



KIDS THESE DAYS | JANUARY 2024



This presentation is being recorded

KIDS THESE DAYS

#1 OUTDOOR PLAY & THE EXTINCTION OF EXPERIENCE

**DR WILL DOBUD
DR NEVIN HARPER**



KIDS THESE DAYS

Free presentations to communicate the available research about **what works** in raising healthy and happy children, and probably most importantly, **what does not!**

These presentations are limited to 100 registrants and attendees will receive a link to the recording if they cannot attend and a free PDF resource.



Social
Sciences
Week
Every September

socialsciencesweek.org.au #SSW2023

Charles Sturt University

Outdoor Therapy Series 2023

Social Sciences Week 4-10 September

 Dr Will Dobud Charles Sturt University	 Tanya Ginwala Qualia Outdoor Therapy	 Jen Rees Flow Outdoors	 Professor Nevin Harper University of Victoria	 Doug Moczynski Gippsland Adventure Therapy
 Unda Avota Adventure Therapy Latvia	 Graham Pringle Youth Flourish Outdoors	 Dr Daniel Cavanaugh Washington State University	 Margaret Asher Blue Ridge Therapeutic Wilderness	 Josh Kelso Red Oak Recovery

A Quick Intro



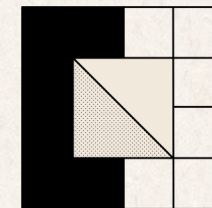
Dr Will Dobud

Charles Sturt University
www.outdoortherapycentre.com



Professor Nevin Harper

University of Victoria
www.nevinharper.com



NEVIN HARPER • KATHRYN ROSE • DAVID SEGAL

NATURE-BASED THERAPY

A PRACTITIONER'S GUIDE to WORKING OUTDOORS
with Children, Youth, and Families



ROUTLEDGE

OUTDOOR THERAPIES

An Introduction to Practices, Possibilities, and
Critical Perspectives

Edited by Nevin J. Harper and Will W. Dobud



ROUTLEDGE

SOLUTION-FOCUSED PRACTICE IN OUTDOOR THERAPY

Co-Adventuring for Change

Will W. Dobud and Stephan Natynczuk



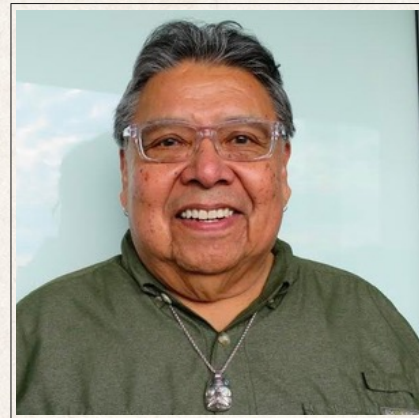
Kids These Days: The Experts

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Dr. Michael Ungar

Resilience Research Centre
at Dalhousie University



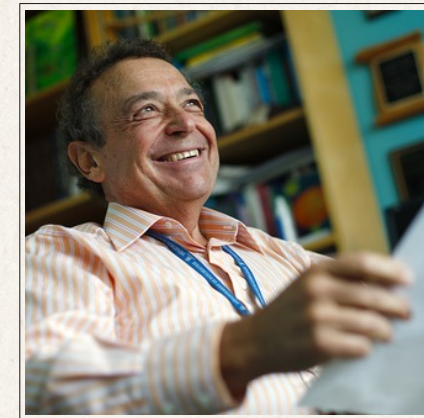
Dr. Martin Brokenleg

Psychologist, co-author
Reclaiming Youth at Risk



Maggie Dent

Australian best-selling
author From Boys to Men



