

10 Ways Climbing Benefits Youth

Girls Empowerment

Improves self-esteem, builds confidence and encourages girls to stay in school and avoid risky behavior.

Reduces Obesity & Promotes General Well-Being

Encourages a lifestyle conducive to maintaining good health.

Creates Trust & Cooperation

Better friendships and camaraderie are forged through adventure.

FOSTERS AN APPRECIATION OF NATURE

Being outside has a positive effect on mental health.

DEVELOPS CONCENTRATION + COGNITIVE FUNCTION

Reverses the effects of ADHD, reduces stress and improves decision making skills.

IMPROVES SELF-ESTEEM & CONFIDENCE

Youth learn to believe in themselves, their abilities and their futures.

IMPROVES MOTOR SKILLS + EDUCATIONAL ACHIEVEMENT

Develops cognitive abilities, concentration and commitment necessary to succeed academically.

Stimulates Creativity & Problem Solving

Teaches students to overcome obstacles through planning and commitment.

FOSTERS THE DEVELOPMENT OF CRITICAL THINKING SKILLS

Youth begin to see life from a different perspective.

THE CLIMB YOUTH PROJECT

Connecting through Adventure

Builds Healthy Communities

Creates a positive community where values of trust and support are dominant.