

Rethinking Risk: Making Space for Outdoor Play in Canada

Play is fun, child-led and spontaneous.

Risky play - such as climbing trees or running fast - is **thrilling** and **exciting** for children. It involves **uncertainty** and a **chance of physical injury**.

Risky play is important for:

- children's development
- physical health
- mental health



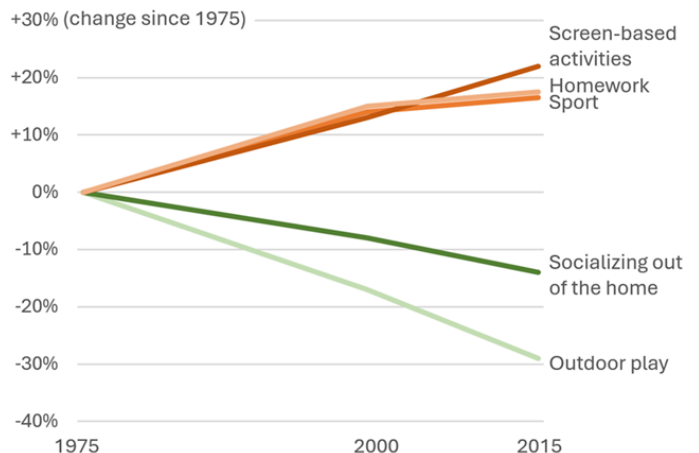
When children **play outside**, they have **more freedom** and opportunities for **risk-taking**.

* **Risks** in play are **NOT** the same as **hazards, putting children in harm's way, or neglecting their needs.**

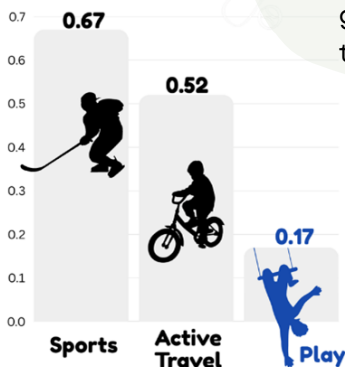
Children's **opportunities for outdoor play** have **gone down** over time. Screen-based and supervised activities have gone up.

Adults' **safety fears** are a major reason for the decline in risky play.

UK Children's Daily Time Use, 1975 - 2015



Serious play-related injuries are very rare. Children are more likely to get hurt in sports than in play.



Risky play helps children develop **skills to deal with uncertainty** - or the unexpected situations that surround us every day.

Letting children play helps them **prepare for life.**

Medically treated injuries by exposure time | Per 1000 hours spent doing the activity (ages 6-12)