Dr. Simon Davidson

Adolescent psychiatrist, Co-
Founder of Youth Net/Réseau Ado



Dr. Ellen Sandseter

World's leading expert on
playground risk-taking



Dr. Mari Swingle

Psychologist, author of I-
Minds



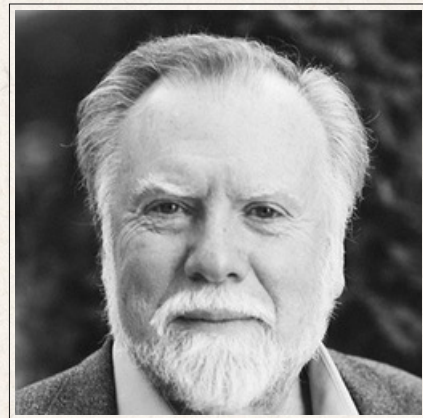
Dr Sue Johnson

2016 APA Family
Psychologist of the Year



Dr. Greg Motayne

Forensic Adolescent
Psychiatrist



Dr. Gordon Neufeld

Parenting expert, co-author
Hold on to Your Kids



Dr. Bruce Lanphear

Clinician Scientist at the Child
& Family Research Institute



Dr. Scott D Miller

Co-founder of the International
Center of Clinical Excellence



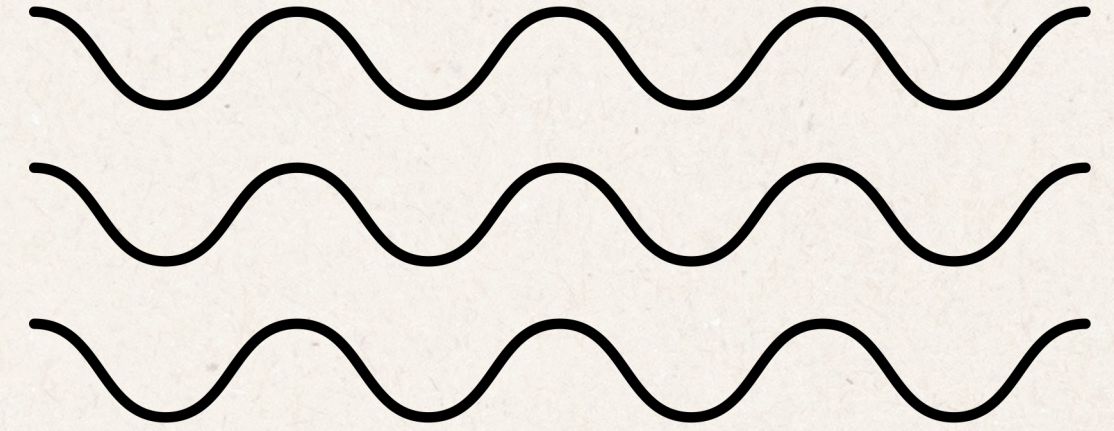
Dr. Ryan Rhodes

Director of the Behavioral
Medicine Laboratory





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Friluftsliv



Friluftsliv translates to English as **open-air-life** and depicts Norwegians' tradition of outdoor activity, and belief that **health and happiness is defined within their connection to nature and all things living.**

State of Play

Failing Grade

Active Healthy Kids, a global alliance of health researchers across 57 countries tracking physical activity of children and youth, give us a failing 'D' grade for international physical activity.

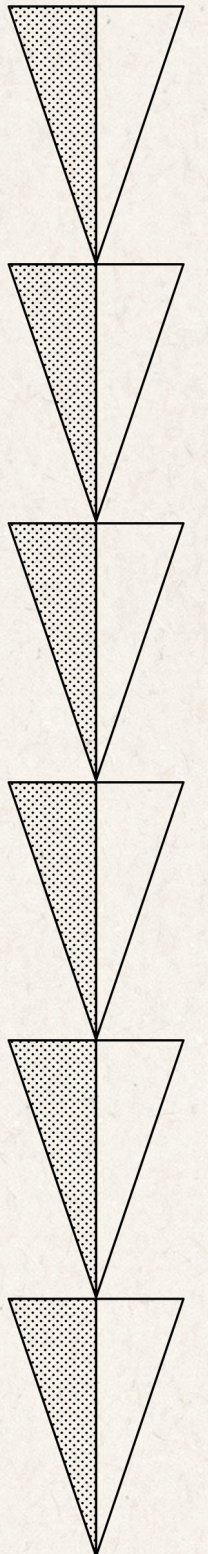
Play & Mental Health

Play helps to develop intellectual and emotional self-regulation. Today, we see a clear link between reduced opportunities for play and increased stress and mental health concerns.

Social Distancing Continues

Children aged 6 to 12 in the USA have experienced a 20% reduction in playing group sports (baseball, football, hockey, athletics) since 2018. Team swimming is down 26.9%.

Golf and individual tennis have expanded from 30-50%. Adaptive sports remains down 44% in schools.



The Safety Trap

Adults need to manage their own stress and regulation in the presence of youth discomfort. We create a container for emotional and risky play and let the child learn.

Trick or trunking, sleep unders, stranger danger, walking vs. driving to school.

