



SIERRA  
CLUB  
FOUNDED 1892

Explore, enjoy and protect the planet

**leaving no  
child inside**

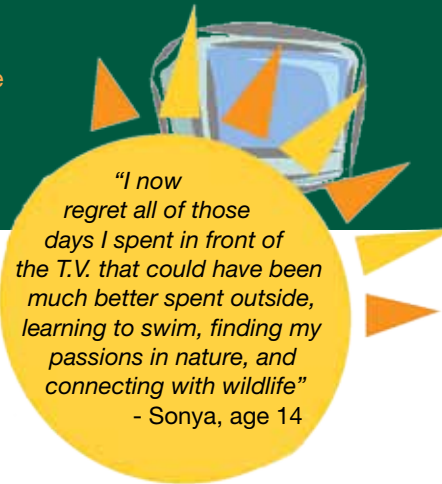
**building bridges  
to the outdoors**

# NATURE-DEFICIT DISORDER

For so many young people, nature is only a backdrop. They are more sedentary than ever and, with almost every moment accounted for, there is little time for outdoor play and exploration. Things are out of balance, with mental and physical consequences.

- 6.5 hours daily is spent with electronic media
- 1 in 5 children are now obese
- Teens report ever increasing stress levels
- National Park attendance is in steady decline

Playing in and experiencing nature is part of the solution . . .



Go outside! Play, enjoy, discover! Too many children, especially underserved youth of color and those from low-income communities, face barriers to outdoor play and exploration. Because research shows that exposure to nature helps youth reach their full potential, the Sierra

Club is working to remove those barriers.



**THE SIERRA CLUB BELIEVES EVERY CHILD HAS A RIGHT TO HAVE A SPECIAL EXPERIENCE IN NATURE**

Building Bridges to the Outdoors (BBTO) is committed to a future where all youth have the opportunity to connect with nature and the outdoors. Outdoor play, recreation, and service widens horizons, improves health, builds brainpower, and instills stewardship ethics. BBTO supports and connects existing outdoor programs working at the local level. Through these efforts, we are raising the priority of the children and nature issue across the nation.



BBTO seeks to:

- *Build Diverse Partnerships:* we all have a stake in future generations
- *Inform the Public:* raising awareness through events, social networking, and community outreach

# RESEARCH CONFIRMS THE BENEFITS OF OUTDOOR EXPERIENCES

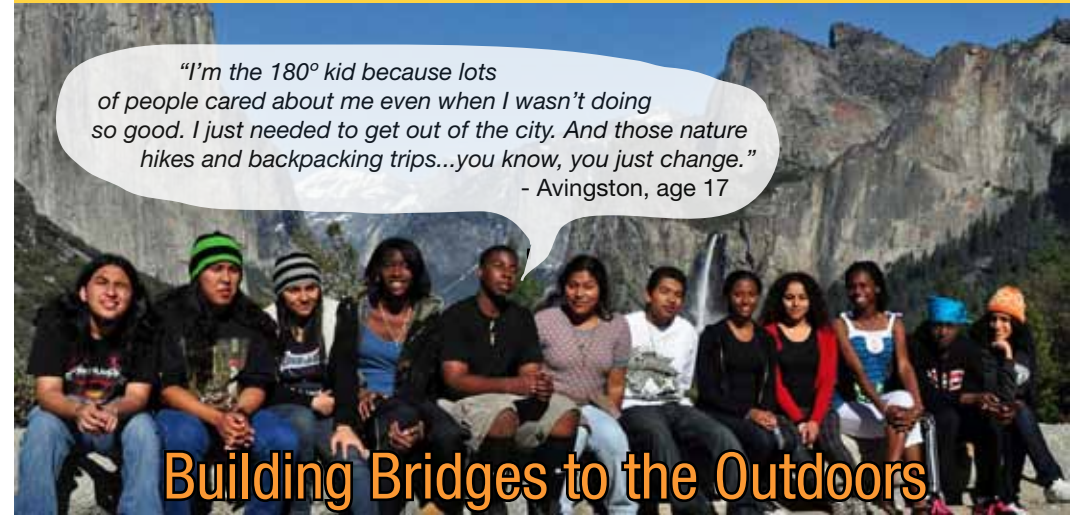
More and more research supports the myriad benefits of outdoor recreation, education, and service. These benefits directly impact both youth and their communities.

*"I learned that no matter how insignificant something might look to us, it is very significant to the entire ecosystem."*

- Ricardo, age 18

- >> Science Test Scores Increased 27%\*
- >> Enhanced cooperation and conflict resolution skills
- >> Gains in positive environmental behavior
- >> Gains in self-esteem
- >> Gains in problem-solving
- >> Increased motivation to learn
- >> Increased leadership skills and civic engagement

\* California Department of Education study, 2005



## Building Bridges to the Outdoors Across the Nation

With partners across the nation, Building Bridges to the Outdoors helps get **tens of thousands** of youth outside each year.

Find all our partners at:  
[sierraclub.org/youth](http://sierraclub.org/youth)

- *Engage Public Officials:* together, we are enhancing existing programs and building new opportunities
- *Develop Youth Leadership:* the nation's youth deserve a voice in guiding the public discussion

*"I love the Building Bridges to the Outdoors program for making sure that everybody gets to go outside and be themselves in nature. Everybody has his or her own reason to get outdoors. I know mine - **what's your reason?**"*

- Karen, age 14

## DISCOVER YOUR REASON

Take a walk outside | Enjoy a backyard picnic | Splash in a puddle  
Collect leaves | Lie in the grass | Look at the stars | Catch a firefly  
Roll down a hill | Play in the dirt | Feel the grass between you toes  
Catch a fish | Smell the air | Chase a butterfly | Listen to the birds

**Learn More About Building Bridges to the Outdoors**  
[sierraclub.org/youth](http://sierraclub.org/youth)

**Learn More about Sierra Club**  
[sierraclub.org](http://sierraclub.org)

**Find a Local Trail and Take a Hike**  
[trails.sierraclub.org](http://trails.sierraclub.org)

*"It's out there where trees don't care what race you are, but they still share their shade; water doesn't care what kind of income level you come from, but it provides life; and believe me, mosquitoes really don't care who you are, they still suck your blood"*  
- Juan, age 18

