

The Green Space Guide



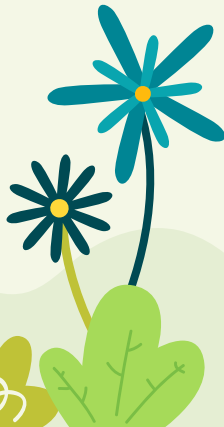


The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to *practice* leadership *through* action.

To find out more please visit the Institute for Women's Leadership's website at <http://iwl.rutgers.edu>.



Goal Statement

The Green Space Guide Project aims to address access to a healthy environment and green spaces to improve mental and physical health for college kids at Rutgers-New Brunswick.

It is important for women to feel empowered to use these spaces but first, they need to feel that those spaces are safe and accessible.

The Green Space Guide is a platform that will increase awareness of nature spaces on campus and connect people to a broader community to explore these spaces with.



Foundational concepts

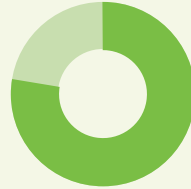
Importance of access to spaces

Rapid urbanization is leading to chronic human health issues along with less frequent interaction with the natural world (Warber).

Access to green space was associated with improved mental well-being (McCormick).

College & Mental Health

In 2022, over three-quarters of college students



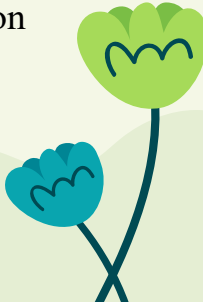
77%

experienced moderate to serious psychological distress (College Student).

More barriers for women to access spaces

Women share common risk perceptions linked to male violence (Greene).

Feeling vulnerable limits participation in recreation (Wesley).





Mission Statement

- Raise awareness of green spaces on campus
- Connect people to a broader community
- Make green spaces more accessible
- Make green spaces feel safe for everyone



Methods



Research

Looking at Rutgers
Spaces, Surveying
students



Collaboration

Working with Scarlet
Media, Communications
class, and Advisor



Education

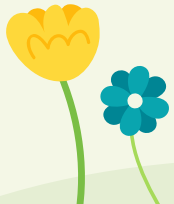
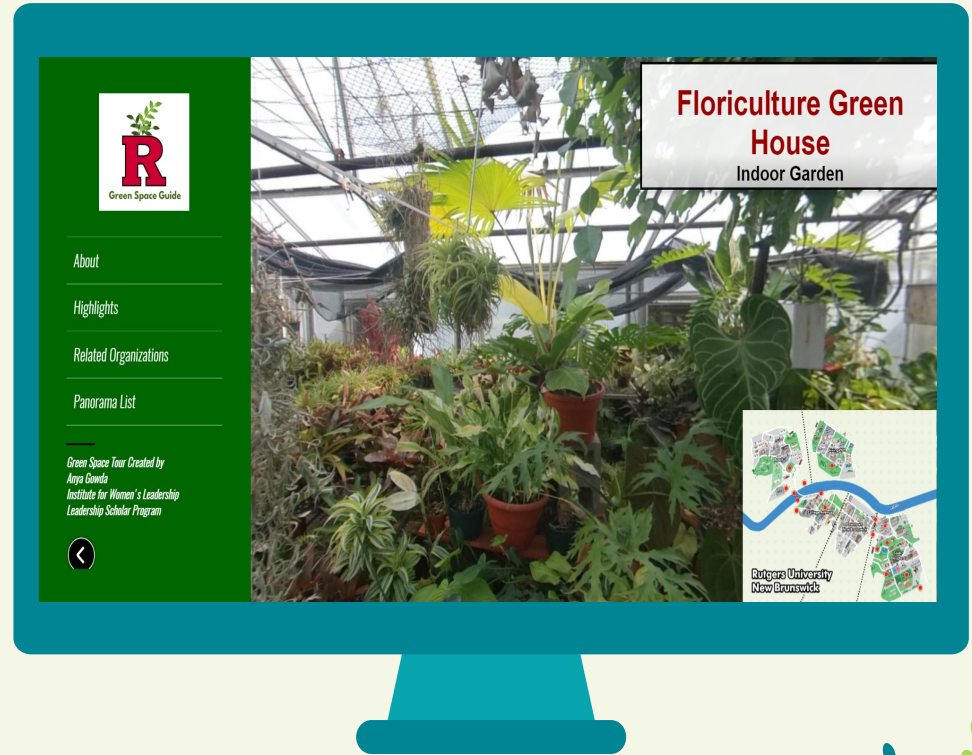
Using the guide to raise
awareness of spaces and
organizations to join