Societal impact of being the 'good parent' - especially in blended families. No one wants to be the responsible adult when a child gets injured.

Childhood exploration and roaming is down. Social media, gaming, and use of technology is exponentially growing. We know the impacts of i-Media use yet still can't get phones out of the classroom.





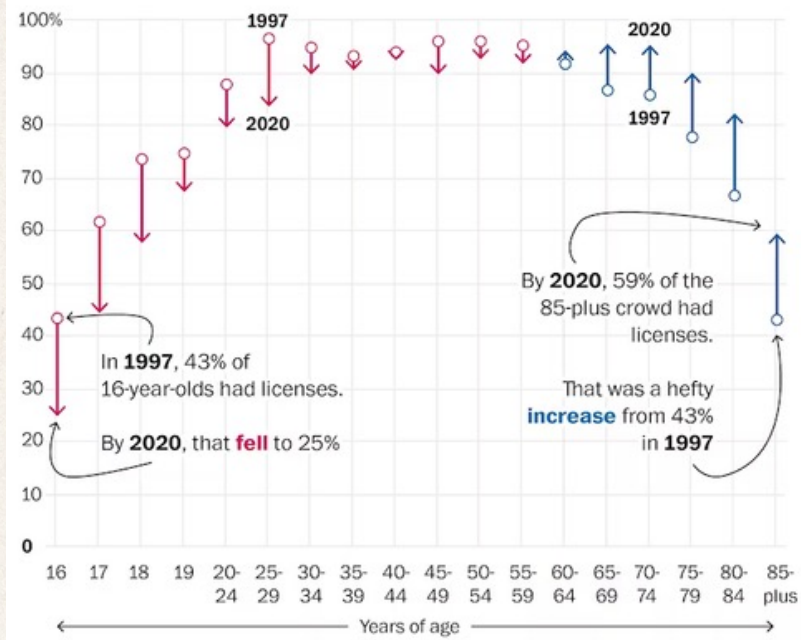
Extinction of Experience

As cities and metastasizing suburbs forsake their natural diversity, and their citizens grow more removed from personal contact with nature, awareness and appreciation retreat . . . So it goes, on and on, the **extinction of experience**, sucking the life from the land, the intimacy from our connections . . . people who don't know don't care. What is the extinction of the condor to a child who has never known a wren?

-Robert Pyle (1975)

