

1 **Concurrent Resolution Encouraging Practices that Promote Child Independence**

2025 GENERAL SESSION

STATE OF UTAH

**Chief Sponsor: Lincoln Fillmore**

House Sponsor: Troy Shelley



2

3 **LONG TITLE**

4 **General Description:**

5 This resolution encourages practices that promote child independence.

6 **Highlighted Provisions:**

7 This resolution:

- 8 ▶ highlights the importance of free play and child independence;
- 9 ▶ supports children engaging in independent activities;
- 10 ▶ encourages school districts, school administrators, and teachers to utilize the Let Grow
- 11 school program to help build independence;
- 12 ▶ encourages the State Board of Education to incorporate childhood independence
- 13 throughout the core standards for Utah public schools; and
- 14 ▶ urges local governments and school districts to enact practices that encourage children to
- 15 be able to explore, play, wander, and build independence.

16 **Money Appropriated in this Bill:**

17 None

18 **Other Special Clauses:**

19 None



21 *Be it resolved by the Legislature of the state of Utah, the Governor concurring therein:*

22 WHEREAS, levels of anxiety and depression are increasing in children and young adults;

23 WHEREAS, constant supervision thwarts a child's ability to develop important qualities,  
24 such as resourcefulness, self-awareness, and perseverance;

25 WHEREAS, there is ample research to suggest that children are safer when unsupervised  
26 today than they were in previous generations, yet play that allows children to take appropriate  
27 risks has declined;

28 WHEREAS, children are not fragile but rather resilient and capable individuals;  
29 WHEREAS, parents stepping back, where developmentally appropriate, allows children to  
30 step up;  
31 WHEREAS, children who are allowed to take risks and figure things out themselves at  
32 home will have more grit and determination at school;  
33 WHEREAS, engaging in independent activities promotes resilience and encourages the  
34 development of coping mechanisms in children;  
35 WHEREAS, when children are able to improvise without an adult present they learn that  
36 they are capable;  
37 WHEREAS, independent children feel confident and hopeful;  
38 WHEREAS, independent play can reduce symptoms of anxiety and depression;  
39 WHEREAS, play is crucial for healthy child development and learning the skills to be an  
40 adult;  
41 WHEREAS, self-directed kids make better learners;  
42 WHEREAS, school culture becomes more supportive and inclusive when students may  
43 interact with each other and solve their own challenges without premature adult intervention;  
44 WHEREAS, children learn creativity and to celebrate their peers' unique skills and interests  
45 when allowed to direct their own play;  
46 WHEREAS, mixed-age play benefits all age groups, as younger children learn executive  
47 functioning skills trying to emulate older children and older children develop responsibility  
48 and empathy as they interact with younger children;  
49 WHEREAS, children learn social skills and problem-solving during self-organized play  
50 without an adult stepping in to immediately solve problems;  
51 WHEREAS, children deserve time and space to explore, play, and wander;  
52 WHEREAS, experts in childhood independence have created the Let Grow school program  
53 to provide guidance and curriculum for parents and educators to engage in, promote, and build  
54 childhood independence; and  
55 WHEREAS, Let Grow supports empathy and helps develop a child's agency,  
56 self-confidence, creativity, communication, cooperation, resilience, and problem-solving skills:  
57 NOW, THEREFORE, BE IT RESOLVED that the Legislature of the state of Utah, the  
58 Governor concurring therein, supports children who are of sufficient age and maturity to avoid  
59 harm or unreasonable risk of harm to engage in independent activities, including traveling to  
60 and from school, traveling to and from nearby commercial or recreational facilities, engaging  
61 in outdoor play, remaining at home unattended, or engaging in a similar independent activity.

62           BE IT FURTHER RESOLVED that the Legislature of the state of Utah, the Governor  
63   concurring therein, encourages school districts, school administrators, and teachers to utilize  
64   the Let Grow school program to promote and build independence in children.

65           BE IT FURTHER RESOLVED that the Legislature of the state of Utah, the Governor  
66   concurring therein, encourages the State Board of Education to look for ways to incorporate  
67   childhood independence throughout the core standards for Utah public schools.

68           BE IT FURTHER RESOLVED that the Legislature of the state of Utah, the Governor  
69   concurring therein, encourages local governments and school districts to enact practices that  
70   encourage children to be able to explore, play, wander, and build independence.