

## Placement: Health and Quality of Life | Garden and Green Space

### SAFER PLACES TO PLAY

Intuitively, children playing at home or in parks on a natural surface like turf-grass are less likely to be hurt in a fall than when it happens on artificial surfaces like asphalt or concrete. However, the issue of safety in urban areas is a broader one.

A study by the Human Environment Research Laboratory proved that when people are in contact with nature, violence levels within inner-city neighbourhoods are reduced. The study shows levels of aggression were significantly lower among people who had parks with plants, or any type of nature outside of their residence against those who did not.

Communities that choose to clean up their parks and beautify crime-ridden neighbourhoods have less crime and fewer criminals to deal with. When residents feel greater pride in the beauty of where they live, they are less likely to detract from it by endangering people through acts of aggression or committing acts of vandalism like graffiti.

Parks help to bring neighbours together and can inspire them to increase local activism, and to work together for what they know is important and beneficial for their community.

Plants Love You™ by helping to create safer places to play and live.

#### Resources:

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