As zoomers drive less, boomers pick up the slack

Share of Americans who have driver's licenses, comparing 1997 to 2020



Source: Federal Highway Administration DEPARTMENT OF DATA / THE WASHINGTON POST

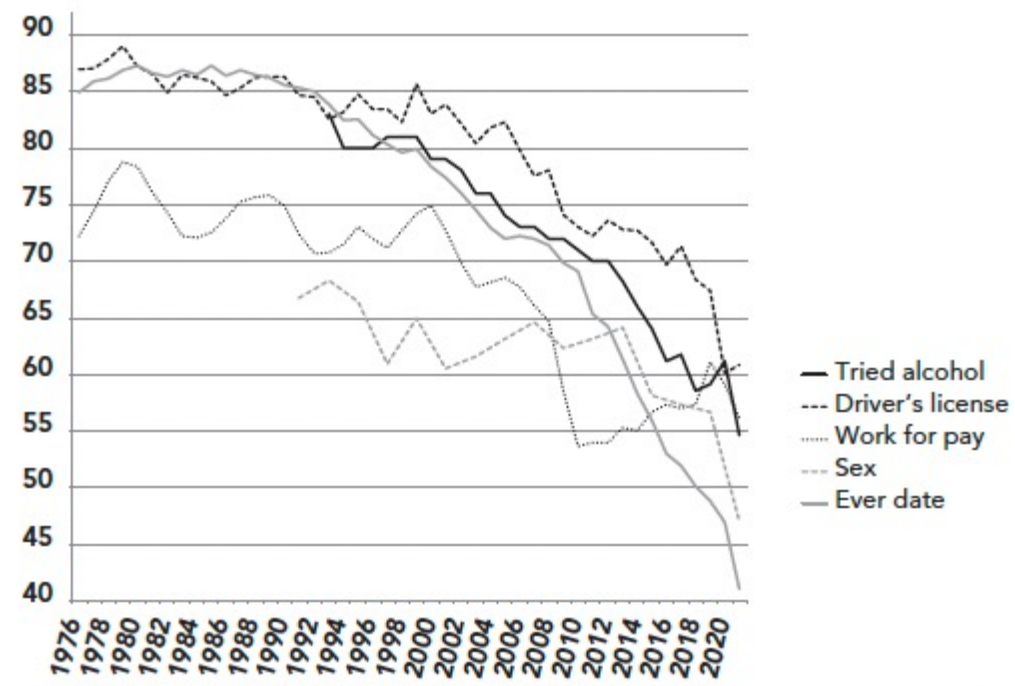
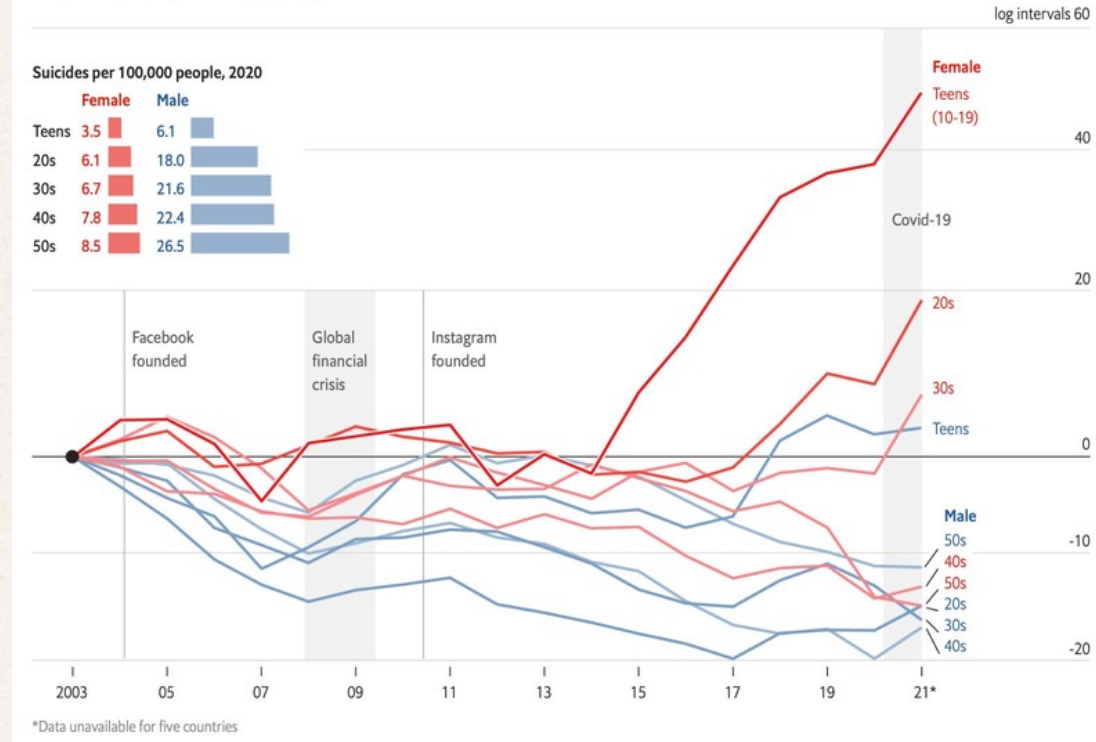


Figure 6.16: Percent of U.S. 12th graders engaging in adult activities, 1976–2021

