



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING THE POTENTIAL OF YOUTH

Kids deserve the chance to just be kids.



Kids are having to grow up way too fast. At a time in their lives when they should be carefree, many are dealing with stress, anxiety, food insecurities and peer pressure. The Y provides a refuge where kids can feel safe and accepted. The Y is their home away from home where they can connect with friends, eat a healthy meal and find solace in a safe space.

**25% of youth** in Middle Tennessee are at **risk of hunger**.

The YMCA serves **over 400,000 healthy meals and snacks** to youth each year.

**Over 50,000 youth** are members of the Y where they find caring adults, learn new life skills and build confidence.

**70% of youth** rated their ability to cope with challenges as **medium to very low**.

Juvenile crime rates **triple** in the first hour after school.

**4,200 youth** find safe spaces in Y after-school programs in **over 120 schools**.