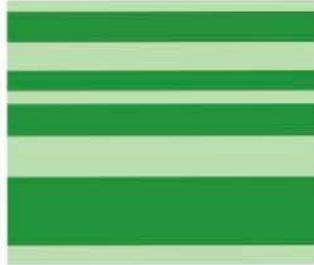
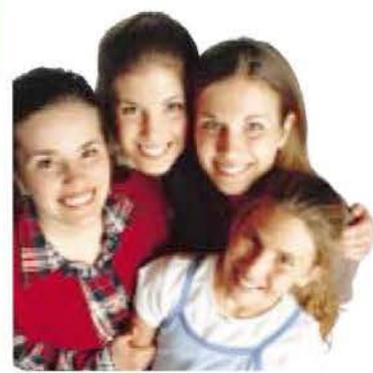


# GIRLS & GREENERY



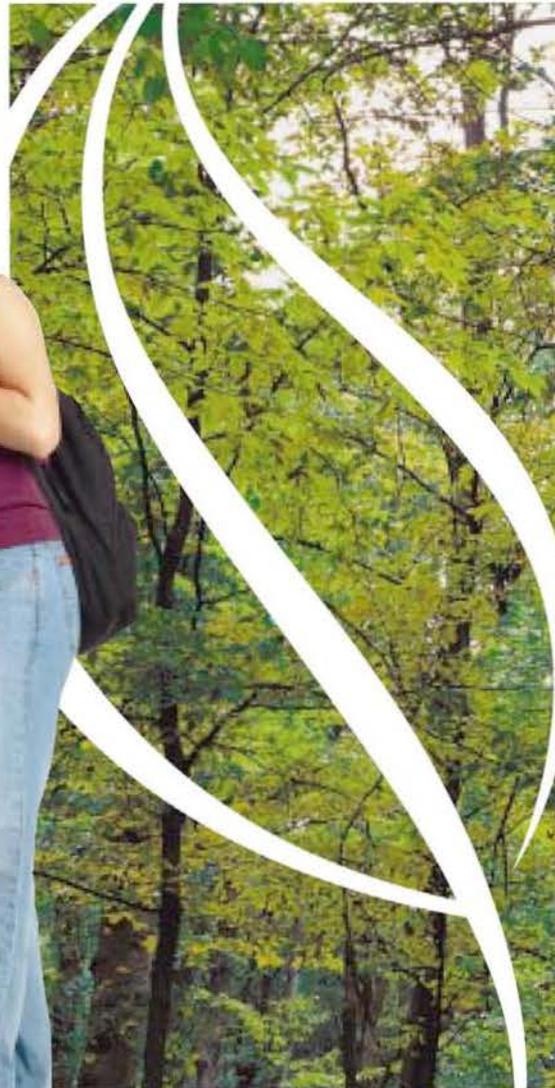
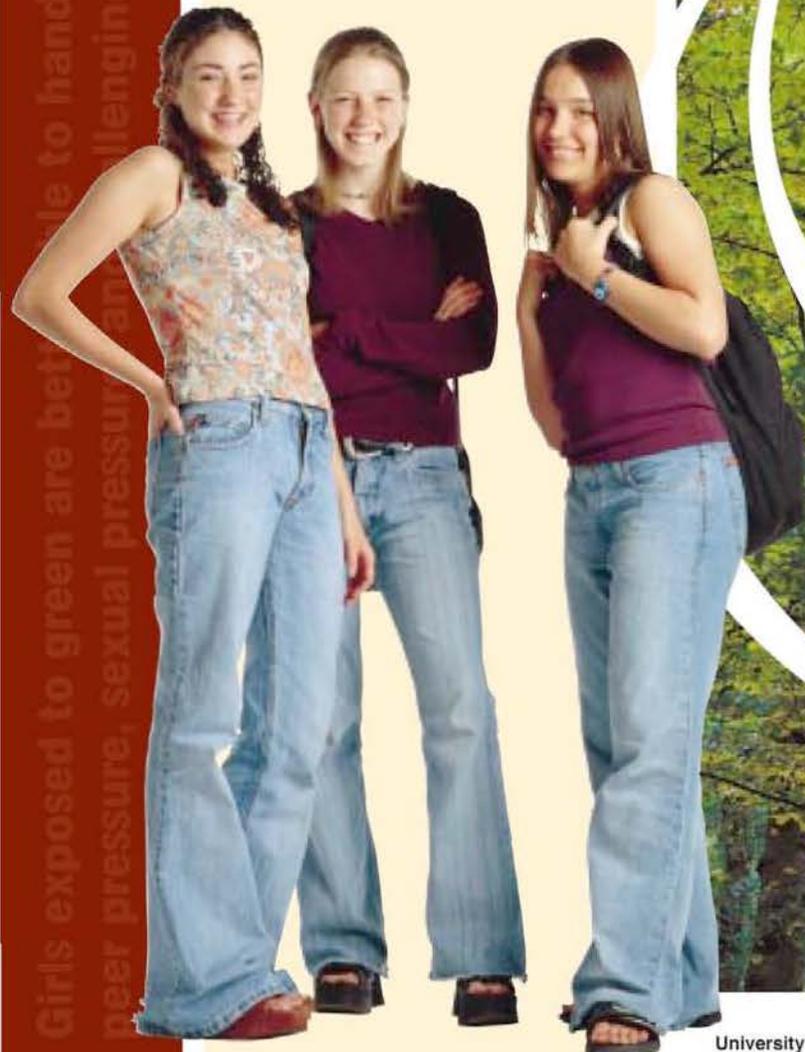
University of Illinois  
Landscape & Human  
Health Laboratory