Source: Monitoring the Future and Youth Risk Behavior Surveillance System

Suicide rate, % change since 2003, by age and sex



*Data unavailable for five countries

OECD average trends in mathematics, reading and science

In 23 OECD countries up to 2022

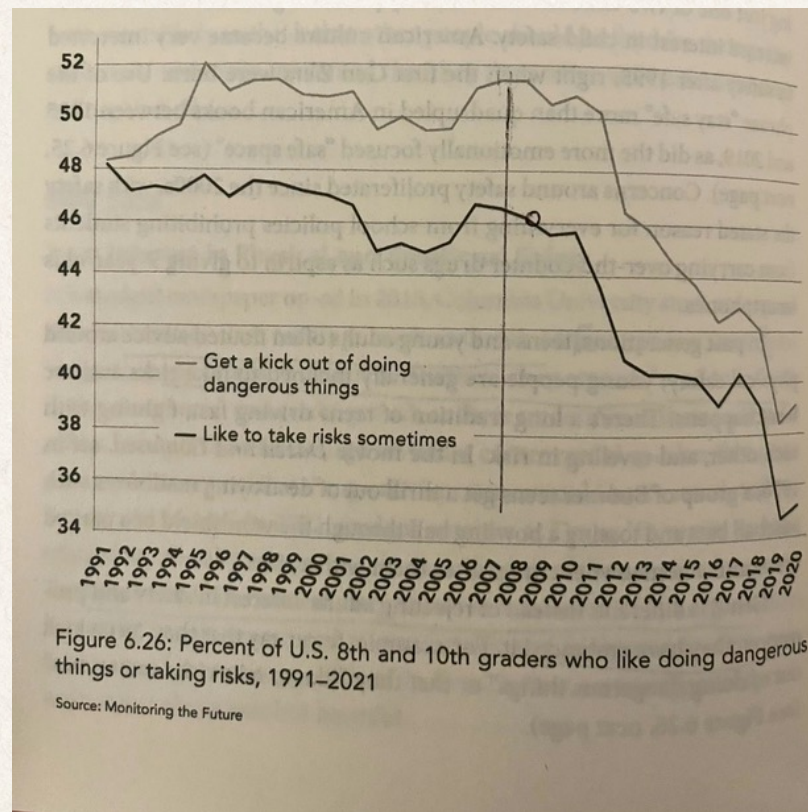
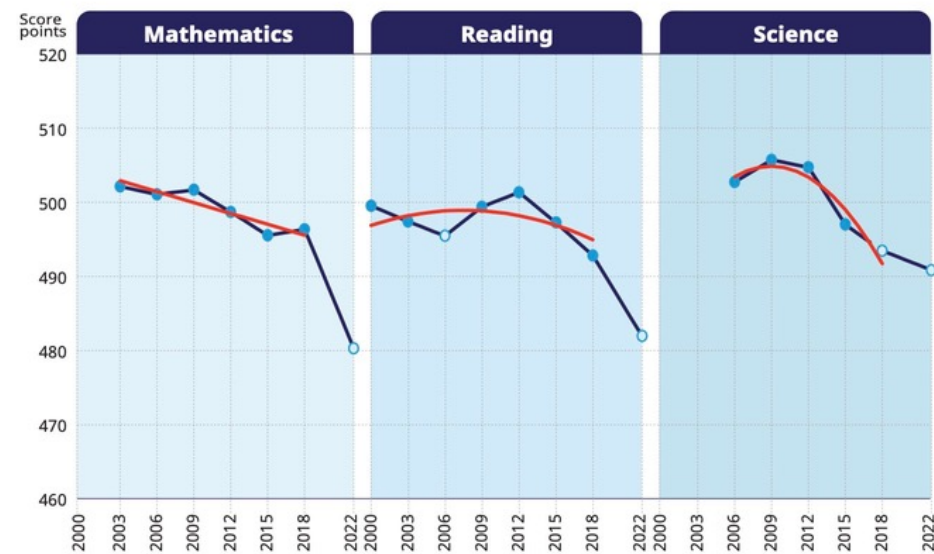
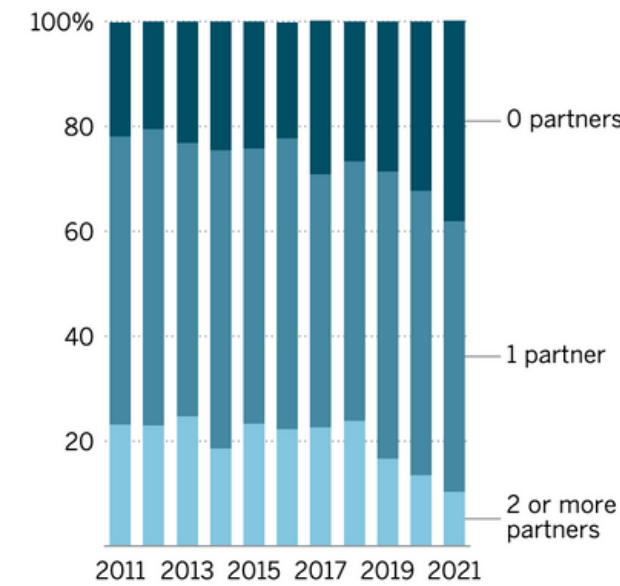


Figure 6.26: Percent of U.S. 8th and 10th graders who like doing dangerous things or taking risks, 1991–2021