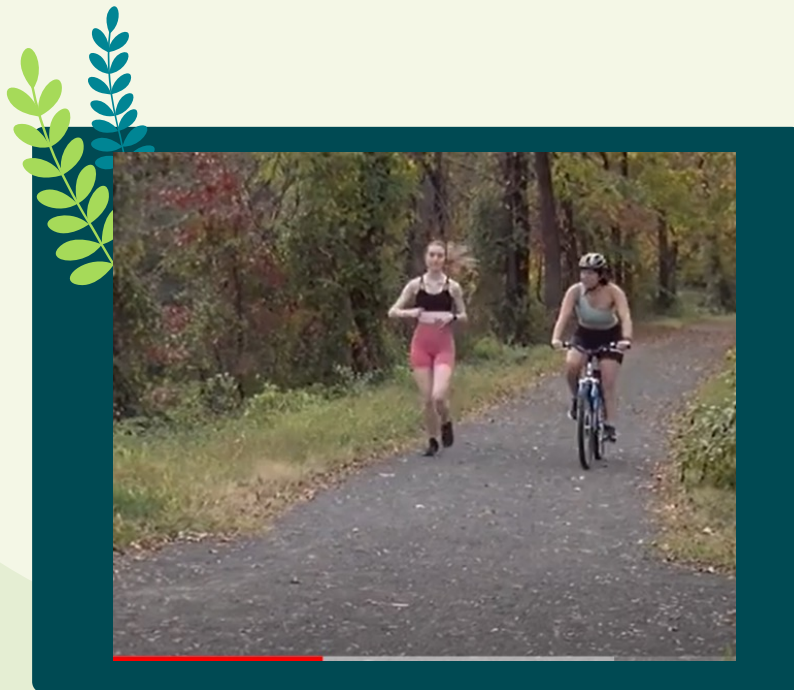




My Website

<https://rutgersgreenspaceguide.netlify.app/>





My Video

<https://www.youtube.com/watch?v=CZhprskBt1M>





Survey Summary:

12 Questions Asked:

Q1: What are your favorite nature areas at Rutgers?	Q7: When/how did you learn about any of these areas?
Q2: Who or what (classes, organizations, programs etc.) introduced you to your favorite nature areas?	Q8: Why do you use these areas?
Q3: What nature areas would you like to know more about?	Q9: Why do you not use these areas?
Q4: What nature areas did you wish you knew more about when you came to Rutgers?	Q10: What would make Rutgers nature spaces more appealing to you?
Q5: How would you like to learn more about the nature areas at Rutgers?	Q11: This question relates to an overall feeling of safety in any/all nature areas.
Q6: Are you familiar with these nature areas at Rutgers?	Q12: Please describe yourself: Undergraduate, Graduate, Faculty





Survey Key Findings:

101 Responses from SEBS students and faculty

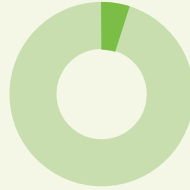
<p><u>People use spaces to...</u> relax, recreation, observe nature, hang out, and study</p>	<p><u>People like...</u> Rutgers gardens, eco preserve, passion puddle</p>
<p><u>Why people do not use spaces:</u> alone, fear of harm, lack of awareness, poorly lit, distance, less seating, busy, access, and cold weather</p>	<p><u>Finding out about spaces...</u> found them because of classes, orientation, clubs, self-exploring</p>
<p><u>Making spaces appealing:</u> Guided walks, transportation, signage, knowledge of area, and seating</p>	<p><u>Know more about...</u> walking paths, greenhouse, study areas, eco preserve, Rutgers Gardens, Canal trail, bike paths, parks, all of them</p>
<p><u>How safe people feel:</u> Average 3/5</p>	<p><u>Learn more about spaces with...</u> organized activity, guided walks, during class, website, Instagram, flyers, and emails</p>





Who took the survey

7%



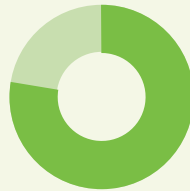
Grad students

51%



Undergrad Students

43%



Staff & Faculty



Feminist Leadership



Collaborative Approach

- Working with different teams to strengthen the project's impact
- Learning from organizations already doing similar work
- Working with faculty to create more institutional change

Gendered Lens



- Researching barriers to access for different gender identities
- Surveying people including women on safety concerns
- Video highlighting women in outdoor spaces and including women's exercise groups for resources



