



PLAY EQUITY CALL TO ACTION

UNDERSTAND:



WHY IS PLAY EQUITY A BIG DEAL?

Sports, play, and outdoor recreation can be transformative for youth.

Research suggests being active improves grades, self-confidence, resilience, boosts the immune system, and helps kids heal from stress and trauma.

Yet only 19% of ALL youth in King County get the CDC recommended amount of activity per day (pre-COVID).

Prior to COVID, there were racial, economic, and geographic disparities in access to outdoor spaces, sports, and recreation. Girls, youth of color, youth with different abilities, and youth who didn't speak English at home all reported fewer minutes per day than the average.

The pandemic has only exacerbated these disparities.

We all must take action to ensure as spaces and programs re-open that resources are reallocated to youth traditionally furthest away from them, and ensure that ALL kids gain the mental and emotional benefits of being active.

TAKE ACTION:

- ★ Be a cheerleader/evangelist - talk about why physical activity and sport is essential to kids' physical and mental health.
- ★ Help others understand the lack of access to sport and physical activity as an equity and social justice issue; talk about why play equity is important.



PROGRAMS



SCHOOLS



POLICY



✓ Advocate to your schools and Parks/Rec departments so that funding for sports, outdoor recreation, and physical education aren't cut during this economic downturn (as they did during the last one).



✓ Encourage local governments to invest in communal spaces for play and physical activity.



✓ Encourage friends and neighbors to use their local park for unstructured free play.



✓ Bike and walk with your kids, and advocate for safe walking and biking routes to parks for everyone.



✓ Be an advocate for recess and equal recess time for all students.



✓ Ask your PTA to invest in play and movement opportunities for kids: after-school yoga, no-cut sports in middle school, no fees to play school sports.



✓ Choose sports programs with trained coaches who have clear safety and health guidelines that support youth development.



✓ Ask about and champion accessibility in all ways: who can afford this program? Can all youth participate? Who is left out? Encourage the programs your kids participate in to be inclusive.



NATURE



FUNDING



FREE PLAY