

Create Safe Places to Play

Making Safe Spaces

Try these steps to make your community a great place to be active and stay healthy.

Choose what's important for safety.

- Improve water stations in schools and parks for easy access to clean drinking water.
- Create safe and well-lit sidewalks to promote walking and use by people with limited mobility.
- Add and repair bike lanes for safe routes to schools and parks.
- Keep school gyms and green spaces open for everyone to use after school hours and on weekends with Joint Use agreements.



Talk to everyone you know.

- Talk with friends and neighbors – you'll be surprised how many people agree with you and will want to help.
- Team with community and faith based leaders to talk to local police, public health, parks, traffic safety and other county officials.



Get Started!

Everyone should have a safe place to be active, play and access to clean drinking water.



Adults should be active 150 minutes or more a week to help prevent chronic disease.



Making sure young people play outdoors for at least 60 minutes a day is important for their health and well-being. Active play outdoors helps fight against childhood obesity and chronic diseases.

Don't give up!

It might seem like hard work at first, but small changes will make a big difference.



Champion Example

Greenfield Walking Group

The Greenfield Walking Group creates safe areas for physical activity for everyone in Bakersfield, CA.

The group, started by mothers, wanted to get together for walks in their local park. The park was dirty and unsafe – so they took action!

The women did a walk safety audit with support from California Walks. They talked to city transportation and parks policy makers to initiate a park clean up and makeover.



Youth Can Lead Change!

- Young people are an important voice in the health and well-being of their communities.
- Youth programs help prepare them to be active voices and positive role models.
- Youth mature and develop life skills like teamwork, leadership and self-confidence when they are involved in youth-focused programs.
- Get involved, ask church leaders, teachers, and local non-profits if they know of local programs for youth.

Champion Example

Youth lead change against child obesity in Watsonville

Jovenes Sanos, a group supported by The United Way, was started by a high school student in Watsonville, CA. The group has created car-free events called Open Streets Watsonville, where community members can bike, walk and play for the day.



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