

# Opportunities for Youth to Engage

## OUT-OF-SCHOOL TIME

Active youth involvement with people and programs is an essential part of healthy adolescent development. Activities at school, home, or in the community, such as school clubs, sports, music, visual and performing arts, or out-of-school time programs, volunteer, or paid jobs, and activities at places of worship all support key developmental tasks.

The Partnership recognizes that young people grow and thrive best when actively engaged with their community and have meaningful leadership opportunities. Through these experiences, young people learn, have fun, challenge themselves and build relationships. Given a chance to lead, young people gain a stronger sense of self, develop life skills, and connect to the communities in which they grow. When youth voices are heard, policies are more effective, programs are more engaging, and the community is a better place.





## Out-of-School Time

**Improve the opportunities for young people to engage in activities that support healthy youth development.**

All young people need opportunities to engage in activities that support positive and healthy development. To be effective, these opportunities must provide safe spaces and supportive relationships with adults and peers while being responsive to young people's culture and identity. Out-of-School Time programs support development when they focus on social skills, include meaningful community-based activities and offer chances for healthy experimentation and decision making. The goal of this recommendation is to ensure that quality opportunities are available and accessible. The actions steps focus on growing and strengthening opportunities for recreation, community service and civic engagement.



### Action Steps

- Assess and strengthen the quality of youth-focused out-of-school programs.
- Create and support a wide variety of recreational activities for young people.
- Ensure communities have accessible youth and recreation centers with transportation for those in need.
- Build strong and sustainable mentoring programs.
- Offer meaningful employment and internship opportunities.

Students who participate in at least 3 or more out-of-school activities per week are more engaged in their education.

**3+**

For examples of Out-of-School Time resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).

#### Contact

Minnesota Department of Health | Child and Family Health Division  
Health.AdolescentHealth@state.mn.us | 651-201-3650