

Utilizing Art as a Tool for Navigating Discussions with Adolescents

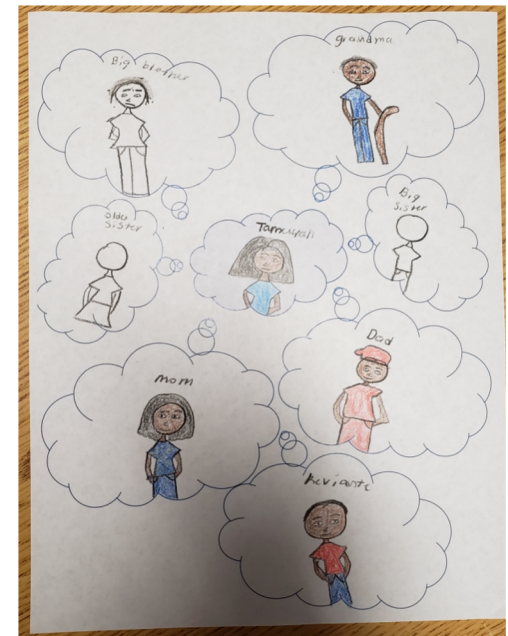
Nupur Jain and Supriya Sivadanam

Our Project

We designed a **45 min curriculum** to use art as a tool for having discussions about healthy relationships with adolescents

We conducted **4 sessions** over the year with community centers and had about 15 students in each session (2 in person and 2 virtual)

Each session included two creative activities and then time for discussion. Each student was given a contact information card about the centers for violence prevention following the completion of the session.



Our Timeline

- 1) **April-May** - Identified a mentor for the project and brainstormed a few ideas for a proposal
- 2) **May** - We then went through a series of iterations for our class curriculum, incorporating feedback from our mentor
- 3) **May/June** - We reached out to several community centers and spoke with the Building Hope Community Life Center + Boys and Girls Club, and pitched our idea
- 4) **June/July** - We spent a lot of the summer communicating about our project, seeking out donations from stores for art supplies and snacks, and planning for which days we can host the sessions
- 5) **Fall M2 year** - Completion of educational sessions occurred during M2 year
- 6) **Spring M2 year** - Working on following up with our community centers and presenting our work

Our Future Plans...

We plan to continue our project into our M3 year and are planning to present our work at the **Virtual Medical Innovation Conference at the University of Southern California!**

We will also hopefully be planning an educational session for medical students and residents to talk about our project and how we can incorporate art into our curriculum and patient encounters for a variety of other sensitive topics :)