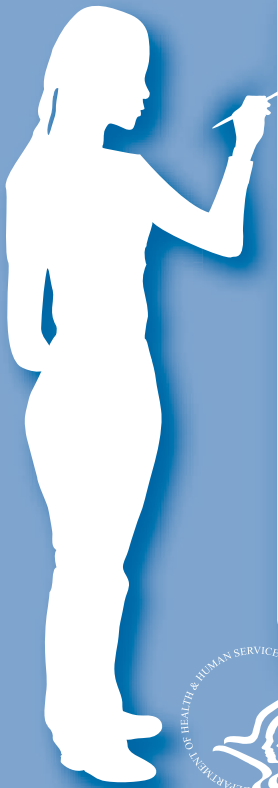


What are you doing after school?



CREATE	a newsletter	an art project for your neighborhood	a blog or online diary	a skate park	a pet-sitting business	CREATE
START	a dance troupe, theater group, or band	a fitness, walking, or biking club	your own lawn mowing or hairstyling business	a community garden	a study group	START
ORGANIZE	a poetry slam	a fundraiser for a local charity	a hiking or camping trip	a voter registration campaign	a clean-up-the-neighborhood day	ORGANIZE
JOIN	a book or movie club	a faith-based youth group	a youth or peer court	a cooking class	a chorus or choir	JOIN
BECOME	a tutor or mentor	a volunteer at a hospital or nursing home	a pen pal to U.S. troops abroad	a festival or events volunteer	a special olympics coach	BECOME
LEARN	first aid	a new sport or yoga	a new language	painting, drawing, or photography	a musical instrument	LEARN



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
 Administration for Children and Families
 Administration on Children, Youth and Families
 Family and Youth Services Bureau



For more information on youth activities and Positive Youth Development, please contact the National Clearinghouse on Families & Youth (NCFY), a resource of the Family and Youth Services Bureau:

NCFY

P.O. Box 13505
 Silver Spring, MD 20911-3505
 Phone (301) 608-8098
 Fax: (301) 608-8721
 E-mail: ncfy@acf.hhs.gov
 Web site: ncfy.acf.hhs.gov

What are you doing after school? was developed by NCFY in collaboration with ACF for the Family and Youth Services Bureau, Administration on Children, Youth and Families; Administration for Children and Families; U.S. Department of Health and Human Services; under contract No. GS10F0285K to manage the National Clearinghouse on Families & Youth.

TIPS TO GET YOU STARTED:

- ➡ Talk with your friends to see if they'll join you.
- ➡ Search the Web. (Check out the organizations listed below, or search under "youth organizations" for starters.)
- ➡ Ask your family, teachers, religious leaders, and other adults in your community for ideas and support.

Why should I be active after school?

- | | |
|---------------------------------------|---------------------|
| Learn something new | Meet new people |
| Be useful | Get new skills |
| Improve my grades | Help others |
| Do something I've always wanted to do | Stay out of trouble |
| Show off my abilities and talents | Get fit |

BRAINSTORM!

Try looking into these place to get involved:



Resources To Get You Started

A quick guide to some national youth organizations that endorse positive youth development

Find things to do in your area www.activitiesforkids.com	Find a YMCA near you www.ymca.net
Look for ways to volunteer www.volunteermatch.org	Learn about youth courts www.ycyouth.net
Support an issue you care about www.teaching.com/act	Join a local 4-H club www.4-h.org
Get in shape www.verbnow.com	Plan for your future studentcenter.ja.org
Learn about Boy Scouts www.scouting.org	Take IT Global www.takingitglobal.org
Explore Girl Scouts www.gogirlsonly.org	Find out about Camp Fire www.campfire.org/teens
Tell others about what's going on in your community www.communityyouthmapping.org/youth	Fight hate and promote tolerance www.tolerance.org/teens