

# Nature: It's Good for You.

## Understanding Children's Experiences in Nature from an Equity Lens

Children are spending significantly **less time in nature** now than ever before (Louv, 2005).

While this is true for all children, this is particularly true for **marginalized groups**, such as racialized and low socioeconomic status individuals (Strife & Downey, 2009).

**4-7  
minutes**

The average time a child in America spends playing outside each day  
(Cohen, 2023)

## Barriers to Accessing Nature

 distance

 transportation

 cost/fees

 neighbourhood safety

 weather

 wildlife

**27%**

Of children regularly play outside their homes  
(Summer of Play, 2022)

**84%**

Of children most commonly spent time outside by hanging out or playing  
(Larson et al., 2011)



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# Equity Considerations

Green spaces in low SES communities are less attractive

Marginalized communities have less access to transportation to green spaces compared to other groups

Children in low SES neighbourhoods are more likely to stay close to their homes when accessing green space

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## Benefits of Nature



increased concentration



improved ability to cope



improved mental health



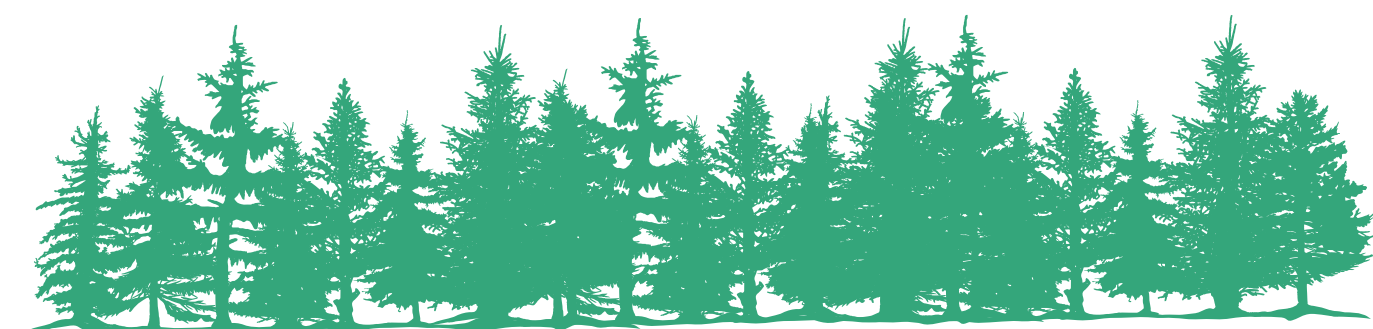
decreased isolation



increased relaxation



decreased impulsivity



Children's **inequitable access** to nature is also heavily influenced by **societal structures** such as urban planning, and suburban sprawl (Strife & Downey, 2009). Systemic barriers such as socioeconomic status, which are often **generational** also contribute to this growing epidemic children are experiencing (Strife & Downey, 2009).

### References

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