futures: How afterschool programs are supporting physical activity and healthy eating [Executive summary]*. https://afterschoolalliance.org/documents/How-Afterschool-Programs-are-Supporting-Physical-Activity-and-Healthy-Eating-Executive-Summary.pdf