

Third Spaces

And its significance in youth mental health

Prepared by:

Anna, Dev, Kenneth, Milly, and Portia

Supported by: Jensyn Wallan and Julia Kao


Project Lead: Dr. Dora Tam

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What Are Third Spaces?





**“A location that is neither
one's home nor workplace
and provides a space for
relaxation or recreation”**

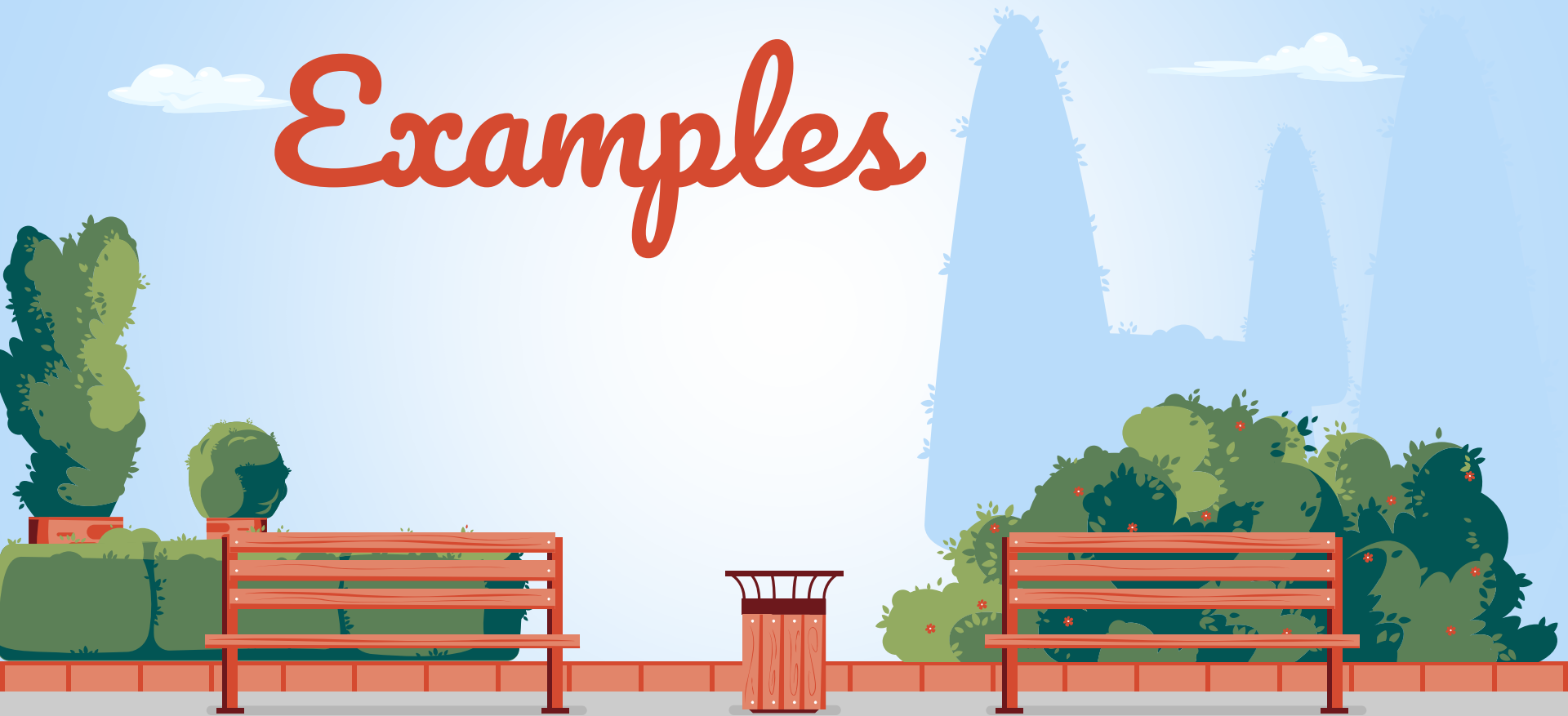
(Oxford Languages, n.d.)

Third Spaces



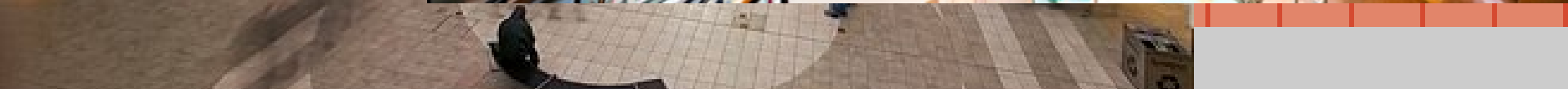
- Term coined by sociologist Ray Oldenburg
- First space: Home
- Second space: Workplace
- Third space: Social area separate from Home and Work

