

Trails for Teens and Tweens

(SAMANTHA THOMAS)

Benefits

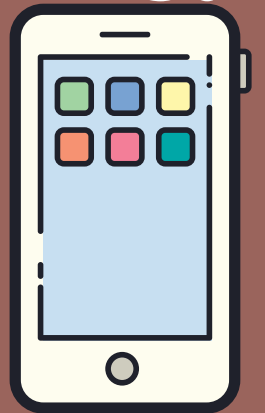
- According to the National Park Service- being in nature can boost your mood and improve mental health
- American Hiking says there are a myriad of benefits of hiking like lower blood pressure, healthier body weight, and improved mental health
- Being outdoors reduces stress, anxiety, and can lower the risk of depression
- You can connect with others and nature while hiking.
- You can get away from all the technology and screens in your day-to-day life



Drawbacks of Technology

Not many teens spend their free time outdoors.

- Mental health issues arise when spending so much time looking at screens.
- Many develop bad anxiety issues.
- There's a direct correlation between social media/technology and mental health issues in adolescents.
- Teens spend more than nine hours a day online



- 1.Hemlock Hills & Lake Windwing
 - 2.Weir Farm National Historic Site/ Nod Hill Refuge
 - 3.Ridgefield Rail Trail
 - 4.West Mountain Refuge
 - 5.Seth Low Pierrepont State Park
 - 6.Aldrich Park
 - 7.Bennett's Pond State Park
 - 8.Pine Mountain
- more about trails-

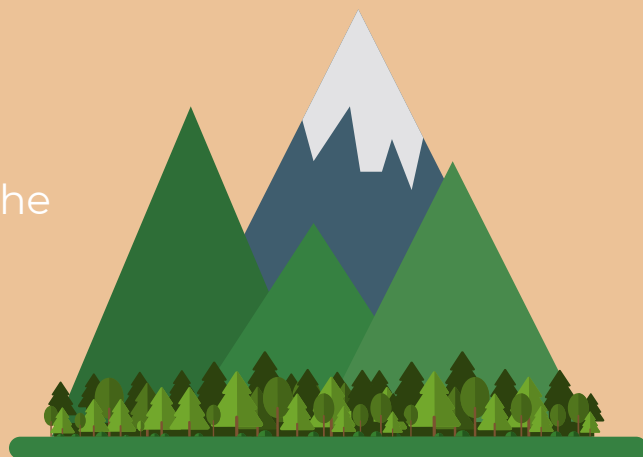
Trails



Feedback

Please fill out this form once you have completed any of the hikes to provide feedback.

Hike Feedback



Sources

- [Technology and Teen Mental Health: What We Know and Don't Know - Challenge Success](#)
- [AHS Report Highlights Hiking-Health Connections - American Hiking Society](#)
- [The Effects of Technology on Teen Anxiety, Depression and Mental Health - The Edvocate \(theedadvocate.org\)](#)
- [Benefits of Hiking - Trails & Hiking.\(U.S. National Park Service\)\(nps.gov\)](#)
- <https://www.alltrails.com/>

