TODAY'S KIDS

FAMILY LIFE
Now more than ever, kids' home life is wide-ranging. Sensitivity in approach when discussing home life is critical.

- 1 IN 4 from immigrant families
- 35% raised by single parents
- 1 IN 5 live in poverty

RACE/ETHNICITY
Over the past thirty years, the face of America has changed dramatically, and will continue to change, particularly with increases in the Hispanic population. Connect with your campers by knowing their cultural backgrounds and value systems.

- 53% White
- 24% Hispanic
- 14% African American
- 4% Asian
- 1% Native American

FOR YOUR CONSIDERATION...
The statistics related to children and abuse are staggering. Recognize that some of your campers may be suffering abuse at home, and sometimes, the comfort of camp makes this information easier to reveal. Be prepared to follow camp protocol to report it.

- 1 in 4 girls are abused by age 18
- 1 in 6 boys are abused by age 18

As frontline staff, you are the first line of defense for risk management. This includes everything from making sure each camper wears appropriate safety equipment to preventing or stopping bullying and abuse. Supervision and good judgment are key!

PHYSICAL ACTIVITY
With more opportunities to be sedentary in their everyday lives, kids need the fun and physical activity that camp experiences provide. The CDC recommends that kids get AT LEAST 60 minutes of physical activity per day.

- 1 IN 5 kids are obese
- 7.5 hours of average daily time spent with media
- 11% of high school girls get 60 mins of physical activity per day
- 24% of high school boys get 60 mins of physical activity per day

For more information on how to be at your best this summer, visit ACA's Counselor Blog: www.ACAcamps.org/counselors