Source: Monitoring the Future

Number of sexual partners in past 12 months



Report surveyed at least 6 million Californians ages 18-30 each year.
2021 California Health Interview Survey
Phi Do LOS ANGELES TIMES

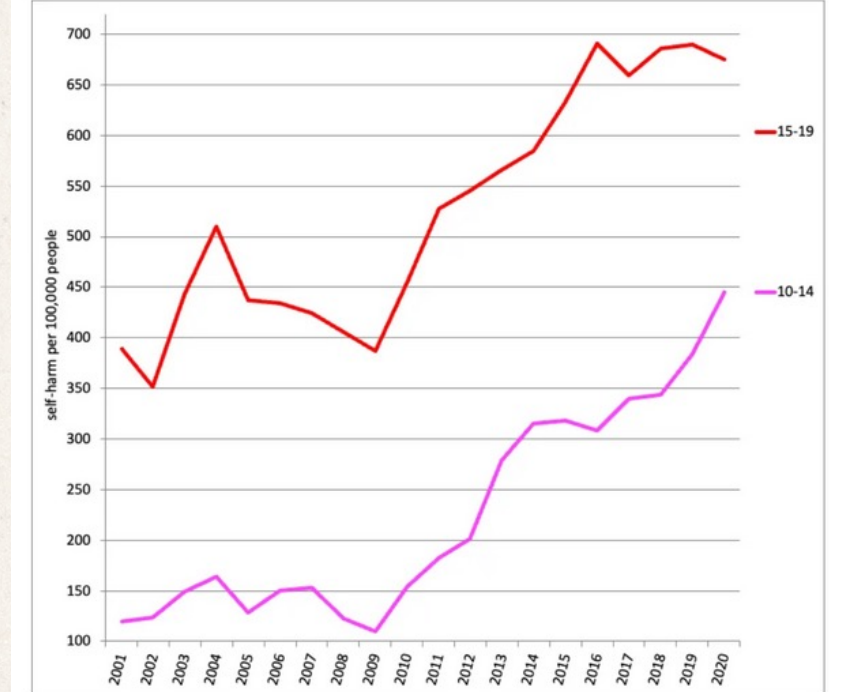


Figure 1: Rate of emergency room admissions for self-harm behaviors among U.S. girls and young women, by age group. Source: CDC (also see Figure 6.36 in Generations)

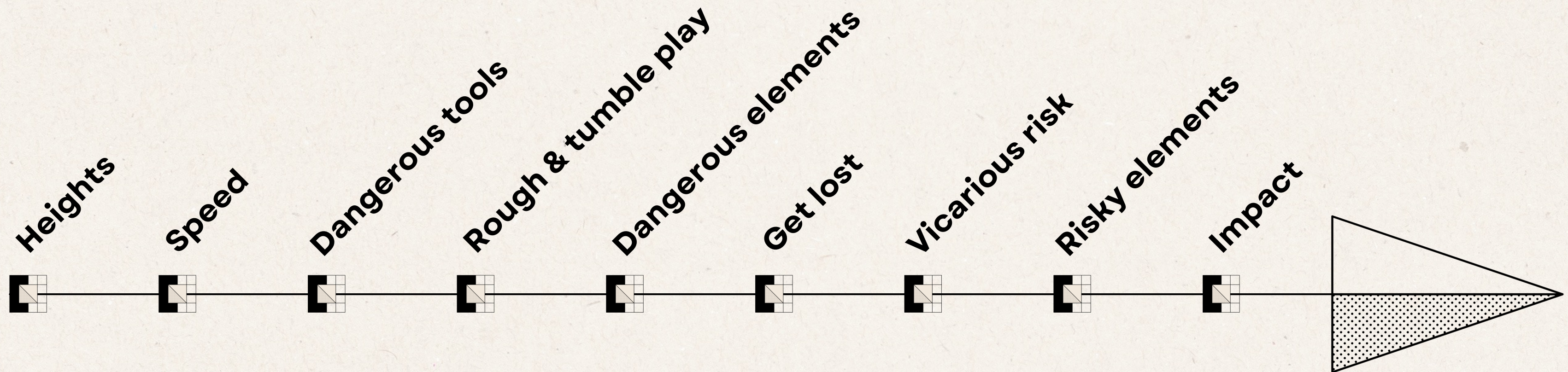
Images contain a hyperlink to their original source.

