



Athletes for Kids Program Summary

www.athletesforkids.org

Athletes for Kids (AFK) was founded in 2002 at Skyline High School in Issaquah with 8 mentors.

Our mission is to enhance the lives of children who have disabilities and special needs and the high school athletes who mentor them. We believe that modeling acceptance, inclusion, and respect of all individuals transforms and strengthens our communities.

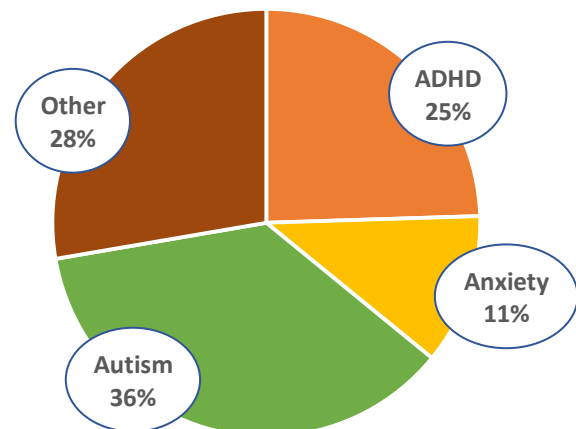
Mentors: High school athletes from 11 AFK Chapter High Schools (see below list of schools)

Mentees: Children from 1st – 12th grade who have a disability (see below list of disabilities)

High School Chapters: 11 High Schools where we recruit mentors and provide them with orientation and monthly training

List of current AFK Mentee Special Needs and Disabilities:

- Autism (36.4%)
- ADHD (24.6%)
- Anxiety (11.4%)
- Down Syndrome (5%)
- Other special need/disability (5%)
- Learning/Intellectual Disability (4.1%)
- Developmental Disability (4.1%)
- Sensory processing disorder (2.3%)
- Cerebral Palsy (1.8%)
- Speech Disability (1.4%)
- Vision Impairment (1.4%)
- Physical Disability (0.9%)
- Tourette's (0.5%)
- PTSD (0.5%)
- Depression (0.5%)
- OCD/ODD (0.5%)



11 Current AFK High School Chapters:

1. Eastlake High School	Sammamish
2. Eastside Catholic High School	Sammamish
3. Issaquah High School	Issaquah
4. Juanita High School	Kirkland
5. Lake Washington High School	Kirkland
6. Liberty High School	Renton
7. Mercer Island High School	Mercer Island
8. Mount Si High School	Snoqualmie
9. Newport High School	Bellevue
10. Redmond High School	Redmond
11. Skyline High School	Issaquah

Athletes for Kids serves children in the cities of Bellevue, Issaquah, Kirkland, Mercer Island, Newcastle, North Bend, Redmond, Renton, Sammamish, Snoqualmie, and Woodinville. We currently serve over 100 mentee schools in King County. We also have mentees who are homeschooled or in specialized schools.

Number of Mentors and Mentees served in 2024:	418
2024 Mentoring Hours by Mentors:	6956 hours
2024 Volunteering Hours by Mentors (not mentoring hours):	837 hours
2024 Orientation and Monthly Training provided to our Mentors:	1564 hours

Athletes for Kids offers free monthly mentor/mentee events as an opportunity for socialization in an inclusive atmosphere.

Orientations for new mentor and mentee parents are offered throughout the year. These meetings provide an overview of the program with an emphasis on mentor and mentee parent expectations. Staff are always available to answer any questions regarding the program. Families can also find helpful resources on our website.

Demographics of Mentees and Mentors (2024 Data):

Race: 56% are Caucasian and 44% are non-white or multiracial

Age: 29% (Age 6-12) 47% (Age 13-17) 24% (Age 18-19)

Income: 3% (low <50%AMI), 1% (moderate <80%AMI), 31% (above moderate >80%AMI), 65% unknown

Gender: 31% Females 69% Males

Program Feedback (2024 Survey Results):

100% of mentee parents reported that the AFK program meets or exceeds their expectations

97% of mentee parents think having a mentor is making a positive difference in their child's life

98% of mentee parents reported they saw improvement in at least one of the following areas: happiness, confidence, social skills, classroom behavior, communication skills, self-esteem, friendship, and attitude towards school

100% of mentors reported that the AFK program meets or exceeds their expectations

98% of mentors think being a mentor is making a positive impact on their life

100% of mentors reported the program impacted their life in at least one of the following areas: leadership skills, service, community engagement, compassion/patience, character development, and friendship