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## For girls, seeing greens is every bit as healthy as eating them.

Higher self-discipline in girls can be achieved through increased exposure to nature.

Girls exposed to green are better able to handle things like peer pressure, sexual pressure, and challenging situations.



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It's true. A scientific study, recently conducted by the **UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN**, found that higher self-discipline in girls can be achieved through increased exposure to nature. And the higher a girl's self-discipline, the better able she is to avoid risky behavior in pursuit of a healthy, more successful life.

Specifically, the study indicated that girls who grew up with greener views from home showed better concentration, exhibited less impulsive behavior, and were better able to postpone immediate gratification. What this means, essentially, is that girls exposed to green settings are better able to handle things like peer pressure, sexual pressure, and challenging situations. Self-discipline also helps girls make thoughtful choices and perform better in school.

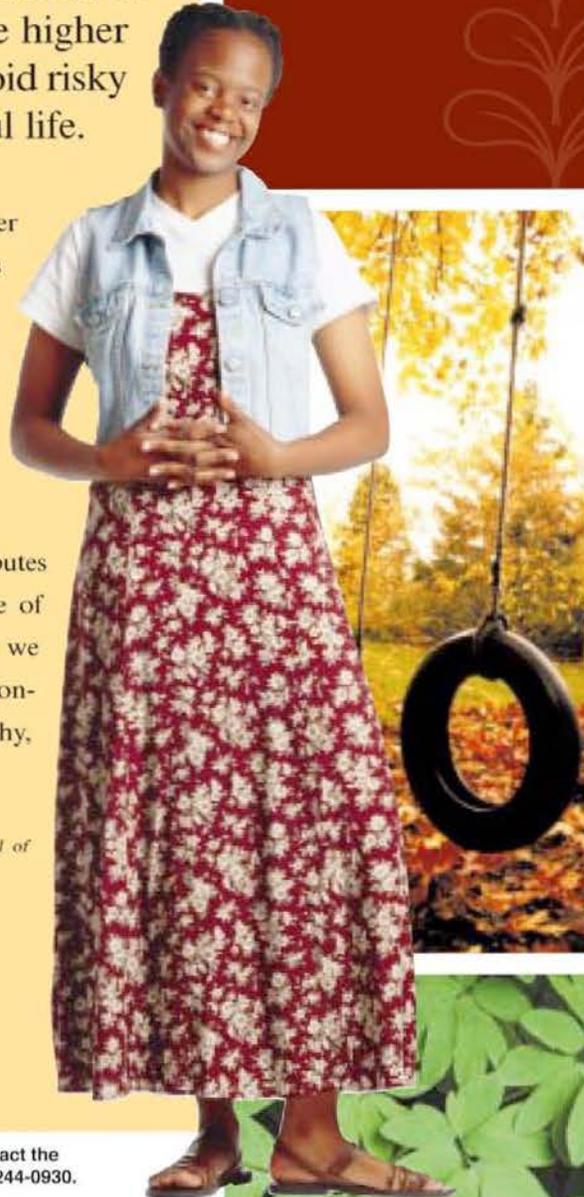
While this research is helpful in exploring one of the factors that contributes to healthy child development, it also demonstrates the importance of green settings. For the health of our communities, it's essential that we work together at preserving the fitness of our natural, green environments so that we can give all of our children better chances at healthy, successful lives.

Views of nature and self-discipline: Evidence from inner city children. To appear in the *Journal of Environmental Psychology*. Taylor, A.F., Kuo, F.E., & Sullivan, W.C. (in press).



College of Agricultural,  
Consumer and  
Environmental Sciences

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Girls who grew up with greener views from home showed better concentration, exhibited less impulsive behavior, and were better able to postpone immediate gratification.

For more information about this and other surprising studies, visit [www.lhhl.uiuc.edu](http://www.lhhl.uiuc.edu), or contact the University of Illinois at Urbana-Champaign, Landscape and Human Health Laboratory, at 217-244-0930. Study conducted in partnership with NUCFAC.