Future Impact & Evaluation

Addressing Survey Needs



- **Information on Greens Spaces Accessible**

Website provides, maps and links to learn about different spaces

- **Connecting people to different organizations**

Building community and having access to different organizations to join

- **Spreading awareness of importance of these spaces**

Video highlights the mental and physical benefits of spaces and importance of accessibility



Timeline



Planning July- September

Coordinating with
collaborators,
Brainstorming
content



Creating October- November

Putting together
the website, video,
and survey



Implementing Spring semester

Showcasing
Project on an
institutional level
(CAPS, OCA)



Advocating Spring semester

Spreading
awareness of
the project and
its importance

Lessons Learned



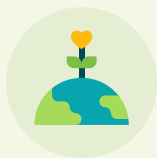
More representation

Importance of surveying large population and having a gendered lens



Collaborating

Good communication when working with a team



Flexibility

Adjusting goals to be more realistic



Knowing your Why

Grounding yourself in the importance of your work



Acknowledgements

SAP Advisor:
Dr. Mary Nucci

Scarlet Media Team:
Andrew Alexander
Morgan Andrews

Film Team:
Aimee Heart
Trina Chatterjee
Sam Thorton
Christoper Austin Williams
Yunhui Yang

Institute for Women's Leadership:
Dr. Mary Trigg
Sasha Taner
Emily Haran





Bibliography References

- Barriers to Outdoor Recreation for Marginalized Groups at The ..., scholarworks.umt.edu/cgi/viewcontent.cgi?article=1441&context=utpp. Accessed 18 Oct. 2023.
- Bozkurt, Melih. “Metropolitan Children’s Physical Fitness: The Relationship Between Overweight and Obesity Prevalence, Socioeconomic Status, Urban Green Space Access, and Physical Activity.” *Urban Forestry & Urban Greening*, vol. 64, 2021, p. 127272–, <https://doi.org/10.1016/j.ufug.2021.127272>.
- “College Student Mental Health Statistics: Bestcolleges.” BestColleges.com, <https://www.bestcolleges.com/research/college-student-mental-health-statistics/>.
- Green, E., & Singleton, C. (2006). Risky Bodies at Leisure: Young Women Negotiating Space and Place. *Sociology*, 40(5), 853-871. <https://doi.org/10.1177/0038038506067510>
- McCormick, Rachel. “Does Access to Green Space Impact the Mental Well-Being of Children: A Systematic Review.” *Journal of Pediatric Nursing*, vol. 37, 2017, pp. 3-7, <https://doi.org/10.1016/j.pedn.2017.08.027>.
- Ngom, Roland, et al. “Reduction of Disparities in Access to Green Spaces: Their Geographic Insertion and Recreational Functions Matter.” *Applied Geography (Sevenoaks)*, vol. 66, 2016, pp. 35-51, <https://doi.org/10.1016/j.apgeog.2015.11.008>.
- Outdoor Industry, [outdoorindustry.org/wp-content/uploads/2015/03/2022-Outdoor-Participation-Trends-Report-1.pdf](https://www.outdoorindustry.org/wp-content/uploads/2015/03/2022-Outdoor-Participation-Trends-Report-1.pdf). Accessed 18 Oct. 2023
- “Rutgers University - New Brunswick Diversity: Racial Demographics & Other Stats.” College Factual, College Factual, 22 Mar. 2023. https://www.collegefactual.com/colleges/rutgers-university-new-brunswick/student-life/diversity/#ethnic_diversity.
- Sasai, Hiroyuki. “Impact of Fitness in College on Mental Health and Social Success in Later Life: UTokyo Fitness Study.” *The Journal of Physical Fitness and Sports Medicine*, vol. 11, no. 3, 2022, pp. 183-87, <https://doi.org/10.7600/jpfsm.11.183>.
- Warber, Sara L., et al. “Addressing ‘Nature-Deficit Disorder’: A Mixed Methods Pilot Study of Young Adults Attending a Wilderness Camp.” *Evidence-Based Complementary and Alternative Medicine*, vol. 2015, 2015, pp. 651827-13, <https://doi.org/10.1155/2015/651827>.
- Wesely, Jennifer K. & Gaarder, Emily. (2004). The Gendered “Nature” of the Urban Outdoors: Women Negotiating Fear of Violence. *Gender and Society*, 18(5), 645-663. <http://www.jstor.org/stable/4149423>





Thank You!

