

Teens, Nature, and Health

On a typical school day, teens spend an average of one hour outdoors.



9 in 10 teens recognize that spending time outdoors is good for their health.



Less than a quarter of teens frequently spend time with friends outside.

8 in 10 teens prefer to spend time indoors.



What do they do with their time?



Listen to music



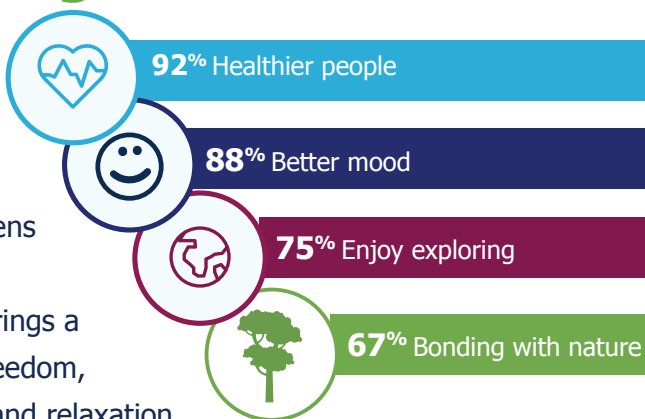
Watch online videos



Study

Teens recognize benefits to being outdoors.

Despite their preference for being indoors, teens report time outdoors brings a sense of freedom, calmness, and relaxation.



While teens believe the environment is in bad shape, they think it can be saved.



Most have taken at least one step toward living a greener life:

- 84% turn off the lights when they leave the room
- 84% turn off the TV when they are finished watching it
- 81% turn off water when brushing their teeth
- 71% put recyclables in a recycling bin instead of the trash
- 62% remove electronics from a charger as soon as they are fully charged

When they are outdoors, teens spend their time:

Listening to music (80%)
Hanging out (75%)
Just playing (63%)

Reading or studying (55%)
Swimming (51%)