



Asset #18: Youth Programs

Youth are more likely to grow up healthy when they spend three or more hours per week in sports, clubs, or school and/or community organizations.

“Extracurricular” activities are so important that many schools are starting to call them “co-curricular” activities. These opportunities are essential for child and youth to grow up healthy.



Helpful Hints for Detecting Overload

Activities through youth programs are important, but kids can get too busy with them. These signs may indicate your child has activity burnout. Watch when your child:

- Has little time to relax, hang out, and have fun.
- Seems unhappy.
- Often complains about being tired all the time.
- Struggles to concentrate.
- Becomes more irritable.
- Wants to drop out of everything.



Help your child find balance so that she or he isn't scheduled from morning to night. Remember: School comes first, activities are second.