

# CHILDREN AND YOUTH

## DID YOU KNOW?

» The Children & Youth Master Plan was completed in 2010, and engaged children, teenagers, and adults in identifying solutions to issues facing children and youth in Nashville.



» One in three public school students feel they do not have an adult in their life who they can talk to about their problems.

» Nationally, one in five children have a mental health problem, but only 25% of youth in need of mental health services receive them.

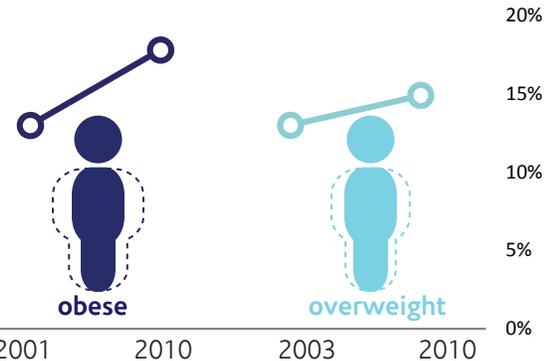
» In 2008-09, Nashville's student mobility rate—when students change schools during the school year—was 35%. However, 11 schools saw more than half of their students move to another school that year.

» 86% of Nashville high school students desire post-high school education; however, only 33% of Nashville public high school students score 21 or higher on the ACT (the minimum score required to qualify for a HOPE scholarship).



Nashville children are increasingly overweight and obese

percentage of Nashville high school students who are...



## Among Nashville children...

Many factors combine to make it more difficult for children to stay physically active: unwalkable neighborhoods, hectic schedules, more options for screen time at home, among others.



**78%** do not engage in one hour of physical activity every day



**33%** watch three hours or more television each day



**15%** do not feel safe in a public location such as their neighborhood or a park

Child icon designed by Jens Tärning from The Noun Project

This background report is one of several developed to provide input to the NashvilleNext planning process and provide a starting point for broader community discussion. Any final policies and recommendations endorsed by the NashvilleNext Steering Committee for the consideration of the Metropolitan Planning Commission will be the result of the entire planning process and upcoming community engagement and discussion. This is a brief summary of the Children & Youth background report. The reader is encouraged to read the entire report at [www.nashvillenext.net](http://www.nashvillenext.net)

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The Children and Youth Background report is drawn from the Child and Youth Master Plan (CYMP) for Davidson County that was developed by a task force established by the Mayor's Office. In 2010, the Task Force developed a list of goal outcomes and strategies to achieve the well-being of Nashville's children and youth, so that they will:

## **Be provided...**

- a safe and stable home and a supportive, engaged family.
- safe places in the community, where they are welcomed and supported by positive adult relationships.

## **Develop...**

- valuable life skills, social competencies and positive values and become law abiding, productive citizens.

## **Have...**

- a positive sense of self and confidence in their future.
- opportunities to have their voice heard and positively impact their community.
- access to and participate in quality programs during out-of-school time.
- outdoor spaces in their neighborhood that provide opportunities for play and recreational activities.
- safe transportation options that allow them to engage in activities, and access services and supports that the community has to offer.

## **Experience...**

- social equity regarding access to opportunities, resources and information that are critical to their success in the 21st Century.
- a safe and caring school environment that supports social, emotional and academic development.

## **Achieve...**

- academically through high quality, engaging educational opportunities that address the strengths and needs of the individual.

## **Be...**

- physically healthy. They will learn and practice healthy habits and have access to the resources that support these habits.
- mentally healthy and emotionally well.

