

Wyoming Youth Outdoor Bill of Rights

Every Wyoming child should have the opportunity to:

- Explore nature wherever it is found.
- Enjoy the view from the top of a mountain.
- Build a campfire and sleep under the stars.
- Go on a fishing, hunting, trapping, or tracking excursion.
- Discover local, state, or national public lands in Wyoming.
- Engage in a creative activity outdoors.
- Play in a creek or river.
- Visit a Wyoming historic or cultural site.
- Follow a trail and discover native plants and creatures.
- Plant a seed or a tree for Wyoming's future generations.
- Embrace winter.
- Actively care for Wyoming's land and wildlife.



WY Outside

Wyoming Youth Outdoor Bill of Rights Why do we need it?

The Wyoming Youth Outdoor Bill of Rights was developed by WY Outside with input from children, youth, and families in Wyoming. WY Outside believes that all Wyoming children, youth, and families should have the opportunity to participate in the fundamental outdoor experiences listed in the Wyoming Youth Outdoor Bill of Rights.

There is growing concern about youth detachment from the outdoors and lack of physical activity, both nationally and in Wyoming. Children are suffering from a public health crisis as outdoor activities are replaced by more solitary and stationary activities leading to increases in obesity, diabetes, and ADHD.

In Wyoming, one out of every four children, ages 10-17 is overweight or obese¹. According to the Wyoming Youth Risk Behavior Survey, over 25% of Wyoming's middle and high school students watch television three or more hours per day². Today's youth are at risk of being the first generation to have a shorter lifespan than their parents did due to increases in obesity and decreases in physical activity.

The benefits of spending time outdoors are well known, including improved physical and mental health and well-being, increased motor-coordination, reduced symptoms of ADHD, and increased conservation ethic. Children who spend time outdoors experience reduced stress and have improved concentration and impulse control.

WY Outside is an unincorporated affiliation of nonprofits, for-profits, state and federal agencies working to encourage youth and families in Wyoming to spend more time outdoors. The group hopes to inspire long-term appreciation for the Wyoming outdoors through *education, experience, and adventure*.



¹ Data Source: 2007 National Survey of Children's Health

² Data Source: 2013 Wyoming Youth Risk Behavior Survey