Examples







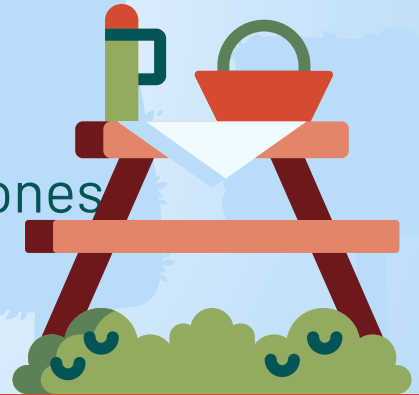


Disappearing Third Spaces



Euclidean zoning

- The concept of splitting communities into zones, each with a purpose
 - Residential
 - Commercial
 - Manufacturing
- Urban sprawl
 - Promotes single-use zoning
 - Eliminates third spaces, especially accessible ones



Capitalism

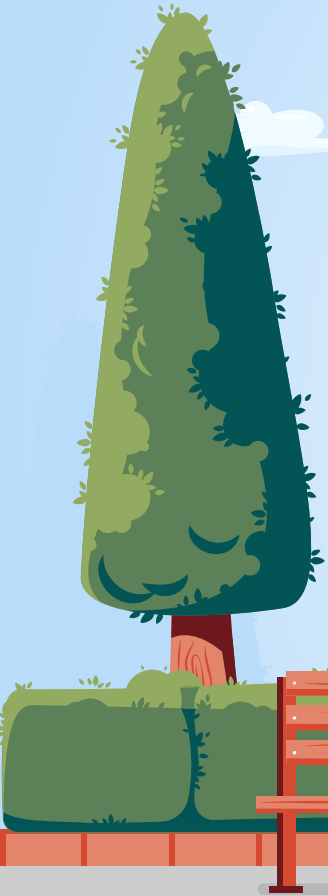
- Affordable and accessible third spaces replaced for practices that make more money
- More optimal locations are prioritized by businesses

THE Pandemic

- Years of quarantine shutdown many locally owned third spaces
- Developing and old habits were overwritten



What's the big deal?



Why are third spaces an important aspect of mental health?

Recreational

- Encourages us to spend time actively
- Crucial in offering accessible sports architecture for all people



Safe Space

- Offers an escape from the exhaustion of responsibilities and work/school



Health

- Promotes outdoor time and thus improves our physical health and encourages us to take breaks



Social Life

- Creates a healthy balance between work and social life
- Expands social circles
- Builds stronger trust and relationships in communities
- Locations and activities for the elderly



“In unassuming neighborhood locales, such as coffee shops, hair salons, and malls, people meet to socialize, express themselves, and support one another. These ‘third places’ **enrich social interaction, sense of community, and belonging outside of the home and workplace.**”

(Finlay et al., 2019)

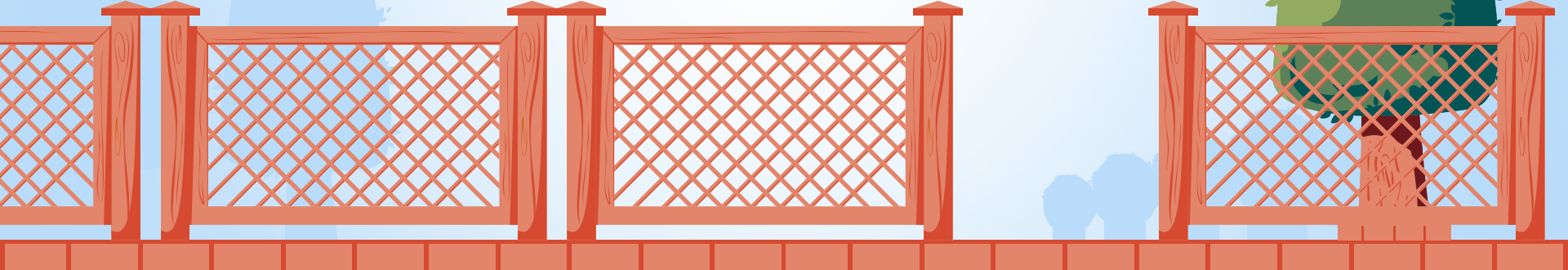


Main Challenges to Youth



Transportation

- transportation times, costs, inconvenience, location
 - Car dependency



Expenses

Recreational Activities



Cafes/Restaurants

Malls/Shopping



Pressure to spend money



- Many places expect purchases or money
- Stigma against non-paying teens (fear of shoplifting, etc)



Thoughts from Peers!

How can this be
improved?

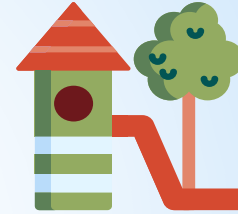
More Publicity to Events!

