44.8% of kiwi kids spend more than two hours a day watching TV
Generational change...

[Bar chart showing structured activities per week for parents and children, with separate bars for male and female.

Generational change...

- Actively travel to school:
  - Parent: 92%
  - Child: 49%

- Allowed to cycle on main road unsupervised:
  - Parent: 76%
  - Child: 43%

- Allowed to be out after dark unsupervised:
  - Parent: 30%
  - Child: 14%]
Design

- 13,400 parents/caregivers from NZ research panel invited by email
- 2,004 participants completed web-based survey (19% response rate)
- 37 questions in total
- Existing scales used where possible
  - Tolerance of Risk in Play Scale
  - Perception of Positive Potentiality of Outdoor Autonomy for Children
  - Risk Engagement & Protection Survey
  - Licenses for Children’s Independent Mobility

<table>
<thead>
<tr>
<th>Play perceptions/practices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Independent mobility</td>
</tr>
<tr>
<td>Screen time</td>
</tr>
<tr>
<td>Factors that influence play</td>
</tr>
</tbody>
</table>
The sample

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>31%</td>
<td>69%</td>
</tr>
<tr>
<td>Age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt; 30 years old</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>30-39 years old</td>
<td>32%</td>
<td></td>
</tr>
<tr>
<td>40-49 years old</td>
<td>40%</td>
<td></td>
</tr>
<tr>
<td>&gt; 49 years old</td>
<td>19%</td>
<td></td>
</tr>
<tr>
<td>Children</td>
<td></td>
<td></td>
</tr>
<tr>
<td>One child</td>
<td>34%</td>
<td></td>
</tr>
<tr>
<td>Two children</td>
<td>41%</td>
<td></td>
</tr>
<tr>
<td>Three children</td>
<td>17%</td>
<td></td>
</tr>
<tr>
<td>Four or more children</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large city</td>
<td>47%</td>
<td></td>
</tr>
<tr>
<td>Small city</td>
<td>23%</td>
<td></td>
</tr>
<tr>
<td>Town</td>
<td>19%</td>
<td></td>
</tr>
<tr>
<td>Small town</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Rural</td>
<td>6%</td>
<td></td>
</tr>
</tbody>
</table>

- **60.4%** of NZ parents believe there are too many unnecessary safety rules applied to children’s play these days.

- **78.6%** of NZ parents believe that children require regular exposure to actual risk in order to develop risk management skills.

- **66.2%** of NZ parents believe that relaxing the safety rules and introducing ‘risky’ play practices and equipment in schools would enhance children’s development.
At what age should children first be allowed to climb trees?

At what age should children first be allowed to use adult tools at home?
At what age should children first be allowed to roam the neighbourhood alone?

How often does your child: Play messy?
Climb trees?

- Never
- Seldom
- Sometimes
- Often
- Always

Use adult tools?

- Never
- Seldom
- Sometimes
- Often
- Always
Roam their neighbourhood alone?

Never | Seldom | Sometimes | Often | Always
--- | --- | --- | --- | ---
50% | 20% | 10% | 5% | 2%

What will happen to a 9-10 year old child who goes out alone in your area?

- Learn his/her way around
- Meet and/or play with other children
- Become more responsible
- Find someone willing to help in case of trouble
- Make new friends
- Be exposed to the risk of road accidents
- Encounter ill-intentioned adults
- See things that may frighten him/her
- Feel disoriented among people
Odds of tree climbing ‘at least sometimes’ and parental risk tolerance

Odds of rough-and-tumble play ‘at least sometimes’ and parental risk tolerance
How often do you allow your child to play outside when it is raining?

- **Always**
- **Often**
- **Sometimes**
- **Rarely**
- **Never**

How can this information be used to make our children's lives better?
Bonus slides!

Hours of screen time for recreational purposes

<table>
<thead>
<tr>
<th>Time Range</th>
<th>Weekday</th>
<th>Weekend day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than one hour</td>
<td><img src="image1.png" alt="Bars" /></td>
<td><img src="image2.png" alt="Bars" /></td>
</tr>
<tr>
<td>Between one and two hours</td>
<td><img src="image3.png" alt="Bars" /></td>
<td><img src="image4.png" alt="Bars" /></td>
</tr>
<tr>
<td>Between two and three hours</td>
<td><img src="image5.png" alt="Bars" /></td>
<td><img src="image6.png" alt="Bars" /></td>
</tr>
<tr>
<td>Between three and four hours</td>
<td><img src="image7.png" alt="Bars" /></td>
<td><img src="image8.png" alt="Bars" /></td>
</tr>
<tr>
<td>More than four hours</td>
<td><img src="image9.png" alt="Bars" /></td>
<td><img src="image10.png" alt="Bars" /></td>
</tr>
<tr>
<td>N/A</td>
<td><img src="image11.png" alt="Bars" /></td>
<td><img src="image12.png" alt="Bars" /></td>
</tr>
</tbody>
</table>
Bonus slides!

Hours of screen time for work/homework purposes

- Less than one hour
- Between one and two hours
- Between two and three hours
- Between three and four hours
- More than four hours
- N/A

[Bar chart showing percentages for weekday and weekend day]