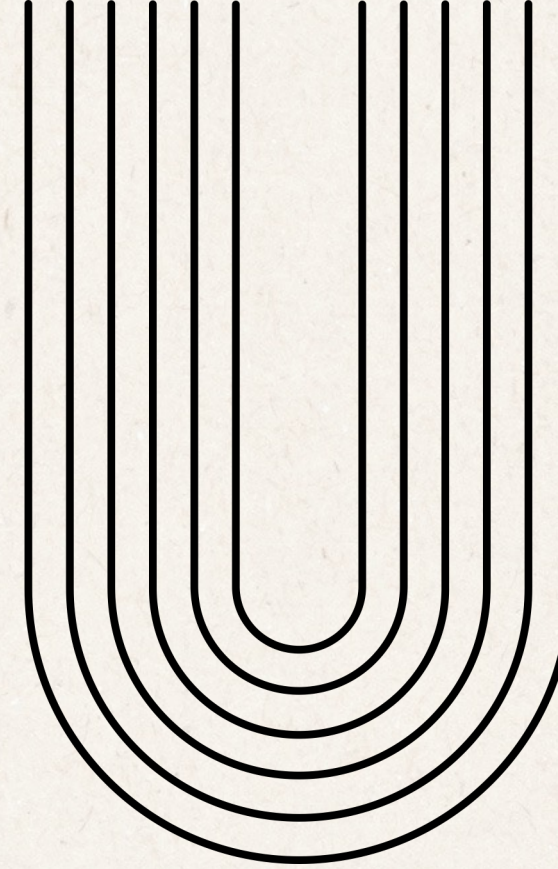
Simple can be elegant

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Elements of Risky Play (it's really just play)





Adults in the Room

How to create 'emotional playgrounds' for children to thrive.

Emotional Playgrounds

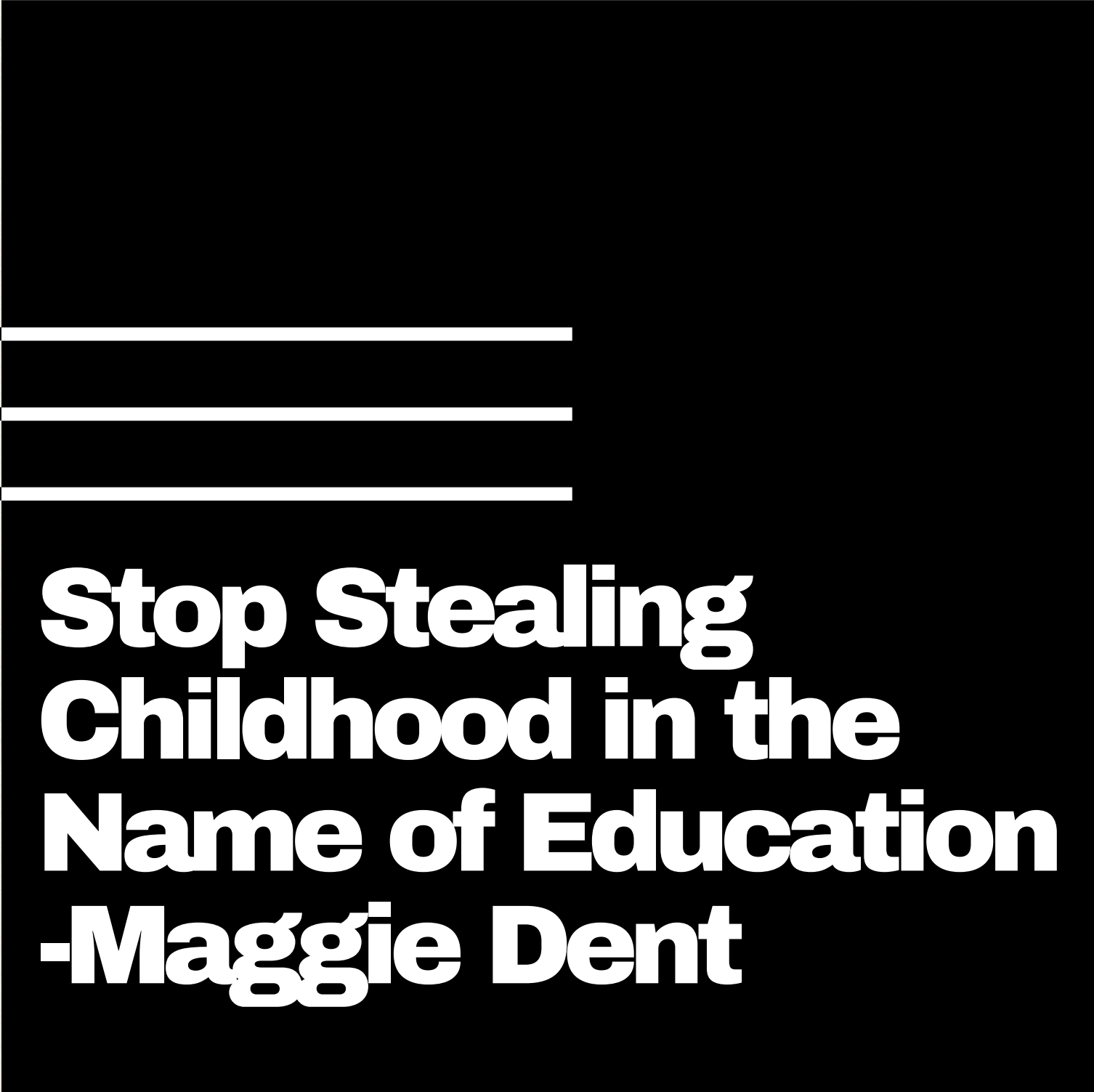
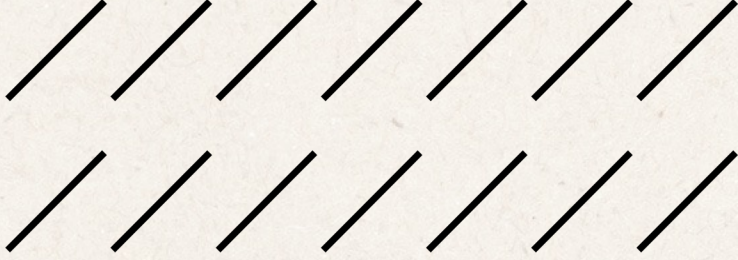
As Gordon Neufeld said, "Emotion takes care of us, and play takes care of emotions." We do not have to teach Zen Buddhism to five-year-olds so they can learn appropriate self-regulation.