- Getting information on what events are happening locally is difficult
- Promote easier ways of advertising events
 - School
 - Online
- More community interaction

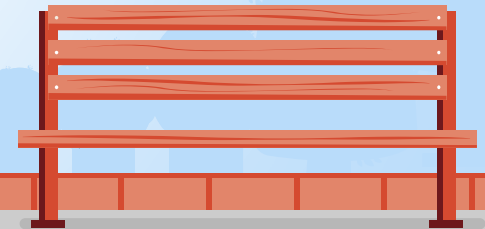




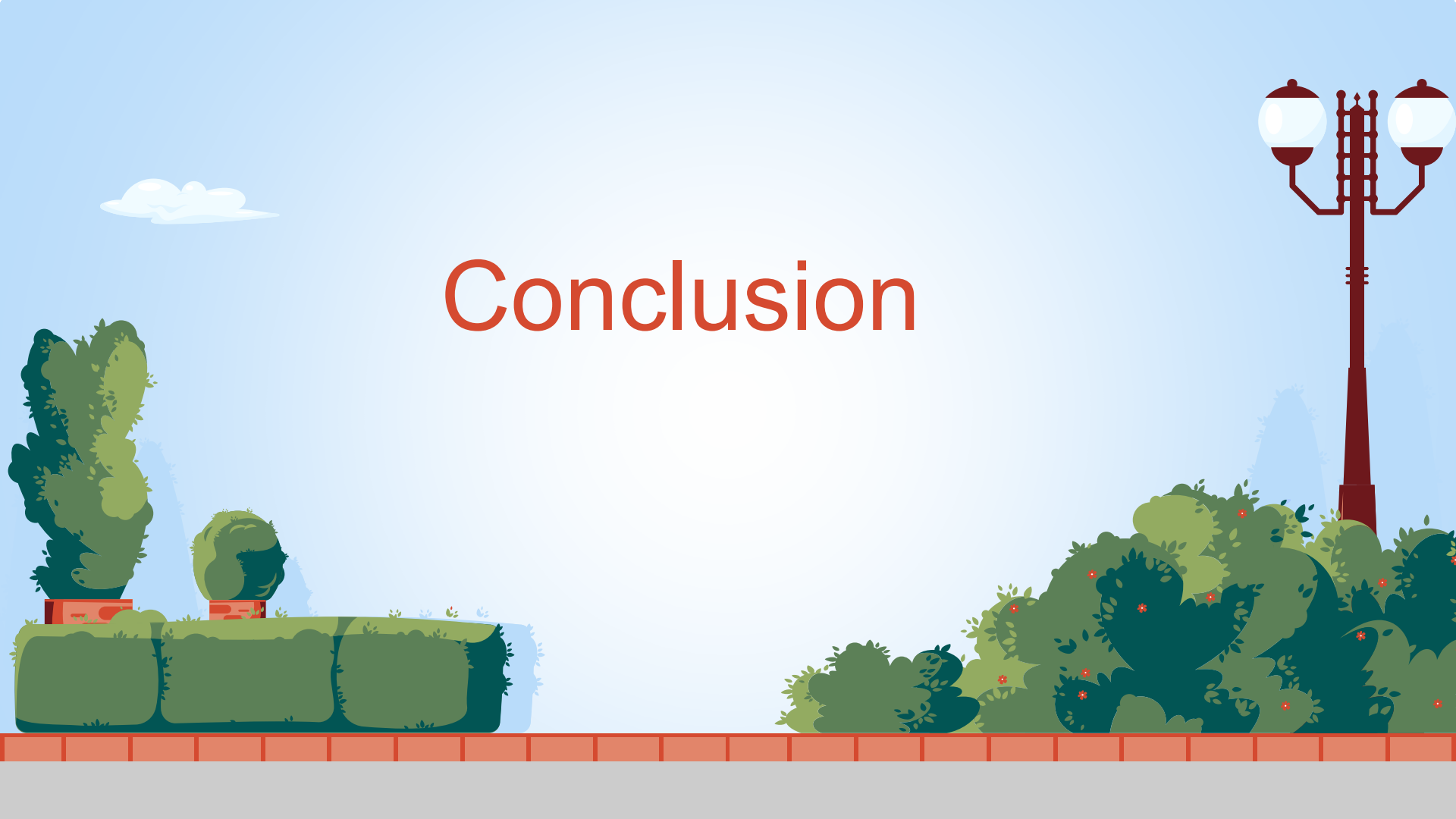
Walk friendly
design



Efficient public
transport



Conclusion



Bibliography

A stylized illustration of a park scene. On the left, a tall, conical evergreen tree is partially enclosed by a wooden fence with a lattice pattern. To the right, a tall, dark brown lamppost with two white globe lights stands next to a small potted plant. The background features a light blue sky with a few white clouds and a hazy, blue-toned landscape with rolling hills and distant trees. The ground is a solid light blue color.

Staff, T. W. (2019, January 6). *An epidemic of loneliness*. theweek.
<https://theweek.com/articles/815518/epidemic-loneliness>

Finlay, J., Esposito, M., Kim, M. H., Gomez-Lopez, I., & Clarke, P. (2019, November). *Closure of "third places"? exploring potential consequences for collective health and Wellbeing*. Health & place.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6934089/>

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