Social Media & the Phone

At a minimum, the phone needs to be removed from the school day. Adults should be less involved in childhood adventure and play, and far more involved in social media and i-Tech.

Guardrails & Containers

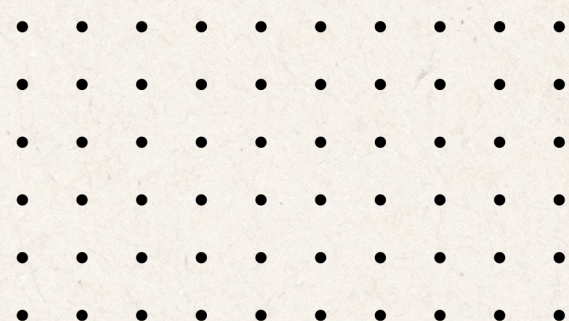
Create environments for 'safe' risk taking and play. Rough and tumble play is a normal evolutionary human experience, and we should privilege youth's dignity of risk.



**Stop Stealing
Childhood in the
Name of Education
-Maggie Dent**

Resources

**PLEASE CONTACT
INFO@WILLDOBUD.COM IF YOU
WOULD LIKE TO INQUIRE ABOUT
MORE RESOURCES OR HAVE A TOPIC
YOU WOULD LIKE WILL AND NEVIN TO
COVER IN THE FUTURE.**



Active Healthy Kids. (2022). The Global Matrix 4.0 on physical activity for children and adolescent. Retrieved from <https://www.activehealthykidaspens.org/4-0/>

Aspen Institute (2023). State of play: 2023. Access the full report here: <https://projectplay.org/state-of-play-2023-introduction>

Gordon Neufeld on play and emotion:
<https://neufeldinstitute.org/course/play-and-emotion/>

Jonathan Haidt's Collaborative Reviews. Free Google Documents with extensive research into adolescent mental health. Available: <https://jonathanhaidt.com/reviews/>

Ellen Sandseter's personal and professional website:
<https://ellenbeatehansensandseter.com/>

Maggie Dent's 2013 submission to the Federal Education Ministry: *Stop Stealing Childhood in the Name of Education: A Please to Ask WHY?* Available from https://www.maggiedent.com/wp-content/uploads/2013/11/StopStealingChildhoodintheNameofEducation_BY_MAGGIE_DENT_1.pdf